

Kirk Happenings

Week of May 16, 2021

The Gayton Kirk PCUSA 11421 Gayton Rd Henrico VA 23238

P.O. Box 29635, Henrico, VA 23242

pastor's message

Dear Friends,

Lots of things are happening! And we need you - *everyone* - as we work to reopen the Kirk. We have planned for an easy entry into the Kirk and seating for worship will be carefully done. You will be able to sit with your family or friends and keep social distance from others. We will wear masks and there is hand sanitizer available. Fans will be on and windows will be opened.

So much thought and preparations have been made to welcome everyone into The Kirk's space!!! Kudos to the worship committee, the outreach committee, the building and grounds committee, and Karen, our office manager, for the teamwork to create a hospitable environment.

If it still feels unsafe for you to attend worship in the building, we will continue to zoom our worship services and welcome your worship participation.

I am grateful to be in a community in which I have experienced your patience and tolerance during the pandemic. As I have fumbled with zoom and sent out notices with mistakes, I have been treated with kindness. Thank you - you may have an opportunity to practice those skills again. Please plan to continue lending your helping hands in God's work.

This is an exciting time. I look forward to seeing everyone!

Blessings,
Janet

Re-opening Schedule for in-person Worship Services

May 16 5PM Jazz Vespers - TODAY!

May 23 11AM Worship Service

May 30 8:30AM Celtic Service

Please wear a mask. Stay home if you are sick. Limit 40 persons.

**Calling on all Tech People and
Non-Tech People who are willing to
learn!**

The Kirk is looking for technical assistance with streaming our worship services, hosting Zoom, and being online ambassadors during the services.

We also need people interested in learning the Audio/Visual system to help with Jazz now and other services later!

If interested, please contact Rusty Deyerle at rdeyerle@gmail.com



**The Meaning of Mary Magdalene:
Discovering the Woman at the Heart of
Christianity Edition**

by Cynthia Bourgeault

MONDAYS 10 AM [ZOOM](#)

Mary Magdalene is one of the most influential symbols in the history of Christianity—yet, if you look in the Bible, you will find only a handful of verses that speak of her. How did she become such a compelling saint in the face of such paltry evidence?

teacher, Janet James



11:00 AM [ZOOM](#)

Coffee & Scripture

Zoom hosted by Janet James
on **Mondays**



CLICK FOR [ZOOM](#)



Faith & Film

MAY FAITH AND FILM
"The Apostle"
Discussion:

Tuesday, May 18 at 7 PM

Contact [Bob Chesnut](#)

ZOOM Link:

<https://us02web.zoom.us/j/84127275813?pwd=QU9GUE9JTHJoSSs2NXlJVNFMbmthOT09>

Meeting ID: 841 2727 5813

Passcode: 632013

Join us at 7 PM on Tuesday, May 18 for a discussion of this award-winning film written, directed, and starred in by Robert Duvall. Duvall brilliantly plays a mesmerizing southern preacher who puts both faith and morality to some serious tests. Dr. Andrew Chesnut, VCU Professor of Religious Studies, will join us for this exploration of Pentecostal Christianity. Andrew's first book, "Born Again in Brazil," was based on his Fulbright-funded doctoral research into the phenomenal growth of Pentecostal churches in Brazil.

"The Apostle" can be rented on YouTube, Amazon Prime, and On Demand for \$3.99.

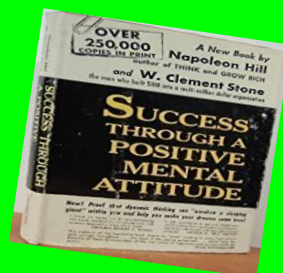
Bland Weaver's Class

A STUDY

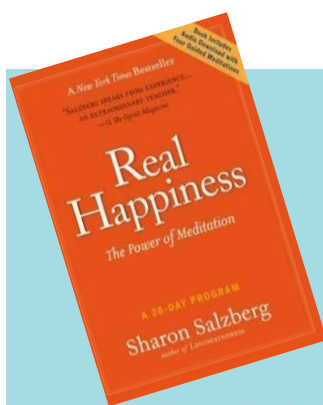
of the Work and Writings of Napoleon Hill & Clement Stone

We are Currently Reading "Success Through a Positive Mental Attitude"

Wednesdays 9:45AM



Click to [ZOOM](#)



spirituality connections

**MEDITATION
Wednesdays at 11AM**

**Group begins with a video by John Butler
(May 12)**

<https://youtu.be/UG2JXKUE9VC>

**Book study: REAL HAPPINESS by Sharon Salzberg
Led by Ellen Welthy
Begins May 19**



JOIN US at The Gayton Kirk (PCUSA) for:

Spring Outdoor Concert Series

Friday Evenings 6-7 PM (5/14 – 5/28)

(Weather permitting)

Bring your chair, mask, and refreshments.

FREE and open to Public – INVITE A FRIEND!

BAND LINEUP:

May 14 – The Premier Trio- Motown, classic rock, Americana, blues

May 21 – Killer Bees - Motown, classic rock, Americana, blues

May 28 - Pocket Jazz- Jazz Standards

For more information: www.thegaytonkirk.org or call 804-741-5254

11421 Gayton Road, Henrico, VA 23238



DRUM CIRCLE. 4PM SUNDAYS. THE GAYTON KIRK. EVERYONE IS WELCOME

11421 GAYTON RD HENRICO VA 23238

10 Health Reasons to Start Drumming <https://www.drnorthrup.com/health-benefits-drumming/>

Drumming can have positive effects on your health and may help with many conditions from stress, fatigue, and anxiety, to hypertension, asthma, chronic pain, arthritis, mental illness, addiction, and even cancer. Here's why drumming is good for you:

1. **Makes you happy.** Participate in a drum circle or take a cardio drumming class and you will see how happy it makes you. Drumming releases endorphins, enkephalins and Alpha waves in the brain, which are associated with general feelings of well-being and euphoria.

2. **Induces deep relaxation.** In one study, blood samples from participants who participated in an hour-long drumming session revealed a reversal in stress hormones.

3. **Helps control chronic pain.** Drumming can certainly serve as a distraction from pain. And it promotes the production of endorphins and endogenous opiates, which are the body's own morphine-like painkillers.

4. **Boosts your immune system.** Studies show that drumming circles boost the immune system. Barry Bittman, MD, neurologist, and President of the Yamaha Music & Wellness Institute, has shown that group drumming actually increases natural T-cells, which help the body combat cancer as well as other viruses, including AIDS.

5. **Creates a sense of connectedness.** Drumming circles and group drumming classes provide an opportunity for "synchronicity" in that you connect with your own spirit at a deeper level while also connecting with other like-minded people.

6. **Aligns your body and mind with the natural world.** The Greek origin of the word "rhythm" is "to flow." Drumming allows you to flow with the rhythms of life by simply feeling the beat.

7. **Provides a way to access a higher power.** Shamans often use drumming to integrate mind, body and spirit. They focus on the whole body and then integrate the healing at both the physical and spiritual level by drumming, which connects spiritual forces.

8. **Releases negative feelings.** The act of drumming can serve as a form of self-expression. You can literally drum out your feelings. When held, negative emotions can form energy blockages. The physical stimulation of hitting the drums can help remove those blockages. Drumming has even been used therapeutically to help addicts deal with their emotions.

9. **Puts you in the present moment.** While drumming you are moving your awareness toward the flow of life. When you are flowing with the rhythm of life you cannot be caught up in your past or worrying about your future.

10. **Allows for personal transformation.** Drumming stimulates creative expression. When you drum in a group, you not only get to self-express, but you get feedback from the other drummers. It's the equivalent of talk therapy! Drum circles provide a means of exploring your inner self, and expanding your consciousness while being part of a community.

UPCOMING EVENTS



Blessing of the Animals



Sunday May 23 3PM—4PM

"Pet Show" begins at 3 PM

Blessing begins at 3:30 PM

in the Parking Lot at **The Gayton Kirk**
11421 Gayton Rd Henrico VA 23238



to

Save the date

June 5, 2021

Need workers - Please help

The Gayton Kirk Presbyterian Church, 11421 Gayton Road, Henrico, VA 29635 and the Tuckahoe Kiwanis Club will be sponsoring a community yard sale at the Kirk from 8:00AM 3:00PM.

We have been collecting items for about 18 months and finally feel it is safe enough to host the yard sale.

If you have **items to donate**, we will be accepting them on **Friday, June 4 at the church from Noon till 6:00 pm**. If you have items to donate, but that date does not suit you, please contact Connie Knisley at 804-929-1539 to arrange collection.

If you are available to help on Friday or Saturday, please contact Connie to schedule a time.

We will also have available **8 spots for anyone who wishes to sell their own goods for a rental fee of \$25**. In other words, they will pay us \$25 as a space rental and sell their own goods. If you have any questions, please feel free to contact:

Connie Knisley at 804-929-1539
Jim Collins at 804-833-4123

Bland Weaver at 804-514-3664
Marney Titmus at 804-929-2040

As we enter into the post-pandemic phase many people are getting out more, so we are putting our **COFFEE KLATCH and **WHINE TIME** on **pause for 6 weeks** at which time we'll re-evaluate having these meetings.**



PAUSE



We'll continue zooming all other classes and groups even if we are meeting in-person.

WORSHIP

The Gayton Kirk Sunday Worship Services

8:30 AM Celtic Worship on Zoom

9:45 AM Live Outdoor Worship

11 AM Worship on Zoom

2 PM Worship Service available on YouTube

5PM Jazz Vespers Live Streaming on Facebook

contact gaytonkirk@gmail.com for zoom information

outdoor worship Service
with Holy Communion
9:45 AM



The Gayton Kirk . 11421 Gayton Rd . Henrico VA . 23238
www.TheGaytonKirk.org

OUTDOOR WORSHIP

SUNDAY MORNINGS 9:45AM -10:30AM

WEAR A MASK. BRING A CHAIR. BUNDLE UP!

NEW CANCELTION POLICY: WE MEET REGARDLESS OF
TEMPERATURE; WE WILL CANCEL IF IT RAINS OR SLEETS OR
SNOWS

From the Desk of
Karen, Office Manager

Dates of Deposits for May:

5.9.21 5.16.21 5.23.21

I would like to ask that you help us when you write your checks to The Kirk. There are two accounts: regular pledges go to the general budget, and the designated account is for Missions, ACTS, Music Enrichment, Building Fund, or Minister's Discretionary.

Finally, with the church building being closed during the pandemic, the phones are forwarded to my house phone; **I am working out of my home.**

I keep office hours from my home Monday thru Thursday from 9am to 4pm. Sometimes it is necessary for me to go to the church to meet with a contractor or go to the PO Box for mail, if by chance my home voicemail comes on (The Jimersons), PLEASE leave a message as I will check my voicemails from home and from church. **Please call the 741-5254 number to reach me and NOT via text-unless an EMERGENCY!**

Thank you! Karen



Hours at The Gayton Kirk during the Pandemic

Sunday

8:30 AM Celtic Worship
9:45 AM Outdoor Worship
11 AM Worship Service
5 PM Jazz Vespers

Monday—Thursday

9 AM—4 PM

office is open by phone 804-741-5254
Please leave a message if no answer

Friday and Saturday

Office Closed

(if you see staff at the church when the office is closed
they are there to specifically work on a project. Please do not disturb.)
- thank you, Janet

The 2021 Gayton Kirk Officers

Session

Janet James - Moderator
Marilyn Johns - Clerk of Session
Carol Woodcock - Treasurer
Bland Weaver - Administration
Sally Wambold - Building & Grounds
Barbara Crump - Christian Education
Susie Trulove - Christian Education
Aimee Crady - Communications
John Donelson - Communications
Betty Meador - Community Outreach
Linda Smiley - Community Outreach
Mike Doll - Missions
Norma Smith - Missions
Betty Doll - Worship
Rusty Deyerle - Worship

Diaconate

Congregational Care)
Tina Bechtle - Moderator
Patti McCloskey
Aurea Perez
Ellen Welthy
Janice Baldwin
Lavinia Johnson
Leah Viar
Marney Titmus

Offering and Attendance Report

We are now making deposits bi-weekly.

	NEEDED	ACTUAL	DIFFERENCE
FEB	\$21,514.92	\$22,338.75	+823.83
MAR	\$21,514.92	\$11,643.55	-9,871.37
APR	\$21,514.92	\$18,208.14	-3,306.78
May's Offering to Date	\$8,353.50		

Amount Needed Monthly \$21,514.92

[CLICK HERE TO MAKE AN OFFERING](#)

Attendance week of 5/9/2021

8:30 AM Celtic Worship – 16

9:45 AM Live Outside – 18

11 AM Worship – 24

5 PM Jazz Vespers – 19

YouTube 11 AM Service Views – 9

Facebook Jazz Vespers Views – 5/09	80
5/02	83

MAY

Birthdays and Anniversaries

If your name is not on the birthday or anniversary list, please contact the church office. 741-5254

- 2nd Shelly Lord(B)
- 3rd Grace Gray(B)
- 4th Kevin Riley(B)
- 5th Patrick Crady(B); Rebecca Crady(b)
- 6th Jeff Boyea(B); Ella Simmons(B)
- 11th Tom Denson(B)
- 12th Louw and Urte Pienaar(A); Jessi Young(B)
- 14th Troy Barham(B)
- 15th Deborah Denson(B)
- 16th Betty Meador(B)
- 19th Paul Hayden(B)
- 24th Charles and Jessi Young(A)
- 25th Bland and Joy Weaver(A)
- 26th Joe and Patti McCloskey(A)
- 27th Ray and Lorrie Carver(A)

PRAYER

Prayer requests will remain on the list for two weeks only. (Please notify the church office if you wish to extend your request for two more weeks.) Due to the respect of privacy, we will no longer use last names except for death notices.

Prayers of peace for those in military service and their families:

Mike & Megan Dumas, Rob Blackwell

Ryan Stephenson, Aaron Gervolino, Travis Queen, Robbie Johnston, Taylor Wilson - Son of Susan Bell, Katie Queen, Kevin Lyons (in Afghanistan), Quinton Robertson, Ben Walsh, Sabrina F.B. Dias (Iraq)

For Continued Health Issues: Kasci, Ria, Sally, Harriet, Charlie, Lorette, Peggy, JP, Ginny, Harriet, Charlie, Toni, Sharon, Douglas, Frances, Smitty, Douglas, Sandy, Cathleen, Tim, Gretchen, Sandra, Pat, Valerie, Sandra B, Rhonda, Beth, Barbara, Kay, Lois, Sharon, Dorothy, Linda C., John, Mark, John B., Ron V., Trish

SPECIAL PRAYER REQUESTS

Prayers for recovery from surgery for Frank T. who had an incident with his knee/leg.

Prayers for Karen as she recovers from her surgery; may she heal quickly and that her pain be no more.

Prayers for Lori's health to improve

Prayers for Laurie as she has cancer; may she be healed.

Prayers for Nick to find help and healing

Prayers for John and Sandra as they continue with medical treatment

Prayers for healing after a medical procedure for Kasci.

Prayers for Joy's friend, Jeannie, and her husband Glen, who are mourning the loss of their son, Michael.

Prayers for the Crady family in the death of Patrick's aunt

Prayer for Bob recovering from a minor stroke; may limitations on his eyes be renewed.

Prayers for Bill Crummett and family on the passing of Olive Crummett

Prayers for Debbie as she goes through a procedure and healing

Tony, prayers for healing

Aurea; prayers for healing of her knee and for PT to go well

THE GAYTON KIRK WEEKLY CALENDAR WITH LINKS

SUNDAY MAY 16

8:30 AM [ZOOM](#) Celtic Worship Service hosted by Jim Collins.

9:45 AM OUTDOOR WORSHIP SERVICE
outside live traditional service with guidelines in place.

11:00 AM [ZOOM](#) Worship Service hosted by Marilyn Johns

2:00 PM [YouTube Service](#) posted

4:00 PM Drum Circle – In Person

5:00 PM Jazz Vespers [Live Streaming](#) and in person worship

5:45 PM [ZOOM](#) Jazz Vespers hosted by Marilyn Johns.

MONDAY MAY 17

10:00 AM [ZOOM](#) A Study about Mary Magdalene

11:00 AM [ZOOM](#) Coffee & Scripture

TUESDAY MAY 18

10:00 AM Grief Group meets

7:00 PM Faith and Film: The Apostle

WEDNESDAY MAY 19

9:45 – 11 AM “Presbyterian History: A Study of the Work and Writings of Napoleon Hill”
contact [Bland Weaver](#) for Zoom info

11 AM Spirituality Connections [ZOOM](#)

FRIDAY MAY 21

6 PM – 7 PM OUTDOOR CONCERT SERIES – Killer Bees

SUNDAY MAY 23

8:30 AM [ZOOM](#) Celtic Worship Service hosted by Jim Collins.

9:45 AM OUTDOOR WORSHIP SERVICE
outside live traditional service with guidelines in place.

11:00 AM [ZOOM](#) Worship Service -starts IN PERSON TODAY!

2:00 PM [YouTube Service](#) posted (this is the link for the Kirk’s video page)

3PM – 4PM Blessing of the Animals – Outside of Church Building (parking lot area)

4:00 PM Drum Circle – In Person

5:00 PM Jazz Vespers [Live Streaming](#) and In person worship

5:45 PM [ZOOM](#) Jazz Vespers hosted by Marilyn Johns