

UPCOMING EVENTS

Call 804-741-5254 or email gaytonkirk@gmail.com for zoom information

Sunday, MAY 16, 2021

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

IN PERSON STARTS TODAY!

contact gaytonkirk@gmail.com for zoom information

Sunday, MAY 16, 2021



Outdoor Worship Continues at the Kirk!

Join us for Sunday worship services weekly at 9:45 a.m. at the Gayton Kirk!

If you are in an at-risk category or experiencing COVID symptoms, please consider attending the regularly scheduled online virtual services, which will continue as scheduled. If you have any questions, please contact the church office at 804-741-5254.

Please observe and be prepared to abide by the following guidelines:

- Masks are required for all ages at all times. No exceptions.
- Bring your own chair, water/coffee, etc.
- Social distancing of 6 feet minimum must be maintained at all times and places.
- Attendees to remain seated until dismissed by ushers at close of worship.

www.thegaytonkirk.org

Services are cancelled only when there is inclement weather

Sunday, MAY 16, 2021

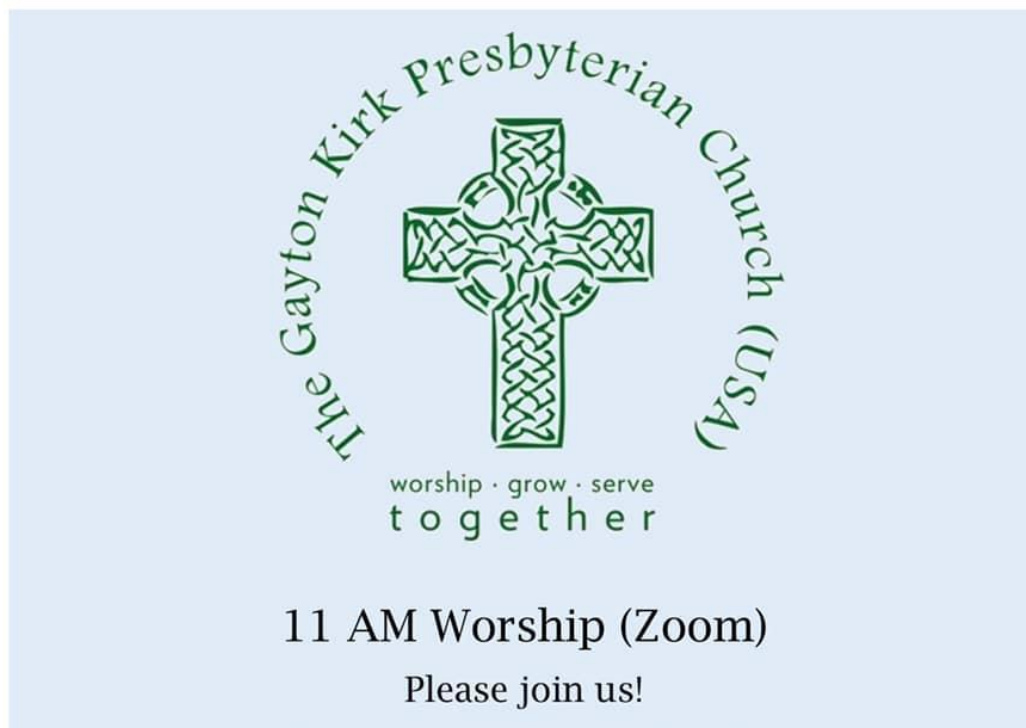


8:30 AM Celtic (Zoom)

Please join us!

Click Here to Join Celtic Service [ZOOM](#)

Sunday, MAY 16, 2021



11 AM Worship (Zoom)

Please join us!

Click Here to Join 11 AM Service [ZOOM](#)

Sunday, MAY 16, 2021



5 PM **JAZZ VESPERS**

Please join us!

**LIVE STREAMING ON
SUNDAYS ON FACEBOOK**

<https://www.facebook.com/TheGaytonKirkPCUSA/live/>

LIVE SERVICES START TODAY (5.16.2021)

MASKS REQUIRED

LIMIT OF 40

SIX FEET APART

Sunday, MAY 16, 2021

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 group, you not only get to self-express, but you get feedback from the other drummers. It is 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.

Monday, May 17, 2021

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



Monday, May 17, 2021



Monday 11AM Coffee and Scripture Study
Join us to talk about the upcoming sermon

Click Here to Join: [ZOOM](#)

Tuesday, May 18, 2021

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.

Tuesday, May 18, 2021



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.

Wednesday, May 19, 2021

Wednesdays at 9:45AM

class taught by

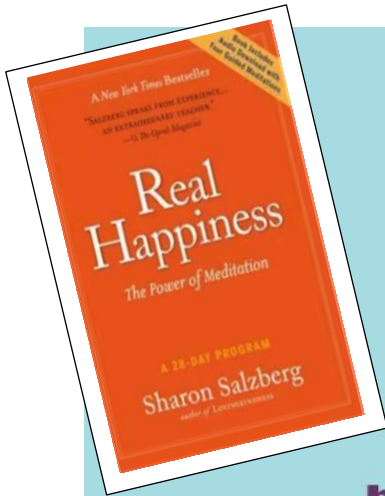
Bland Weaver

A Study of the Work & Writings of
Napoleon Hill. Currently reading "Success
Through a Positive Mental Attitude"

Click to [ZOOM](#)



Wednesday, May 19, 2021



spirituality connections

**MEDITATION
Wednesdays at 11AM**

**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**

Friday, May 21, 2021



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

Sunday, May 23, 2021

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

MARK YOUR CALENDARS....

Re-opening Schedule for in-person Worship Services

May 16 5PM Jazz Vespers

May 23 11AM Worship Service

May 30 8:30AM Celtic Service

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

MARK YOUR CALENDARS....



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 to 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

