



*Naomi Makemie*  
*Presbyterian Church*  
Founded in 1893 Onancock, Virginia

January 2013

**Message from the Pastor...**

Dear and Beloved Members and Friends of Naomi Makemie Presbyterian Church,

In these early days of the new year it seems right to remind myself and all of you of the teaching of the Presbyterian Church on the subject of spiritual formation.

**Spiritual formation** is the activity of the Holy Spirit which molds our lives into the likeness of Jesus Christ. This likeness is one of deep intimacy with God and genuine compassion for all of creation. The Spirit works not only in the lives of individuals but also in the church, shaping it into the Body of Christ. We cooperate with this work of the Spirit through certain practices that make us more open and responsive to the Spirit's touch, practices such as Sabbath keeping, works of compassion and justice, discernment, worship, Scripture study, hospitality, spiritual friendships, and contemplative silence.

*Office of Spiritual Formation, Presbyterian Church (U.S.A.)*

I would suggest that everyone of us devote at least 20 minutes a day to spiritual practices that seem right for us. Each one of us is an experiment of one and will seek the practices that work best for us at this time in our life. Spiritual practices may include in addition to the above....

- Listening to sacred music -- music that touches your heart and soul opening inner spaces
- Contemplative walking -- walking around a lake, in the woods, your neighborhood, prayerfully
- Quiet moments -- times of stillness and of silence ... centering prayer
- Reading scripture, devotional works, poetry which is so often uplifting and transforming
- Body Massage -- an excellent way to care for your temple of the spirit
- Yoga -- Body Prayer -- Stretching -- gardening --- walking your dog
- Anything that awakens you to the mystery of Sacred Presence in your life

Please know that both Nina and I are willing to talk with you about this. We are all mirrors and teachers to one another as we companion one another on our Journey to God. This is the great adventure in life.

I love these words of Julian of Norwich...

***The fullness of Joy is to behold God in everything.***

With love to you -- Let your heart take courage,

Robert

**Awed by the mystery of God's Presence in our midst,  
gratefully we celebrate life and work for justice and peace.**

## **THOU SHALT NOT!**

No one wants to hear that so author J. Ellsworth Kalas has turned that notion upside down and backwards. Sundays this winter, the adults will gather at 9:30 AM in the Makemie Room to tackle *The Ten Commandments from the Back Side*.

January 6 -- We'll start with the introduction that states that the law is our best friend. Whether from the Hebrew Scriptures or in its extended and fulfilled form in the teachings of Jesus and Paul, the law enlarges the possibilities for a positive life.

January 13 – The bit about “no other gods” becomes “God shall have all of you.” We'll talk about our priorities and that life must have focus. It assures us that we are capable of doing business with the Lord God. God gives us opportunity to fulfill the capacity of our wondrous ordaining.

January 20 – Idol making is translated as “You shall adore the mystery which is beyond comprehension.” We all want a god that does our bidding. Come embrace a larger vision of the grandeur and majesty of God and become more fully yourselves.

January 27 – We don't always refer to God in a holy manner. (This happens occasionally when we are driving down Route 13.) The rewritten commandment is “You shall enter into God's name.” As a son or daughter of God, we enter into some measure of the dignity, the majesty, the beauty, and the power of the One named. Say Yes to the divine invitation.

This study is a bit more challenging but oh so worth the effort. Contact Jack or Jody for the book – 678-5308 or [jojaceast@verizon.net](mailto:jojaceast@verizon.net).

## **NEWS AND UPCOMING EVENTS FOR PRESBYTERIAN WOMEN (PW)**

Presbyterian Women will meet on Monday, January 7<sup>th</sup> at 11:30 AM in the Makemie Room. Bring a sandwich (dessert and beverage will be provided). Nina Close will be wrapping up her discussion on the book, *Having a Mary Heart in a Martha World*. Please read the last two chapters, 11 & 12, for discussion. We have enjoyed Nina's lively and thought provoking discussions on the book over the last few months.

The PW ladies are very excited that Don Broad will lead the discussion on his book, *Reconciling the Heart and Mind* starting in February and running through May. If you need a book, we are ordering them from Don Broad. You can see Jean Freeman or Carol Rush for a copy. The books are \$10.00 each and all proceeds of the books we buy will go to the Literacy Council.

At the last meeting, the ladies blessed the bears and dolls so they could make their way to the arms of some needy children for Christmas. The ladies have been working hard the last few months to dress the bears and dolls. Each one had a cute outfit on for their journey.

Six more "first night kits" were filled with items for the clients of Coalition Against Domestic Violence (CADV). Items still needed are feminine products, deodorant, combs and hairbrushes. We will continue to fill the kits at the next meeting.

Gloria Miller and Carol Rush delivered the Christmas gifts to two of the clients at Shore Life. The PW women chose two women from Shore Life for whom we made purchases from their wish list.

## NEWS FROM THE DECEMBER SESSION MEETING

Robert welcomed Beverly Tompkins, Tom Nielsen and Jody Humphreys to the Session as the class of Class 2015. He also expressed his sincere thanks to Gloria Miller, Dorothy East, and Carol Rush, class of 2012.

The Session authorized the Finance Committee the authority to withdraw up to \$2000.00 from our trust funds to cover small expenses for mission work and maintenance.

The Session approved the Mission Annual Gift Recommendations for support of local organizations. A summary of our mission work for 2012

Special Gift to ESCADV (total was 6500 with gifts from members of \$1770)	4730
Foodbank	500
AICC	2000
ESCADV Annual Gift	1500
Lighthouse Ministries	500
Literacy Council	1000
ESPM (School supply project)	500
G F Horne Brown Bag Lunches and Habitat work camp meals	869
Total	11,599

The Session approved plans to hold a spaghetti dinner on January 18, open to the public.

### **Upcoming Church Events in January Please mark your calendar**

Church School starts at 9:30 – every Sunday

Church Services start at 11:00 – every Sunday

Choir Practice is 5:30 pm - every **Thursday**

YOGA at 10:00 am – every Friday

PW at 11:30 on the 7th

Joe's Boys (ladies welcome) 9:00 am on the 8th

Session at 2:00 pm on the 14th

Prayer Group at 10:00 am on the 3rd and 17th

Spaghetti Dinner at 5:00 pm on the 18th

**Don't forget to check the full church calendar on the web or in the Makemie room for other meetings and activities.**

**WWW.NMPRESCHURCH.ORG**

### **Some Thoughts from Robert**

#### **Silence**

In the quiet moments of our day  
we stitch together with  
the needle of silence  
and  
the thread of stillness  
our scattered sense of self  
and our  
fragmentary experience of God

Prayer is about  
seeking God  
in the stillness  
beyond words or thought.  
It is about awakening  
to the presence of God within us.

**The dead line for the newsletter is the  
last Sunday of each month.**

## **HERE'S TO YOUR INCREMENTS... by NINA CLOSE**

I am often reminded, especially in the six week season of Epiphany, of the incremental nature of new life. Epiphany means “manifestation,” and our spiritual task can be to behold that which is new, shining and manifest in our lives, and to incorporate it in this new year. Fits right in with New Year’s resolutions.

Or not. I can talk a good game about the myriad invitations of change, but when it comes to physically making a change, theory meets practice, and I’m often amazed by how hard it is to ingrain anything new.

Eating less. Exercising more. Classic examples. More subtle ones: Praying more. A change of heart. A gathering of courage. Starting a difficult conversation. Every time I have tried to write ‘13 on something—a check, notes from a meeting—it has come out ‘12. I spent twelve months writing one number. That small habit does not go easily into the night.

So why should I think it will be any easier with the larger things of life? New Year’s resolutions are often about shifting what is ingrained. No wonder they often fall by the wayside; what is ingrained in us can feel so core, can fight hard for its right to stay an unlovely part of us.

And yet. Change happens, often in increments. Prayer, people in our lives and places like a church community can be partners in your incremental move through Epiphany, into Lent, and towards the full stature of who God calls you to be.

**Think this month of the increments that maybe only you (and God) can see. Celebrate them. Add to them. Manifest them. Let Epiphany come to you... and you to it. Be open to its wonder and its invitations, increments and all.**

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## *December in Review at NMPC*



After an evaluation of our old heating system, the Session approved the recommendation to replace it with a modern and far more reliable system. For those not wanting to visit the basement here is a photo of our new system. Heat comes up much faster and is 30% more efficient.

**On December 16<sup>th</sup>**, over 20 members of the church went caroling. First stop the Hermitage, then on to Don and Gloria Broad, to Juliann and Steve Green (new members), and to Jeanne Gordon. We all then went to a wonderful Christmas party hosted by Rick Turner. We had a wonderful night of singing and fun.



## December in Review at NMPC continued...

On December 16<sup>th</sup>, the choir presented their annual cantata entitled *"A Blest Messiah Born."* The choir traditionally has a party following church to celebrate; breaking from tradition we had a party at the church following the service with everyone invited. We also had an opportunity to welcome back Marge and Mike Carpenter (Mike having a key part in the cantata); it was their first visit since relocating to Pennsylvania. With lots of food, everyone had time to talk to Mike and Marge and say hello – we don't say good bye.



Jim, Bev and Mike

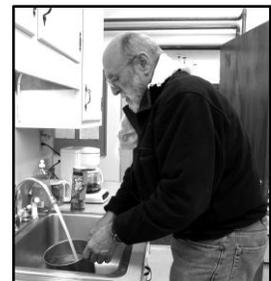
Mike, Nina, Marge and Robert



On December 20<sup>th</sup>, NMPC prepared and served our 2<sup>nd</sup> Annual G F Horne Christmas dinner. From baking cookies, to peeling potatoes, to carving the meat, to serving the 55+ residents their very own special Christmas dinner everyone involved had a special time. As Robert wrote... "A huge **THANK YOU** to all the good folks who prepared, transported and served a complete Christmas Dinner Meal for the 55 residents and staff of G F Horne yesterday. Turkey, Ham, mashed and sweet potatoes, green beans, corn, gravy, rolls and butter, iced tea, cookies, ice cream, gift bags. You gave your attention, warmth and love to these people. This may be the hi light of my Christmas Holy Days. Thank you all." says it all.



Clock wise from upper left...Bev heating vegetables, team serving in Building A, Tom carving a turkey, George on clean up, and Joe Valentine (Makemie PC) carving ham.



# JANUARY



phillipmartin.info

Don't forget!  
Spaghetti Dinner Night  
January 18<sup>th</sup>  
From 5 to 7 pm

Happy Birthday to all our members and friends born in January.

Nina Close	9 <sup>th</sup>
Jean Freeman	21 <sup>st</sup>
Juliann Green	23 <sup>rd</sup>
Nancy Drew Pickard	28 <sup>th</sup>
Mary Helen Gardner	30 <sup>th</sup>
Tom Nielsen	30 <sup>th</sup>

*Did we miss someone? Please let us know!*

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To: