

To the Saints and Friends of Gregory Memorial:

HOW TO SURVIVE SUMMER [without falling into a spiritual slump!]

SUMMER IS HERE! WOOHOO!!!

We all need vacations and a break in our normal routines. God instituted the Sabbath for that very reason—to provide rest from the normal pressures and work we engage in the rest of the week. Often summertime provides a type of “sabbath rest” for many of us when our regular church events like Bible studies, small groups, home groups, etc. take a hiatus. Yet a perpetual holiday/vacation can cause us to lose spiritual ground we may have gained during the year. As we enjoy different routines and changes in our schedules, we slow down.

That’s not necessarily a bad thing. The downside of slowing down and taking a rest is that it becomes so easy to just roll to a stop and take a nap at the wheel. Without realizing it, we quit doing the very things we know help us grow in the Lord.

Now, I realize not everyone has studied the book of Deuteronomy or has an intimate knowledge of the book, so let me provide a teensy bit of context here.

Deuteronomy is one of my favorite Old Testament books—for a variety of reasons, but primarily because we get to know God so well in this book. His character is put on display from His acts of deliverance, the laws He desires Israel to obey, and the sustaining of the nation.

Another reason I love Deuteronomy is because it lays out so clearly God’s “family rules.” Israel had already been welcomed into the family, so to speak, when God made His unilateral covenant with Abraham. That covenant eventually extended to the Israelites preparing to enter the long-awaited Promised Land. They had promised at Mt. Sinai that they would follow the Lord and be His obedient children, so God lovingly provides them with His guidelines for maintaining a harmonious and happy relationship with Him.

PRINCIPLES FOR SURVIVING SUMMER WELL

1. We learn from Deuteronomy that we are to, first and foremost, love the Lord. Spiritual health always begins with this. We’re told in Deuteronomy 6:5:

“You shall love the Lord your God with all your heart and with all your soul and with all your might.”

God provides a concrete picture of what loving the Lord looks like when we read in John 14:15:

“If you love Me, you will keep My commandments.”

Let summertime be a time where you grow even more in your love for the Lord through your obedience to His Word.

2. We also learn throughout the book of Deuteronomy of God’s desires that we know Him better. He explains this in Deuteronomy 4:33-35:

“Has any people heard the voice of God speaking from the midst of the fire, as you have heard it, and survived? Or has a god tried to go to take for himself a nation from within another nation by trials, by signs and wonders and by war and by a mighty hand and by an outstretched arm and by great terrors, as the Lord your God did for you in Egypt before your eyes? ‘To you it was shown that you might know that the Lord, He is God; there is no other besides Him.’ ”

Over and over again we see those who love the Lord desiring to know Him and love Him better. Let summertime be a special time for you to draw even nearer to the Lord.

3. Enjoy the reset that summer gives us. Know that it’s okay to switch things up and do things differently. God took the people of Israel into the land to give them rest from their labors. Summer is meant to be a time where we do things differently. It’s a reset time. So, enjoy it. Deuteronomy chapter 8 warns, “Beware that you do not forget the Lord.” As I was talking with our son, Nate, about this subject, he said, “Rest is to make us more effective, not less effective.” What a good reminder! Use the reset and the rest of summertime as a means of being more effective when things start back up again.

Source <https://scripturepaths.com/blog/2019/5/28/surviving-summer-without-falling-into-a-spiritual-slump>; extracted from “Surviving Summer Without Falling Into A Spiritual Slump”, by Lisa Hughes, blogger, 2024.

To share an article in THE HERALD, please email it to: office@gregorymemorial.org or drop it in the church office mailbox.

WORSHIP INFORMATION FOR AUGUST, 2024

Sunday, 4 August, 2024

Holy Communion

“11^h Sunday after Pentecost” – Liturgical Color: Green

Guest Preacher: Rev. Marvin Daniel

Sunday, 11 August, 2024

“12^h Sunday after Pentecost” – Liturgical Color: Green

Guest Preacher: Rev. Marvin Daniel

Sunday, 18 August, 2024

“13^h Sunday after Pentecost” – Liturgical Color: Green

Guest Preacher: Rev. Wendel Gouldman

Sunday, 25 August, 2024

“14th Sunday after Pentecost” – Liturgical Color: Green

Guest Preacher: Rev. John Scholer



OUR PRAYER IN TIMES OF JOY AND CONCERN...One of our great joys and responsibilities to each other and to God here at Gregory Memorial is the regular practice of praying for each other and our community.

First-responders, world-wide
 Our deployed U.S. service personnel & their families
 Families, persons, communities affected by weather disasters
 & gun violence
 Those affected by wars in Ukraine & in Gaza
 People & Sovereign Country of Ukraine; Russian citizens
 conscripted into war
 Those in our community suffering from illness/loss/grief/hardship
 Amy Townson, Josh Ingram's sister
 Becky Scott Smith
 Russell Heiser, Ingrid Phoenix's grandson (health issues)
 Butch Meade, Glenda Mayhew's brother
 Verne & Clara Smith
 Eddie Frankenstein
 Etta Holc
 Evelyn Foster
 Jerry & Ruby Hasky (health issues)
 Lee Harsh, Valerie Harsh's brother-in-law (health issue)
 Larry Brown of Chesterfield, Larry Johnson's friend (health issue)
 Billy Hudson, friend of Dianna L. Flaherty, Mary Lykins' daughter
 Emily Henry, Mary Holc's sister (health issue)
 Renee' Renier, Diana Flaherty's long-time friend (health issue)

Charlie Perkins (health issue)
 Paula McDaniel, Pam Elder's sister (health issue)
 Grace Cibula (health issues)
 Moneka Suprenant, Susan Shockley's & Sandy Eickmeyer's
 friend (brain injury)
 John Carl Allen (recovering, orthopedic surgery)
 Mary Kay & Mike Schroeter (health issues)
 Dr. Joseph Hillier of Matoaca, Lykins family friend (health issue)
 Alex Courtney of Florence, SC, business associate of Dianna L.
 Flaherty, Mary Lykins' daughter (injured, vehicle accident)
 Peggy & Dennis Allen (health issues; Peggy: Petersburg
 Home for Ladies, Rm #18)
 Corey Whelan, Pat Hunter's grandson (on-going health issue)
 Judy Recher (health issue)
 Shirley MacNeill (health issues; recovering at home)
 Valerie Harsh, living in Staunton, VA (health issue)
 Sean Godwin, grandson of Bill & Cheryl Godwin
 (health issue: MCV-Massey)
 Marty Mann, brother-in-law of Donald Hunter & Pat Hunter
 (health issues)
 Grace Cibula (health issue; presently rehabbing at
 Lucy Corr, Room 119)

ANNOUNCEMENTS

SCHOLARSHIPS AWARDED!

The Scholarship Committee awarded 6 scholarships for the Fall Semester of 2024-2025.



Announced on Sunday, July 14, 2024, the following students received scholarships:

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|-----------------|----------------------|
| Grace Edwards | Breeana Hunter |
| Summer Rollings | Kendall Rollings |
| Sydney Turcotte | Mattie-Lynn Metschke |

To date, the Christine M. Belsches Memorial Scholarship Fund has awarded 59 scholarships to 24 different students, for a total distribution of \$42,000!

“NATIONAL NIGHT OUT” sponsored by PGPD to promote community awareness as a crime deterrent, will be held at Prince George Ruritan Hall [5450 Ruffin Road in Prince George] from **5 p.m. to 8 p.m. on Tuesday, August 6**. A no-charge event includes hotdogs, hamburgers, sno-cones, face-painting, and bouncey-houses. Open to the public. **All are welcome!**

“BACK-TO-SCHOOL” BACK PACK SUPPLIES DRIVE

Don't forget to return your item(s) for the Back-to-School Fair. There is a box in the Narthex for your donated school supply items. You still have one more Sunday (**Aug. 4**) to return items if you haven't brought them in yet.



All items will be taken to the drop off location on **Aug. 6, 2024**.

Thanks to all who participated in the “Back-to-School” backpack supplies drive. This is a wonderful opportunity for us to show that we care as a congregation that we want to give our school students the best possible shot at a successful school year.

STATED SESSION

MEETING – 12 p.m. (est.) after worship service on **Sunday, August 11**; Rev. Marvin Daniel, Moderator.



HOLY COMMUNION SCHEDULE FOR 2024

March 4, 2024 April 7, 2024	June 9, 2024 August 4, 2024	October 13, 2024 December 1, 2024
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ANNOUNCERS FOR SUNDAY WORSHIP SERVICES

August 4 Susan Shockley	August 11 Rose Scott	August 18 Donald Hunter	August 25 Patsy Johnson
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HOLY HUMOR

23rd Psalm

A Sunday School teacher asked her group of children if anyone could quote the entire 23rd Psalm. A golden-haired, 5-year-old girl was among those who raised their hands.

A bit skeptical, the teacher asked if she could really quote the entire Psalm. The little girl came to the front of the room, faced the class, made a perky little bow, and said, "The Lord is my shepherd, that's all I want." She bowed again and went and sat down.

That may well be the greatest interpretation of the 23rd Psalm ever heard.

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### "🎤 All Preachers Here We Go ..."

A substitute preacher told this story. He said, when he was a young boy, he thought that the Doxology went:

"Praise God from whom all blessings go; Praise him all preachers here we go (*instead of "creatures here below"*), then, "Praise him above the heavenly host; praise Father, Son, and Holy Ghost." He said he thought that was the wording because, ***when everyone sang that, often the preacher leaves the pulpit and walks out!***

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Drop the Mike!

Recently a large seminar was held for the benefit of ministers-in-training. Among the guests were many well-known motivational speakers. One such speaker boldly approached the pulpit and, gathering the entire crowd's attention, said, "The best years of my life were spent in the arms of a woman that wasn't my wife!"

The crowd was appropriately shocked! He then followed up his revelation by saying, "And that woman was my mother!" The crowd burst into laughter and he gave his speech, which went over rather well.

About a week later, one of the young assistant ministers who had attended the seminar decided to use that same joke in what was to be his first sermon to the congregation. As he shyly approached the pulpit on Sunday, he tried to rehearse the joke in his head. He was notably very nervous and upon getting to the microphone he said very loudly, "The greatest years of my life were spent in the arms of another woman that was not my wife!" His congregation sat shocked.

He stood there in silence for about 10 seconds, then, *[wait for it:]* the pastor nervously blurted out, ***"...and I can't remember who she was!"***

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Reverend to his congregation: "*We have good news and bad news. The bad news is that the roof needs repairing. The good news is that we have the money to pay for it.*" (There were appreciative murmurs all around.)

Reverend: "***The extra bad news is that it's still in your pockets!***"

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After worship service, the mother of a fidgety 7-year-old boy told how she finally got her son to sit still and be quiet:

About halfway through the sermon, she leaned over and whispered, 'If you don't be quiet, the Pastor is going to lose his place, and he will have to start his sermon all over again!' It worked.

A FEW CRACKS FROM THE PEANUT GALLERY...

A good friend will come and bail you out of jail---but a true friend will be sitting next to you saying, "Darn...that was fun!"

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When I was young, I used to go "skinny-dipping". Now I just "chunky-dunk."

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I signed up for an exercise class and was told to wear loose-fitting clothing. If I HAD any loose-fitting clothing, I wouldn't have signed up in the first place!

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How come we choose from just two people to run for our President, and 50 for Miss America?

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Never argue with an idiot...people watching may not be able to tell the difference.

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Bumper sticker of the year: "If you can read this, thank a teacher---and, since it's in English, thank a soldier!"

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Why do I have to swear on the Bible in court when the Ten Commandments cannot be displayed in a federal building?

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# AUGUST, 2024

| Sun                                                                                                                                               | Mon                         | Tue                                                                                                                                                                                                                | Wed                                                                | Thu                                                                 | Fri | Sat                                                                                                                |
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|                                                                                                                                                   |                             |                                                                                                                                                                                                                    |                                                                    | 1<br>6a Clean church                                                | 2   | 3<br>8p-9p PG Study Group AA (Fellowship Hall, Reception Area, Kitchen, Mtg/Dining Rm)                             |
| 4<br>9:30a Sunday School<br>11a Worship service & Holy Communion<br>Guest preacher:<br>Rev. Marvin Daniel                                         | 5<br><b>LABOR DAY</b>       | 6<br>5p-8p<br>Nat'l Night Out at PG Ruritan Hall<br>5450 Ruffin Road<br>Prince George<br><br><i>No-charge event:</i><br>H'burgers, h'dogs, sno cones, face-painting, bouncey-houses<br><br><i>All are welcome!</i> | 7                                                                  | 8<br>6a Clean church                                                | 9   | 10<br>8p-9p PG Study Group AA (Fellowship Hall, Reception Area, Kitchen, Mtg/Dining Rm)                            |
| 11<br>9:30a Sunday School<br>11a Worship service<br>Guest preacher:<br>Rev. Marvin Daniel<br><br>12p Stated Session Mtg<br>Moderator: Rev. Daniel | 12                          | 13<br>7p Faith Cmte<br>7p Finance Cmte                                                                                                                                                                             | 14<br>6:30p-8:30p<br>BSA Tr. 900<br>Eagle Board<br>Fellowship Hall | 15<br>6a Clean church<br>2p Newsletter (Sep) articles due in office | 16  | 17<br>8p-9p PG Study Group AA (Fellowship Hall, Reception Area, Kitchen, Mtg/Dining Rm)                            |
| 18<br>9:30a Sunday School<br>11a Worship service<br>Guest preacher:<br>Rev. Wendel Gouldman                                                       | 19<br><i>School Starts!</i> | 20                                                                                                                                                                                                                 | 21                                                                 | 22<br>6a Clean church<br>2p Newsletter (Sep) out                    | 23  | 24<br>8p-9p PG Study Group AA (Fellowship Hall, Reception Area, Kitchen, Mtg/Dining Rm)                            |
| 25<br>9:30a Sunday School<br>11a Worship service<br>➤ 5 Cents-a-Meal Offering<br>Guest preacher:<br>Rev. John Scholer                             | 26                          | 27                                                                                                                                                                                                                 | 28                                                                 | 29<br>6a Clean church                                               | 30  | 31<br>2p Cmte reports due<br><br>8p-9p PG Study Group AA (Fellowship Hall, Reception Area, Kitchen, Mtg/Dining Rm) |

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STAMP

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## ***AUGUST 2024 NEWSLETTER***



### ***FAREWELL, SUMMER***



**COME AND JOIN US!**  
Sunday School 9:30 A.M.  
Worship 11:00 A.M.

We're on: [Facebook.com/gmpcva](https://www.facebook.com/gmpcva)