



PCPC LIFE

PALMA CEIA Presbyterian Church

3501 San Jose • Tampa, Florida 33629 • 813.253.6047 • www.palmaceia.org

March 2011

A Time to Remember We Belong to God

By Rev. John DeBevoise

Many people think of Lent as a time of fasting and giving up something like chocolate, or red meat, on Fridays. However, Lent is not about being miserable; it's about entering into a time of preparation, self-discovery, and personal strengthening leading up to the witnessing of the Resurrection Christians call "Easter." To the early Church, Lent was a time of instruction leading to baptism. The word "Lent" is derived from the same root as "lengthen," because the number of daylight hours lengthens during Lent. The northern hemisphere turns toward the sun, and winter gives way to spring. In Hebrew, the word for repentance is "to turn," just like the earth turns toward the sun. These forty days of Lent can also be for you and your family a time of preparation and study, a time to read and pray and take on some intentional practice of Christian living, lengthening or strengthening the fabric of your own Christian practice. The forty days of Lent are a time for examining our lives once again to see whether we're building on rock or sand – whether we're building up "treasures for ourselves on earth where moth and rust consume and where thieves break in and steal, or in heaven where moths and rust cannot destroy and robbers cannot break in" (Matthew 6:19, 20). It is a time for reflecting on Jesus' words "that life that would be saved for oneself will be lost, but those who would lose their life for his sake and the gospel's, will find it (Matthew 16:25)."

The season of Lent begins with Ash Wednesday, on March 9 this year. Like many other Christian churches, PCPC will share in an Ash Wednesday service in the Sanctuary, at 6:30 p.m. on March 9. It will last 30 minutes, and the service will include an opportunity for those who desire to share in the "Imposition of Ashes," in which ashes are placed on one's forehead as a reminder of our mortality, our total dependence upon God, and the life that is possible only in following Christ's path. In addition to the evening service this year, there will also be a service at 8:00 a.m. in the Chapel on the morning of March 9, also lasting 30 minutes.

This issue of the PCPC newsletter shares a number of opportunities or sharing in some intentional study or prayer life during this season of Lent. Additionally, resources can be found on the PCPC web site (www.palmaceia.org), Facebook page, and in print in the church office. During this season of Lent rather than giving something up, consider taking on something new, something that will strengthen your walk with Jesus Christ and in his service.



"Are You Coming To Dinner?"

The prominent place of food and meals in the Bible may be surprising to us fast-food and takeout eaters. Back in biblical times, gathering and preparing food took time and occupied a significant part of life. The danger of famine (due to natural calamities or crop failure) gave special importance to food. Water was drawn from a well or spring, not a faucet or commercial bottle. Bread was baked from scratch, and beans and lentils simmered for hours. Food was also a means of conveying spiritual significance. Half of the parables Jesus told concerned seeds and farmers, barns and banquets, wheat and figs. Meals were linked with the forming of promises -- covenants, and food sacrifices were linked with worship.

In this season of Lent the lectionary encourages Christians

Continued on Page 3

INSIDE MARCH



Wednesday, March 2

Wednesday Night Dinner at 5:30 p.m. in Fellowship Hall

Thursday, March 3

Women of Wisdom, 6:30 p.m. in PW Room

Friday, March 4

Family Movie Night, 5:30 p.m.

Saturday, March 5

FED Collection and delivery, 9:00 a.m.

Sunday, March 6

Sunday Worship, 8:30, 9:45, 11:00 a.m.
One Great Hour of Sharing banks go home with kids.
Basketball Clinic with Jim Price, 1:00-4:00 p.m.
Vespers Service, 6:00 p.m.

Wednesday, March 9

Wednesday Night Dinner at 5:30 p.m. in Fellowship Hall
Lenten Vespers Service, Sanctuary, 6:30 p.m.

Friday, March 11

Lenten Concert at 7:00 p.m.

Saturday, March 12

Men's Bible Study: In the Company of Wise Men, 7:00 a.m.

Sunday, March 13

Sunday Worship, 8:30, 9:45, 11:00 a.m.
The Feast of Lent Study, 5:30 p.m., Fellowship Hall
Vespers Service, 6:00 p.m.

Wednesday, March 16

Young At Heart Lunch, 12:30-2:00 p.m.
Wednesday Night Dinner at 5:30 p.m. in Fellowship Hall
St. Patrick's Day Celebration
Lenten Vespers Service with special musical guests, Chapel

Saturday, March 19

In The Company of Wise Men, 7:00 a.m., PW Room

Sunday, March 20

Sunday Worship, 8:30, 9:45, 11:00 a.m.
The Feast of Lent Study, 5:30 p.m., Fellowship Hall
Vespers Service, 6:00 p.m.

Wednesday, March 23

Wednesday Night Dinner at 5:30 p.m. in Fellowship Hall
Lenten Vespers Service, Chapel, 6:30 p.m.

Saturday, March 26

In The Company of Wise Men, 7:00 a.m., PW Room
Paddle 'n Picnic with Tapestry Women, 8:00 a.m.

Sunday, March 27

Sunday Worship, 8:30, 9:45, 11:00 a.m.
The Feast of Lent Study, 5:30 p.m., Fellowship Hall
Vespers Service, 6:00 p.m.

Wednesday, March 30

Wednesday Night Dinner at 5:30 p.m. in Fellowship Hall
Lenten Vespers Service, Chapel, 6:30 p.m.

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PCPC Vision Statement

We are called to be a community of disciples in Jesus Christ, who, seeking unity in the faith, are living our lives in joyful obedience to God's Word. Worshiping Christ, learning in Christ, growing in Christ, caring in Christ, acting in Christ, reformed in Christ.

PCPC LIFE

Published monthly by The Palma Ceia Presbyterian Church
Edited by Sarah Ward.

Submissions:

If you have information that you would like to be considered for the newsletter, e-mail communications@palmaceia.org, or place it in Sarah Ward's box in the church office. The deadline is the 2nd Monday of the month.

E-News:

If you are interested in receiving PCPC news via our e-news system, please send an e-mail to communications@palmaceia.org.

PCPC Anchor line: (813) 254-PCPC

to read again the story of how Jesus was tempted as a testing of his faith, tempted to use his authority to meet a personal need (Matthew 4: 1-11). Having fasted for 40 days, the famished Jesus was tempted to turn “stones into bread.” But Jesus resisted the temptation, speaking of the presence of God as another form of nurture. Bread isn’t the only thing that sustains us.

Nutritionists say that sometimes we can think we are hungry, but we are actually thirsty...Indeed—dehydrated. In the same vein there can be a hunger for something that food doesn’t satisfy; a hunger for God. Jesus, who was fasting, was tempted by the Devil to turn stones into bread, and he responded, “Man doesn’t live by bread alone, but by the Word of God.” Physical food isn’t the only thing that sustains us. We need the presence of God.

Have you ever wanted to hear from God so much that it felt like a thirst? Have you ever been hungry to feel God’s presence?

Nutritionists also say that sometimes you can go in to the kitchen and start eating, but it isn’t actually physical hunger you are trying to satisfy. It can be some other kind of need: emotional need, anxiety, boredom or procrastination. Or it can be emptiness inside that comes from wandering away from God. St. Augustine said, “O God, our hearts are restless until they rest in you”.

The Sacrament of Communion will be served on Sunday morning, March 13. It is also served each Sunday evening at the Vespers Service. The sacrament is an invitation Jesus extends from God, through the Communion table, to share in the life God offers. Sharing in the sacrament is an expression of your own returning to your relationship with God as the source of that life. “Taste and see that the Lord is good!” (Psalm 34:8)

Blessings,

John

Rev. John T. DeBevoise

TRADITIONAL WORSHIP
8:30 & 11:00 a.m. in the sanctuary

CONNECTION WORSHIP
8:30 & 9:45 a.m. in the gym

VESPERS WORSHIP
6:00 p.m. in the chapel

LENTEN WORSHIP SERVICE

Wednesdays, 6:30 p.m.

Each Wednesday in Lent we will be gathering for a time of scripture, prayer, and reflection. The first Wednesday, Ash Wednesday (March 9), we will gather in the Sanctuary for a service which includes the imposition of ashes. Each subsequent Wednesday we will gather in the Chapel.

LENTEN STUDIES

During Lent, March 9 - April 24, there are two different styles of Bible study being offered.

The Feasts of Lent

Lent is usually looked at as a time of fasting, but no one is supposed to fast on “the Lord’s Day,” that is Sunday. So on Sunday evenings of Lent, beginning March 13, there will be a dinner for adults and children held in the Fellowship Hall at 5:30 p.m., followed by small group studies. Child care is provided for the study.

The study will focus on the Gospel of Mark which is considered by most scholars to be the earliest of our gospels of Jesus. We have a record that suggests that Mark was written in a pattern, in order to be easily remembered. Each small group will study a section of the book to learn this pattern. At the end of the study we’ll have a gathering where groups present to each other what they’ve learned.

In the Company of Wise Men

A men’s Bible study that is being offered multiple ways. It is focused on the book of Proverbs, studying and discussing the wisdom found in the pithy sayings.

Choose one of the following:

Saturday Morning Study, beginning March 12, meet with Geoff Kohler in the Presbyterian Women’s Room at 7:00 a.m. for the six Saturdays of Lent. A light breakfast is included.

Online Study, if you’re traveling you’ll be able to get the study online through the Connection blog site. There will be two face-to-face meetings during the weeks of Lent to fill out this study.

Existing Men’s Study, invite Geoff Kohler to lead your study group for six weeks or have your leaders obtain the program from Geoff and incorporate it into your existing study.

To sign up for either of these studies, please contact Charmel Dodd in the church office (charmel@palmaceaia.org or 253-6047, xt. 272). For The Feasts of Lent, please provide the number of adults and children participating as well as the age of the children who will need child care. For In the Company of Wise Men, please include which method of study you would like to follow.

“FOR I AM THE LORD, YOUR GOD, WHO TAKES HOLD OF YOUR RIGHT HAND AND SAYS TO YOU, DO NOT FEAR; I WILL HELP YOU.” -ISAIAH 41:13

GODLY PLAY IN THE PRESCHOOL

By Karen Probst (Teacher, 2 year olds) & Lisa Jordan (Teacher, 3 year olds)

We finish snack quickly as the children anxiously await Godly Play. One child says loudly “Godly Play, Godly Play. I love Godly Play”. We walk quietly down the hall as the children anticipate what the story will be today. To prepare for a quiet worship time, we take some deep breaths. We repeat “smell the roses, blow out the candles” to help facilitate the calmness and stillness.

The children settle around the blue carpet. The room is dimly lit with the spotlight over the storyteller. As the curiosity in the room builds, we are now ready to begin.

The reader opens the parable box with great ceremony. The children look on with a sense of awe and wonder for the story they are about to hear. Using props and a calm, quiet tone, the storyteller unveils the story. The children listen intently as the mystery is revealed.

At the conclusion, the reader reflects on the story by asking rhetorical questions, giving the children time to internalize the lesson. Some of the most recent stories have been Jesus is Baptized, Follow Me and, most recently, The Sower.

Upon returning to our classrooms we have a chance to reflect and, in the children’s words...

“Godly Play is like a little church”

“The seeds grew in the good soil”

“The thorns choked the seeds”

“The birds eat the seeds”

In asking the children what they most like about Godly Play, they responded...

“I like when you read the story”

“I like when you read the story about Thomas and Jonah and the whale”

“I love when you read the story of John the Baptist”

Godly Play is one more area in a child’s life where the seeds are planted for a lifetime connection to the Bible.

PRESCHOOL



Commissioners Elected to the Presbytery

In January, the Session approved the election of Presbytery commissioners to serve an annual term in an effort to enable better communication and a more engaged service to the Presbytery. Following meetings of the Presbytery, these commissioners will report to the Session and to the congregation so that we may know the work and ministry that is being done within this regional body. The annual slate of commissioners consists of three active elders: Marjorie Carlson, Anne Loomis, and Patricia Pead; and four resting elders: Debbie Brock, Miller Detrick, Mike Peacock, and David Shobe. PCPC has nine elder commissioner spots and the remaining two spots will be filled by active elders on a rotating basis. Thank you to those who have agreed to serve the church in this capacity.

PresbySpeak – March 2011

Presbytery – A governing body in the Presbyterian denomination that is comprised of all churches and ministers of Word and Sacrament in a certain geographical area. They are the governing bodies that focus on the immediate concerns of local congregations. PCPC is a part of the Presbytery of Tampa Bay. There currently are 173 presbyteries within the denomination.

General Assembly – The highest governing body in Presbyterian churches. The Assembly meets once every two years and includes elder and clergy commissioners from all the denominations’ presbyteries.

Clerk of Session – The official record keeper for the Session. You may communicate with the Session by emailing PCPC’s clerk, Beverly Mims, at clerk@palmaccia.org.

Faces of FAITH CAFÉ

By Corinne Gaertner

“Jesus never met a prostitute. Jesus never touched a leper. Jesus never healed a paralytic. Jesus met human beings.” As Geoff Kohler began a recent sermon with these words, they deeply touched me as they convey how I look at the guests of Faith Café. Over the past 7 years I have been volunteering weekly at Faith Café as the Thursday coordinator/social worker. In that time I have come to know many of the guests at Faith Café by name.

Recently I was speaking to another volunteer about our need to find a new location and how long we have been at our current location. Jerry, a frequent guest, overheard us and chimed in, “You opened in November of 2001 didn’t you? I remember reading about it in the paper. I was in jail at the time, which is how I remember and I thought, that is just what I need.” Jerry struggles with alcoholism. He is a pleasant man and friendly but mainly, he keeps to himself. I was glad to hear that Faith Café has made his struggles more bearable and that it provides a place for him to come, eat, and get clean clothes.

The faces at the café vary. While many guests have struggles with substance abuse or mental illness, many do not. In recent months a couple, Tedric and Jennifer, have been coming with their children, Jasmine (18), Gregory (5) and Alivia (2). I recently asked them what brought them to the café. They shared with me that, although they have a place to stay and they both receive disability benefits, coming to Faith Café helps them to stretch their food and clothing budget at the end of the month. Faith Café gives them a sense of community and reminds them to feel grateful for what they do have. They enjoy the food, the people and they feel welcome.

On any given day you see a variety of faces at Faith Café but the overwhelming feeling there is the spirit of meeting and treating all people as human beings. It is the living word of Christ, the prevailing message of the New Testament, “Love your neighbor as yourself.” Matthew 19:19, Matthew 22:30, Mark 12:31, Mark 12:33, Luke 10:27, Romans 13:9, Galatians 5:14 and James 2:8 all proclaim this message. Faith Café is putting these words in action 6 days a week, every week. Please help us to continue this very important and needed ministry and consider Faith Café during the Witness Offering in June.

Mission Announcements on Page 10

TO HAITI and BACK

A third team from PCPC went to work in Port-au-Prince, Haiti from January 29 - February 5. We worked with Haiti Outreach Ministries, just as we did on our last two trips, seeking to do whatever they needed as they continue their response to the crisis that is Haiti. Two doctors joined us on this trip; Howell Morrison, a dentist and Tim Lorenzen, an eye surgeon. Each brought their experience and skills to help the Haitian people. The rest of the team went to work on completing the two story clinic in Cité Soleil, a building we worked on during our last visit. We saw children and old people find clear sight for the first time. We had people hugging our dentist for removing the source of their pain and setting them free. Filled with grime, dust and satisfaction, our construction crew worked alongside Haitians to finish the clinic. Each day brought new insights, stronger relationships and a sense that progress is being made. Thanks to all of PCPC for their support and prayers during our trip.

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Hope in Haiti comes in small packages.

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“DELIGHT YOURSELF IN THE LORD AND HE WILL GIVE YOU THE DESIRES OF YOUR HEART.” - PSALM 37:4

CALLING 9-1-1

Calling 9-1-1: Don't Delay, Get Help Right Away!

CONGREGATIONAL CARE

This month the Parish Nurse Corner is dedicated to educating you on the symptoms of heart attacks, strokes and cardiac arrests. These are all time-sensitive health scenarios when minutes matter. While it is natural to call a friend or loved one for help or transportation assistance, the smarter choice is to call 9-1-1 and get the help of Emergency Medical Staff (EMS) on the scene as soon as possible. Here's why...

- EMS can begin treatment as soon as they arrive on the scene as well as in the ambulance, en route to the hospital.
- Patients who arrive with EMS are seen at the hospital up to an hour sooner than someone who has been driven to the hospital by car. More importantly, patients with chest pain and/or stroke symptoms who arrive by ambulance typically receive more immediate treatment.
- EMS is trained to revive a victim whose heart has stopped.
- Unlike the friend or cousin you may call for help, EMS has both a driver and paramedics who can focus on your care en route to the hospital. They can provide oxygen, help raise blood pressure that is too low and contact the hospital to have a stroke alert team standing by.

Calling 9-1-1 for EMS is the best choice for safe, rapid transport to the emergency room.

The nearest stroke certified hospitals that can administer the drugs (tPAs) that reduce the long-term disabilities associated with strokes are Tampa General and St. Joseph's.

the LIFE of the church

WEDDINGS

01/22/11	Sue Soung-hae Shin & Daniel Gee Hyuk Kim
02/05/11	Susan Lori Edwards & Timm Raymond Sweeney
02/11/11	Lyda Daria Tymiak & Carl Lindell
02/17/11	Sara Elizabeth Williams & Phillip Ray McGill

BIRTH

02/05/11	Emerson Elizabeth Luka, daughter of Maegan & Matt Luka
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BAPTISMS

01/16/11	Paige Crossley Kendall, daughter of Allison & Kevin Kendall
01/16/11	Charlie Jordan Graden, daughter of Lindsay & Niles Graden
01/30/11	Samantha Kate Carvallo, daughter of Heather & Eddie Carvallo
02/06/11	Campbell Grace Ward, daughter of Sarah & Stephen Ward
02/06/11	Joseph McMahan Taggart, son of Mary & Joseph Taggart
02/06/11	Henry Taggart Smith, son of Teale & William Edgar Smith, III

NEW MEMBERS

01/18/11	Dan Harris
01/18/11	Lynda & J. P. LaCasse
01/18/11	Laura Obermeier
01/18/11	Lynn Reiling

DEATH

01/18/11	Robert (Bob) S. Carbonell
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TRANSFERS

12/22/10	Abigail & David Caputo to St. Paul's Episcopal Church in Summerville, SC
01/31/11	Judy Jones to Palma Ceia United Methodist Church

YOUTH 2011



**CHECK US OUT ON
WEDNESDAYS & SUNDAYS!**

MIDDLE SCHOOL

Summer Trips

The Middle School Youth Group will be taking two trips this summer. Current 6th, 7th and 8th graders are invited to attend. We are currently only adding students to the waiting list for these trips. Registration forms are available at www.pcpcyouth.com and deposits may be made at the church office.

Palma Ceia's Got Talent

Do you have a talent that you want to showcase at Youth Group? Can you play the guitar or another instrument, sing or perform a "Stupid Human Trick"? If so, then sign-up for the PCPC Talent Show on March 23 from 6:00 - 7:30 p.m. To register, email David at youth@palmaceia.org to tell him what talent you are planning to perform. There will be prizes for all who enter. This is just for fun; there is no official winner.

HIGH SCHOOL

Fun in the Son

There is still room in our High School Youth Conference: Fun in the Son, from July 17-22 in Jekyll Island, Ga. All of our other summer trips are filled up so sign up for Fun in the Son today! The registration form is available at www.pcpcyouth.com and deposits may be made at the church office.

Paintball!

PCPC High School Youth Group is going to play Paintball on March 27 from 12:00 - 5:00 p.m. We will be meeting in the PCPC parking lot at 12:00 p.m. and will carpool to Orbital Paintball. You will need a signed Orbital safety waiver form to participate (you may upload this at www.orbitalpaintball.com). The cost is \$25 per person which includes all day equipment rental and 500 paintballs. If you have your own equipment that you'd like to bring, then the cost is only \$20. Please eat before the event. Email David at youth@palmaceia.org if you plan on attending.

PCPC YOUTH GROUP IS

**DEDICATED TO GETTING TO
KNOW AND LOVE GOD**

MIDDLE SCHOOL

March 2: Youth Group, 6:00 - 7:30 p.m.
March 9: Youth Group, 6:00 - 7:30 p.m.
March 16: Youth Group, 6:00 - 7:30 p.m.
March 23: Talent Show, 6:00 - 7:30 p.m.
March 30: Youth Group, 6:00 - 7:30 p.m.

HIGH SCHOOL

March 6: Youth Group, 6:00 - 7:30 p.m.
March 13: Youth Group, 6:00 - 7:30 p.m.
March 20: Youth Group, 6:00 - 7:30 p.m.
March 27: Paintball, 12:00 - 5:00 p.m.



YOUTH

Women's Ministry

TAPESTRY WOMEN'S MINISTRY

Women of Wisdom

Thursday, March 3, Presbyterian Women's Room

Tapestry welcomes Liz Kennedy, a community visionary and founding member of numerous organizations that are vitally important to Tampa. Liz has a gift for seeing a need and then gathering others around the cause. She has been instrumental in the formation of the Child Abuse Council, The Ophelia Project, Hillsborough Kids, Baby Bungalow and most recently, the Neighborhood of Promise in Sulphur Springs. In addition to serving as the Board Chair of the Presbyterian Learning Centers of Tampa Bay, Liz created Bridge Builders which brings together over one hundred women of different faiths in conversation and understanding. Please join us to hear the recipient of the prestigious Civitan Citizen of the Year Award as she shares her faith journey with us.

6:30 p.m., Dinner (\$6 per person), 7:15 p.m., Speaker
Please RSVP for dinner to Bruce Farnell at 253-6047 or
receptionist@palmaccia.org

Paddle-n-Picnic

Saturday, March 26

Tapestry Women's Ministry is sponsoring a Paddle-n-Picnic at Fort De Soto Park on Saturday, March 26 (rain date: April 9). Tapestry events are fellowship gatherings that interweave the talents and friendship of women, and are open to all women, regardless of whether they are members of PCPC. We will explore the waterway trail and a short walking trail, followed by lunch. No paddle experience is required. Bring water, sunscreen, lunch, and closed toe shoes for walking (hat, camera and binoculars, if desired). The cost is \$23 per person for canoe / kayak rental. Meet at PCPC at 8:00 a.m. and carpool. Register with Susan Swartz (813-289-3309 or bigsisetal@msn.com).

NURTURE your FAITH

PRESBYTERIAN
WOMEN

CIRCLES

Circle #1, March 7, 10:15 a.m. at Emily Rohrer's, 2827 Hawthorne
Circle #2, March 7, 10:15 a.m. at Delores Cawthon's, 2602 Prospect
Circle #3, March 7, 10:15 a.m. at Berdina Morgan's, 918 S. Golf View
Circle #4, March 7, 10:15 a.m. at Cynthia Mischler's, 3502 W. San Luis
Circle #5, March 8, 7:00 p.m. at Margaret Hylton's, 3104 W. Watrous
Circle #6, March 14, 11:00 a.m. at a location to be determined.
Circle #7, March 7, 10:15 a.m. at PCPC in the PW Room, Sally Glisson
Circle #8, March 1, 6:30 p.m. at Marti Price's, 5125 W. Neptune Way

THE PRESIDENT'S LETTER

Despite cold weather the Presbyterian Women were fired up with energy as they planned upcoming events and provided service for our church.

Circle Groups: The study of Revelation has been enlightening and moving as we study it from the perspective of God's love. This monthly meeting provides an opportunity to socialize with members, sharing our blessings and concerns, and allowing the circle of God's love to support us through this community of women. I encourage anyone to join a circle as we continue this study through June.

Wednesday Night Dinners: With an average of 200 people dining, the Circle volunteers helped Coretha, tending the buffet table and clearing tables.

Community Service: At Church Women United on February 16, volunteers helped those in need find clothes and home items. We recognized some of the many things our church delivered from our Ingathering last November.

Upcoming Events:

March 21, General Meeting at 10:00 a.m. in P.W. Room
Our guest speaker, Anne Strozier, will be presenting, "Parenting a Second Time Around: What Women Do When They Must Raise Their Grandchildren." Anne Strozier, Ph.D., is the director of the Florida Kinship Center and an Associate Professor in the School of Social Work at USF where the center is housed. Please invite friends to hear about this informative topic that relates to so many women.

April 2, Shower for Nicole Partin
The Presbyterian Women will host a bridal shower for Nicole Partin on April 2 from 10:00 a.m. - 12:00 p.m. in the Fellowship Hall.

I wish to extend a special thank you to our Circle Leaders and their commitment to Presbyterian Women during this year.

- Sherry Leffers

The Mustard Seed Class meets on Thursday mornings.



FELLOWSHIP

With One Another

MUSIC NOTES

Lenten Concert

Friday, March 11 at 7:00 p.m. in the Gym
The PCPC Praise Band and some special friends will be performing a Lenten concert on Friday, March 11 in the Gym. Look for further details to be announced in the E-News and Sunday Bulletin closer to the event.

Palm Sunday Concert

Antonín Dvořák's *Stabat Mater*
Sunday, April 17 at 4:00 p.m. in the Sanctuary
The PCPC Concert Choir and the Tampa Oratorio Singers combine to present Antonín Dvořák's *Stabat Mater* on April 17, Palm Sunday, at 4:00 p.m.

Dvořák enables us to experience the emotions of Mary standing, sorrowful, at the foot of the cross. Composed in Prague, the cantata was Dvořák's reaction to the death of his daughter Josefa and is his first work on a religious theme and perfect for Palm Sunday. The chorus and selected soloists will be accompanied by members of The Florida Orchestra. Nancy M. Callahan will direct with the Tampa Oratorio Singers and David Matthews as Principal Accompanist. No charge for admission. A free will offering will be collected.

YOUNG AT HEARTS

Bayshore Baptist Church

Wednesday, March 16, 12:30 – 2:00 p.m.

Join our older adult ministry, Young at Hearts, for food, fellowship and faith. This month's program will feature Betty Gray. Please RSVP to Bruce Farnell at 253-6047 or receptionist@palmaccia.org. The cost of lunch is \$7.00.

ST. PATRICK'S DAY CELEBRATION

Join us on March 16 at 5:30 p.m., for a special Wednesday Night Dinner and St. Patrick's Day celebration. We will be serving a festive supper of corned beef & cabbage, potatoes and cornbread. Following dinner, there will be a brief Vespers service featuring fiddler Cyndi Egan and her friends, Jess and John, who will be playing the tin whistle/flute and guitar. Our dinner should be rollicking and our Vespers sublime, but blessed in any case.

Wednesday Dinner

Whenever we gather around tables to share meals with one another, it can be a sacred experience as our bodies and souls are fed and nourished.

MARCH MENU

- 3/2 Fried chicken, new potatoes, green beans
- 3/9 Meatloaf, macaroni & cheese, broccoli
- 3/16 Corned beef & cabbage, potatoes, cornbread
- 3/23 Spaghetti

Cost Per Person: \$5.00

Per Child: Free (ages 0-2)

\$2.00 (ages 3-6)

\$3.00 (ages 6-12)

\$5.00 (ages 12 and up)

Per Family: \$15.00

Booklet of 6 meals: \$25.00

*“Let your light
shine before me,
that they may
see your good
deed and praise
your Father in
Heaven.”*

- Matthew 5:16

Our beloved group of congregation members who are 80+ years old.



adults &

families

PARISH NURSE CORNER

The primary functions of the Parish Nurses at PCPC are to:

1. Offer educational materials and resources to the congregation.
2. Provide patient advocacy tips to assist with individual medical needs.

Warning Signs of Heart Attack, Stroke & Cardiac Arrest

Heart attacks and strokes are life and death emergencies – every second counts! Call 9-1-1 if you or someone with you has any of these symptoms

Heart Attack Warning Signs

Chest discomfort: typically in the center of the chest that lasts more than a few minutes or goes away and returns. It can feel like pressure, squeezing, fullness or pain.

Upper body discomfort: this can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

Shortness of breath: this may occur with or without chest discomfort. Breaking out into a cold sweat, nausea and lightheadedness may also be signs. Women more often than men experience these symptoms. Some heart attacks are sudden and intense but most heart attacks start slowly with mild pain or discomfort. Don't wait to get help!

Stroke Warning Signs

- Sudden weakness or numbness of the face, arm or leg – especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden difficulty seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

Warning Strokes/Mini-strokes (TIAs)

A Transient Ischemic Attack (TIA) is like a mini-stroke. The symptoms are the same as a stroke but they are temporary. Seeking treatment for this may reduce the risk of suffering a major stroke. It is important to check the time that stroke symptoms begin and take immediate action. Certain drugs (tPA – tissue plasminogen activators) are available within the first 3 hours of the onset of stroke symptoms that can reduce long-term disabilities for the most common type of stroke.

Cardiac Arrest Warning Signs

Sudden loss of responsiveness: no response to being tapped on the shoulder. No normal breathing: lack of normal breath when head is tilted up for at least 5 seconds. Whenever a sign of cardiac arrest is present, call 9-1-1 immediately, seek an AED device on premises, then begin CPR. If you are not trained in CPR and would like to take a class, visit www.redcross.org or contact the American Red Cross Tampa Bay Chapter at (813) 348-4820.

MISSION ANNOUNCEMENTS

FED Ministry Collection

Saturday, March 5 at 9:00 a.m.

The FED ministry is in need of diapers, formula and cereal for our friends in the North Boulevard Neighborhood. Anyone wishing to contribute can leave these items in the bins marked FED outside of the Fellowship Hall near the breezeway.

Our next mission visit to the North Boulevard Neighborhood will be on Saturday, March 5. We will meet at the church at 9:00 a.m. All are welcome and encouraged to join us. Please contact Layne Lenfestey at traveler3x@verizon.net if you would like to attend.

Faith Café: March Supply Collection

While Faith Café searches for a new home, their board is seeking to save operating expenses by asking the 7 sponsor churches to rotate collections of paper goods, which is their primary daily expense. March is PCPC's collection month! The items listed below are needed. Faith Café bins are located outside the Fellowship Hall and will be open Sundays and Wednesdays throughout March.

1. 10" Divided Styrofoam Plates
2. 12 oz. Styrofoam Soup Bowls
3. Plastic Knives, Forks, Spoons
4. Paper Napkins
5. 8 oz. Styrofoam Coffee Cups
6. 16 oz. Styrofoam Solo Cold Cups
7. Paper Towels
8. Disposable Gloves

ADULT SUNDAY SCHOOL

Sunday morning at 9:45 a.m. holds the opportunity for you to journey with fellow travelers on the road to a deeper relationship with Jesus Christ. Please check the weekly bulletins for the most detailed and current information.

Sunday Scripture: The chapel

Faith in the Presbyterian Tradition: C310

The Interpreters: EM304

Lydia Bible Study: EM302

Sunday Mornings

The Nursery, C103

Nursery care is provided for all infants through toddler two each Sunday while parents are in worship and Sunday school, from 8:15 a.m. – 12:15 p.m. Workers are experienced child care workers, current in first aid and CPR. All parents are asked to sign in at the main preschool desk in Covenant Hall. Paggers are available for your convenience. For questions, please contact Jeanne Rowe, the Nursery Coordinator at the church.

Sunday School, 9:45-10:45 a.m.

Sunday school is an opportunity for your children to learn the Word of God while spending time in fellowship with their peers. Pre-K 2, 3 & 4 are located in Eastminster building. Kindergarten through 5th grade is located on the 2nd floor of the Westminster building.

Godly Play, C101

Children ages 3 through 1st grade are invited to participate in Godly Play following "The Time with the Children" in worship both at the 8:30 and the 11:00 a.m. worship services. (*Parents, escort your children to Godly Play when the children are dismissed from the sermon.*)

Important Dates

April 10

Church picnic at Picnic Island, 4:00 p.m.- sundown

June 13-17

Vacation Bible School, 9:00 a.m.-12:00 p.m.

Music Camp, 12:30 p.m.- 3:45 p.m.

August 8-12

Arts or Sports Camp, 9:00 a.m.- 12:00 p.m.

Games Camp, 12:30- 3:30 p.m.

Dr. Howell Morrison and Dr. Tim Lorenzen on the January Mission Trip to Haiti.



*"Come, follow me,"
Jesus said, "and I will
make you fishers of men."*

*At once they left their nets and
followed him. - Mark 1:16-18*

FAMILY MOVIE NIGHT

Mark your calendar for Family Movie Night on **Friday, March 4, and again on Saturday, April 9.** This is an opportunity for families to spend time together and to meet other families in the church. We will have hot dogs, popcorn, and a G Rated family film to be announced at a closer date. We'll begin at 5:30 p.m., so the children can eat early. We suggest that you pack a blanket for floor-style seating. Little ones are welcome to come in pajamas.

ONE GREAT HOUR OF SHARING BANKS

Children in grades PK-2 - 5 will be bringing home One Great Hour of Sharing banks on **Sunday, March 6.** This collection is an annual denominational offering received in response to critical worldwide human needs and will go to serve those in need through the Presbyterian Disaster Relief fund. Banks will be collected at all morning worship services on Sunday, April 10.

BASKETBALL CLINIC

On **Sunday, March 6,** Jim Price, former player for the L.A. Lakers, will be conducting a clinic for moms and dads and their children in Kindergarten - 5th grade. Come and learn from a professional and have a great afternoon of fun and recreation. This is not exclusive to church members so please feel free to tell a friend about this unique opportunity. The clinic will last from 1:00 –4:00 p.m. and the cost is \$10 per person. Please email linda@palmaccia.org to register.

VOLLEYBALL

65 girls in grades 3-6 are enjoying the great game of volleyball. Please keep them in your prayers as our coaches and volunteer leaders from Plant and Robinson high schools play and pray together. The awards ceremony will be on April 3. All are invited to join us and celebrate this inaugural season of PCPC volleyball!

Welcome Class of 2013



2013 Elder Class

Barbara Bachman
Margo Eure
Lewis Foshee
Ron Foster *(not pictured)*
Tim Lorenzen
Hal Mullis
Rick McClintock
Denise Nix
Jenifer Ownby
Sandy Reddick
Ciney Snook
Pat Spears

Did you know that you can make a donation to Palma Ceia Presbyterian Church on line? Simply go to our website and click on Welcome/Giving. This is a convenience for those who are accustomed to making payments on the computer.

On Line Credit Card Payment

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