



"Why art thou cast down O my soul? And why art thou disquieted in me? Hope thou in God: for I shall yet praise Him for the help of His countenance." Psalm 42:5

This verse is repeated in a slightly different form just a few lines later:

"Why art thou cast down O my soul? And why art thou disquieted within me? Hope thou in God: for I shall yet praise Him who is the health of my countenance and my God." Psalm 42:11

Eugene Peterson in *The Message* translates the verse this way: *"Why are you down in the dumps dear soul? Why are you crying the blues? Fix my eyes on God – Soon I'll be praising again. He puts a smile on my face. He's my God."*

Life has a way of playing hardball with us. In the physical world there is no time out. The laws of nature grind away and there are no exceptions. In the words of Mae West, "Gravity always wins." This is one approach to the first line, "Why are you cast down O my soul?" or the more picturesque, "Why are you down in the dumps dear soul?" Why, because I really am ill, I really do hurt. This is a real problem and it is not going away anytime soon. "Life" as we call it happens and there is no way around it. No one is arguing that there are not times when one is cast down into the dumps.

Our emotional lives can be cast into turmoil as well. So can our psychological lives. And, I will also give a nod to the neuro-scientists who will tell us that it is all brain and nothing else. Only a nod for I am a firm believer that we are a mind in a body with a soul. I can think – and I do not believe my thinking is a delusion produced by the brain. This is giving too much agency to chemistry. I can change my mind. My soul, and here I gladly leap into the world called metaphysics, is a gift breathed into me by God, a theological and Christian belief, with powerful inferential and inductive force behind it. It is soul that will make what I say work. It is soul that is the foundational agency of a human life.

All this to say, sometimes we are down in the dumps. There is for a time a period of general malaise. This is a "fact of life." It happens to Christians and it happens to non-Christians.

How do I fix it? The answer lies in the Psalm above. "Hope in God," or "Fix (your) eyes on God." Slowly, or quickly, God will work in God's own ways and times for your greatest good. He may work through the remarkable healing properties of the human body. He may work through the healing methods of modern medicine and science. He may work healing through the presence of friends and family.

The apostle Paul, when he finds himself in prison and faces death, spins out a little soliloquy for us.

He asks which is better, to go or to stay. If he chooses death, he chooses to be with the Lord. This means his current suffering and distress will be replaced by eternal bliss. If he chooses to stay he will have the pleasure and challenge of his early church communities. In times like this we pray, to discern the will of God and to find the path being laid out before us.

The promise, the only promise here is – we should not read into this more than is here – is that "I shall yet praise him." It is our countenance, our sense of well-being that God enhances. This is a way of saying that our souls are secure in God's care. There is a cycle in living before God. There is the full impact of living in a world gone mad. There is the dealing with our human body-mind-soul with all its strengths and weaknesses. And yes, there is the challenge of living a life of faith, for which we require grace and regeneration. Finally there is the promise, "We shall again praise Him." Live into this promise.

by Pastor Pete

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Sunday Worship: 8:30am and 11am Sunday School: 10am adults & kids

Sunday Bible Study at the church 7pm

Tuesdays Women's Bible Study @ church 10am

1st and 3rd Tuesdays Bible Study 7pm Location varies

PHONE: 724-327-5563 EMAIL: pokerun@graced.comcastbiz.net

Like us on Facebook featuring the Daily Verse

Check out our website: www.pokerunchurch.com





Thank you to our April Greeters: Tricia and Logan McGarry, Sandy and Caleigh Chappell, Doug & Deb Ross, and Andy & Eva Bantroch
Thank you to our April Lectors: Logan Hileman, Cheyenne Fazi, Mike Goetscius and Karen Goetschius

*Thank you to the **Poke Run Deacons** for conducting their annual Easter flower sale and for everyone who decorated our sanctuary on Easter Sunday with your dedications. Thank you too, to the **TGIF youth** who prepared the sanctuary for Easter worship.*

*Thank you to **Circle 2** for providing dinner before Maundy Thursday worship. This tradition of sharing a meal together before this time of Worship has been a great blessing to the congregation, plan on attending next year.*



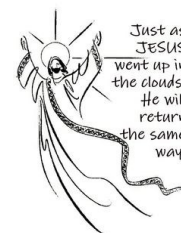
Dolly George would like to thank everyone for their prayers, cards and thoughts for her surgery and recovery. And please continue to keep Dinah in your prayers. Dolly proclaims "We have a loving, caring God that will always be with us."

For our prayers: Ali Ankney, Scott Ankney, Annette, baby Noah, Carol Bartachellei, Renee Bates, Matt Beacom, Ronda Bertelle, Jeannie Bowman, Lil Bowman, Ron & Carole Bowman, Mike Brewer, Skye Brewer, Max Brooks, Ralph Brown, Carolyn Buckley, Bill Caldwell, Nora Jane Caporali, Dave Carroll, Ben Chicka, Irene Clark, Collin, Carol Croff & family, Marie D, Tommie DeSantis, Sharon DiBagno, Hannah Dixon, Jim Dunmire, Sara Dyer, Shirley Elwood, Terry Fairbanks, Kelly Daugherty Farley, Elmer Foley, Laurel Frey, Lee & Linda Gardener, Dolly George, Marnee Gormley, Helen Grayem, Allison Grundy, Trevor Hawk, Janine Hayle, Betty Henry, Don Henry, Brenda Hughes, Leland Jones, Marjorie Kaiser, Rob Kemerer, Kim, Joann Kole, Steve Kosinski, Joel Ladik and wife Katie, Walt Lange, Rhett LaRue and family, Dana, Allison Lengauer Jordan, Pat Lengauer, Cliff Lightner, Heather Lynn, Freda Mahen, the McCutcheon family, Irma McDivitt, Ronnie McDivitt, Mary Lou McKay, Amy McQuaide, Conrad McQuaide, JoAnn Miller, June & Roy Moorhead, Steve Morcheid, Sam Musmanno, Sandy Nemetz, Leanne O'Connor, Thad Overly, Sandy Pajak, Sarah Parrish, Evelyn Pfeffer, Randy Pfeffer, Winifred Powers, Reno, Rafael Rincon, Steve Roman, Debbie & Larry Seighman, Valerie Shondelmeyer, Linda Shoop, Joanne Smith, Dorothy Sottoriva, Carol Soule, Steve, Mary Jane Staite, Dinah Staymates, Mildred Striner, Arlene Switzer, Bev & Mario Tagliati, Amy Teele, Craig Thompson, the Thompson family, Jill Tocco, Sue Washburn, Linda Wengert, Jayne Wiester, Terry Wiester, Neale & June Weister, Clay Wilabee, Bruce Wise, Kate Wolford. Those gripped by addictions, Those who serve in the military, Pray for Our country, and Our world.



CELEBRATE THE ASCENSION OF THE LORD Forty days after the Resurrection of the Lord (Easter Sunday), we remember and celebrate the Ascension of the Lord Jesus Christ into heaven. On this day, the church gives thanks for Christ's sovereign rule over all the earth, as well as his priestly intercession for us at the throne of mercy (Hebrews 4:14-16).

Ascension of the Lord is remembered on May 30th.



Information provided here is from the website of:



From the Session Minutes of March 12, 2019

NOTE: Session meetings are open to all members of the church. Complete Session Minutes are available in the office for Church member review. Next Session Meeting: May 7, 2019 at 7pm

The stated meeting of the Session met in the Sunday school rooms. A quorum was present and, Rev. Peter Goetschius, Moderator opened the meeting with prayer and devotions. John: 2: 13-22

Session Members present: Rev. Peter Goetschius -Moderator, Connie Cauvel - Clerk, Nicole Goodiski - Assistant Clerk, Tom Kimble, Bob Wilson, Terry Wiester. **Excused:** Valerie Hansen, Laurie Martin, Nikki McQuaide, and Brett Stevenson **Treasurer:** Amy Wilkinson

MSC: To approve the Session Minutes of: February 12, 2019, Deacon Minutes of: February 4, 2019, Trustee minutes of: January 24, 2019 and Treasurer's Report; February 28, 2019 Amy Wilkinson presented the report explaining the accounting of the Poke Run Current Fund.

Correspondence: Letter of thanks from Skip Noftzger

Committee Reports:

Christian Ed & Youth: Laurie Martin TGIF: April 19th, Theme - Jesus' Love is a Bubblin' Over, VBS: July 21-25 Karen shared outline of developing curriculum on Women of the Bible. Consider what we might have as a VBS Mission that fits this year's theme. CE Funding is stable. They have received 14 Camperships applications for this year. Considering a Sunday School kick-off. CE will meet on the 4th Monday of the month

Mission and Stewardship: Bob Wilson -Committee is asking us to pray for different ways. March Mission Challenge: *To pray daily for someone in your family or close to you who has perhaps offended or hurt you in some way.* Linda Chicka is also involved with the Presbytery and their addiction programing.

Personnel: Session member needed.

Nominating: Nicole Goodiski, Nikki McQuaide- Pete will meet with Committee after Easter.

Trustee Representative: Bob Wilson - Bob & Linda will review the Church By-laws

Ad Hoc Committee

Kitchen Committee Soap dispensers were installed - Bob Wilson reports that we need some additional signage. They changed handles on some of the drains

Fishing Team – Tom Kimble - Discussed: Improving our church website, will meet again on March 25. Also discussed Facebook, Twitter, and Instagram

Old Business:

Calendar Review & yearly reminders for Session- Manse Report to Presbytery is due - originates from Trustees, Policies on Building usage, Chair & Table borrowing policies – this is in progress

New Business:

MSP: To approve the use of Fellowship Hall on Sunday March 17 from 1 PM - 5:PM By Diane Scott for birthday party for her granddaughter. *(electronic vote 3/5/19)*

MSP: To Approve the wedding of Andrew Caldwell and Canise Ann Wright Saturday September 14, 2019

Triennium – Tuesday July 16 – Saturday July 20 @ Purdue University, West Lafayette, IN—Youth who are freshman through Senior in High School are welcome to apply



The Nominating Committee has begun their work to prepare a the slate of Elders, Trustees and Deacons for 2020 . Please keep this group and those who are called to serve the Poke Run Congregation in your prayers. Also please prayerfully consider your calling at Poke Run. Meetings: May 22, 29 and June 5



Communion is shared during the Early 8:30am Worship service every Sunday. In addition, communion will be celebrated during the following Worship services in 2019.

June 9th– Pentecost

July 7th 11am

August 4th 11am

September 8th 11am

October 6th—World Communion Sunday

December 1st-1st Sunday of Advent

December 24th—Christmas Eve



The Board of Deacons would like to thank all who were involved with the Palm Sunday luncheon. They are especially thankful for all the help at "clean-up" time. *"It is truly wonderful when all the people of our church come together and help each other."*



POKE RUN CHURCH DEACON'S ANNUAL STRAWBERRY FESTIVAL

Saturday, JUNE 8, 2019 3-6pm

Ham BBQ, Hot Dogs, a variety of salads, and of course.....

Strawberry Desserts!!!!!!

Adults \$9.00 Children \$4.00 , Children under 3—FREE

Tickets at the Door



PRESBYTERIAN WOMEN NEWS

Women of the Church/Circle 2 will meet on Thursday, May 16th, at 7pm at the home of hostesses: Cindy and Nikki McQuaide, Leader: Valerie Hansen



Redstone Presbyterian Women Spring Retreat

Tuesday, May 28, 2019

Pine Springs Camp, Jennerstown PA

Just north of Route 30 off Route 985

9:00 a.m. Registration and Continental Breakfast

9:30-2:30 Program for the day and a satisfying lunch



Make a Joyful Noise!

With Jill Linsz

Jill earned her bachelor's degree in music from Seton Hill College, and did post grad work at Duquesne University and Carnegie Mellon University. She retired after 35 years in the Pine Richland School District. Jill has served as guest conductor at choral festivals in Westmoreland and Allegheny counties, and as guest clinician at state and national music conventions. She has served as Assistant to the Minister of Music-First Presbyterian Church, Greensburg; Director of Music Activities and choral director at First Presbyterian Church, Bakerstown, PA; Director of Music/Organist at First Congregational Church of Etna, PA; and currently serves as Assistant Director of Children's Choir at First Presbyterian Church, Greensburg. While at Pine Richland, Jill pioneered initiatives in computer instruction in music, guitar, group keyboard and World Music Drumming

The mission project will be to, again, supply the makings of S'mores for campers as they enjoy evenings around the campfire.



Pre-paid Reservations are requested – Please use the tear-off form below

Make check payable to:

PW of Redstone Presbytery; mail by Friday, May 17th

To: Rev. Susan Blank, PW Treasurer,

4068 Bushy Run Road, Jeannette, PA 15644 – 724-523-6460



Buccaneer Boutique

- If you care to donate, there is a collection box located in the Narthex.

"Soup for the Soul" will be Wednesday, May 8th.

Wedding Soup in May – doors open at 11:30am, soup is served at noon.

Come and bring a friend, help extend a Christian welcome and presence to those God brings to Poke Run! This will be the last soup of the season—see you in October! **NEEDED: If you are able to contribute a dessert—please call Amy in the office.**



Poke Run will volunteer at the **Westmoreland County Foodbank on Saturday, May 18th**. Meet at 8:30am at the Foodbank, You must be aged 14 to participate. See Linda Chicka or contact the office for details.

Into the Light:

Christian Responses to Addiction

Tuesdays, April 23 – June 4, 2019, 7:00 p.m.



Poke Run Presbyterian Church

1091 Poke Run Church Road, Apollo

Addiction touches almost every person in some way. The church can be instrumental in providing support for hope and healing to those affected. These sessions were created* to open the conversation to learn how we can confront the issue of substance use disorders in our communities and homes, explore how the Bible can help us to shape our response, and open up discussions about how churches and individuals can minister to those suffering from addiction. Attend one session or all of them!

- April 23 Who We Are as God's People?
- April 30 What Is a Substance Use Disorder?
- May 7 Love and Enabling
- May 14 They Are More Than Their Disease
- May 21 Restoration of Hope
- May 28 Healing and Recovery
- June 4 Engaging Our Congregation within the Community

Registration is helpful for our planning. Call/email: 724-327-5563, pokerun@graced.comcastbiz.net

*Developed by the Addiction Ministry Network of the Presbytery of Redstone.

Photo by [Pablo Heimplatz](#) on [Unsplash](#)



Mission Challenge:

In John 14:16-17a, 26, Jesus said, *"And I will ask the Father, and he will give you another Advocate, who will never leave you. He is the Holy Spirit, who leads into all truth. But when the Father sends the Advocate as my representative—that is, the Holy Spirit—he will teach you everything and will remind you of everything I have told you."*

Pray for the Holy Spirit's guidance, and then watch your life.





TRUSTEES

Recognizing our Service Men and Women

In Memory of Our Veterans On WEDNESDAY, May 22, please consider coming out to help plant flowers on the graves of the veterans who are buried in the Poke Run Cemetery. A single red geranium will be placed to recognize the sacrifice and service these veterans gave to help our country stay free. **Work will start at 5pm and continue until finished—come out whenever you can!**



HELP NEEDED: With the good weather comes the growing green of “weeds.” If you have any spare time, feel free to ATTACK a flower bed around the church. And watch for opportunities to join others – Thank you in advance for all your help.

A COUPLE REMINDERS:

When using the Poke Run Kitchen facilities either downstairs, upstairs or in the lounge, please do not leave any food items on the counter or in the refrigerators. It is kind to think that someone else might use it –but it is SAFER and MORE CONSIDERATE to take it with you.

ALSO—when exiting the church, please give the doors a little tug behind you—even if you have locked them—sometimes they don’t quite close all by themselves.

THANK YOU

Self cleaning
kitchen—
Clean up
after yourself

REMEMBER:

Poke Run is the local polling place known as Oakland Crossings. Fellowship Hall will be OFF LIMITS unless you are voting on Election Day, Tuesday, May 21, 2019.
THANK YOU



You can find Poke Run Presbyterian Church on Facebook! - featuring the “Daily Verse”



Find us on Instagram
@poke_run_church

And on Twitter! **@PokeRun1**



Poke Run’s email address:

pokerun@graced.comcastbiz.net

Poke Run web site is www.pokerunchurch.com

And we are in the process of updating our Website—PUTTING OUR BEST ELECTRONIC PRESENCE OUT THERE!

If you have ideas about our website—contact someone on our “Technology Committee” -

Brett Stevenson	Doug Ross
Amy Wilkinson	Laurie Martin
Connie Cauvel	Bob Wilson
Linda Chicka	Pastor Pete



From the Poke Run Office

Office Hours at the Church 9:30am—2:30pm most days. Call ahead to be sure Amy is there! **Never hesitate to contact Pastor Pete at 724-454-2278.**

Next Ranger Deadline: May 27th

Directory

A 2019 Directory is Available! - YELLOW COVER—in the Narthex
Keep the office updated: 724-327-5563 or email pokerun@graced.comcastbiz.net
Thank you.



From the Poke Run Budget & Finance Committee

The Poke Run Annual Report for 2018 is complete. Copies (GREEN COVER) are available in the Narthex or you can request an electronic copy by email.
Just call the office.

The “FIRST FRUITS” offering is Poke Run’s commitment to the larger church. Please consider an offering beyond your local giving, of \$42.50 per member. We have collected about 60% to date.



The Budget & Finance committee is looking for an additional member to represent the congregation. Please contact Tim Martin if you are interested.



Graduate Sunday:

May 12th Please contact the office if you have a graduate in your life. We would like to recognize Poke Run’s graduates, high school, college, etc. and certainly share good news of those you love. Please submit your grad information to the office as soon as possible.



Celebrating the Music Ministry of Poke Run Church!
Sunday, May 19th will be “Music Appreciation Sunday!”



Sunday School at Poke Run Church

Classes meet each Sunday at 10am.

FOR THE KIDS Children’s Class! – music and FUN!

ADULT SUNDAY SCHOOL

The class meeting in the West Wayside room (on the left at the end of the hall) is using the David C. Cook series titled “**Discipleship and Mission**”

The class meeting in the Session room (on the right at the end of the hall) is using the study “**When God Doesn’t Fix It**” by **Laura Story**

Join in the fellowship area for refreshment between the early service and Sunday School.

FREE—in the Narthex: copies of the two publications,

The Upper Room - daily devotional, and **Today’s Christian Living** - magazine



THE UPPER ROOM
DAILY DEVOTIONAL GUIDE



Thanks to everyone who attended or helped at the "TGIF" Good Friday program. Special thanks to coordinator **Laurie Martin** and her helpers who planned the day. **Jesus' Love was Bubblin' OVER!!** The "TGIF" kids journeyed

through the Passion story of Christ Jesus; they visited the Upper Room, prayed in the dark garden of Gethsemane, followed Jesus to the cross and into the tomb. They bathed each other's feet and heard Jesus' story of the "Good Samaritan" and the "Lost Sheep." They learned together, ate together, rejoiced together and felt the depth of this dark day in the church - this day that leads us to the **BRIGHTEST DAY!!!!** The day of Resurrection!!!!



**VBS
2019**

**Mark your calendar for Vacation Bible School (VBS)
JULY 21-25, 2019
Watch for more details!**



ALL VOLUNTEERS: The Poke Run Session recently passed a new version of the Poke Run "Child Safeguard Policy." All volunteers must receive the new policy and sign an acknowledgment to that effect. Many of the church activities require that you be aware of Poke Run's "Policy to Safeguard Children" and have proper clearances. If you need help obtaining these, call Amy in the office.

**WE LOVE
OUR VOLUNTEERS**



Save the Date

Monday, May 20, 2019
Pine Springs Camp
19th Annual Scholarship Golf Outing
"It's for the kids"

Arnold Palmer's
LATROBE COUNTRY CLUB



HAPPENING IN OUR PRESBYTERY

May 11—Redd-Up Camp Day—Pine Springs Camp Work Day
May 19—Organ Recital—Grace Presbyterian, Lower Burrell
May 20—Pine Springs Camp Scholarship Golf Outing (see above)
May 21—Presbytery Meeting—6pm First Presbyterian Murrysville
May 28—Redstone PW Spring Retreat at Pine Springs Camp (see page 4 of Ranger)
Friendship Dinner—2nd Wednesday of every month, 5-6pm New Kensington United Presbyterian

HAPPENING IN OUR COMMUNITY

May 4—7am-5pm—Annual "Spring Dumpster Day" Washington Twp - restrictions apply.
May 11—Hard to Recycle event at Mills Mall
May 11—Amateur Astronomers Stargazing event at Kunkle Park
May 19—"Fishing Derby" at Northmoreland Park
May 18—6th Annual Loyalhanna Sojourn

WANTED—Your news and photos!

Share your news—contact the church office!

JUNE RANGER DEADLINE—May 27

PICTURES—can be texted to the church email address!

pokerun@graced.comcastbiz.net





Thank you to **Freda Bowman, Edyth Elwood and Diane Scott** who donated the time, talent and materials needed to re-cover the piano benches and the cushion for the carport bench. Thank you ladies!

NEWS FROM THE PEWS














Mid Season Championships at Lernerville Speedway on June 14th the **Chad A. McCutcheon** Memorial. Chad LOVED Racing, his passion for the sport could be seen at tracks all around western PA and beyond. Hope to see you there on June 14th and thank you for your support- We have about 100 Tee-Shirts (at right) pre-ordered to benefit JDRF, so if you haven't ordered a shirt, please do so. \$20 up to 2XL and \$25 above. We also have youth sizes from small to large. If you wish to donate please reach out to Nathan McCutcheon, thank you for all the support!



Sharing Education News! Above is **Cheyenne Fazi**, daughter of Bill Fazi who graduated with a BSN degree in nursing from the University of Pittsburgh. Top Right, **Patrick Wilkinson** received a PhD in Pathology from the Cellular and Molecular program at the University of Pittsburgh School of Medicine. At right, **Lizzy Wilkinson** was pinned to complete her Master Degree in Occupational Therapy from the Emory & Henry College School of Health Sciences.

May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Choirs 7pm Mission & Stewardship	2	3	4
5 8:30 & 11am Worship 10am SunSch 7pm Bible Study 	6 7pm Deacons	7 10am Bible Study 7pm Budget & Finance 7pm Bible Study 7pm <i>Into the Light</i>	8 <u>noon "Soup for the Soul"</u>  Choirs 6:30pm Bells	9	10	11
12 <u>Graduate</u> 8:30 & 11am Worship 10am SunSch 7pm Bible Study 	13	14 10am Bible Study 7pm Session 7pm <i>Into the Light</i>	15 Choirs 	16 <u>Circle 2</u> 	17	18  8:30am FOOD- BANK
19 <u>Music App</u> 8:30 & 11am Worship 10am SunSch 7pm Bible Study	20 	21 10am Bible Study REDSTONE Meeting 7pm Bible Study 7pm <i>Into the Light</i> 	22 <u>CEMETERY PLANTING 5pm</u> 6pm Praise Team 7pm Nominating	23 7pm Trustees	24	25
26 8:30 & 11am Worship 10am SunSch 7pm Bible Study	27  OFFICE CLOSED	28 10am Bible Study 7pm <i>Into the Light</i>	29 7pm Nominating	30	31	
MEMORIAL DAY Poke Run and Redstone offices closed 						

Poke Run Presbyterian Church
1091 Poke Run Church Road
Apollo, PA 15613
724-327-5563
pokerun@graced.comcastbiz.net



**POKE RUN CHURCH DEACON'S
ANNUAL STRAWBERRY FESTIVAL**

Saturday, JUNE 8, 2019 3-6pm

**Ham BBQ, Hot Dogs,,salads,
and of course.....*Strawberry*
*Desserts!!!!!!***

**Adults \$9.00 Children \$4.00 Under 3 FREE
Tickets at the Door**



Want to save the church a stamp—AND see the
“Ranger” IN COLOR!?!?!?

Contact the Church office and get added to the
“Ranger” email list—it is that simple—

Worship
SCHEDULE

Sundays:

8:30am Worship Service, 11am Worship Service

Sunday School at 10am

Sunday Bible Study: 7pm

WEEKLY OFFICE HOURS—most days 9:30am-2:30pm

Pastor

Rev. Peter M. Goetschius

Secretary/Treasurer

Amy Wilkinson

Financial Administrator

Shyrl Stange

Choir & Musical Director

Sean O'Neil

Early Service Musical Director

Linda Moorhead

Cemetery Administrator

Tom Kimble

Poke Run Board of Trustees, President

Doug Ross

Clerk Of Session

Connie Cauvel