



Poke Run Presbyterian

My mind wanders continually these days. I do not know if it is because I am tired of winter, or if I am realizing that the days before me are shorter than the days behind me, or if I am just lazy and do not want to sit down and do some serious thinking. Since I have no single coherent thought pattern on my mind I will share two ideas that are rattling about in my skull on this snowy winter morning.

The first idea is that we humans are “embodied.” That is we live out our human existence in a body. How we take care of this body determines to a great extent on our enjoyment of life. Unless some truly unfortunate stroke of bad luck occurs, like bad genetics or tragedy, call it Providence or God’s will if you like, (and these I think too have their gifts) our bodies are pretty reliable structures that if well maintained will last a good long time. Our body is a good gift from a good God. Like the Garden of Eden, we should tend and care for it. To not care for it is an insult to our Creator.

Now with that logic in place, how might one care for their bodies? We could start with the “thou shalt nots” if we like but I would rather begin with the “thou shalts.” Besides, we pretty well know, if we are adults, what we should not do. So in casting about for a set of the things we should do to be healthy I discovered a group of people alive and well today; these are not mythological characters dug up by fanatics. They have been studied by modern doctors and found to have almost no cancers, heart disease is nearly impossible to find among them, and they live to be very old. They are psychologically well and happy. They pray a lot. They work hard.

They remain active for most of their lives. Their diet, well that’s what I’m really getting to here. They fast 100 days or more a year, sometimes water only. Three days a week they use no oil, especially no olive oil, on their food or in their cooking. Many of them eat in silence, two meals a day, 10 minutes and you’re done, and yes it is timed. Some add to this a simple breakfast, hard bread. They eat no meat and no dairy and fish only on a very few feast days each year. These people are the monks of Mt. Athos, an ancient community of Christian monastics. If you want more information just Google something like “Mt. Athos monks diet.” These monks are on to something, long healthy life, no disease, and joy that we may want to rediscover ourselves.

The second idea is the concept of God’s will. In the constantly shifting circumstances of modern life, how does one go about figuring out what God wants? The challenge is to not over complicate things. In the moment there is always a simple answer. It seems to me that when we ask, “What does God want here?” we already know the answer and are on the verge of looking for a way out. Almost always we can fall back on what we know to be right; what is required now is honesty, integrity, even common sense. It is not magical, mystical, or mysterious. Another way to put this is “Do the right thing.”

This idea is not new with me. Whoever wrote Ecclesiastes put it this way. “The end of the matter: Fear God and keep His commandments, for this is the duty of all humanity.” Or, as Eugene Peterson puts it so succinctly in *The Message*: “The last and final word is this: Fear God. Do what he tells you.” In slightly less abrasive terms the prophetic tradition has it like this: “... and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with our God.” That’s it. As Jesus says, “Love God, love neighbor, and love self,” very simple.

Keep life simple. Eat good food. Pray. Work. Gather for worship in community. Read and interpret Scripture together. Live with dignity and integrity. Sit down in the evening and relax. Enjoy the days that God gives to you. Oh, and if you’d like, you can download an app that tells you the feast and fast days of the Orthodox year, similar to what the monks on Mt. Athos will follow.

Pastor Pete

INSIDE THIS ISSUE:

Thank You/ Scouts	p. 2
From the Office	p. 3
Happenings	p. 4
“Grace Young”	p. 5
Deacons minutes / PW	p. 6
Session Minutes	p. 7-8
Prayers / Sunday School / Lenten Svc.	p. 8
From Mission & Stewardship, / Trustees	p. 9
Thank You / New Member Class	p. 10
CALENDAR	p. 11

THANK YOU

Thank you to our January Lectors:

Lizzy Wilkinson, Karen Goetschius, Walt Lange and Becky Lange

Thank you to our January Greeters:

Brian & Nancy Dombroske, Freda Bowman, Edyth Elwood, Doug & Debora Ross, Bob & Margaret

February 2nd was "Scout Sunday"

February 8, 1910 was the founding of the Boy Scouts of America by [W. D. Boyce](#), and [the first Scout Sunday was in 1914](#). This year marks the 100th marking of this special day. The [Scout Law](#) says that a "Scout is Reverent" and the Scouts of all ages promise to do their "Duty to God". These values strengthen youth character in their family, community and faith.

Poke Run is pleased to have four Scouting groups regularly meet in the church.

Tiger Cub Scout Den, Pack 500 led by Angela Madsen

Wolf Cub Scout Den 2, Pack 500 led by Daniel Kuehn

Webelo Cub Scout Den 6, Pack 500 led by Amy Woodhall

Boy Scout Troop 552 (chartered to Poke Run Church in 1940) led by Gary McWilliams



BOY SCOUTS OF AMERICA

**Cub Scout
Promise**
I Promise to do
my best
To do my duty
to God
and my
country,
To help other
people,
and to obey the
law of the
pack.

Scout Law:

A Scout is:
Trustworthy, Loyal,
Helpful, Friendly,
Courteous, Kind,
Obedient, Cheerful,
Thrifty, Brave, Clean, and
Reverent.

**Scout Oath:**

On my honor I will do my
best, to do my duty, to
god and my country and
to obey the scout law; to
help other people at all
times; to keep myself
physically strong,
mentally awake, and
morally straight.



"..thank you for allowing us to participate, and a huge thank you for providing us space to conduct meetings. We greatly appreciate Poke Run's facility, and the Poke Run family who continues to play a huge part in our lives." Amy Woodhall

From the Poke Run Office

The annual Poke Run Audit was held. Thank you to all Auditors and Treasurers for providing the information needed and making time to attend the audit. The “Annual Report” is being assembled and will be available by the end of February.

Giving statements were mailed during the last week of January. If you did not receive yours or you have questions regarding the information provided, please call Amy Wilkinson at the Poke Run Office. 724-3257-5563

“**GIVING ENVELOPES**” for 2014 are now available in the Narthex. Using the “Giving Envelopes” greatly helps Shyrl and Amy process the weekly offering; thank you for using them. If you have given on a regular basis during 2013, a box was labeled for you. If you do not find one labeled for you, please feel free to take a blank box to use. If you need help getting your box of envelopes, please contact the Church Office.

In preparation for the 2014 Directory, Information Needed

Please notify the church office if you have had any name changes, address changes, a change in your phone number or a change in your email address. You may call the office at 724-327-5563 or email your information to pokerun@windstream.net Thank you.



FIRST FRUITS

Poke Run Church has committed \$3,125 to Redstone Presbytery as part of their 2013 First Fruits campaign. Budget & Finance suggests a donation of \$30.00 per person for the year. Please help Poke Run meet this Redstone Presbytery campaign commitment.

Your giving is important and appreciated.

Budget & Finance Committee



HAPPENING IN OUR PRESBYTERY

Feb. 16th—PSC Skates—enjoy free ice skating compliments of Pine Springs Camp. 2:00-4:00pm,
Delmont Center Ice, \$1.50 skate rental

Feb. 16th Spaghetti Dinner at Community United Presbyterian in New Alexandria—noon-2pm,
“All you can Eat” \$6

Feb. 21-23—Jr. Hi Retreat at Pine Springs Camp



PINE SPRINGS CAMP “SUMMER 2014”

Information pamphlets are available in the church office. Poke Run continues its pledge to send all campers to Pine Springs at no cost—call the office if you are interested.

**REDSTONE PRESBYTERY OFFICES WILL BE CLOSED ON
FEBRUARY 17TH**

**CHECK OUT THE REDSTONE WEBSITE—A PICTURE OF POKE RUN IS NOW INCLUDED
IN THE OPENING “SLIDE SHOW.” WWW.REDSTONE.ORG**

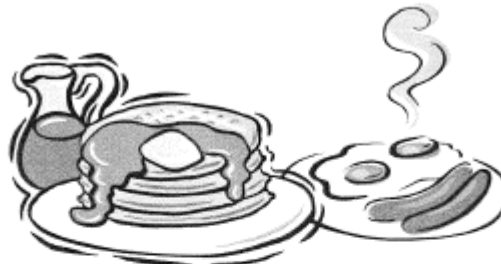
HAPPENING IN OUR COMMUNITY

Feb 16th—Delmont Lion’s Club “Pancake
Breakfast” - SEE FLYER TO RIGHT

Blood Pressure Clinic for Seniors—
Monthly on the 2nd Wednesday at the
Wash. Twp. Firehall 11:30am—noon
Bring your table service and a covered dish.



Delmont Lions Club



PANCAKE BREAKFAST

All you can eat pancakes, sausage & eggs

**Saturday, February 15th
7:00 AM to 11:00 AM**

Faith United Methodist Church

**Adults: \$7.00
Children (under 12): \$3.00**

Tickets available at the door or in advance
from Lions Club members.





Poke Run's "Grace Young" turned **110** on January 28th! She was celebrated at West Haven, featured on KDKA news and in the area newspapers. Poke Run gathered a "Box Full" of greeting cards that were presented to Grace by Deacon Debbie Seighman. Cindy McQuaide asked the congregation to consider what being born in 1904 meant: In 1904 the US hosted their "first" Olympics held in St. Louis, MO. Teddy Roosevelt was president—the 26th at the time!) and other famous people born in 1904 include: Dr. Seuss and Cary Grant.



Deacon Meeting December 3, 2012

The meeting was held at 7pm in Fellowship Hall. We had refreshments during the meeting. Pastor Pete opened the meeting with prayer.

Members present: Sheree Wagner, Karen Staymates, Nikki McQuaide, Laurie Powers, Debora Ross, Mario Tagliati, Mary Ellen Ross, Debbie Seighman, Ruth O'Connor, Jan Fitzgerald, Jacob Slaughaupt and Pastor Pete

Excused: Cindy Brooks.

Treasurer Report:

Balance	\$3483.97
Receipts	590.48
Disbursements	2045.33
Balance	\$2029.12

Four thank you cards were received for college boxes.

One thank you for Thanksgiving food basket.

One thank you for gift card.

One thank you for food, visits and prayers.

One food basket was given out for Thanksgiving.

Deadline for Christmas food baskets is December 18th. Shopping for food baskets will be Dec. 20th. Pick up of baskets will be Dec 21st.

Christmas caroling will be December 15th with Ruth O'Connor organizing.

Soup, bread, crackers and cookies will be served to participants before caroling. The choir is also invited to join in the caroling. Everyone is to bring 2doz. cookies for shut-ins.

New officers for 2014: Moderator – Jan Fitzgerald, Vice Moderator – Nikki McQuaide and Corresponding secretary – Tammy Kelly.

Christmas Eve service was discussed along with time schedule for being there.

Project "SEED" was discussed and it was decided to donate \$108.00 for the project.

The meeting was closed with prayer by Pastor Pete at 8:25pm.

Approved January 13, 2014

Respectfully submitted by Mary Ellen Ross, Secretary.

Poke Run Presbyterian Women PW

Circle 2: will be meeting on Thursday, February 20, at 7:00pm at the Church.

The hostess will be Amy Wilkinson and the leader will be Linda Chicka.

Circle 4: will be meeting on Thursday, January 13th, Mary Ellen Ross will be the host.

The next Quarterly PW meeting on Tuesday evening. March 5, 2014



PW is still collecting shoes as part of the "ShoeBox Recycling Project." - There is a box in the Narthex for your contributions. All gently worn, paired men's women's and kids shoes that are still reusable and re-wearable. Please no ski boots, winter boots, skates, roller blades, flip flops, crocs, bedroom slippers or single shoes. **CHECK YOUR CLOSETS!!!**

**Poke Run Presbyterian Church Session Minutes December 10, 2013
Combined Meeting of the Boards**

The annual meeting of the combined boards and Session met in Fellowship Hall @ 6:30 pm. After sharing a delicious meal prepared by Cindy McQuaide. A quorum was present and, Rev. Peter Goetschius, Moderator, opened the meeting with prayer and devotions.

Elders present: Rev. Peter Goetschius -Moderator, Connie Cauvel - Clerk, Bob Thompson, Glenn Ross, Tim Martin, Meri Slaughaupt, Sandy Chappell, Ron Hileman, Cindy McQuaide, Linda Chicka, Chad McCutcheon

Elders absent Josh Porterfield

Decans Present: Mary Ellen Ross, Deborah Ross, Jacob Slaughaupt, and Sheree Wagner

Trustee Present: Dave Wilkinson, Walt Lange, Doug Ross, Mario Tagliati, and Vinnie Goodiski.

Staff: Amy Wilkinson

MSC: To approve the Session Minutes of November 11, 2013

MSC: To accept the Deacon Minutes of November 4, 2013

MSC: To accept the Trustee Minutes

Correspondence:

We received a letter from Skip Noftzger about our pledge of \$3100 for First Fruits. Presbytery is grateful and he mentioned that they appreciate our direct support to Pine Springs

Treasurer's Report – Amy Wilkinson

MSC: to accept Treasurer Report

Giving to road fund has picked up but Tim Martin stated he feels it is at the expense of the Current fund. As of December we have spent 92 % of budget.

Tim remarked Sheryl Stange is counting the money and is doing an excellent job. He also stated that we are over budget on insurance and workman's compensation. Our gas bills are much lower.

Committee Reports:

Budget & Finance: Tim Martin

Frank Emmerling our UBS representative has moved to the Royal Bank of Canada and the committee recommends we make a change. (See motion under New Business below)

Christian ED – Sandy Chappell & Erin Bruce

Sunday school is going well. Sean is practicing on Sunday AM before Sunday School.

Classes are going well and Erin is doing a great job.

Mission and Stewardship: Linda Chicka

Game night on December 13 at Adelphoi house went very well. Committee is considering the Seed Program. Stu-
dents Eating Every Day. This program sends food home with students who need help in back packs.

Christmas eve will be our Joy Offering.

Congregational Life: Glenn Ross

Glenn will no longer be chair. Committee meets during the day, and will need new chair in January. Committee needs to appointment a new person to contact Greeters starting in February. The committee is changing their meeting day to the Second Monday at 10 AM. Committee will not meet in December or January.

Technology – Josh Porterfield

Chad promoted Santa's Breakfast on Facebook and got a great response of 2700 hits.

Pastor Pete's report: December 2013

Soup for the Soul Nov 13, Officer training November 14 Spaghetti Dinner November 23, Thanksgiving Service Nov. 26 Santa's Breakfast. December 7.

Communion November 24, December 1.

Continued on next page.

Old Business:

New Church Signs will be placed at each end of Poke Run Church Road. Signs of Excellence, Ron Hileman contacted Signs of Excellence in Murrys ville and received a discount of \$100 Each sign will cost \$800 and they will also make placards so we can put them up the week of a church event. Cindy suggested we include dates for the Boy Scouts. Ron and Tim will email all session the event dates.

The Road Fund is up to \$14, 237 and we need \$25,000 this will repair the road from the Manse to the pavilion. They will revisit our progress in March
Please send dates for the 2014 Calendar to Amy

New Business:

MSC: Sandy Kemerer to use Fellowship Hall December 22, 2013 from 2:00 – 7:00 PM for birthday party.

MSC: Change our investment company from UBS to RBC (Royal Bank of Canada).

The new format for our Bulletins, designed by Amy is better and has fewer inserts. Thank you Amy. She mentioned that new copier has helped.

Special “Thank you” to Glenn Ross for serving on Session since 1966, you will be missed and your dedicated service is indeed appreciated.

Close with prayer: Bob Thompson

Adjourn: 8:50 PM

Respectfully Submitted:

Approved: January 14, 2014


*For our prayers:*

Thelma McCutcheon, Conrad McQuaide, Clifford & Karen Lightner, Irene Clark, Irma McDivitt, James Powers, Carolyn Buckley, Steve Morcheid, Robin, Tom Kimble, Grace Young, Amy McQuaide, Bob Bierer, Lil Bowman, Pat Lengauer, Norm Linhart, Joanne Fitzsimmons, Jim Thompson, Eugene Witt, Leland & Berenice Jones, Cathy Washburn, Kristen Fairbaugh, Jean Campbell, Tom Martin, Helen Grayem, Sandy Nemetz, the Davis Family, Mario Tagliati, Anna Mae Chicka, Roberta Caldwell, Lee & Linda Gardener, Geniene Ciuca, Joseph Silvis, Kiara Hawk, Linda Steele, SSG James Bishop (Poke Run’s “adopt a soldier”) and others who serve in the military.

If you have requested that someone be added to our “Prayer List” - please contact the office periodically to update on the particular situation. Prayers to continue!

**Sunday School at Poke Run Church**

Classes meet each Sunday at 10am.

There are age specific classes for Children and youth.

We have two adult classes:

The class meeting in the West Wayside room (on the left at the end of the hall) uses the David C. Cook series titled “Jesus and the Just Reign of God - Studies in Luke and James”

The class meeting in the Session Room (on the right at the end of the hall) is working through a study guide from Max Lucado’s Life Lessons series. “Galatians, Free in Christ”

WEDNESDAY EVENING COMMUNITY LENTEN SERVICES

The first Wednesday evening service during Lent will be held at Poke Run Church on Ash Wednesday, March 5th. The remaining schedule will be included in the March Ranger.



The Poke Run Mission Trip to Virginia is scheduled for June 15th-20th. Applications are now available and will be accepted through May 15th. Please see Linda Chicka if you have any questions.



Poke Run will be volunteering at the Westmoreland County Foodbank on Saturday, February 15th, 8:30am – 11:30am. Volunteers must be at least 14 years old. If you would like more information, to volunteer, or need transportation – call or text Linda Chicka at 724-422-3688 or email to lgchicka@gmail.com.

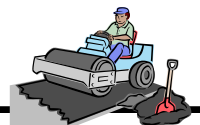
Join Mission & Stewardship on Friday, February 7th starting at 6pm—to decorate “Valentine’s Day” pretzels with the kids from Adlephoi House. The pretzels will be delivered to Poke Run shut-ins.



TAKE CARE:
**Please be aware of the “One Way” direction
for traffic around the Church building.**



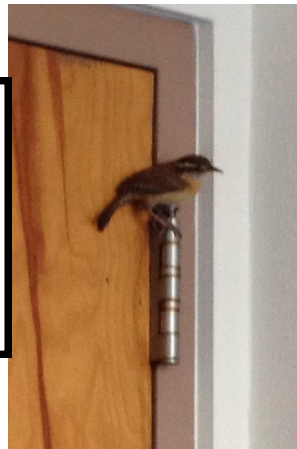
The Trustees have established a “Road Fund.” The first part of the project will include a portion of the road extending from near the manse to past the new addition. The current estimate for this project is \$30,000. Current contributions are over \$16,000. Thank you for supporting this project.





Poke Run Church,
Thank you for the flowers,
cards, calls, food and visits
while I am recovering from
my fall. I have seen God
at work around me in
the Christians who encourage
me. I value your prayers.
Thank you so much.
Jill Bowman

In from the cold—this little
guy spent one of those “ICY”
days in the back stairwell—
finally got him to leave—but
he really seemed to be enjoy-
ing the warmth of Poke Run!



The Congregational Life Committee will meet on
Monday, February 10th at 10am.

New Members Class—

Pastor Pete is putting together a class for anyone interested in joining the
Poke Run congregation. If you would like to join or want more
information, see Pastor Pete or contact the Church Office. 724-327-5563

New
Member
Class





February 2014

Sun Mon Tue Wed Thu Fri Sat

Offering: PW						1
2 8:30 & 11am Worship 9:45am Sunday School 7pm Bible Study	3 7pm Deacons	4 7pm Budget & Finance	5 6pm Bell Choir 7pm Choir	6 6:30pm Scouts 7pm Personnel	7 6pm Pretzel Decorating	8
9 8:30 & 11am Worship 9:45am Sunday School 7pm Bible Study	10 10am Congr. Life 7pm Mission & Stewardship	11 7pm Session	12 11:30am Soup for the Soul 6pm Bell Choir 7pm Choir	13 6:30pm Scouts	14 6:30pm Scouts	15 9-12 WC Food Bank
16 8:30 & 11am Worship 9:45am Sunday School 6:30pm Scouts 7pm Bible Study	17 Office Closed	18	19 6pm Bell Choir 7pm Choir	20 6:30pm Scouts	21	22
23 8:30 & 11am Worship 9:45am Sunday School 7pm Bible Study	24	25	26 6pm Bell Choir 7pm Choir	27 6:30pm Scouts 7pm TRUSTEES	28 6:30pm Scouts	

Poke Run Presbyterian Church

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Apollo, PA 15613

Phone: 724-327-5563

E-mail: pokerun@windstream.net

Web Site: www.pokerunchurch.com



Do you receive your Poke Run Ranger by regular mail? If you are able to receive it by email—just think, you would receive it **FASTER** and view it **IN COLOR**!
If you would like to discontinue your “snail mailed” copy and receive it by email, please contact the office.



Join us on Sunday for Worship at
8:30am and 11:00 am!

**Please join us for our
monthly free**

*Community
“Soup for the Soul”
Luncheon*

AND BRING A FRIEND!!!!



February 12, 2014

“chicken gumbo!”

Doors open at 11:30am

Soup’s on at NOON!