

McAllister Messenger

February 7, 2021

A Word From Your Pastor

—Change—

Rev. Jim Moss

We finally did it! We cut the cord. We cancelled our cable TV contract and went to live streaming TV from the Internet. If you want to know more about why we did this, you'll have to ask Margaret. She is the one who handles such matters in the household, and supposedly this will save us some money.

What I want to talk about is the change that this move brought about. With cable TV, you can channel surf using the “up” and “down” channel buttons on the remote. But we can't do this with streaming. You have to go back to the channel guide and access each channel individually. It's a little more time-consuming, and at first I did not like the change. I felt frustrated as I tried to navigate the new channels to see what shows were on.

Eventually, however, I have come to appreciate the change. It's different, but now that I am used to the new system, I can more quickly get a sense of everything that is showing on the TV. The change, which I resisted at first, has turned out to be positive.

This is often what the changes that happen in our faith lives are like. At first, when something new and different happens, we resist it. We feel frustrated and complain. But eventually, we come to accept the new reality and appreciate the beneficial aspects of the change. This can be true for a new job, a new home, a new school semester, or any number of new things that come along in our lives.

Our faith helps us to navigate these changes. We know that God is constant and is there with us as things change. This has been especially true during this time of the pandemic, when we have had to change many of our daily habits. Even when change is difficult in this way, we know that God is with us. And if we look hard enough, we can find some benefit that comes out of the change.

So whether it is something relatively minor like a new TV system, or something larger, let us face change with patience and with hope – because the Lord is not only with us through these changes, but he is using them to work out his will.

“I am about to do a new thing; now it springs forth, do you not perceive it?”

- Isaiah 43:19



McAllister Memorial Presbyterian Church
900 North Alleghany Avenue
Covington, VA 24426



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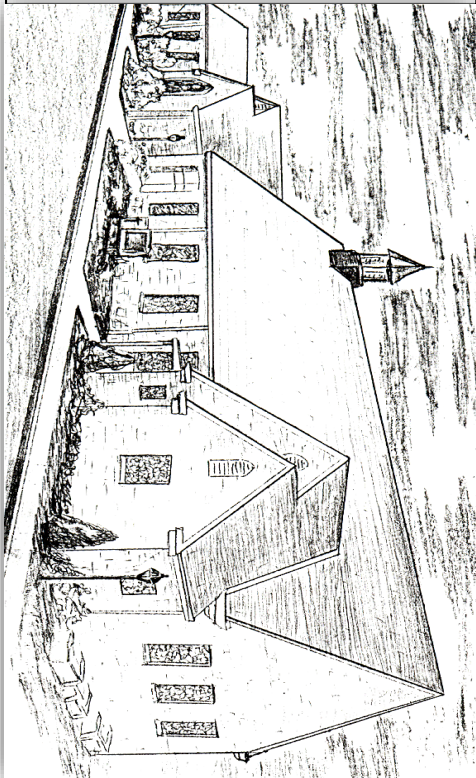
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A Prayer for Unity

It is during these times of conflict and national disunity that we are called on to be in prayer for unity. The following is a prayer for unity written by Dionysius of Alexandria in the 3rd century:

*God,
Good beyond all that is good,
Fair beyond all that is fair,
In you is calmness, peace, and concord.
Heal the dissensions that divide us from one another
And bring us back to a unity of love
Bearing some likeness to your divine nature.*

*Through the embrace of love
And the binds of godly affection,
Make us one in the Spirit
By your peace which makes all things peaceful.
We ask this through the grace, mercy,
and tenderness
Of your Son, Jesus Christ our Lord.
Amen.*



Day of Transfiguration
February 14

Ash Wednesday*
February 17



February BIRTHDAYS

- 8 Pat Whitmer
Summit Caul
- 9 Amanda Webb
- 10 Tammy Scruggs-Duncan
Mason Hale
- 13 Adam Tingler
- 16 B. R. Rupert
- 17 Gerald Gibson, Jr.
- 20 Bobby Rice
Chad Thompson
- 21 Tonya Jones
- 22 Dorothy Thompson
- 23 Craig Poague
Brittany Young-Baker
- 27 Sandy Persinger

Anniversaries

- 10 Dorothy & Terry Thompson
- 15 Joe & Dot Wimer

The Church Office
will be closed
February 15, 2021
in observance of



The secretary
Janet Linkenhoker
will be on vacation
Friday, February 12, 2021.

Prayer Concerns:

Tillie Agnor	Corky & Janice Downer	Susan Lindstrom	Rosetta Tinsley
Mildred Akers	Leslie Downer	Frankie Marshall	Carolyn Tolley
Doc Altizer	Priscilla Downer	Charlie Masters	Darrell & Donna Tucker
Jan Armentrout	Kaylee Elmore	Pearl Miller	Pete Turner
Sherry Ayers	Joyce Emerson	Sonya Milton	Buddy Vass
Erskine Back	Lee & Lelia Fadley	Doris Mottern	Danny Warlitter
Miki Ballengee	Jim & Barbara Flint	Patty Nicely	Dennis Whitehead
Bob & Leta Bartley	Marshall & Donna Fox	Travis O'Rourke	Pat & Larry Whitmer
Chuck & Jean Bartley	Nadine Fullen	Denise Pillow	Christy Wiley
Richard Bates	Betty Gibson	Billy Powell	Martha Wilhelm
Steve Bennett	Eddie Gibson	Teresa Powell	Angie Wilkerson
Linda Bogar	Robert & Gail Gibson	Summer Pullin	Donna Wilson
Anita Boone	Eugene Gilbert	Rev. Billy Price	Joe & Dot Wimer
Doris Burley	Carol Grady	Paula Pruitt	Joey Wimer
Emily Byer	Evan Groves	Betty Ray	Linda Payton Wolfe
Lee Cabaniss	Don Hampton	Frank & April Reyns	Buddy Young
Elwood Cadd	Richard & Cora Hastings	Jim Reyns	
Jean & Harry Casey	Danny & Rhoda Hill	B. R. Rupert	<i>Our Nation</i>
Betsy Caul	Sandra Hill	Libby Simpson	<i>Caregivers</i>
Junior Clark	Connie Holloway	Pat Smith	<i>Covid—19 Patients</i>
Minnie Clark	James Hoover	Monzell Sovereign	<i>Elected Officials</i>
Sandra Clemmons	Neil Horn	Angie Sponaugle	<i>Essential Workers</i>
Kenzie Cline	Shana Hotzapolous	Matt Sponaugle	<i>Non Believers</i>
Ricky Cooke	Una Humphries	Natalie Sponaugle	<i>President Biden</i>
Steven Craft	Lori Wolfe Isaacs	Sally Steele	<i>Prisoners</i>
Burnette Crawford	Charlie Jeffries	Ellis Stull	<i>U.S. Troops</i>
Luke Crawford	Wendell & Judy Jones	Ruby Stull	<i>Students</i>
Monty Crawford	Susan Kennedy	Rick & Susan Terrell	<i>Teachers</i>
Chris Crutchfield	Pam Key	Bill Thompson	<i>WRE</i>
Clair Seckner Dilley	Richard Law	Ethan Thompson	
Randell Dilley	Debi Leitch	Marcy Thompson	
Joy Dodson	George Leitch	Adena Tingler	

BRIAN CENTER—Andy Howell, Bill Lockhart, Ruby Stull

VIRGINIA VETERANS CARE CENTER—Roy Lee Reynolds

SCOTT HILL—David and Phyllis Lynn, Sara Mays, Mary Whitehead

SHUT-IN—Joyce Bartley, Jean Broughman, Hallie Dressler, Shirley Ferris, Etha Hayslett, Bonnie Patterson, Shelby Rock, Eddie Williams

DEATHS

Hubert Johnson	Bernard Bowling
Sadie Landis	Debbie Bozes
Patty Lipes	Ernest Dressler
Lewis McAllister	Barbara Hayse
Austin Peery	Arnetta Hicks
Ray Snedegar	Coyd Kimberlin
Robert Stinespring	Wayne Ogden
Gay Lynn Twitty	Richard Pleasant
Louise Whitehead	Robert Smith
David Wickline	
Eddie Williams	

MILITARY

Kristen Bennett
Richard Bray
Kristopher Hoffman
Ryan Pritts
Chris Whitehead

MISSIONARIES

Tom & Judy Harvey
Esslinger/Lee

Newsletter Information

Please submit newsletter information and prayer request by email, post mail, or by phone.

*(Deadline for next newsletter is
Tuesday ~ February 16 @ 4 p.m.)*

The Church Office is open, but we encourage people to refrain from stopping by if a phone call or email will suffice. The office contact information is located on the back page.

5 Seconds

Every morning I spend an hour exercising this aging body of mine. I do so in hopes of keeping this collection of blood, skin, muscle, and bones healthy and strong for the rest of my time here. When it comes to exercising my soul, however, I know that a daily morning workout just isn't enough. Our souls are ageless and eternal. They can fill us daily with energy, vitality, love, joy, and light, but to keep them in shape we need to exercise them often.

Don't worry, though. Exercising your soul doesn't require heavy weights, expensive machines, or gym club memberships. It just requires a willing heart and a giving spirit. In fact, some of the best soul exercises I know can be done in 5 seconds or less. They always leave you feeling better than when you started them and they can be done anytime of the day as well. Best of all they help get your soul fit not just for here but for Heaven as well.

Here are just a few of my favorite 5 second soul strengtheners. Feel free to try them all and then to try out some of your own as well. There is no limit to what you can do to build a healthy soul. You can: give someone a hug, share a smile, hold a purring cat, pet a friendly dog, glance joyfully at the sun setting over the hills, hum a happy song, read an uplifting passage from an inspiring book, smell a flower, listen to a bird sing, jump in a pile of Autumn leaves, share a kind word, think a positive thought, pray for someone, wave at a neighbor, laugh at a good joke, tell someone you love them, tickle a child, smell a baby's hair, put some money in a Salvation Army kettle, touch a loved one, look them in the eye, and listen to them. Most of all you can take those 5 seconds to say, "I love you God and I thank you for my life here."

Have fun exercising your soul then. Five seconds may not seem like a long time, but it is long enough to share some love, spread some joy, change a life, and make Heaven smile.

~ Joseph J. Mazzella ~

Service Information

Notice:

Because of Covid-19 Concerns, in-person worship is cancelled for the time being. The Session is meeting by conference call this Sunday, February 7 and will decide what we do going forward. Please tune into our Facebook page for the following virtual broadcasts:

Sunday School – 9:45 am

Worship – 11:00 am

Youth Bible Lesson – posted on Sunday afternoons

Five-Minute Bible Study – Wednesdays at 6:00 pm

***Ash Wednesday Service—Wednesday, February 17**

McAllister Church extends sympathy and prayer to the family & friends of:

Robert Stinespring ~ *uncle of June Cooke*

Anna Mae Nida Ray ~ *grandmother of James & AdriAnne Reyns Reynolds*

Roy E. "Eddie" Williams, Sr. ~ *member*

Ruby Louise Wright Whitehead ~ *member*

Sadie Landis ~ *member*

Memorials and Gifts

In memory of Berkley Key by

Frank and Susan Sponaugle

Dick and Anne Snead

Thomas Turner

Danny and Rhoda Hill

Lee and Leila Fadley

Danny and Debbie Rodgers

Ron and Judy Lundy

Richard and Sherry Breeden

Littlepage/Gooch Bible Class

In memory of Louise Whitehead by

Marshall and Donna Fox

Jerry and Darlene Taylor

Frank and Susan Sponaugle

Pam Key

Danny and Debbie Rodgers

Robert and Brenda Whitehead

Littlepage/Gooch Bible Class



In memory of members and friends
lost in the last year

by Larry and Gail Washburn

In honor of Janet Linkenhoker
(*the glue that holds us all together*)

by Joe and Dot Wimer



Musical Minute:

As the old adage goes, “The more things change, the more they stay the same.” Some of you may have run across the following in the “Echoes of the Past” column of the Saturday, January 23, 2021 edition of the *Virginian Review*. Although written ninety years ago, it could just as likely have been written by any one of us upon our return to the sanctuary last October. It reads in part:

“January 22, 1931 - Letters from the People to the Editor

Sir—

It really does one good to come to church and see a real congregation present, instead of a mere handful.

This is noticeable at McAllister Memorial Church. Within the last month, the Sunday school has increased from 185 to 220, or more.

Since the pastor [Rev. Mr. Hoyt] has recovered from his recent illness, the congregations in the evening are exceedingly large. In fact, the church is packed. This is remarkable for this time of the year.”

Signed, “A Member,” the letter goes on to recount what exciting activities are taking place at McAllister, including something called the “Christian Endeavor” and weekly prayer meetings. If you subscribe to our local newspaper and have followed the events of ninety years ago in the “Echoes of the Past” column over the last months, you have also been reading about the extreme anxiety, anger, and upheaval caused by the Great Depression which began in the United States in October of 1929, just over a year before this letter was written. While we are familiar with the painful images of panicked investors, extreme poverty, and long breadlines brought about by this years-long economic crisis, it is almost inconceivable today to imagine heading to one of our local banks to find the doors locked and our deposits unavailable for withdrawal. And yet that is exactly what the “Echoes of the Past” column has related in recent editions. Even Covington felt the aftershocks of the earthquake that was the Great Depression. But McAllister Memorial was finding things to celebrate.

Rev. Dr. Carl Utley from the Presbytery of the Peaks spoke at McAllister Memorial’s 100th Anniversary celebration in 2018. I appreciated the historical perspective that he

attached to the birth of “the church on the hill.” He enumerated multiple world-shaping events that occurred in the year 1918, including the first recorded case of the Spanish flu in March of that year. (Dr. Utley related that in October of the same year, 21,000 US citizens would die from the disease in one week alone.) World War I, the “war to end all wars,” officially ceased “at the eleventh hour on the eleventh day of the eleventh month” of 1918. The list of events was varied and historic. And in the midst of chaos and change, the Presbytery and First Presbyterian Church had the faith, vision, and optimism to establish McAllister Memorial Presbyterian Church.

The past year has been a difficult one for the world, our nation, our region and our church. Still, McAllister’s leadership has found ways to keep our church family united. Thank you to the Session and to Pastor Jim for constantly evaluating current circumstances and putting the safety of our congregation first. I don’t think anyone could have imagined during 1918’s pandemic that over one hundred years later, we would, in the midst of another deadly pandemic, be “livestreaming” our services through something called “Facebook.” I know I didn’t imagine it even 30 years ago. Just as the Great Depression reached all the way to Covington in the 1930s, Covid-19 has impacted our community, and sadly, even our church. Still, in reading the letter to the editor from the anonymous McAllister member and considering the decade in which it was written, I was reminded that every generation and every individual faces obstacles and even tragedy. After 102 years, McAllister still exists because of the faith of its members, their ability to adapt to changing and challenging circumstances, and their seemingly inexhaustible store of human resilience. If you find your faith or your resilience waning during these trying times, here’s a reaffirming “booster shot” in the form of a hymn to keep in mind:

*“O God, our help in ages past,
Our hope for years to come,
Our shelter from the stormy blast,
And our eternal home!”*

Take good care.

Beth

IT IS EASY ENOUGH to be pleasant when life flows by like a song, but the man worth while is the one who can smile when everything goes dead wrong; for the test of the heart is trouble, and it always comes with the years, and the smile that is worth the praises of earth is the smile that shines through tears.