

McAllister Messenger

March 2022

A Word From Your Pastor

It is hard to believe, but Lent is upon us! Lent is a time of preparation for the celebrations of Holy Week, when we feel the power of the crucifixion and the resurrection.

Lent is a time for spiritual discipline, which prompts many people to give up something for the season. Whether it's chocolate, or fast food, or something else – the giving up of something represents the ancient practice of fasting. I once knew a man who took this practice seriously, and gave up every other meal for the entire six-and-a-half week season.

In recent years, however, a new form of spiritual discipline has been growing in popularity among Christians. Instead of giving up something, they are taking on a new practice. This “taking on” can be a commitment to prayer or Bible reading, or perhaps volunteering with a charity – anything that involves an increase in a spiritual practice.

This year, I am going to take on the practice of prayer and meditation. I am going to find 15 minutes each day to slow down, and spend some time with God. My goal is to find relaxation and a time of reflection and quiet during the middle of each day. Too often we forget to do this simple practice that refreshes our minds and our spirits, and brings a little bit of Sabbath each day.

What might you “take on” for Lent? If you do decide to take on something, please let me know. I will publish in this newsletter a list (anonymous) of what people are taking on.

So whether we are giving something up or taking something on, may this time of Lent be a time in which we draw closer to Christ and get ready to remember those great events of Holy Week which bring us forgiveness and eternal life.



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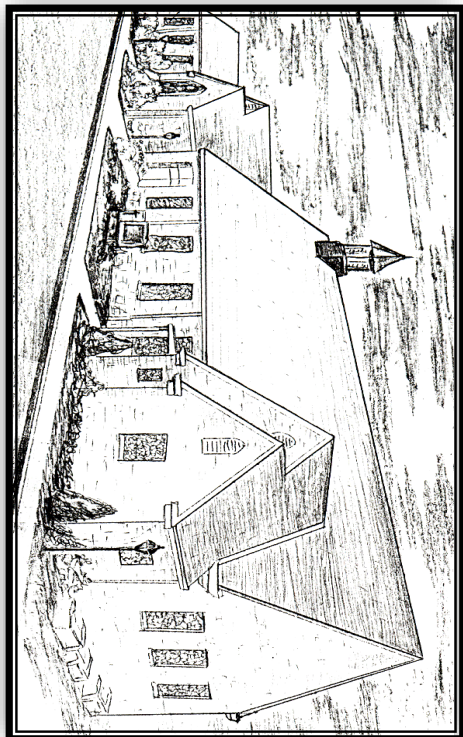
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BULK RATE
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Hello everyone! I would like to introduce myself. My name is April (Cook) Rowland and I am the newly hired church secretary for McAllister Church.

The Alleghany Highlands has been my home my entire life (42 years). My husband, Dusty, and I reside in the Falling Spring area of the county with our two sons, Kai (13) and Jagger (9). Dusty is employed at Ingevity and my sons attend Clifton Middle School & Mountain View Elementary, respectively. Previously, I was employed at MWV (now Westrock) as well as manager of Hearing Healthcare of VA (now Hearing Life) and then Image Express on Main Street in Covington. For the past few years, I have taken a sabbatical from full-time work while focusing on helping local seniors with errands such as doctor appointments and groceries. This also allowed me to spend more time at home with my family. My parents are Dave (Westrock) & Debbie Fraley (retired) of Covington and Gary & Sandra Cook (both retired) of Lewisburg, WV. My in-laws are Wendell & Joanne Rowland of Clifton Forge. I have two brothers, Todd Cook (and family) of Covington as well as Steven Anderson (and family) of Troutville.

When not hustling and bustling to keep up with our son's extra curricular schedules (basketball & baseball mostly), we enjoy watching UVA sports and traveling. I also spend a little time each week with my precious friend, Mr. Allen Hickman of Clifton Forge, who turns 104 next week!

I am excited for my new role and am aware I have some "big shoes to fill" as Janet was quite an accomplished lady in all things administrative during her nearly 20 year tenure. Extensions of grace and patience are sincerely appreciated as I transition into my new role - hopefully as seamlessly as possible. I honestly welcome any helpful tips, updates, or requested changes to bulletins, newsletters, etc. Thank you so much.

~April



The World Peace Prayer

Lead me from death to life
From falsehood to truth

Lead me from despair to hope
From fear to trust

Lead me from hate to love
From war to peace

Let peace fill our hearts,
Our world, our universe



Prayer Concerns

Donnie Adams	Deana Tucker Damico	Debbie Jackson	Monzell Sovereign
Tillie Agnor	Martha Rock Douglas	Robert Jackson	Angie Sponaugle
Mildred Akers	Maddy Downer	Wendell & Judy Jones	Natalie Sponaugle
Gloria Andrs	Corky & Janice Downer	Susan Taylor Kennedy	Darlene Taylor
Debbie Amos	Leslie Downer	Pam Key	Jerry Taylor
Natalie Austin	Ronnie Downer	Ruth Lane	Ethan Thompson
Pam Austin	Kaylee Elmore	Harold Lambert	Mary Jane Taylor Thurston
Sue & James Bailey	Joyce Emerson	The Law Family	Adena Tingler
Roger Baker	Alma Entsminger	Margie Leavine	Carolyn Tolley
Rob Bennett	Lee & Lelia Fadley	Debi Leitch	Darrell & Donna Tucker
Pete Byers	Barbara Flint	George Leitch	Pete Turner
Jackie Baker	Marshall & Donna Fox	Dianne Lockhart	Buddy Vass
Miki Ballenger	Betty Gibson	Pearl Miller	Joyce Waddell
Carol Bush	Eddie Gibson	Sonya Milton	Brenda Walker
Anita Boone	Robert & Gail Gibson	Bucky & Doris Mottern	Charlie Walker
Emily Byer	Evan Groves	The Moss Family	Dennis Whitehead
Elwood Cadd	Don Hampton	Wanda Musser	Pat & Larry Whitmer
The Caldwell Family	Jennifer Hannah	Tomalee O'Conner	Wayne Whitmer
Jean & Harry Casey	Richard & Cora Hastings	Travis O'Rourke	David Williams
Junior Clark	Shana Hatzapalous	Terry & Jim Plott	Dot Wimer
Minnie Clark	Bonnie Henderson	Betty Ray	Joey Wimer
Sandra Clemmons	Ralph Hepler, Jr.	Frank & April Reyns	Linda Payton Wolfe
Joe Cormier	Danny & Rhoda Hill	Rachel Reyns	Buddy Young
Steven Craft	James Hoover	Mary Rice	Stan Young
Luke Crawford	Neil Horn	Thomas Riley	Tornado Victims
Joseph Crupper	Lori Isaacs	B. R. Rupert	Covid-19 Victims
Melissa Curtis	Brittany Jackson	Bert Seay	

BRIAN CENTER—Bill Lockhart, Ruby Stull, David Lynn

SCOTT HILL—Phyllis Lynn, Sarah Mays, Mary Whitehead

THE WOODLANDS—

SHUT-IN—Joyce Bartley, Jean Broughman, Etha Hayslett, Andy Howell, Bonnie Patterson, Shelby Rock, Martha Wilhelm,

MILITARY

Kristen Bennett, Kristopher Hoffman, Colton Poague, Chris Whitehead

MISSIONARIES

Tom & Judy Harvey
Esslinger/Lee

DEATHS

Oren & Virginia
Adkins
Barry Atkins
Bridgett Armentrout
Kitty Carson
Ralph Counts, Jr.
Martha Douglas
Joe Downey

Ronnie Jr. & Trish
Downer
Patricia Harris
Bill Jennings
Tommy King
Earl Loan
John Mayse, Jr.
John Marquardt

Carolyn Meeks
Teresa Sue Powell
Carl Nichols, Sr.
Steve Nida

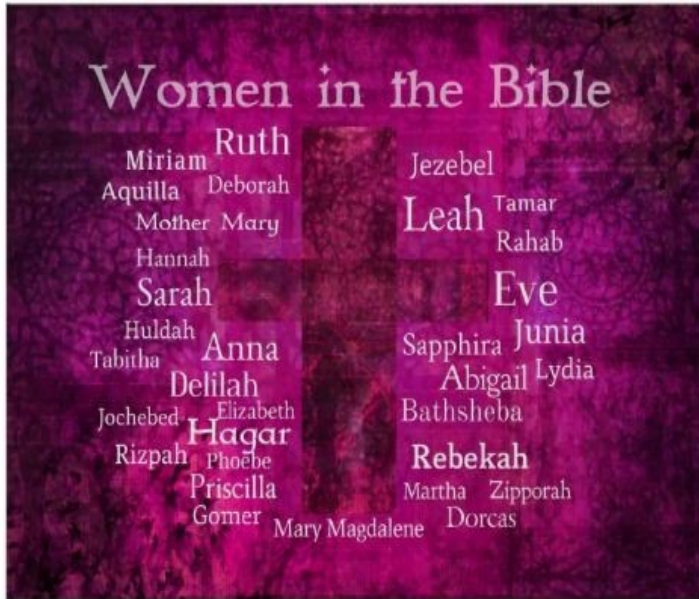


Newsletter Information

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

(Deadline for the April newsletter is March 18, 2022)

MARCH IS INTERNATIONAL WOMEN'S MONTH
(International Women's Day ~ March 8)



Presbyterian Women

**Circle #3—Tuesday, 3/8/22
@ 5:30pm**

**Circle #4—Wednesday, March 9
@ 1pm**

Circle members not attending a meeting are to send their offering to support the PW Missions.

Scholarship Applications

It's not too early to apply for the Scott Scholarship. Applications are available in the church office.

Any member of McAllister Church attending college in 2022 may apply. Application deadline is June 1, 2022.

Steeple Fund Established

A special fund has been established for the removal of the existing steeple and the cost and installation of a new steeple. The current steeple is more than 60 years old. Wind, rain, and temperature extremes have weakened the structure, allowing water to collect inside and resulting in damage to the roof and ceiling underneath in the balcony. Donations to the Steeple Fund should be clearly marked as "Steeple Fund."

Steeple Fund:

- In Honor of Ruby Stull*** by Paula Stull
- In Memory of Kitty Carson*** by Marshall & Donna Fox
- In Memory of Steve Nida*** by Marshall & Donna Fox
- In Memory of Teresa Powell*** by Richard, Sr. & Priscilla Downer

Memorials & Gifts

Memorials:

- In Memory of Teresa Powell:***
Burnett Crawford, Chuck & Jean Bartley, Butch & Normal Curtin
Dot Wimer, Randy Lawson, Margaret Sams, Pam Poague
Danny & Rhoda Hill, Bill & Libby Keyser, Jim Corson,
Mike Young, Terry & Dorothy Thompson, LeeAnn Poague
Kathleen Loan, Barbara Crawford, Greg & Lisa Dickson
Ricky & June Ann Cooke & Family, Barbara Crawford & Family

- In Memory of Kitty Carson:***
Chuck & Jean Bartley, Butch & Norma Curtin
Danny & Rhoda Hill

In Memory of Wayne Whitmer by Jim Corson

In Memory of John Marquardt by Butch & Norma Curtin

Sympathy

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

Teresa Powell ~ *member, daughter of Joe & Pat Martin, sister of Leslie Nicely*

Kitty Carson ~ *member, mother of Barry Thomas*

Steve Nida ~ *former son-in-law of Marshall & Donna Fox*

March Birthdays

- 1 Robbie Wood
- 3 Pam Poague
Howard Thompson
- 4 April Reys
Jerry Taylor
- 5 Pearl Miller
Richard Downer, Sr.
- 6 Marshall Fox
Kelsey Young
- 9 Brielle Smith
- 12 Jason Hill
- 13 Matthew Sponaugle
- 14 Megan Boone
- 17 Gene Wood
Casey Hicks
- 18 Donna Fox
- 19 Jennifer Hannah
- 20 Cindee Stinnett
- 21 Norma Curtin
- 23 Tiana Warlitner Hodge
- 24 Kathy Crutchfield
- 26 Mike Fleenor
Logan Hill
- 27 Chloe Reid
Kaitlyn Potter
Israel Boone
Tara Uzzell
- 28 Etha Hayslett
Travis O'Rourke
- 29 Lynn Whitehead
- 30 Maryemma Shifflett
- 31 Jeremy Bartley
Brandi Carper Barr

Anniversaries

- 6 Bert & Betsy Caul
- 10 Jim & Margaret Moss
- 21 Robbie & Jeff Horn
- 29 Bucky & Doris Mottern



REMINDER!!!!

**Daylight Savings Time begins
Sunday, March 13 @ 2a.m.
This is also a great time to
check/replace the batteries in
your smoke alarms & carbon
monoxide detectors!**



Musical Minute:

This portion of the newsletter
will resume next month. ~Beth



A Prayer for Lenten Grace

Loving God,
During the sacred season of Lent, bring me closer to you.
Prepare a place in my home and heart for silence and
solitude, so that I may re-discover the grace of a
prayer-full life.
Help me to fast from those things that threaten the
well-being of body and soul and remind me of the
grace of simplicity.
Enlarge my heart so that I give to those in need and, in
so doing, re-discover the grace of gratitude and
generosity.
May this season be a grace-filled time to
rekindle my love for and faith in you.
Amen.

