

McAllister Messenger

JULY 2026

A Word From Your Pastor— “Be Still and Know”

The current message on the church sign is a quote from Psalm 46:10. It simply says, “Be still and know that I am God.” Now I haven’t seen any cars take this message literally and pull over to the side of the road – but it is a powerful piece of Scripture that speaks to us in several different ways.

First, it speaks to those of us who are overly busy, to those whose tight schedules have them running non-stop from one place to another. These folks are moving so quickly that they might miss God. They are in danger of not feeling God’s presence, because they can’t slow down enough to even know that he is there.

For these folks, this Scripture is a call to Sabbath. It is a call to rest. It is a call to take time away from life’s busyness for the Lord. For them, the instruction to “be still” is to be taken literally. Only if they can manage to slow down for a bit will they be able to feel God’s love and God’s grace.

For other people, however, life is not so busy. The schedule is not full of things to do. Instead, each day is full of empty hours to fill. For them, life is already still. This Scripture applies to them, as well.

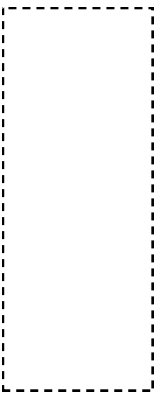
For those with plenty of time on their hands, the command to “be still and know that I am God” is reassurance that God is with them in their stillness. God is blessing them and all of their spare time. And through this blessing, God is calling them not to let all their downtime go to waste. God is calling them to find ways to use this time for his purposes.

Whether it is volunteering time at a local charity, or writing an encouraging note to someone who is feeling down, or visiting someone in the hospital – there is always something faithful that one can do with one’s time. For these folks, stillness is a place from which God calls us to action. God is known through doing God’s work.

So whether you are busy all the time, or whether you have all the time in the world, take inspiration from this bit of wisdom from Psalm 46. For it in our stillness that we find God’s presence, God’s calling, and God’s peace.



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



AUGUST 2026
NEWSLETTER
DEADLINE:
Wednesday,
July 22nd

BULK RATE
U.S. POSTAGE
PAID
Covington, VA
Permit No. 67
Non-Profit Organization

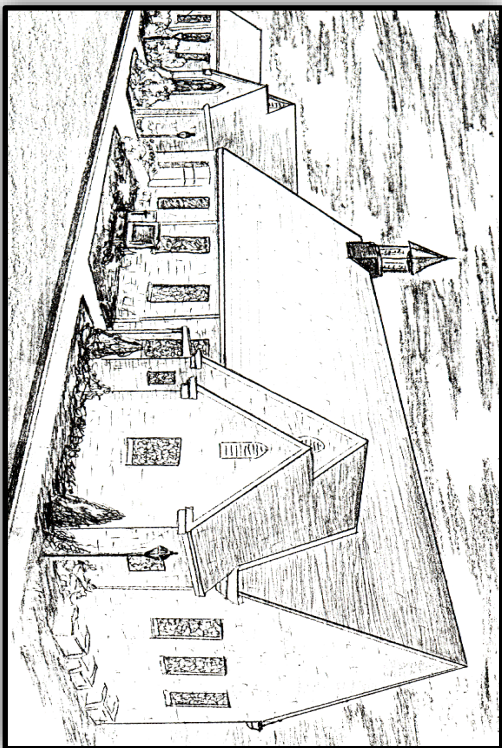
McAllister Memorial
Presbyterian Church
(540) 962-2675



admin@mcallisttermempcusa.org
www.mcallisttermempcusa.org

online giving link:

Rev. James Edward Moss
Cell phone: 434-738-8841
revjimoss95@gmail.com



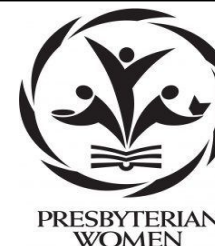
- 
- 1—Abigail Poague
 2—Evan Bishop, Neil Horn, Becky Hudson
 3—Amy Bishop, Nick Leitch
 4—Rilee Webb
 6—Gene Hinton III, Roberta W. Horn
 7—Judy Whitehead
 10—Bert Caul
 11—Amy Hoover, Sierra D. Stanfield
 13—Stephanie Kessinger, Brandon Sponaule
 14—Kyndle Koonce
 15—Sara L. Nicely
 17—Colt Nida
 19—Jeremiah Walker
 20—Jerry Givens, Sr.
 21—Chuck Bartley, Cohen Long
 22—Dorothy Wimer
 23—Jeana Lee Colberg
 24—Jagger Rowland
 28—Racheal Kinsey, Joe Scruggs, Larry Washburn, Margie Young
 29—Zayden Burks, Zane Burks, Parker Hudson
 31—Tori Paxton

HAPPY BIRTHDAY

Happy Anniversary!

- | | |
|--------------------------|---------------------------|
| 7—Andrew & Lisa Crawford | 20—Tracey & Terra Walker |
| 8—Dusty & April Rowland | 25—Kylene & David Smith |
| 15—Charity & Nathan Hale | 31—Debbie & Steve Bennett |





Circle 3 — Second
Tuesday of the month, 5:30 p.m. (church)

Circle 4 — Second Wed. of the month,
12:30 p.m. (church)

SESSION WILL NOT MEET IN JULY. STATED SESSION MEETINGS WILL RESUME ON SUNDAY, AUGUST 16th.



Mallow Presbyterian Church will once again host its Summer Two-Cent Meals beginning Wednesday, June 10, at **noon**. The meals will be held **each Wednesday through July 29**. The meals will take place in the church picnic shelter across from the church at 2004 Mallow Road. Everyone is invited to attend and enjoy a meal and fellowship. All are welcome.

MCALLISTER'S RELAY FOR LIFE TEAM WILL HOLD TWO FUNDRAISER EVENTS IN JULY. SEE DETAILS INSIDE!



Reverend Moss will be on vacation
Monday, July 6 —
Sunday, July 12th.
Patty Anderson will fill our pulpit
on Sunday, July 12th.



The McAllister Church office will be closed on MONDAY, JULY 6th in observance of the Independence Day holiday.

Prayer Concerns

Debra Bates	Mildred Akers	Aaron Caldwell	Rhoda Hill
Robert Campbell	Buck Lawhorn	Linda Kress	Gary Hunter
Mickey Craghead	Phillip Layman	David Peters	Diane Lambert
Luke Crawford	June Morton	James Smith	Bob McAllister
Emily Douglas	Dianna J. Scruggs	Jerry Taylor, Sr.	Winnie McAllister
Barbara Entsminger	Donna Ayers Salyers	Rex Selleck & family	Gloria Rowsey
Jeff Irvine	Allison Thompson	Ohio shooting	Tarie Warlitner
Dave Oeltjen	Debby Weese	Our state, VA	Deputies killed in
Katrinka Poague	Bedford community—	United States	line of duty
David Rose & uncle	tent accident	Middle East	Recent graduates
Angie Shinault	Janet S. Davis & family	Our World	Deborah Clinebell Family
Tommy Walker	Larry Deacon Family	U.S. Soldiers—Iran	
Family & friends of	Bonnie Plott Family	and abroad	
Linda Caldwell		U.S. Military Families	

Shut-In; Military & Missionaries

BRIAN CENTER: David Lynn SCOTT HILL: Sarah Mays
THE SPRINGS: Andy Howell TOCKWOTTEN (Rhode Island): Shelby Rock
SHUT-IN: Bob & Leta Bartley, Ricky Cooke, Dolly Whitehead
 Danny & Rhoda Hill, Darlene & Jerry Taylor (Sr.)
MILITARY: Olivia Bryant, Aiden Downer, Chris Whitehead
MISSIONARIES: Tom & Judy Harvey, Kurt Esslinger & Hyeyoung Lee



Constant Need

Midge Akers, Jerry Ballengee, Dennis Brinkley, Edgar Brinkley, Sandra Capps, Leslie Downer, Cindy Durham, Barbara Flint, Renee Gann, Don Hampton, Emma Hartless, Becky Helmintoller, Danny & Rhoda Hill, Rob Honts, Janet Hubble, Lori Isaacs, Robert A. Jackson, Wendell & Judy Jones, Christine Lopez, Pearl Miller, Bucky & Doris Mottern, Mary Jane Mutispaugh, Denise Pillow, Theresa Purdue, Linda Ratliff, Anita Rice, Mary Rice, James Rice, Angie Sponaule, Ethan Thompson, Buddy Vass, Greg Vess, Gwen Wolfe, Jerry Wolfe, Linda P. Wolfe. Rider Yeagley, former President Joe Biden. Our church, non-believers, unspoken prayers, first responders, United States, U.S. troops & government, Ukraine & Russia, Middle East. Nancy Guthrie-family, friends, community.



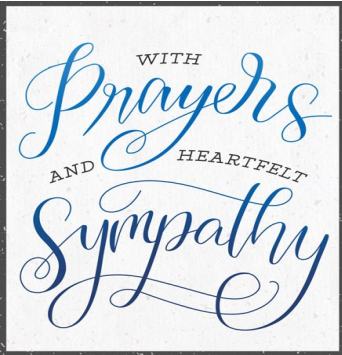
McAllister Vacation Bible School: Snowball Mountain Challenge ~ June 14-18,



Deaths

- | | | | |
|------------------------|-----------------------|----------------------|-------------------------|
| Melvina J. Simmons | Betty Sue B. Wright | Steven R. Humphries | Elizabeth M. Ailstock |
| Nellie Selleck Trivitt | Betty H. Arthur | John H. Johnson, Jr. | Jackson Bennett |
| James L. Welch, Sr. | Larry V. Deacon | Will Mosier | Deborah M. Clinebell |
| Linda S. Caldwell | Sadie Martin Fisher | Joseph L. Reynolds | Shellie Manspeaker |
| Henry "Kevin" Fry | Earlene G. Horn | Marsha I. Sargent | Gertrude Rollins |
| William H. McCarter | R. "Bob" Jenkins | J. "Benny" Southall | Cynthia K. Sawyer |
| John B. Mitchell, Sr. | Ronald Lee Paxton | Father "Tom" Collins | Curtis Broughfman (Sr.) |
| Keith Earl Morris | Bonnie T. Plott | Dickie Snead | Shari A. Brown |
| Dale A. Thompson, Sr. | Jason Robinson | Dreama G. Thurston | Venetta Broyles |
| Cheryl Ann Wolfe | Edith L. "Bertie" Via | | |

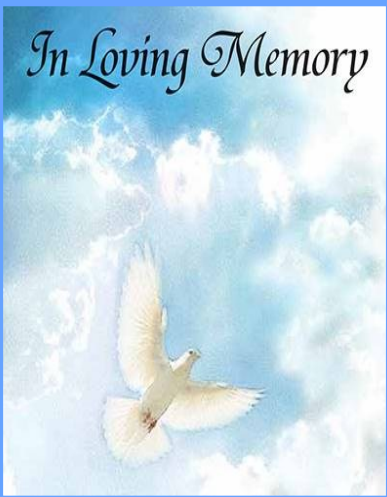
With Deepest Sympathy & Comfort



The McAllister Church Family extends prayer and our sincerest condolences to:

- * Member Lelia Fadley on the loss of her cousin, Dickie Snead.
- ♦ Members Brigitte Young, Terry Thompson, and family on the loss of their aunt and sister (respectively), Bonnie Plott.
- ♦ Beth Leitch on the loss of her aunt, Edith "Bertie" Leitch Via

Gifts in Memoriam



In Memory Jean Broughman* by:

- † Susan & Frank Sponaugle
- † Lee Ann Poague
- † Marshall & Donna Fox
- † Richard & Priscilla Downer
- † Larry Washburn
- † Norma Curtin

*mother of Paul "Buzzy" Riley (member)

Baptism and Bells ~ Sunday, June 14

On Sunday, June 14 our McAllister Church Family was blessed by the baptism of Catherine Marie Amos by Reverend Jim Moss. Catherine was presented by her parents, Evelyn and Joe Amos. The ceremony was witnessed by her grandparents Tammy Scruggs-Duncan and Robbie Scruggs. Many family and dear friends of the Amos, Scruggs and Duncan families were also in attendance. At the conclusion, Reverend Moss paraded Catherine through the center aisle to present and share her with her McAllister Church family.

The congregation was also treated to a musical prelude presented by the McAllister Handbell Choir on this day. Members performing included Director Brenda Linkenhoker, Kenny Duncan, Paul Linkenhoker, Pearl Miller, Rev. Jim Moss, Anita Rice, and Cathy Rowan.

What a wonderful Sunday of worship at McAllister Church!



Notes From Pastor Jim

♦ We had a wonderful Vacation Bible School! The kids had a great time with Bible stories, crafts, music, games, and assembly time with Ollie the Otter. The girls won the offering competition, which means that I got the pie in the face. More importantly, we raised \$725 for Weekday Religious Education. Thank you to all of our volunteers who made this great week possible.

♦ Thank you to the men who mow the church grass and do the weed-eating. You do a great job keeping the exterior of the church looking good.

♦ We will be having a spaghetti dinner fundraiser for Relay for Life. It will be in the Fellowship Hall on Friday, July 17 from 4:00 to 7:00. Takeout plates will be available. Join us as we raise money

for this good cause. The actual Relay for Life will be at AET Park on Saturday, August 1.

♦ I will be on vacation from July 6-12. Patty Anderson will be preaching on July 12.



AVERAGE JUNE 2026 SUNDAY WORSHIP ATTENDANCE:

69

***The McAllister Messenger is a monthly publication. Deadline for submissions is the second Friday of each month. You can also view this newsletter online at www.mcallistermempcusa.org. To request a full color copy of this publication BY EMAIL, inform us of a change in contact information, OR object to the use of your photo/your children's photo being used, please call the church office or email us (see back cover). We sincerely regret and apologize for any error, misprint, or omission that may occur in this publication. Contact our office at 540-962-2675 with any revisions. Leave a message if necessary as voicemail is checked regularly.

Pentecost Sunday ~ Sunday, May 31

On Sunday, May 31st the congregation of McAllister Church celebrated Pentecost. Pentecost commemorates the descent of the Holy Spirit on the Apostles, enabling them to speak in different tongues so everyone could hear the Good News in their native language. It is a celebration of the universal Church and viewed as the "birthday" of the Church.

McAllister highlighted Pentecost by having The Lord's Prayer recited in different languages. Andy Dreszer began the prayer in Polish, followed by Tammy Scruggs-Duncan in Spanish, Rev. Moss in French, Beth Dreszer spoke in German, and Josephine O'Roarke in Italian. Thank you all for sharing your multi-lingual talents!



Then there appeared to them tongues as of fire,
which parted and came to rest on each one of them.

And they were all filled with the

Holy Spirit

Acts 2:4

embeddedfaith.org



With Deep Appreciation

McAllister Church,

Thank you so much for your generous support of the Alleghany Highlands YMCA After Prom event. Your kindness helped create a safe, fun and unforgettable night for our students as they celebrated this special milestone. We are truly grateful for your support of our youth and our community—it made a meaningful difference.

*With Gratitude,
The Alleghany Highlands YMCA*

Dear McAllister Family,

On Mother's Day I was recognized as an Honorary Life Member by the Presbyterian Women. I was so surprised that I was literally speechless (and that says a lot)! Although I did not grow up in this church, from the first day I came here you all welcomed me with open arms and I have always felt at home. This has meant so much to me. I am thankful for each and everyone of you and am incredibly honored by the award.

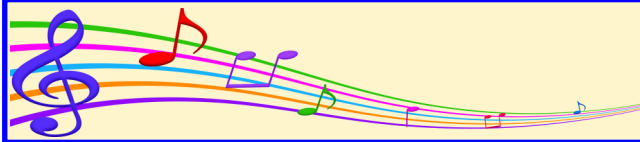
Also, words cannot express the gratitude my family and I feel for all of the calls, cards, texts, PRAYERS, and more that we have received during Ricky's time spent in and out of the hospital as well as the nursing home. McAllister Church certainly knows how to make you feel loved and cared for.

*With Tremendous Thanks and Love,
June Anne Cooke*

Dear Church Family,

Thank you all so much for the outpouring of love through cards, food, visits, prayers, hugs and memorials after my mom's passing. We were especially touched by the overwhelming support my family and I received at the visitation and graveside service. The McAllister Church family is truly remarkable and extra special. Thank you again.

*Love,
Buzzy Riley—Family of Jean Broughman*



Musical Minute

It was a balmy summer day in the mid-1980s. Mom and dad's garden patch in the backyard behind our home on Lexington Avenue was in full swing, cranking out cucumbers, peppers, tomatoes, squash, and other goodies for the family table. I was in from college and was working for Covington's Parks and Recreation Department that summer. Those of you who know me well may find that ironic, but the job was enjoyable and thankfully didn't require too much athletic prowess! I got to spend four or five hours daily at the city park with a group of sweet kids aged maybe 6 to 14. We played softball, badminton, and croquet, did arts and crafts, swam at the city pool, played board games, and, in general, just had fun and stayed out of mischief.

That day I had gone home for lunch and was preparing a bite to eat for dad and myself. He came in from work shortly after I got home and gave me a kiss on the forehead and a hug as I stood at the kitchen sink prepping our meal. As he looked out the window above the sink over the backyard and garden toward the parking lot behind Mick-Or-Mack grocery, he noticed something I had failed to see. There were a couple of guys hanging around in the lot on the other side of our low garden fence, walking out of view, then appearing again, looking furtively towards the house, then disappearing again. I had no idea what they were up to, but their behavior was unsettling. Then dad said, "Sweetie, I believe those fellas are getting ready to steal my tomatoes." We watched from the window until, sure enough, they slipped in the gate, hunkered down, and quickly made their way behind the garden, taking cover from the tall plants and sprawling vines. I was so intent on watching, that I hadn't heard dad slip out the back door onto the porch. A streak of anxiety shot through me as I saw him descend the stairs and stride into the yard. I was terrified about what might happen when he confronted these two. I cracked the window above the sink to listen. "Boys, did you come in here to steal my tomatoes?," he boomed. They both jerked upright, obviously as terrified as I about what was going to happen next. As dad continued to talk and walk towards them, they rocked nervously, glancing behind, probably judging the distance to the back fence and whether they could jump it. As I watched them, I realized, these weren't hardened criminals. These men were hungry, exhausted, and afraid. I heard dad say, "I'll give you anything that I can, fellas. Knock on the door and ask, but don't steal from me."

Congratulations

Kai Rowland—Alleghany High School—Class of 2026

Kai Berkley Rowland graduated from Alleghany High School on May 30, 2026.—just one week after turning 18 years old. He was an honor roll student all four years. During his tenure at AHS, he was a four-year member of the Varsity Golf Team, serving as captain his senior year. He also played three years of varsity baseball and was a member of the Fellowship of Christian Athletes Club all four years. As a junior and senior he was honored as a Cougar Scholar and nominated for "Mr. AHS" by the faculty and staff. Kai has spent time volunteering with Special Olympics and the Alleghany Highlands Christmas Mother. The last two summers he has been employed by Cliffview Golf Club. He completed a spring semester internship at Ridgeline Physical Therapy.

Kai's baseball accolades include being named 2026 Shenandoah District Player of the Year as well as being named All-Region First Team. He was also most recently awarded First-Team All-State honors. In his spare time he enjoys golfing and spending time with his friends and family. Temple Baptist in Covington is Kai's church home where he attends with his grandparents. He will be attending West Virginia Tech this fall while playing baseball for the Golden Bears and pursuing a degree in Biology. Kai hopes to pursue a career in the medical field after graduation.

Kai's mom is April Rowland, our church secretary. She and her husband are a part of our church family at McAllister. His maternal grandparents are Dave & Debbie (Jackson) Fraley of Covington and Gary & Sandra Cook of Lewisburg. Paternal grandparents are Wendell & Joanne Rowland of Clifton Forge. Kai has a younger brother named Jagger who will enter AHS this year as a freshman this fall. Congratulations Kai on all you have accomplished and best of luck at WV Tech!



Congratulations

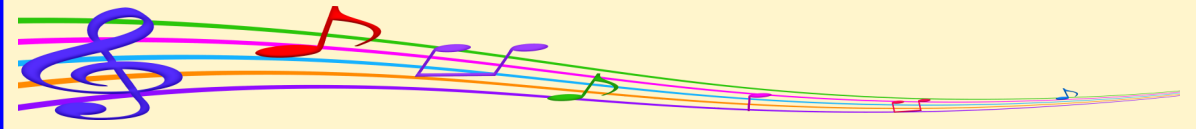
Recently, two McAllister members were elected to the **Alleghany Highlands Public School's Employee Hall of Fame**—Dr. Paul Linkenhoker and Anita Rice. The Hall of Fame honors retired employees who made a lasting impact through decades of service to students, schools and the community. Inductees must have at least 20 years of service with Alleghany County Public Schools, Covington City Public Schools, Clifton Forge Public Schools, Jackson River Technical Center, or Alleghany Highlands Public Schools and be retired at least five years. The inductees were nominated by the local community and selected through a screening process conducted by a committee of current and former educators.

Dr. Paul Linkenhoker taught and coached in Covington City Schools before serving as principal and assistant superintendent in Alleghany County Schools. He oversaw major school construction projects, retired in 2004 and remains active in local history, heritage, and civic organizations, continuing to contribute to the community he helped shape.

Anita Rice taught family and consumer sciences for 27 years, coached cheerleading and advised student organizations. She taught at multiple schools before retiring in 2014 from Covington High School and remains active in community and advocacy work, including ongoing support for cancer research initiatives and continued involvement in programs that benefit local youth.

Other 2026 inductees included: Carol Claytor, Jan Hobbs, Sharon Campbell, Cathy Walton Drummer, John Woodzell, Rick Fuhrman, Lori Dressler, Brenda Tate, Kenny Higgins, Suzie Wallace, and Kathy Stapleton. Campbell, Drummer, and Dressler accepted the honor on behalf of the late Vickie Simmons, who was inducted posthumously.

The AHPS Employee Hall of Fame was established in 2024. This year's inductees will join members of the inaugural 2024 class — Helen Harris, Brenda Holloway, Harold Lambert, Archie Wells, Linda Williams, Donna Vaughn and the late Katharine Nicely — as well as the 2025 class, which includes the late Lewis "Butch" Venable Jr.; Sue Wolfe; John Hutchison; Celia Moore; Teresa Johnson; Diana Laws; Nancy Moga; and Brenda Siple.



As I continued to watch I was amazed to see dad shake their hands and guide them to sit at our old picnic table. He came back into the house, “Sweetie, those gentlemen are hungry. Could you please pour a couple of glasses of iced tea for me to take out and then make a couple of sandwiches for them. Make sure to put on some fresh tomato.” I asked him if I should bring out the sandwiches when they were ready to which he replied, “No. I don’t want you outside right now. I’ll be back in to get them.” He kissed me on the forehead again and that was that. He came back in to retrieve the sandwiches and asked me to put the remains of the loaf of bread in a bag. He said he’d pick a few cukes and tomatoes to add to it so they could have a bit of supper. Then he sat at the table talking with them until it was time to get back to the mill.

That 30 to 40 minutes sums up about everything my church and my family had attempted to teach me throughout my whole young life. The episode covered pretty much every lesson and parable about how we are meant to treat our fellow human beings. And I internalized it and finally grasped it completely when I witnessed it right before my eyes on a beautiful summer day when I was probably 18 or 19 years old. My father was just being my father that day, and probably didn’t intend to teach any lessons, but I learned. I’m honest enough with myself to know that I don’t always live up to his actions, but it’s something for which I continually strive.

At least one of those gentlemen from the garden did return again, several times. He knocked on the door and asked for some help when he needed it, and to the best mom and dad could, they gave it. If you're gardening this summer, I hope your gardens are lush and bountiful—with plenty to share.

Beth



**RELAY FOR LIFE SPAGHETTI
DINNER FUNDRAISER**

FRIDAY, JULY 17, 2026: 4 to 7PM

**@ McAllister Memorial Presbyterian Church
sponsored by their Relay for Life team**

Dinner will be \$12 per adult; \$6 children (6 and under). Each plate will include spaghetti, salad, bread, dessert and drink. CARRY OUT & DELIVERY in the

Covington area will be available. There will not be an auction this year. Instead, the team is planning a raffle. For this raffle, they are seeking donations of new or like new antique or collectible/popular items (no used, broken, or dirty items please). As the event approaches, we will collect donations of Ragu spaghetti sauce with meat, spaghetti noodles, ground beef, cheese bread, pre-shred cheese, cakes and other items. If you wish to purchase a luminary for display during the event in August, please use the enclosed form on the next page. ➡

**ALL ABOARD THE
HOPE EXPRESS**

AUGUST 1, 2026
— 6:00 — 10:00 PM —

American Cancer Society **RELAY FOR LIFE**

**CELEBRATING 30 YEARS of
RELAY FOR LIFE
IN ALLEGHANY COUNTY**

Honoring Survivors • Remembering Loved Ones • Fighting Back Against Cancer

Contact Michele Hylton at
michele.hylton@hcahealthcare.com for more
information

JACKSON RIVER SPORTS COMPLEX
No Stops. No Limits. Full Steam Ahead.
♥ All are welcome. ♥

**American Cancer Society
Relay For Life of Alleghany
Luminaria Order Form**



When the sun goes down at every American Cancer Society Relay For Life event, hope shines the brightest. During the Luminaria Ceremony, hundreds of luminaria light the track or path to celebrate the lives of those who have battled cancer, remember loved ones lost, and fight back against a disease that has taken too much. This ceremony of light symbolizes the hope and perseverance with which we all continue to fight. You can give to the American Cancer Society and keep the flame of hope lit by dedicating a luminaria in memory of someone lost to cancer or in honor of someone still fighting or who has beaten the disease. The suggested luminaria donation amount is \$ 10 each.

Name _____

Address City, State, ZIP _____

In Memory Honor
of _____

In Memory Honor
of _____

In Memory Honor
of _____

OUR TEAM PREFERS THAT FORMS BE GIVEN TO **DIANE HICKS**
IN-PERSON OR MAILED TO HER HOME AT:
**106 Maple Lane—Dressler Est.
Covington, VA 24426**

This will ensure these donations are credited to the McAllister Church Relay Team.

Please join us at our Relay For Life event on **August 1, 2026** at **Jackson River Sports Complex** at **870 W. Edgemont Drive, Covington VA 24426.**

*****THERE IS ALSO GOING TO BE ANOTHER DINNER
FUNDRAISER SIMILAR TO FORMER EVENTS AT:
JACK MASON'S TAVERN ON
MONDAY NIGHT—JULY 20TH**