

June 2022

Third Presbyterian Church



What's Inside?

- Page 1—Mental Illness
- Page 6—Information
- Page 7—Presbyterian Women & Stewardship
- Page 9—Birthdays, Anniversaries etc.

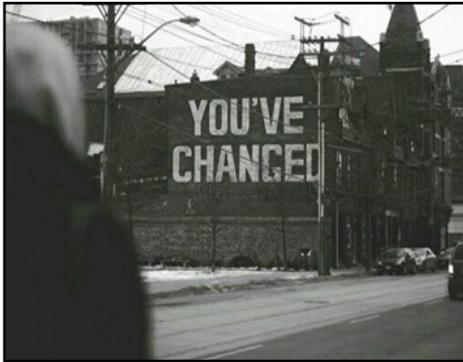
I have a mental illness. Well, actually, that’s not true. I have mental illnesses. I use the plural term because I have two mental illnesses. Talk about being blessed. I get to have two. I’ll say more about them later. While I share this with you, there is a part of me that hates to admit I am mentally disordered. The word, “disorder,” is a strange word isn’t it. A person can be diagnosed with “**Generalized Anxiety Disorder**” or “**Hoarding Disorder**” or “**Obsessive Compulsive Disorder.**” The word disorder conjures up something that is out of order. Think of a bathroom out of order. It means it’s not functional. A person with a disorder may not be able to function. May is Mental Health Awareness Month and I have felt a need to talk about this topic with you, but it’s May 27th and I still haven’t finished this article yet, which indicates how hard it is to discuss.



Mental Health is a difficult topic for many of us to approach. In my case, I was raised in a self-reliant culture where we didn’t talk about our problems and we didn’t talk about them with anyone to include our friends, a teacher, a pastor, and certainly not mental health care professionals. I was a Soldier. The military taught me to be self-reliant. No matter what happens, get up and keep going. I ignore the pain. You can do this. Keep going no matter what. Those clichés play an important role in helping us manage the challenges we experience in life, but alas, they can also become part of the problem when our pain becomes too much for us to manage. I am also a clergy person. As a pastor, I was the person people turned to when they had problems. I didn’t want people to know I had any problems. Let’s be honest, if the auto mechanic can’t fix his own car, I don’t want them fixing my car. Behind the clergy robe and my title, Reverend, I wanted to appear as if I had it all together.



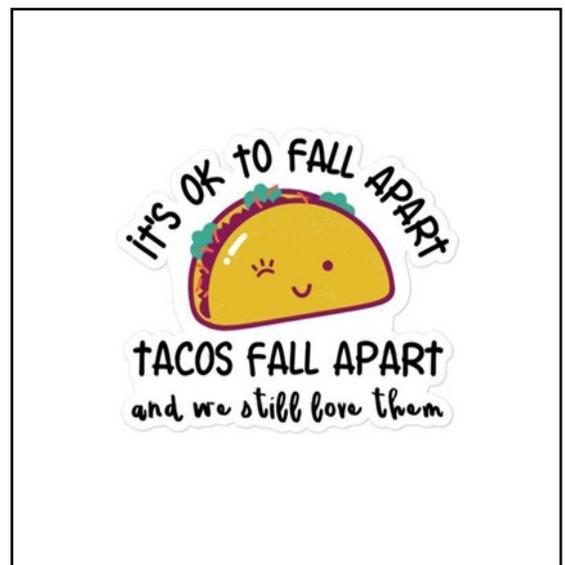
I was mobilized as an Army Reservist and deployed three times into combat. In combat, I was exposed to the rawest forms of evil imaginable. When I completed my first combat deployment after 9/11, my wife said, “**You’ve changed.**” I ignored her and playfully told her I was fine. After my second combat deployment, my wife told me once more, “**You’ve changed.**” Once again, I dismissed her concerns. After my third combat deployment, my wife told me again, “**You’ve changed.**” I dismissed her concerns yet again, but secretly, I realized something was wrong.



I was edgy. I was irritable. I was combative, which was ironic, because by nature I am a gentle person who prefers to avoid conflict. However, after my third combat tour, I looked for opportunities to get into a fight. When I was triggered, I’d react like a Soldier in combat. I couldn’t tolerate apathetic, uncaring, or unprofessional people. In combat, those kinds of people get people killed.

After I was demobilized and released from active duty, I returned to an Army Reserve unit and accepted a call to become the Associate Pastor of a congregation. It was a job perfectly suited to my skill sets and I was blessed to work with a skilled, strong, supportive pastor. I wanted to do well in my new calling. My goal was to appear caring, competent, and professional. God forbid, anyone find out I had volatile emotional issues I couldn’t control. I worked hard in the church and in my new Army Reserve assignment and I worked even harder to keep a lid on my volatile, explosive emotional issues roiling inside of me. I lived in fear my train would go off the rails.

For example, I had compulsions that I had no control over. For example, one trigger compelled me to write down the names of the Soldiers in my unit who died in combat. Once triggered, I had to write their names down and if I didn’t have paper available, I had to write their names on my hand or my shirt or whatever I could find. I was compelled to write their names down regardless of who was standing in front of me or regardless of what I was doing.



The things I did disturbed the people around me. Those people affected the most were my family and in particular my wife. But it was not just them. The people who worked around me experienced my edginess.

I remember distinctly the day my train ran off the rails. The pastor of the church I served became frustrated by what someone in the church said. He asked me how I thought he should respond. Other members of the office staff were standing nearby when he asked me the question. Suddenly, my personality changed. I was no longer Larry Toney. Something inside me flipped and I became a different person. I turned cold, crude, and coarse. I told the pastor in profane language what he should do and then added, **“I’ll take care of it. I’ll straighten her out.”**



The pastor’s eyes became the size of saucers. He took a step back, caught his breath, smiled wanly, and replied, **“Oh no, no, no. I’ll take care of it.”** Later that day, I was ashamed of what I had said and done. I knew I had offended people by my language and actions. I realized too I was too impaired to function in a church setting. I never used profanity. I was never aggressive. I left the church six months later. The pastor and staff were supportive and encouraged me to stay, but I no longer trusted myself. Within six-months I also retired from the Army. At the time, I was serving at the Pentagon on the staff of the Chairman of the Joint Chiefs of Staff, the senior officer in the US military. On the Joint Staff, I was a loose cannon. My supervising chaplain was supportive, but I lived in fear I would say or do something that would embarrass myself, my superiors, and the military.

I knew something was wrong. I started seeing two mental health care providers in the VA and both were exceptional. Both were superb therapists and one prescribed medication to help me with my impulse control issues.

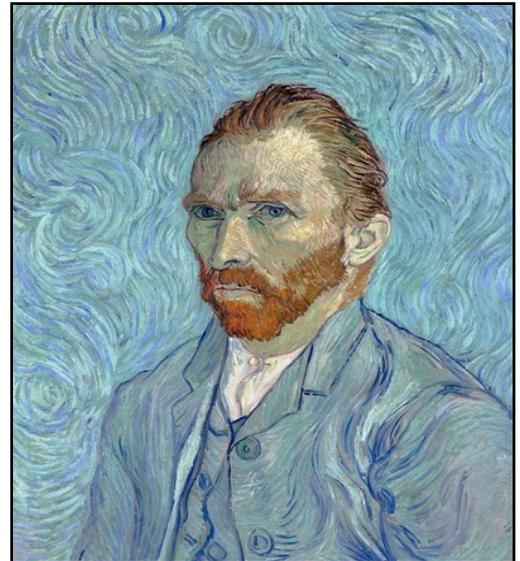
The counseling and medication were both helpful and the counseling I received became a lifeline that probably saved me from engaging in self-harm. Still, the things that were happening inside of me and the things I saw happening to combat veterans and their families confused and disturbed me. As a result, when I retired from the Army, I used the GI Bill to return to graduate school. I enrolled in two counseling

psychology master’s degrees; one in Pastoral Counseling and the other in Mental Health Counseling. I wanted to understand what was happening to me and how I could help people with the issues they faced.

From 2014 to 2019, I fought with the VA to recognize the life-threatening problems I had. Finally, after five-years, the VA diagnosed me and gave me not one but two diagnoses. First, the VA said I had **Post-Traumatic Stress Disorder** and second, the VA said I had **Unspecified Schizophrenia with Psychosis**.

I shared the first diagnosis with close family members but didn’t share the second diagnosis with anyone except my spouse. I didn’t share the second diagnosis because I was ashamed of it and because I didn’t want people to be afraid of me. Life experience taught me people were afraid of people who had schizophrenia. People with schizophrenia heard voices and even worse talked to the voices they heard. I hated to admit it, but the VA was right. I heard voices.

One personality was the same person I had always been. The second and new personality developed after my third deployment. I called the second personality, “**Crazy Larry**,” because once my PTSD was triggered, Crazy Larry emerged. He was angry, loud, obscene, and aggressive. He's scary and when he emerged, I lost control for several moments. As Crazy Larry, I experienced temporary breaks with reality that were all related to my deployments. This is the first time I have admitted publicly I have schizophrenia. What’s even more amazing is I completed the two graduate degrees while having these diagnoses. I was ashamed to let anyone know about my second diagnosis and I’m a mental health care provider. A mental health diagnosis is just like a medical diagnosis for the flu. We don’t feel shame for being diagnosed with the flu, but we feel differently with regard to mental health.



Painting by Vincent Van Gogh

**

Well Known People
Symptomatic of Schizophrenia

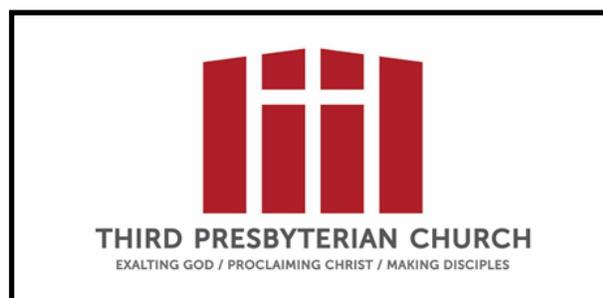
- Vincent Van Gogh, Painter
- Mary Todd Lincoln
- Sir Isaac Newton
- John Nash, Nobel Prize Winner
- Brian Wilson, the *Beach Boys*

Is there any good news to my story? There is.

- The good news is I'm still here. When life beats us down, we start to lose hope, which can lead to tragic endings.
- The good news is my wife has been an amazing care giver and partner.
- The good news is I take my medications.
- The good news is I am part of a local congregation and a larger church that supports, affirms, and helps me. I'm serving as a pastor again. Honestly, I expected to be kicked to the curb once others found out about my issues, but it didn't happen. I found acceptance instead.
- The good news is I was given the opportunity through the GI Bill to acquire therapeutic skills most pastors don't have. I can use those skills to help others.
- The good news is I have been given remarkable new insights about trauma and mental illness in the Bible and am excited about sharing these Biblical insights.
- The good news is my brokenness has made me a better person.
- The good news is I talked to God and let go of things that I could not manage and had become toxic in my life. In return, I found greater peace.

Mental illness is a journey; a hard journey. At times it's a life-threatening journey. I left the battlefield, but not the war. Along the way, I found help and learned how to better manage my challenges. It's better now but it remains a challenge every day. I try not to let my impairments define me and ironically, they've enabled me to become the person I am today. I am more committed than ever to helping people in the name of Jesus.

Larry



Join Us For Worship Every Sunday

**In-Person and Live Stream
at 11 am**

Below is the Zoom link where you will be able to see those leading worship and along with parts of our liturgy. Below is the new and updated link, phone number and password as of July 13th.

<https://us02web.zoom.us/j/605837516?pwd=V0R5VmNCQ2Mraml1TFdOVXpGMepiQT09>

If you do not have computer access, you can call in with your home or cell phone using Zoom’s dial in option.

**Meeting ID: 605 837 516
Password: 23518
Phone: 312-626-6799**

Offering Totals for April

May 1
Total Offering - **\$1,702.10**
May 8
Total Offering - **\$2,379.21**
May 15
Total Offering - **\$1,477.10**
May 22
Total Offering - **\$1,150.90**
May 29
Total Offering - **\$847.10**

Office Hours

Tuesday, Thursday and Friday from 9am-1pm.
Please feel free to call or send an email, if you need any assistance.

June Pulpit Schedule

June 5—Pastor Larry Toney
June 12—
June 19-
June 26—Pastor Larry Toney

“Church Bulletin Bits” #1

A SEVENTY-YEAR LIFE

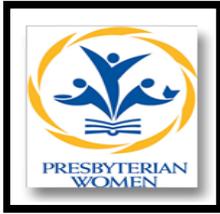
Suppose God granted you a life of seventy years. How would you spend it? An average person would spend it like this:

- Three years getting an education
- Eight years recreating and relaxing
- Six years eating
- Five years riding in a car
- Four years talking
- Fourteen years working
- Three years reading
- Twenty-four years sleeping

How much time do you give to God? If you went to church every week and prayed for five minutes every morning and evening, you would *give five months* to God—five months out of seventy years.

George W. Knight





Presbyterian Women

Eight ladies met at the home of Stacy Apelt and Judy Floyd on Monday, May 8th for our P. W. bible study, "What my Grandmothers Taught Me." We started with the question, "Can you tell the group a memory you have of your Mother?" All shared sweet memories and we had lots of smiles. Peggy T. had our devotion and she read from the book, "Seize The Day by Dietrich Bonhoeffer." The piece was "Working for Our Good" and was about ordinary circumstances of life. Lesson number three was Rahab, and was led by Peggy Russell. Rahab is a socially unacceptable outsider who is intelligent and strong. A marginalized woman, she recognizes the power of the God of Israel. When God's own people are melting with fear, her wit and presence of mind allow God's plans to come to fruition. We then took our offerings and Dot read from our least coin book, "Free and Responsible, based on John 8:31-47. We had our Sunshine report, then had good fellowship time with cookies and coffee. Next month we meet at Milinda's house, with Nancy doing our devotion and Judy Floyd is leading us in our lesson.

Our project is food bags for the migrant workers on the Eastern Shore. Each brown bag needs a five pound bag of Mesa flour, a bottle of vegetable oil, a can of jalapeno peppers, a bag of black beans, and a bag of white rice. You can also add tomato sauce and canned vegetables. Please have your bags to the church no later than July 5th. Thank you ladies.

Nancy B.

STEWARDSHIP NEWS



It has arrived! As promised, Pentecost is here! Pentecost Sunday is on the 5th of June. Remember, it is celebrated with the color red, and has long been referred to as the birthday of the church. Through this offering we build God's household with children, youth and young adults. A foundation of faith established during childhood through young adulthood helps ensure lifelong faith and service. When you give to the Pentecost Offering, you are helping to provide opportunities for young people to grow and share in their faith in Christ.

Nancy B.

Always
Growing!





- June 1—Terry Grandstaff
- June 10—Gwen Lavallee
- June 22—Dot Grandstaff
- June 23—Steve Gover
- June 24—Erika McKinney
- June 30—Dee Glover



- June 14 Susan & Richard Mayo
- June 15—Brandon & Laura Griffin
- June 19—Phil & Claudia Cary

Most Asked For Addresses

Anne Basnight Judy and Tim Cook
 Lake Taylor Hospital 5079 Easy Street
 1309 Kempsville Road Mobile, Alabama 36619-1763
 Room 31A Dogwood
 Norfolk, VA 23502

Carter Griffin Brandon and Laura Griffin
 Pearson Hall West 7521 Ripplepointe Way
 Room 113 Windermere, FL 34786-5594
 310 Alumni Mall
 Blacksburg, VA 24061-9502

Lexi White
 1419 Spruce Drive
 Holbrook, NY 11741

Prayer List

Please remember the following people and families in your prayers, that they might be lifted up through your conversations with God:

- Peggy Russell and Family
- Tina Apelt
- Clara Barnes
- Jessica and Ray Fitzgerald & Family
- Cheryl and Fred Holtz
- Ginny Davis
- Steve Glover
- Larry McKinney
- Anne Basnight and Family
- Darlene Pick
- Kitty Ribaud
- Marlin Stockdill
- Phil and Claudia Cary
- Ruth Bray
- Holly Gaff
- Nancy Babor
- Laurie Morrissey and her mother
- Chris and Michelle Adams
- Coralie Draper
- Janet Cortez-Nichols
- Pastor Larry and Peggy Toney
- Our Church
- The Session
- Our Country
- The World



Type smile.Amazon. Sign in with your Amazon account info. It will give you a list of charities, choose Third Presbyterian Norfolk, VA & every order you do with Amazon will donate on a quarterly basis a percentage to the Church Please pass this info along to your family and friends!

Shepherd's List 2022



Teri Howard

757-274-3311

Claudia and Phil Cary

*Dee Glover

*Steven and Claudia Glover

Ginny Davis

Jessica Fitzgerald & Family

Nancy and Vernon Barham

Dorothy Grandstaff

Larry and Peggy Toney

Dennis Griffin

757-618-3005

Marguerite Duke

Betty Hart

Susan Howlett

Peggy Russell

Carol and Tom Maxwell

T.J. and Larry McKinney

Stacy Apelt and Judy Floyd Apelt

Lexi White

Tom Maxwell

757-531-9851

Cheryl and Fred Holtz

Teri Howard

Janice daSilva

**Brittany French

Dave and Jenni Joyce

Kitty Ribauda

Shelli Quales

Holly Gaff and CJ Jones

Nancy Babor

757-588-7501

Susan Mayo

*Dolores Ominski

Darlene Pick

Debbie and Ray Platte

John Coggeshall

Amy and Dennis Griffin

Ginny Keisel

Di Ricks

*Dee Curtis

*Anne Basnight

Stacy Apelt

757-583-5872

James daSilva

Jennifer Lavalley & Family

Ron and Inda Ratcliff

Meghan Powell and Geno Morgan

Tim Green & Family

Nancy Babor

Jim Rudiger

Malinda Hanna Davis

Jim Rudiger

757-588-5311

Michael and Teresa Gibbs

Joseph Bray

Ruth Bray

Pete and Debbie Goode

*Chuck and Suzanne Olejasz

Artie and Milinda Derrenbacker

Marlin Stockdill

*no email-please call

**Text

Red+Shut-in

Calvin Presbyterian Church

2901 E Little Creek Rd, Norfolk, VA
23518 (757) 587-1591

• Food Pantry Hours

Monday, Wednesday and Friday
10:00 a.m. - 12:00 p.m.

• Third Saturdays of the month
10:00 a.m. - 12:00 p.m.

The food pantry serves Norfolk zip codes 23518 and 23503. Those in need of assistance may obtain a referral from any of the participating churches.

Pantry Wish List:

- 25 oz Apple Sauce
- 16 oz Baked Beans
- 24 oz Beef Stew
- 15 oz Peas
- 15 oz Green Beans
- 1 lb 13 oz Canned Fruit
- 32 oz Jelly
- 18 oz Peanut Butter
- 32 oz Pancake Mix
- 24 oz Syrup
- 1 lb Rice
- 8.25 oz Tuna Helper
- 6 oz Tuna
- 15 oz Spaghetti O's
- 15 oz Thick Soup
- 64 oz Juice
- 12 oz Luncheon Meat
- 7.25 oz Macaroni & Cheese
- 13.75 oz Mashed Potatoes
- 13.7 oz Oatmeal Individual Packs
- 16 oz Spaghetti Noodles
- 26.5 oz Spaghetti Sauce
- Dry Milk, Individual Packs

Please, no baby food, coffee, tea, sugar, pickles, olives, condiments, tomatoes, cranberries, canned milk, crackers or mushrooms.





June 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 7pm AA Meeting	2 5pm-Close— Azalea Inn Din- ner 7-9:30pm— Square Dance	3	4 7-9:30pm— Square Dance
5 9:30am Choir Practice 11am In-Person & Virtual Worship	6	7 6:30-10pm Dance Group-C. Crof- ford-FH	8 7pm AA Meeting	9 7pm—Civic League Meeting	10	11 10am-Noon— clothes Closet
12 9:30am Choir Practice 11am In-Person & Virtual Worship	13 6pm - PW Mtg @Milinda Derrenbacker's home	14 6:30-10pm Dance Group-C. Crof- ford-FH	15 7pm AA Meeting	16 7-9:30pm— Square Dance	17	18
19 9:30am Choir Practice 11am In-Person & Virtual Worship	20	21 7am— VOTING-Rep. Party Primary 6pm-Session Mtg	22 7pm AA Meeting	23 7-9:30pm— Square Dance	24	25
26 9:30am Choir Practice 11am In-Person & Virtual Worship	27	28 6:30-10pm Dance Group-C. Crof- ford-FH	29 7pm AA Meeting	30 7-9:30pm— Square Dance		



Third Presbyterian Church
8065 Carlton Street
Norfolk, V23518

CHURCH STAFF

Dr. Larry O. Toney, Pastor
Debbie Platte, Secretary
Dr. Lexi White, IT Facilitator
Joseph C. Bray, III, Organist/ Choir Director
Clara Barnes, Sexton
Teri Howard, Clerk of Session
Holly Gaff, Treasurer
Nancy Babor, Financial Secretary

Presbyterian Women

Nancy Babor, Monday Night Circle

Presbyterian Men

Tom Maxwell, President
Fred Holtz, Vice-president
Jim daSilva, Secretary/Treasurer

SESSION

Building & Grounds

Tom Maxwell

Stewardship

Nancy Babor

Witness & Outreach

Stacy Apelt

Worship

Teri Howard

Administration and Personnel

Dennis Griffin
Jim Rudiger

Memorial Committee

Nancy Babor