



July 2022

Third Presbyterian Church



In this Issue:

- **"We Don't Need Church"** – One Jerk's Opinion...
uh...Well Actually...It's an article by the Pastor
Page 1

- **Guest: Who Has the COVID?** – Page 6

- **"What Happened to the Gift; We Collected
for the Family at Christmas?"** – Page 7

Why Do You Attend Church?

Pastor Larry Wants to Know

We don't need church.

**Really. Let's be honest. We
don't need church.**

**Most Americans don't go
to church. So, who
needs it?**

Let's pretend. Let's pretend someone
asked you why you go to church.

What would you say? Why do you go to church?



I want to know. I really want to know. Why do you go to church? Sigmund Freud, the Austrian psychiatrist, believed our actions are purposive. Dr. Freud believed we did things for a reason. If this is true, then we go to church for a reason. Why do you go to church? Email or text me at larrytoney1998@gmail.com or 910-257-0308 and say, "Larry, this is why I attend church _____." Do it right now.

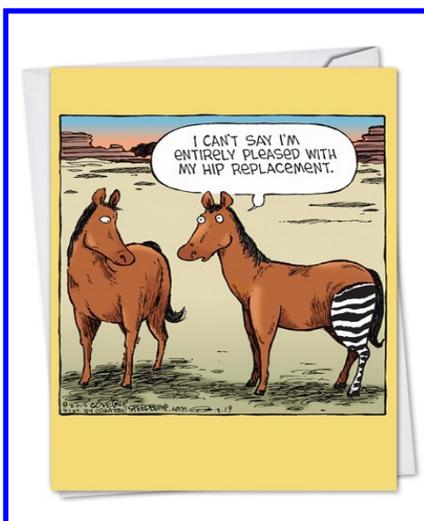
- You might say, "Larry, I go to church because I need to sit in a place where I can get away from all the busyness of the world. I need to sit some place quiet."

- Or you could say, "Larry, I go to church because I need something to help me feel better. We laugh in church."
- Or you might say, "I need some place where I can be with God. I feel better after I go to church and spend time with God."

Why do you go to church? In Army Basic Training, Soldiers attended chapel because it was the only place where they could sleep without being interrupted. That's right, Soldiers went to chapel to sleep. Now, they went there to be with the Lord, but it was also the only place where physically and mentally exhausted trainees could rest without having someone jump on them or assign them a work detail.

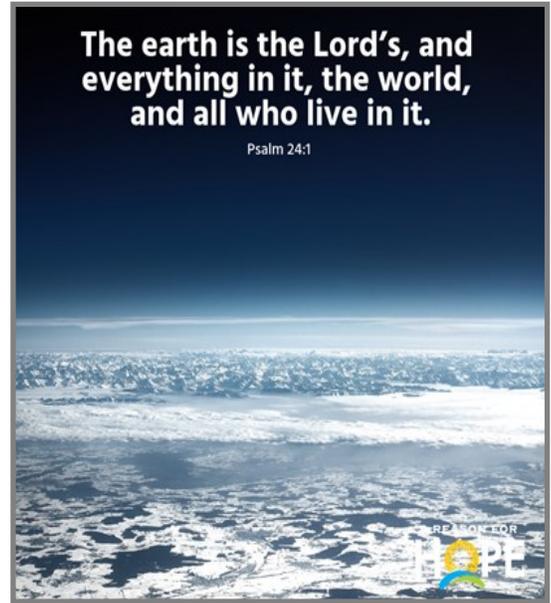
Why do you go to church? A study was published about church attendance and mental health by Fordham University in New York. The study found people who attended religious services once a week or more had much better mental health than those who did not. The study found people who attended church at least weekly were much less likely to experience depressive symptoms. Note, the study found a direct link between attendance at worship services and better mental health. Every person has felt down. We've all felt depressed. How can you manage those symptoms? According to science, you go to church (from: *Journal of Spirituality in Mental Health*, 22(1), 30-48).

Why go to church? In the New Testament, there were some Christians who stopped going to church. The writer of the book of Hebrews addressed the situation. This is what he told them, "Some people have given up the habit of meeting for worship, but we must not do that. We should keep on encouraging each other" (Hebrews 10:25, *Contemporary English Version*). Did you hear that? The author of Hebrews said one reason we go to church is we need people to encourage us. The word encourage means to give someone courage.



I need people to give me courage to face the world. I have surgery on my right knee scheduled for August 8th. As the day for my surgery nears, I will need encouragement. Even though my surgeon is skilled and experienced and has a 99% success rate, I'll feel more and more anxious as the day approaches. All of us think about the worst thing that can happen to us. And so, we need people around us who will be positive and supportive. When a Christian tells me, "We can do this and we'll get through this together," it gives me courage. When a Christian promises to pray for me, it reminds me I'm not alone. One reason to go to church is to be around people who will encourage them.

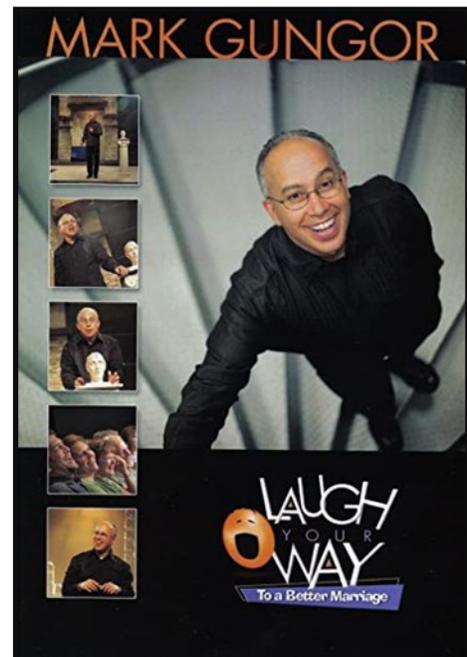
Why do you go to church? Daily we are bombarded with problems in our nation. The economy and our households have been rocked by gasoline prices that have gone over \$5.00 a gallon in places. The seething fear and anger in our nation have led some to talk about a civil war that might erupt in the United States. At the same time, the stock market has lost billions of dollars in the last year. I've watched one Fortune 500 Company lose 50% of its stock value. We've seen more shootings and more people killed by violence than any time in recent history. One reason I go to church is to remember God is in control. My God is a good God that rules over the chaotic world where I live. The Psalmist wrote, **"The earth is the Lord's and everything in it, the world, and all who live in it. Psalm 24:1).** It comforts me to know someone is in charge. I know God has a plan; a good plan for me and the world.



Why do you go to church? I go to church because I need life skills. Mark Gungor, a pastor in Wisconsin, authored a book and video series entitled, *Laugh Your Way to a Better Marriage*. His thesis was relationships are difficult and a primary reason why is every person is different.

- People have different temperaments. Some are extroverted. Some are introverted.
- Some are vegans. Some prefer eating fish and chicken.
- Some like to get up early. Some like to stay up until late.

We're all different. Mark Gungor looks at those differences in a playful manner to help us understand our differences and then he offers insightful suggestions for managing them. I go to church because church gives me the tools I need to live in the world. One of our goals every Sunday in worship is to give each person life skills.



Why do you go to church? A mother woke-up her son on Sunday morning and told him, “Son, you need to wake-up. It’s time for church.”

The son groaned. He said he was tired and didn’t feel like going. His mother tried to encourage him, but he continued to grumble. Finally, he moaned to his mother, “Tell me one good reason why I should go to church today?”

His mother smiled patiently and replied, “Well, you are the pastor of the church.”

As a pastor, I don’t go to church because I have to go. I don’t go because I’m paid to go. I go to church because it’s good for me. I go for me. Now, I need to be with God. I want to learn more about Jesus. I want to share in the Sacraments. I want to be around caring, encouraging, and positive people, but honestly, I go because I do better when I’m in church. If it were up to me, I’d never miss church. **Here’s some reasons why I go to church.**

- It connects me to Jesus.
- It connects me with caring, encouraging, and positive people.
- It reminds me I am forgiven and can start over.
- It empowers me to change the world through the Holy Spirit.
- It enables me to center myself in a stressful world because I know god is in control.
- It gives me strength for the week ahead.
- It’s good for my health.
- It comforts me because I’m reminded God is with me.
- It helps me to laugh and laughter is good medicine!
- It allows me to be with you!!!

Why do you go to church? I want to know and I want to share why you go to church with other people in the bulletin and newsletter. Send me an email or a text message and tell me why church is important to you. Tell me one right now. Then, tomorrow send me another reason. I want to publish them and put them on our Social Media platforms. Please send a picture of yourself that I include with your words too if you are able. Email me, text me, mail me, or hand deliver them to me at the church. Just get it to me. “Larry, this is why I go to church _____.” Do it right now. **What you say will help other people.**



The fact is church is very important. Church is so important the Session is taking steps to add opportunities for more fellowship after In-Person Worship. **Fellowship is a church word that means, “Food!”** If the situation permits, Third would like to offer refreshments after worship or ask the men to prepare breakfast or enlist some talented chefs in the church such as Stacy Apelt to oversee hosting meals! *If you live in the Norfolk area, we want you to be at In-Person worship every Sunday you are able.*

Church attendance is important whether you attend In-Person or Live Stream Worship. We have an extraordinary Worship Team at Third. They are committed to bringing you the best worship imaginable every week!

Why do I go to church? I go because church is **the most important thing, I do every week.**

Let me know how I can help you as a pastor or reach out to me to let me know how I can pray for you.

Pastor Larry

Prayer Ministry

I believe in prayer and the power of prayer. Third has plans to elevate its prayer ministry in the near future.

While there are many concerns in the congregation and our world, below are a few names I would lift up to you.

- **Holly Gaff** is recovering at home. Holly is our beloved pianist and an invaluable member of our Worship Team. Please pray for her full recovery and let Holly and her family know how much you appreciate them.
- **The family of John Coggeshall.** John was a dear friend and a prominent attorney in our state of Virginia where he worked those wrongly incarcerated find justice. John lost his wife last year and believed in the mission of Third. His Service of the Witness to the Resurrection will be on Saturday, July 23rd, at the church.

- **Stacy Apelt.** John Coggeshall was John's best buddy. They were brothers-in-arms. I grieve for Stacy because he has lost his brother. Please let Stacy know you are praying and thinking about him during this difficult time.
- **Ray Fitzgerald.** Ray is my sometimes nemesis in the Lord. Some recent tests discovered some issues. He has a follow-up appointment with a medical provider in early July. Pray that all goes well for him. I need Ray by my side...well as long as he's not misbehaving too badly.
- **Jessica Fitzgerald.** The last 12-months have been challenging for Jessica and her family. Jessica serves the larger church in the office of the Presbytery of Eastern Virginia or PEVA and she loves Third. Jessica lost her mother last year. Her mother lived in New York and her loss meant Jessica was traveling frequently to New York.
- **Peggy Russell.** Peggy lost her husband recently and has had two surgeries since then. The most recent surgery was on her shoulder. Peggy and Dot Grandstaff are both like Matriarchs at Third. They both remind me of the Virgin Mary in the Bible. Mary is known for her devotion to the Lord and her willingness to do anything God asked her to do. Both Peggy and Dot resemble Mary in that regard.

Pastor Larry

GUESS WHO HAS THE COVID?

Who has tested positive for the COVID?

Kelly Ripa, Talk Show Host

Mick Jagger, Rock Singer

Stephen Colbert, TV Funnyman

Prince William, future king of Great Britain

Melania Trump, former First Lady

Rep. Nancy Pelosi, Speaker of the House of Representatives

Nick Saban, Coach of the University of Alabama Football Team

Dwayne "the Rock" Johnson, Movie Actor

Pastor Larry

That's right Pastor Larry has finally caught up with the Rock! They've both had the COVID...or in Pastor Larry's case, he still has it. He was diagnosed during the latter part of June. What a whiny baby Pastor Larry is too. Or at least that's what one family member close to ground zero reported.

The newsletter asked Pastor Larry what the COVID was like and this is how he responded, "It's like waking up every day with another case of the flu! And, by the way, I'm not a whiny baby. I just...you know...have needs."

Larry's wife, Peggy, has had the COVID too. On behalf of the Toney household, thank you for your messages, cards, prayers, and offers to help. Thanks especially to Ray Fitzgerald for his offer to put Larry out of his misery. All of your thoughts and prayers are deeply appreciated. Pastor Larry plans to be back preaching on July 10th.



Update on Christmas Appeal

Last December, we asked you to make a special gift during the Christmas Season to assist a single mother and her five children who planned to move into our neighborhood. A person from Third Church encountered the single mother at the front of the church where the mother was extremely agitated and upset over her situation. The person's need was then brought to my attention. I was in the church visiting with someone who had come for an appointment.

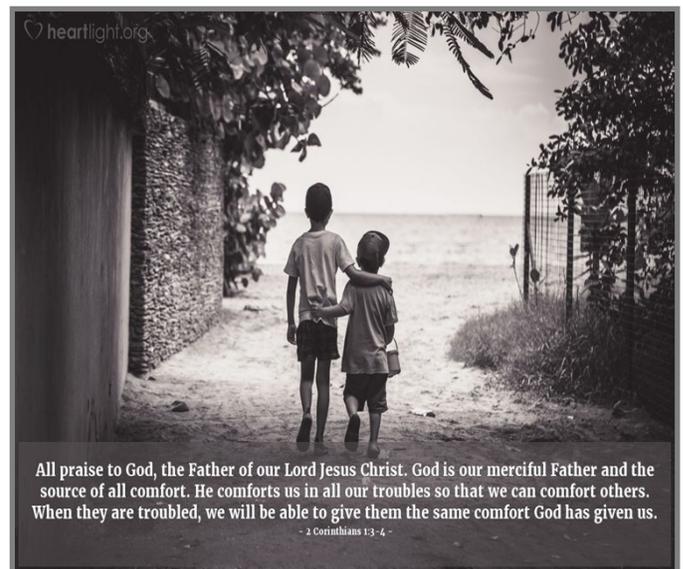
I met with the person, listened to them, attempted to understand their situation, and could see they were in crisis. As a result, the church took immediate steps to assist the mother and her family. Over the ensuing weeks, I talked regularly with the mother. They were living in temporary housing in Virginia Beach but Social Services told them they would be moving into the neighborhood around Third shortly after Christmas. I decided to invite the congregation to become involved by inviting you to provide specific gifts to help the family. Our goal was to present the gifts to the family on Christmas Eve.

You gave generously to help the family. The gifts were wrapped and placed under the church's tree. We prepared to present the gifts to the family at the end of the Christmas Eve service. Unfortunately, the family was not able to attend the Christmas Eve Service due to illness. A new date was set to give the gifts in the New Year, but the family experienced illness again which prevented the family from attending worship each time we set a day to give them their gifts.

The family did not move into our area. We were told they would be moving into a home in a few weeks, but the move delayed over and over. In consultation with the family, we decided to give them their gifts on Easter but again they were not able to attend the service even though the church offered to provide them with transportation.

What happened? Why wasn't the church able to help the family? Allow me to offer some thoughts regarding the challenges people and families on the margins face.

- 1) **They live a chaotic, nomadic life.** They lack the income to have adequate housing. They lack the income to purchase food. They lack income to own and operate a vehicle. They don't know where they'll be living in the next week or day. It's hard for us to imagine such a chaotic life and nomadic lifestyle.
- 2) **They struggle with self-esteem.** They worry about how others view them and how they think about them. They know their clothes are different. They know they don't have the same things most Americans consider normal such as the same bed to sleep in each night or regular access to medical care. They feel shame about their circumstances. They've experienced judgment and don't want to be judged again so keep their distance from people.
- 3) **Many have been traumatized.** Some have been in situations where they were beaten or abused. Some have lived on the streets where they were threatened or attacked. We know traumatized people carry hidden wounds that severely impair their ability to live with, work with, and interact with people. People who have been traumatized avoid people in order to avoid being traumatized again.
- 4) **Many have substance abuse issues.** They carry pain. One way our society manages pain is to self-medicate. Alcohol is the number one drug of choice in our society. A person with limited income who is in pain will use substances to help them manage their inner pain.



At Third, we wanted to help this family. In wanting to help them, we had several goals.

- a) One goal was to be nonjudgmental. We did not know her situation or her life story. We just wanted to help. This is not to say we don't make judgements, but we make them carefully and suffuse them with grace.
- b) A second goal was to lead the mother and her family to Jesus and the church. Everything I do in life is geared toward drawing every person closer and closer to Jesus. Jesus and His church are the way to life.

The family would need a strong network of support to survive. The church is a fantastic network. The family would need hope to make it. Remember the mother was in crisis when she came to the church. Jesus is the author of hope. He gives hope to the hopeless. We wanted to lead this family to Jesus and His church.

c) A third goal was to help the family through their difficult transition and then move the family to a place where they could become a blessing to others. Second Corinthians 1:3-4 says we are to help others with the same help God has given us. I help others with the same help God has given me! We wanted to put this family in a position to do the same thing, help others.

The gifts collected for this family will be given to others. Thank you again for your generosity and everything you gave to help the family.

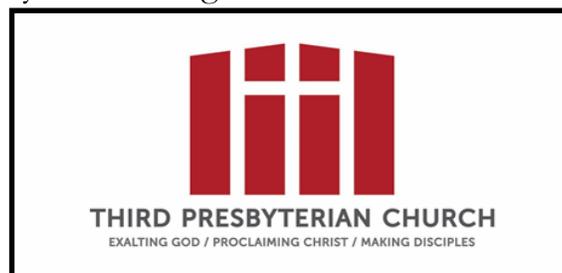
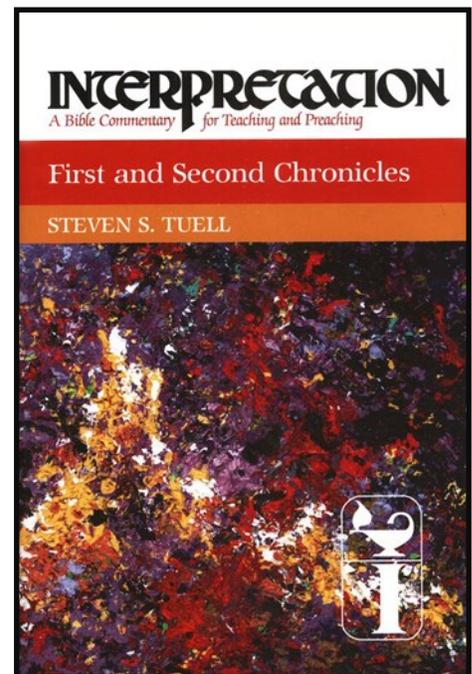
Pastor Larry

What's Larry Reading?

First and Second Chronicles by Stephen Tuell. Dr. Tuell is a Professor of Old Testament at Pittsburgh Theological Seminary, a Presbyterian Seminary.

The commentary covers the history of the kings of ancient Israel. First Chronicles focusses on King David while Second Chronicles follows the history of the kings who followed David. David was a person who sought to follow the Lord. All of the kings who followed David were measured against David.

Chronicles also features the building of the Temple. One of the themes of Chronicles is the importance of worship. Worshipping God was the way to life and growth.



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:

June 5

Total Offering - **\$2,589.21**

June 12

Total Offering - **\$1,437.10**

June 19

Total Offering - **\$2,085.60**

June 26

Total Offering - **\$1,695.10**

Office Hours

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

July Pulpit Schedule

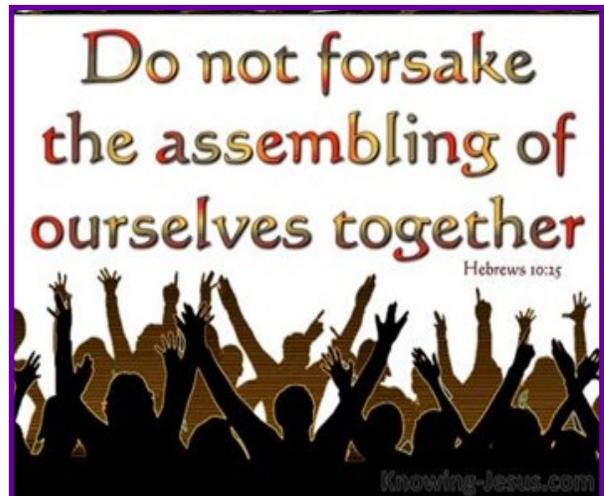
July 3—Pastor Sid Etherington

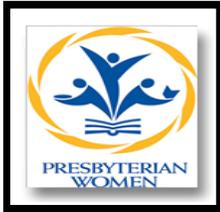
July 10—Pastor Larry Toney

July 17—Pastor Larry Toney

July 24—Pastor Larry Toney

July 31—Pastor Larry Toney





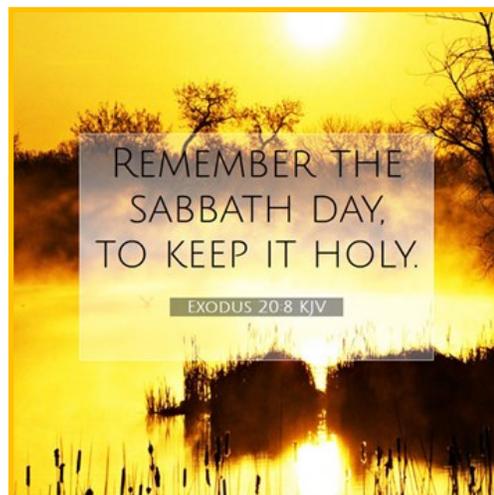
Presbyterian Women

On a hot, humid Monday, June 13th, four ladies met at the home of Milinda and Artie Derrenbacker for our Monday night monthly bible study. We started with an opening question of “Share a few memories of your father with the group.” I displayed a picture of my father and I, both of us together and smiling, his arm around me. Here at home, it sits right on the desk where I work and use the computer. We enjoyed the stories and the time of fellowship.

Our devotion was on Flag Day, June 14th. We heard facts and little bits of information, then pledged allegiance to our flag. Our Lesson was on part of the story of Naomi and Ruth. (The second half will be next month’s lesson.) We hear of loss and famine. Ruth is from a despised foreign group and Naomi shows how ordinary people can bring about divine outcomes when they deal with each other with loyal love. After taking our offerings and hearing our Least Coin story, “The Memory of Christian Freedom,” based on 2 Peter and Galatians, we reviewed our Sunshine Fund report. We will use some of it to purchase two bags of food for the migrant workers. Ladies, have your bags of food up to the church by July 5th. Put them in the kitchen and mark them with Jessica’s name.

We had a lovely—and delicious—meal with Milinda and Artie, along with good fellowship and stories. While we were eating, we signed our cards. Next month on July 11th Pastor Larry will lead us in Lesson 5, Milinda will have our devotion, and Judy will provide our refreshments at the church. Won’t you come join us? We would love to have you!

Nancy B.



MEN'S BREAKFAST

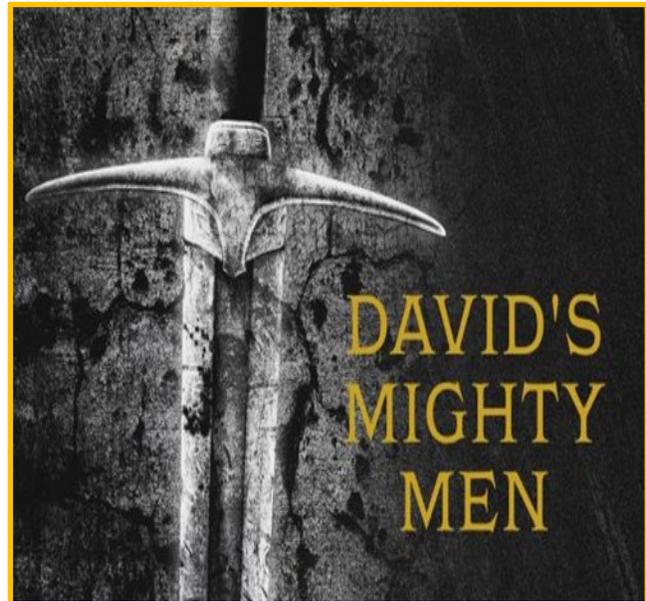
Sunday, July 31st

8:00 am

Mom and Pop's Diner

331 E Bayview Blvd,
Norfolk, VA 23503

Pastor Larry Devotional
David's Mighty Men





July 4—Marguerite Duke
July 5—Joseph Ominski
July 11—Jessica Fitzgerald
July 12—Judy Grandstaff
July 12—Suzanne Olejasz



July 2—Amy & Dennis Griffin
July 6—Jessica & Ray Fitzgerald
July 16—Teri & Kenneth Howard

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:

John Coggeshall’s Family
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



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.

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 Ribaud

Shelli Quales

Holly Gaff and CJ Jones

Nancy Babor

757-588-7501

Susan Mayo

*Dolores Ominski

Darlene Pick

Debbie and Ray Platte

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



July 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 7-9:30pm— Square Dance
3 9:30am Choir Practice 11am In-Person & Virtual Worship		5 6:30-10pm Dance Group-C. Crof- ford-FH	6 7pm AA Meeting	7 7-9:30pm—Square Dance	8	9 10am-Noon— clothes Closet
10 9:30am Choir Practice 11am In-Person & Virtual Worship	11 6pm - PW Mtg at Third	12 6:30-10pm Dance Group-C. Crof- ford-FH	13 7pm AA Meeting	14 7pm— Civic League Meeting	15	16
17 9:30am Choir Practice 11am In-Person & Virtual Worship	18	19 6:30-10pm Dance Group-C. Crof- ford-FH 6pm Session Mtg	20 7pm AA Meeting	21 7-9:30pm—Square Dance	22	23 10am John Coggeshall Service
24 9:30am Choir Practice 11am In-Person & Virtual Worship	25	26 6:30-10pm Dance Group-C. Crof- ford-FH	27 7pm AA Meeting	28 7-9:30pm—Square Dance	29	30
31 8am Men's Breakfast – Mom/Pops 9:30am Choir Practice 11am In-Person & Vir- tual Worship						



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