

# June 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Heidi—vacation	2 11-1 Food Pantry Heidi—vacation	3	4
5 10am Worship Sanctuary In person & FB Live Fellowship	6 11-1 Food Pantry Heidi—vacation	7 Heidi returns	8	9 11-1 Food Pantry	10	11 10:00-DAR Committee Meeting—(FH)
12 10am Worship Sanctuary In person & FB Live Fellowship	13 11-1 Food Pantry	14 5-8pm PW Meeting	15	16 11-1 Food Pantry Newsletter Deadline - July	17	18
19 10am Worship Sanctuary In person & FB Live Fellowship Session Mtg.	20 11-1 Food Pantry	21	22	23 11-1 Food Pantry	24	25
26 10am Worship Sanctuary In person & FB Live Fellowship	27 11-1 Food Pantry	28	29	30 11-1 Food Pantry		

# First Impressions

Newsletter of First Presbyterian Church  
Staunton, Virginia  
June 2022



## Letter from the Pastor



Dear Brothers and Sisters in Christ,

Having just returned from REVive 2022 Iona, I have deep spiritual peace, and wish this gift on all of you.

As a pastor, it has been a particular blessing to receive communion every morning, sometimes twice a day, and to worship three times a day in a variety of settings with the fellowship of believers. My soul has been filled, my body revived, and my heart reborn through the “thin place” of Iona.

What is a “thin place”?

Kevin Koch says, “In Irish Celtic lore, “thin places” are those locales where the veil between this world and the otherworld is porous, where there is mystery in the landscape. The earth takes on the hue of the sacred among peoples whose connection to place has remained unbroken through the ages.”

Mahatma Ghandi said, in his “Spiritual Message to the World” in 1931, “Whatever you perceive the Other world or the eternal world to be, a thin place is a place where connection to that world seems effortless, and ephemeral signs of its existence are almost palpable.”

To let the ground hold me, to speak with others in an intensely spiritual intimacy, to lift my eyes to the hills of the highlands – all were dynamics of this liminal place in Scotland that is called Iona.

*(cont. on p. 2)*

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Rev. Karen H. Allamon, Pastor

## Letter from the Pastor

(cont. fr. p. 1)

Another treasure from this liminal time was experiencing music outside my tradition that spoke to me as “prayer twice said”. I share this with you.

One you might be familiar with is called “The Breton Fisherman’s Prayer.” The lyrics are:

“Protect me oh Lord for my boat is so small.  
Protect me oh Lord for my boat is so small.  
My boat is so small and your sea is so wide.  
Protect me oh Lord.”

Note the phrasing of sea ascribed as belonging to the Lord. It’s not “the” sea, it’s “your” sea. The song reminds me of our utter dependence on the Higher Power, and how much grace there is within. You can listen to it here:

[https://www.youtube.com/watch?v=N\\_e8GU\\_Uu5g](https://www.youtube.com/watch?v=N_e8GU_Uu5g)

Possibly my favorite song from this journey is the assuring “Don’t Be Afraid, My Love Is Stronger”, which was written by a member of the Iona Community, John Bell. The lyrics are:

“Don’t be afraid, my love is stronger,  
My love is stronger than your fear.  
Don’t be afraid, my love is stronger,  
And I have promised, promised to be always near.”

You can hear a solo version here:

[https://www.youtube.com/watch?v=fBqS7dRBq\\_k](https://www.youtube.com/watch?v=fBqS7dRBq_k)

and a lovely choral version here:

<https://www.youtube.com/watch?v=R5ml5RsD7jE>

May you be blessed by the Lord carrying you to a “thin place” and may your gratitude be lifted as a song.

Blessings,

*Pastor Karen*



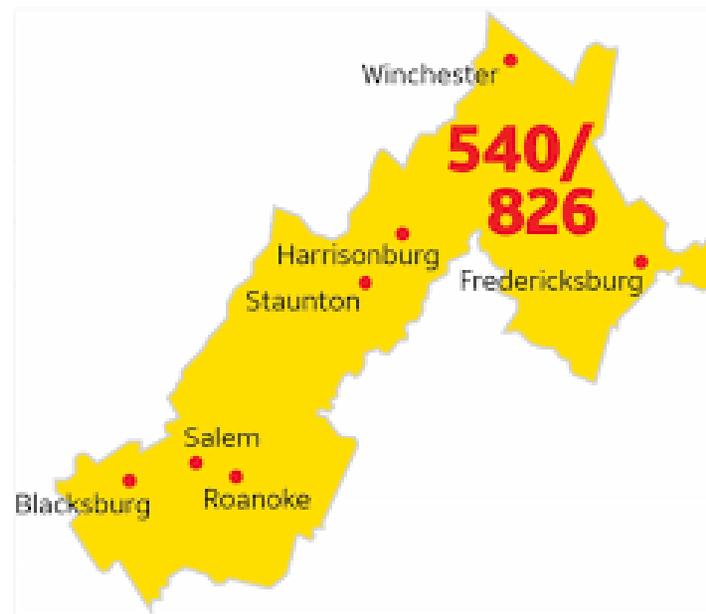
## New Area Code to be Introduced in Virginia in 2nd Quarter of 2022

According to the State Corporation Commission, in the 2nd quarter of 2022, there will be no new numbers using the 540 area code available in Virginia.

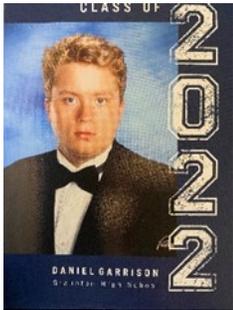
- ◆ The good news: No existing phone numbers will be changed.
- ◆ The bad news: Mandatory 10-digit dialing began **May 14** for Virginians living within the 540/826 regions. Local calls made using only seven digits will not be connected.

New phone lines or services may be assigned numbers using the new 826 area code starting **June 14**.

Alarm, security, and elevator services and equipment currently located in the 540 area code and programmed to dial only seven digits will need to be updated or reprogrammed to dial the area code and telephone number.



**Congratulations Graduates!**



Graduating from High School – **Daniel Garrison** and **Maggie Lowman**. Daniel will be attending Hampden-Sydney College this fall to study Physics and Math.

Graduating from college, **David Lowman**



The Lowman Family



Graduating from law school *and* Class Valedictorian, **Anne-Charles Dod**

**Congratulations and best of luck to all of our graduates!**

**New Refrigerator and Freezer in Food Pantry!**

Thanks to our passionate and committed Mission Team, under the dedicated leadership of Bill Engle and Brad Furr, we are happy to announce that we have received one refrigerator and one freezer, acquired through a grant with the Blue Ridge Area Food Bank.



This means that we will be able to distribute meat and dairy in addition to our canned goods. Many thanks to all who facilitated this addition!

**Correction**

In the May 2022 issue of First Impressions, a woman in the Maundy Thursday photo was identified incorrectly as Dr. Renee Huff. She was a regular visitor named Pat. We apologize for the error.

**June Birthdays**



- 3 Collin Caywood
- Laura Knott Cromer
- 10 Scott Wilson
- 11 Hilda Higgs
- 16 Andy Clem
- 18 Anne-Charles Dod
- 19 Melinda Avery
- 20 Evy Harmon
- 23 Chase Caywood

## Worship for June 2022

**June 5, 2022, Day of Pentecost**  
**Wear Red to Worship!**



**Communion**

Acts 2:1-21

**Genesis 11:1-9**

Psalms 104:24-34, 35b

Romans 8:14-17

**Gospel: John 14:8-17 (25-27)**

Hymns: "Come Holy Spirit, Heavenly Dove"

"Holy Spirit, Come to Us"

"Loving Spirit"

**The Sermon: "Discerning Babble"**

**June 12, 2022, Trinity Sunday**

**Proverbs 8:1-4, 22-31**

Psalms 8:1-9

Romans 5:1-5

**Gospel: John 16:12-15**

Hymns: "Come Thou Almighty King"

"Eternal Father Strong to Save"

**The Sermon: "Binding the Breastplate"**



**June 19, 2022,**

**the 12th Sunday in Ordinary Time**

**Father's Day**

1 Kings 19:1-4 (5-7) 8-15a

Psalms 42 and 43

Galatians 3:23-29

**Gospel: Luke 8:26-39**

**The Sermon: Janet Onnie**



## Congratulations to Bei Erh Chen!



Bei Erh Chen with her diploma



Bei's sister, mother, Scott Wilson, and stepbrother



Bei and Scott Wilson

### Congratulations to Bei Erh Chen!

Bei Erh Chen (Isabella Templeton) was commissioned as a Second Lieutenant into the Chemical Corps of the U.S. Army Reserve on May 15, 2022. The ceremony was in Marshall Hall at VMI in Lynchburg, VA. Scott Wilson wore his first uniform from 54 years ago and gave Bei her first salute. Pictures by Renee Huff. Congratulations to Bei!



Bei Erh Chen and Scott Wilson



Bei's stepbrother (a captain in the Air Force), Bei, her sister, and her mother



Bei and one of her teachers

(cont. on p. 9)

### June 26, 2022, the 13th Sunday in Ordinary Time

2 Kings 2:1-2, 6-14

Psalm 77:1-2, 11-20

**Galatians 5:1, 13-25**

**Gospel: Luke 9:51-62**

Hymns: "Will You Come And Follow Me"

"Forgive Our Sins As We Forgive"

"Because I Knew Not When My Life Was Good"

**The Sermon: "By Contrast"**



#### COVID Alert

As of May 17, 2022: According to the Covid ActNow website ([https://covidactnow.org/us/virginia-va/county/staunton\\_city/?s=27951685](https://covidactnow.org/us/virginia-va/county/staunton_city/?s=27951685)), the current risk level for contracting Covid in Staunton, VA has risen to **medium**. **Please wear a mask** if you have recently been exposed to or infected with COVID, or you've been told by a health professional to wear a mask based on your personal risk factors.

#### Augusta Health Vaccine/Booster Clinics

If you need to get a COVID-19 vaccine or booster shot, following is a link for making appointments at the Augusta Health vaccine clinic:  
<https://vaccinate.augustahealth.com/vaccine-appointments/>

#### CDC: Quarantine and Isolation Calendar

Following is a useful link from the CDC regarding a Quarantine and Isolation Calculator.

The Quarantine and Isolation Calculator is a tool to help determine how long you need to isolate, quarantine, or take other steps to prevent spreading COVID-19. Copy and paste the link below. Once on the page, click Get Started:

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html#>

#### COVID.gov/tests—Free At-Home COVID-19 Tests

Get free at-home COVID-19 tests. Every home in the U.S. is eligible to order a 3rd round of free at-home tests. Order yours today.

## COVID-19 Cases Rising Across Virginia and Richmond Area

According to WRIC effective May 9, 2022:

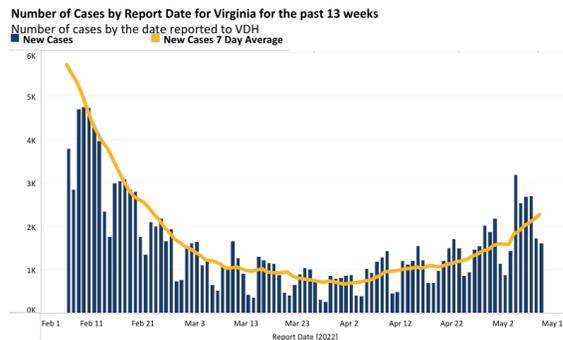
Over the course of the pandemic, Virginia has had an estimated total of 1.7 million cases and over 20,000 deaths.

But unlike the years before it, 2022 brought with it some hope. The omicron spike hit during January, but Virginia recovered over February with cases hitting record lows in March.

However, VDH data could be pointing towards another spike on the horizon. At the beginning of April, Virginia COVID-19 cases were at a record low, with less than 700 cases in the 7-day average on April 1.

**Over the course of April, COVID-19 cases rose to the highest they have been since February.**

**Virginia's 7-day average as of May 9, 2022, is 2,264 cases; over a 300% increase from the beginning of the month. And that number is increasing every day.**



Data in localities in the greater Richmond area are telling similar stories.

The increase in COVID cases across Central Virginia is not entirely surprising; earlier in May, 8 News reported on the possibility of new variants such as the omicron subvariant, BA.2, making predictions difficult.

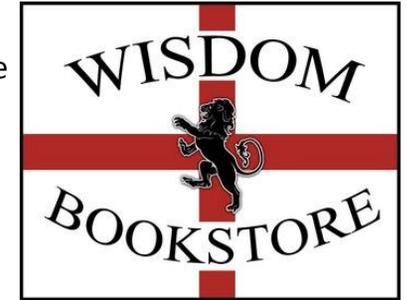
At this point and time, officials seem reluctant to reintroduce safety measures to prevent further spread of the virus; Virginia's new health commissioner said in April that he doesn't envision indoor mask mandates returning anytime soon, for example.

The high vaccination rates for Virginia remain the silver lining in this data; the Commonwealth holds one of the highest rates in the entire country with 73.4% of the state reportedly fully vaccinated. By comparison, the national vaccination rate is 66.3% as of May 9.

## Wisdom Bookstore

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