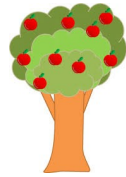


September 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Heidi—off	2	3
4 10am Worship Sanctuary FB Live Janet Onnie preaching	5 Church Offices Closed for Labor Day	6 Heidi—off	7 Heidi— off	8 Heidi— off	9	10
11 10am Worship Sanctuary FB Live Scott Wilson preaching	12 Heidi—off	13 5-8pm PW Meeting	14	15	16 Newsletter deadline for Sept.	17
18 10am Worship Sanctuary FB Live Jim Young preaching	19	20	21	22	23	24
25 10am Worship Sanctuary FB Live online only	26	27	28	29 5:15 WSO Dress Rehearsal	30	

First Impressions

Newsletter of First Presbyterian Church
Staunton, Virginia
September 2022



Worship at 10:00am on Sundays



If you are returning to worship after some time, please note that worship begins at 10:00am every Sunday in the sanctuary. This is a change from our former 11:00am service. We hope to see you there!

September Birthday List



- 5 Julie Furr
- 6 Wyatt Hollar
Sarah Kullman
- 11 Kitty Tillen
- 13 Carolyn Hoaster
- 14 Cynthia Hughes
- 16 Patt Hollar
- 20 Andra Borrell
Sharon Wilson
- 22 Mary Huffard Kegley
- 23 Brad Furr
- 29 Roger Knott
- 30 Collin Lendermon

FIRST IMPRESSIONS is a publication of First Presbyterian Church
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stauntonfirst@gmail.com and www.1stpres-staunton.org

Health News



Beat the Heat!

It's been a very hot summer, which means the heat can seem unbearable. If you or someone you know is over 50 or ill, please be especially alert to the signs of heat exhaustion and heat stroke. If you or someone you love shows the following signs, please go to the emergency room immediately.

Symptoms of Heat Exhaustion

- ◇ Confusion
- ◇ Dark-colored urine (a sign of dehydration)
- ◇ Dizziness
- ◇ Fainting
- ◇ Fatigue
- ◇ Headache
- ◇ Muscle or abdominal cramps
- ◇ Nausea, vomiting, or diarrhea

Symptoms of Heat Stroke

- ◇ Throbbing headache
- ◇ Dizziness and light-headedness
- ◇ Lack of sweating despite the heat
- ◇ Red, hot, and dry skin
- ◇ Muscle weakness or cramps
- ◇ Nausea and vomiting
- ◇ Rapid heartbeat, which may be either strong or weak
- ◇ Rapid, shallow breathing

Additional Safety Tips

- ◇ Stay away from caffeine and alcohol, and stay hydrated
- ◇ If your air conditioning goes out, go someplace that has A/C
- ◇ Keep children, pets, and the elderly inside where it's cool.
- ◇ Check on your neighbors

Exposure to full sunshine can increase the reported heat index by 15 degrees. Please stay cool and safe!

Church Business



The church office will be closed on Monday, September 5 for Labor Day. We hope everyone has a wonderful holiday!

Newsletter Deadline for October 2022

The deadline for submissions for the October issue of First Impressions is Friday, September 16. We need material, so please submit any info you would like to include by then. Thank you!

Heidi will be on vacation Thursday, September 1-Monday, September 12, returning Tuesday, September 13. Fay Knicley has kindly offered to fill in during this time. Thank you!





Project GROWS Farmers Markets

Project GROWS' mission is to improve the health of children and youth in the central Shenandoah Valley through garden-based education and access to healthy food. Project GROWS operates and manages multiple farmers markets in the SAW Region as part of their food access programming. Their Farmers Markets seek to improve food security, individual and family health, and the overall local food economy by connecting local producers to the community and the community to nourishing foods. Their farmers markets prioritize: Access to health foods, local and sustainable agriculture, community partnerships, economic viability, and inclusivity.

Project GROWS Farmers Markets are located throughout our area, including Staunton, Verona, and Waynesboro. For further info, please visit <https://projectgrows.org/>

COVID-19 News

According to the New York Times (eff. August 22, 2022):

Latest trends

- ◆ The community level of Covid-19 in Staunton is **medium** based on cases and hospitalizations, according to the most recent update from the CDC on August 22. Additional info from the CDC:
- ◆ The number of **hospitalized Covid patients** has fallen in the Staunton area. **Deaths** have remained at about the same level.
- ◆ The **test positivity rate** in Staunton is very high, suggesting that cases are being significantly undercounted.

When the COVID-19 Community Level is Medium or High:

- ◆ If you are at high risk for getting very sick, wear a well-fitting mask or respirator when indoors in public.
- ◆ If you have household or social contact with someone at high risk for getting very sick, consider testing to detect infection before contact, and consider wearing a mask when indoors with them.

People may choose to wear a mask at any time. People with symptoms, a positive test, or exposure to someone with COVID-19 should wear a mask.



Queen City Mischief & Magic Festival

The Queen City Mischief & Magic Festival will take place in downtown Staunton on **Saturday, September 24** and **Sunday, September 25**, with a soft opening on **Friday, September 23**.

Parking for worship on **Sunday, September 25** will be very limited, so we strongly urge that anyone who does not live within walking distance of the church attend online that day. Thank you!

Waynesboro Symphony Orchestra Dress Rehearsal and Concert



The Waynesboro Symphony Orchestra will have a dress rehearsal in our sanctuary on Thursday, September 29 from 5:15pm-10:00pm in preparation for their concert on Saturday, October 1 at 7:30pm.



The Big TRAINING Event **Saturday, September 30, 2022** **8:30am-3:00pm**

Massanetta Springs Conference Center
Cost: \$20

The 2022 Big Event is focused on training! Come and join at beautiful Massanetta Springs for a day of refreshing surroundings—and refreshing workshops.

Workshop offerings include: Treasurers' Training; Clerk of Session training, PW Bible Study introduction; Mission and Evangelism (with Cindy Corell), plus more!

To view the schedule and workshop listing, or to register, please visit:

Schedule

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Registration

<https://shenpres.breezechms.com/form/883ac042>