

Dear Saints and Friends of Gregory Memorial,



**“Trust in the Lord with all your heart; don’t rely on your own intelligence.
Know him in all your paths, and he will keep your ways straight.” ~ Proverbs 3:5-6**

It's hard for us to see God's vision for our lives, but if we trust in Him and have faith, He will guide us down the road that He's built especially for us. Judy Recher shares this account of their vacation experience in recent years:

"I never thought I'd be tempted, much less actually climb 140' up on log ladders at the tender age of 70! My husband and I were touring the Southwest and arrived at Bandelier National Monument, outside Santa Fe, New Mexico, 7 days after arriving in Las Vegas from Virginia. We had travelled through Arizona, the Sonoran Desert, visiting ruins, antiquated missions, etc. It was a hot day and after endless miles and 7 days of desert---waterless and treeless landscape—a nice shady trail beckoned to us. How truly refreshing it was to be walking that trail alongside babbling Frijoles Creek. I remember testing the coolness of the rushing water as we paused sitting on a rock to enjoy the moment. It was so peaceful with very few tourists to disturb the tranquility. Nor did we see wildlife of any kind.

After our brief interlude, we set off again. Before too long, a challenge presented itself in the form of a towering cliff which housed an ancient Native American ceremonial cave barely visible at 140 feet high from the canyon floor. We had seen many cliffs with their ancient dwelling places carved into them along the way, but this cliff was most intriguing to me. The information sign described the trail that could be climbed to reach the cave. Can I do this? Oh, sure! Not letting my senior status be a stumbling block and knowing I would not be passing this way again, I took up the challenge! My husband, being acrophobic, chose to the photographer from below. (Oh well, pictorial documentation is important!)

Winding my way along on narrow, rocky ledges from one log ladder to the next, my senior bones carried me upward. The encouragement I receiving from other climbers (nowhere near my age!) reassured me that reaching the top was really worth the effort and helped me along. Later I wondered what lunacy consumed me to do this, but I did not want to admit defeat, although it was strongly considered. Now, I wish that I had counted how many ladders there were---just way too many! Finally, I made it to a small plateau; just one more long ladder leading into the cave. The panoramic view was breathtaking. The few people below looked like ants. I tried to identify my husband, but could not. He had gone back into the trees and shade. A minute of sanity engulfed me as I thought I should turn around and go down, until a group of young people descended from that last ladder and urged me on, saying that since I made it this far, I really ought to climb to the cave. Hmm---easy for them to say. After pondering briefly, I decided

they were right. After this climb, what's another 20'? So upward, I go! And yes, reaching the summit, so to speak, and settling into my lofty aerie in the cave was truly an exhilarating experience 140' (14 stories) above the canyon floor, not to mention how proud I felt over my accomplishment. The cave itself would easily hold 100 people more or less, and as I recall, was probably 10-15' in height. There was a couple having picnic lunch in one corner. (I think I might have had indigestion doing that!) I wonder if any thought was given to the return trip? Then, as I sat looking out from the cave entry, suddenly the reality of the moment struck me like a lead balloon---I had to go back down! Panic engulfed me---a totally new experience for me. Trying to reassure myself that I could and HAD to do it wasn't convincing me. I prayed to God to give me the strength and courage to safely descend those ladders. Trusting in my faith, knowing that prolonging the inevitable was not going to help, I slowly walked to the first of many ladders, now more difficult this time (they had to be backed into by crawling backwards because the rails were on ground level and difficult to grab onto. I fumbled around with my foot, searching for find that first rung. I dared not look down at my destination. Not meeting any people for encouragement did not help me either. I felt so alone.

Needless to say, having my feet hit solid ground and falling into my husband's arms was utter relief as well as an amazing leap of faith, knowing that I made it only with God's help. I think I aged several years, adding more grey hairs but I DID IT! I still wonder now what possessed me to do this, and I have to look at our pictures sometimes to assure myself that it happened.

Later that day, we learned that others had experienced the same fears as I had in the cave and had to be rescued. My question is why the Native Americans would select such an inaccessible location so difficult to reach? Did they have ladders? We will never know. I doubt that they were concerned about any enemies interrupting their rituals up there. Despite practically crawling backwards down the trail due to fatigued muscles and several more days of muscle fatigue, I don't regret my climb. But I do know that was my first and last one ever! No more grandiose ideas like that for me ever again!

Challenges, yes, but I will keep those within reason. Seniors must be mindful that mind is often more willing than body. My pride says "yes" but my body says "no." But we do need everyday challenges to keep us happy and mentally healthy."

WORSHIP INFORMATION FOR JULY, 2022

Sunday, 3 July 2022

“4th Sunday after Pentecost” - Liturgical Color: Green
 1st Reading: TBA * 2nd Reading: TBA
 Guest Preacher: Rev. Sylvester H. Bullock

Sunday, 10 July 2022

“5th Sunday after Pentecost” - Liturgical Color: Green
 1st Reading: TBA * 2nd Reading: TBA
 Guest Preacher: Rev. Clay Macaulay

Sunday, 17 July 2022

“6th Sunday after Pentecost” - Liturgical Color: Green
 1st Reading: TBA * 2nd Reading: TBA
 Guest Preacher: TBA

Sunday, 24 July 2022

“7th Sunday after Pentecost” - Liturgical Color: Green
 1st Reading: TBA * 2nd Reading: TBA
 Guest Preacher: Rev. Dr. Errol G. Rohr

Sunday, 31 July 2022

“8th Sunday after Pentecost” - Liturgical Color: Green
 1st Reading: TBA * 2nd Reading: TBA
 Guest Preacher: TBA



OUR PRAYER IN TIMES OF JOY AND CONCERN...One of our great joys and responsibilities to each other and to God here at Gregory Memorial is the regular practice of praying for each other and our community. Please let the church office know if any updates to this list are needed.

<p>Amy Townson, Josh Ingram’s sister Becky Scott Smith Russell Heiser, Ingrid Phoenix’s grandson (health issue) Butch Meade, Glenda Mayhew’s brother Verne & Clara Smith Peggy Allen Eddie Frankenstein Grace Cibula Etta Holc Jerry Hasky (health issue) Pam Henry, Mary Holc’s family member Lee Harsh, Valerie Harsh's brother-in-law (health issue) Sandra Elder, Kelly Knupp's mother (health issues) Jennifer Caldwell, friend of Grace Cibula (health issue) Reese Etheridge, Wayne Powers' uncle (health issue) Dana Etheridge, Wayne Powers' cousin (health issue)</p>	<p>Randy Warthan (health issue) Inez Paul, Mary Holc's mother (health issue, rehab) Floyd M. Brown, Sr. (health issues) Traci Wells, Glenda Mayhew's friend (health issue) Larry Brown of Chesterfield, Larry Johnson's friend (health issue) Billy Hudson, friend of Dianna Lykins Flaherty, Mary Lykins' daughter Renee' Renier, Diana Flaherty's long-time friend (health issue) Shirley MacNeill (health issue) Emily Henry, Mary Holc’s sister (health issue) Charlie Perkins (surgery, health issue) Kenny Overstreet (health issue) Jim & Karen Hamilton of Charlotte, NC, Judy Recher's nephew & neice (injured, vehicular accident) Ron Recher (recovering, home) Judy Recher</p>
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UPDATED WORSHIP GUIDELINES

GREETINGS SAINTS AND FRIENDS OF GREGORY MEMORIAL!

Your Session has been diligent in faithfully assessing how we continue to worship and move forward, and now especially, in light of the updated guidelines and proclamations from both CDC and local and federal leaders. Please note the following:

IF YOU ARE FULLY VACCINATED,

- **We encourage those singing to wear masks when singing hymns;** however, you no longer need to wear a mask when entering/exiting, or moving about the Sanctuary. Of course, if it is your personal comfort level to do so, then please be happy in doing so.
- **We no longer physically block off every other pew.** We encourage you to sit where you are comfortable sitting, and with whom, but please be respectful of others as we make this transition --- there may be some who are still more comfortable sitting with a bit of distance, and that's ok.

IF YOU ARE NOT FULLY VACCINATED,

- **Please be responsible and continue to wear a mask when entering/exiting, singing or moving about the Sanctuary.** And if there are any questions you still have about the vaccines, please contact a Church Elder. Your confidentiality is assured, and we are happy to be of assistance in your decision-making.

IF YOU ARE FEELING "UNDER THE WEATHER",

- **Please know that we join with you in spirit, and wish you well, but you are encouraged to stay home and take care of your own health.** Or, if you feel that you can still be out and about, and attending worship, please continue to wear a mask and maintain social distancing.
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ONLINE WORSHIP

We will continue offering on-line worship each Sunday morning at 11:00 a.m., via FaceBook Live (from the church's Facebook page).

CELEBRATING HOLY COMMUNION

Our 2022 schedule for Holy Communion has been changed to accommodate "World Communion Sunday" observed on the first Sunday of October. The new schedule provides that we will celebrate Holy Communion on the first Sunday in even-numbered months. Our next Holy Communion will be on **Sunday, August 7** and we are continuing with the practice of passing the communion elements among the pews.

HOLY COMMUNION SCHEDULE FOR 2022

February 6, 2022
April 3, 2022

July 5, 2022
August 7, 2022

October 2, 2022
December 4, 2022

TO MAKE YOUR DAY

With A Little Help From Him...

A woman named Edna found herself in dire trouble. Her business had gone bust and she was in serious financial trouble. She was so desperate that she decided to ask God for help. She began to pray... "God, please help me. I've lost my business and if I don't get some money, I'm going to lose my house as well. Please let me win the lotto."

Lotto night came and somebody else won. Edna again prayed.... "God, please let me win the lotto! I've lost my business, my house and I'm going to lose my car as well." Lotto night came and Edna still had no luck.

Once again, she prayed, "My God, why have you forsaken me??? I've lost my business, my house, and my car. My children are starving. I don't often ask you for help and I have always been a good servant to you. PLEASE, just let me win the lotto this one time so I can get my life back in order."

Suddenly there was a blinding flash of light as the heavens opened and Edna was confronted by the voice of God Himself:

"Edna, meet Me halfway on this. *Buy a ticket.*"



Reverend Billy Graham Makes A Big Impression...

This story is allegedly true:

Reverend Billy Graham shared this story of a time early in his ministry when he arrived in a small town to preach a sermon. Wanting to post a letter, he asked a young boy where the post office was. When the boy had told him, Dr. Graham thanked him and said, 'If you'll come to the Baptist Church this evening, you can hear me telling everyone how to get to heaven.'

The boy replied, 'I don't think I'll be there... You don't even know your way to the post office.'

Wheels Of Progress...

Father Brian, an elderly Catholic priest, was speaking to Father Karl, a younger priest, saying, "You had a good idea to replace the first four pews with plush bucket theatre seats. It worked like a charm. The front of the church always fills first now"

Father Karl eagerly nodded, and the old priest continued, "And you told me that adding a little more beat to the music would bring young people back to the church, so I supported you when you brought in that rock 'n' roll gospel choir. Now our services are consistently packed to the rafters."

"Thank you, Father Brian," answered the young priest. "I am

pleased that you are open to the new ideas of youth."

"All of these ideas have been well and good," commented Father Brian wisely. "But I'm afraid you've gone a bit too far with instituting your idea of the drive-through confessional."

"But, Father Brian," protested the young Father Karl, "My confessions have nearly doubled since I began that!"

"Indeed," replied the elderly priest, "And I appreciate that. But the flashing neon sign, 'Toot 'n Tell or Go to Hell' cannot stay on the church roof!"

It Isn't the World—It's You!

You say the world is gloomy,
The skies are grim and gray,
The night has lost its quiet,
You fear the coming day?
The world is what you make it,
The sky is gray or blue
Just as your soul may paint it;
It isn't the world—it's you!

Clear up the clouded vision,
Clean out the foggy mind;
The clouds are always passing,
And each is silver-lined.
The world is what you make it—
Then make it bright and true,
And when you say it's gloomy,
It isn't the world—it's you!

~ Author unknown

Special thanks to Evelyn Foster for sharing this poem in THE HERALD

NO STATED SESSION MEETING IN JULY.

JULY, 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 9:30a Sunday School 11a Worship service <i>Guest preacher: Rev. Sylvester H. Bullock</i>	4 Independence Day	5 6p Congregational Care Comte. 7p Facilities Comte.	6	7 6a Church cleaning	8	9
10 9:30a Sunday School 11a Worship service <i>Guest preacher: Rev. Clay Macaulay</i>	11	12 1p Circle (Location: Church Parlor) 7p Faith Comte.	13	14 6a Church cleaning 7p Finance Comte.	15	16
17 9:30a Sunday School 11a Worship service <i>Guest preacher: TBA</i>	18	19	20	21 6a Church cleaning 2p News articles due	22	23
24 9:30a Sunday School 11a Worship service ➤ 5 Cents-a-Meal Offering <i>Guest preacher: Rev. Dr. Errol G. Rohr</i>	25	26	27	28 2p Newsletter out 6a Church cleaning	29	30
31 9:30a Sunday School 10:15a 5 th Sunday Fellowship 11a Worship service ➤ <i>Local Emergency Aid Offering</i> <i>Guest preacher: TBA</i> 2p Comte reports due						

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JULY NEWSLETTER



COME AND JOIN US!
Sunday School 9:30 A.M.

We're on: Facebook.com/gmpcva
Worship 11:00 A.M.