

the *Vine*

Branching thru Presbytery of the James since 1996

*Do not neglect to do good and to share what you have,
for such sacrifices are pleasing to God.* (Hebrews 13:16)

Share your copy of The *Vine* or even better, send us the name and address of a friend and we will add them to the mailing list. The *Vine* is always free and informative. Congregations are encouraged to submit their membership directory so everyone can receive their own copy of The *Vine*.

OUTLOOK

The Presbyterian

Louis D. Weeks, PhD
President Emeritus
Union Presbyterian Seminary

CELEBRATES
200
YEARS

Bicentennial. Counting the runs of its progenitors, the **Presbyterian Outlook** soon will be two hundred years old. Its family tree extends from 1819 and **The Missionary**, published in Mt. Zion, Georgia, edited by Benjamin Guildersleeve, Isaac Wales, and M.S.S. Beman. At least a dozen more Presbyterian periodicals are also part of the Outlook heritage. In early Southern Presbyterian history, almost every synod boasted at least one periodical, usually an independent one. As portions of their ministries, Benjamin Palmer, Moses Hoge, Thomas Converse, Walter W. Moore, and James Woodrow, many other luminaries, all edited regional journals for Southern Presbyterians.

By the 1930s, however, improved communications, the great depression, denomination-wide programs, and other factors conspired to reduce the numbers. **The Presbyterian of the South** absorbed many of the parochial papers from throughout the South. Almost all of them had reported souls saved in revivals and other events, presented evangelical Reformed theology on major doctrines, lobbied for issues before the church courts, and touted worthies from among their subscribers. Most of them espoused “The Spirituality of the Church,” a cardinal doctrine among Southern Presbyterians for a whole century. Political matters, such as slavery and oppression of African Americans in its aftermath, voting rights for women and people of color, and political elections, were matter for individual Christians, not for consideration by churches, which should deal with matters of the soul, world mission, and salvation.

There were exceptions. The **Presbyterian Standard** published a variety of perspectives, and for a brief period was edited by a remarkable, progressive, Alexander McKelway. Frank Price, Lewis Sherrill, Kenneth Foreman, and other “moderates” wrote for **The Presbyterian of the South** and pled for a more generous, more inclusive Reformed Christianity, especially as it confronted on the mission fields an increasingly fundamentalist Calvinism. When Ernest Trice Thompson in the 1920s began to write expositions of the International Sunday School lessons for first **The Standard** and then its successor, **Presbyterian of the South**, his straightforward treatment of texts and issues appealed to increasingly sympathetic rank and file Presbyterians. As time progressed the market improved for an albeit minority tradition of moderate journalism. Thompson regularly explained gently the fruit of biblical criticism and some of the implications of the scriptures for contemporary life.



Jill Duffield, Editor

In 1943, Thompson was invited to assume control of **Presbyterian of the South**. He in turn asked Aubrey Brown to become its managing editor and sought a board of contributing editors who wanted Southern Presbyterians to embrace serious biblical studies, insights from the social sciences, and other elements of twentieth century intellectual and spiritual life. They renamed their journal, **The Presbyterian Outlook**.

As Thompson and Brown explained the change of name and the broadening of the mission of the **Outlook** in 1944, they borrowed phraseology from an Advent

hymn, “Watchman tell us of the night.” “What its signs of promise are . . . doth its beauteous ray aught of joy or hope foretell?” They did not claim the revision of the mission would bring the new day, the promise of Israel, but they intimated that they could point to the work of the Chris-

(See **OUTLOOK** on page 7)



By Rev. Sarah Nave, Covenant, Presbyterian Church

Ever heard of the Richmond Sports Backers program, Fitness Warriors? It's a program designed to provide free fitness classes to improve health equity by increasing physical activity in communities where residents are at risk for chronic disease. The goal of Fitness Warriors is to get people moving! I read a 2017 Times-Dispatch article about bringing Fitness Warriors free fitness classes to underserved localities, and thought it sounded like a positive way to build community with our Petersburg neighbors. Since Sports Backers was expanding into the Tri-Cities area, I talked to our session about Covenant Church becoming a host site. The elders were all for it. I didn't tell them that I planned to apply to be a Fitness Warrior Recruit, in case my application was politely declined—but it wasn't. A few weeks later I got the “Are You Ready to Be a Warrior?” email telling me I was in the 4th Warrior Recruit Class. I did a jumping jack to celebrate.

It sounded like such a great idea. Until the first 8-hour training day. When the instructor took us through all the exercises that we would be teaching in our classes, I thought I was in decent shape, I run every

See **Warriors** on page 7



REVIEW

February 21, 2018

Dear Friends in Presbytery of the James:

The 98th Stated Meeting of the Presbytery of the James took place on Saturday, February 17, 2018, at Grace Covenant Presbyterian Church on Monument Avenue in Richmond, VA. The meeting went very well and we adjourned before 12:30 PM. The folks at Grace Covenant displayed warm hospitality and a great welcoming spirit to all Commissioners and friends. Some of the highlights of the meeting included:

Recognizing the retirement of four minister members of the Presbytery

Rev. Rebekah Johns

Rev. John Turner

Rev. Judy Thomson

Rev. Tuck Knupp

Welcoming into the presbytery three new minister members:

Rev. Jill Duffield, Editor and

Publisher, Presbyterian OUT-LOOK

Rev. Jim King, Pastor at Salisbury Church

Rev. Connie Weaver, Pastor at Hebron Church

Celebration of the Haiti Mission trip which departed today for a week in Haiti to see the mission work which Cindy Corell, our mission co-worker, is doing there.

Awarding of a Self-Development of People grant of \$6,100 to Brookland Park Young Leaders Project

Installation of the 2018 Moderator and Vice Moderator:

Ruling Elder John Garrett and Rev. Diane Prevary.

The business of the day included the following matters:

Approval of the October 21, 2018 POJ Minutes

Approved Honorable Retirement for several ministers as well as Member at Large status for three other ministers.

Elected Ruffin King (Olivet) Moderator of the Committee on Preparation, Class of 2018

Elected Gordon Lindsay to Committee on Ministry, Class of 2018

Approved the Communication and Coordination Team along with Committee on Nominations to appoint an Interim Search Committee for the General Presbyter/Stated Clerk position. The current GP/SC will retire December 31, 2018, and the

new person would begin January 1, 2019. In addition, the procedures and processes for affecting the work of the Interim Committee were approved.

Approved the Committee on Nominations presenting a Strategic Planning Committee for election at the June, 2018, Presbytery meeting.

Appointed the Greenwood Administrative Commission of six people to assume original jurisdiction of the church.

Retreat for Leaders of Small Congregations

by Rev. Kerra English, Ashland Presbyterian Church

Last October, at the Mid-Council Leaders Gathering in St. Louis, leaders of the Presbyterian Church (USA) examined the “State of the Church.” At that meeting, Kris Valerius, assistant stated clerk for denominational rolls and statistics, reported that, “We need to embrace who we are,” and “who we are is small churches.” (www.pcusa.org)

The statistics are showing that the number of small churches (150 or less) is on the rise, up to 72 percent in 2016 from 62 percent just ten years before that. This has implications for the mission and ministry of these churches. Typically, the question has been, “How will they survive?” but the question that Ashland Presbyterian church has been asking is, “How will we, as a small church, *thrive* and make a difference in our own community?”

At Ashland, we have made some changes to live into this small church model rather than try to fight it. We downsized the pastor’s job description (and portion of the budget), and broadened the ministry of the congregation. We started focusing on what we do well to make it even better, and quit trying to do *everything*. Rather than drive ourselves crazy with the “grow-or-die” fearfulness within the denomination, instead we allowed ourselves to simply *be* the church, and our energy has increased exponentially!

Elder Roger Cole says about this transformation, “As we better understood which callings were most important to our ministry, our congregation became extremely engaged in focusing on the things that utilized our gifts to their greatest extent. As a result, we are serving those communities that we are a part of more effectively and finding significantly greater joy in doing so.”

Approved the Creating a Culture of Evangelism Purpose Group to authorize the sacraments in the new worshiping communities in the presbytery.

Approved the Creating a Culture of Evangelism Purpose Group Funding Policy.

Approved Rev. Lynne Clements to become Associate Pastor at Westminster Church, Charlottesville (Lynne was previously a Covenant Pastor at the church and a $\frac{3}{4}$ vote of the presbytery was required).

H. Carson Rhyne, Jr.

H. Carson Rhyne, Jr.
Stated Clerk

Given how the fruits of the Spirit have enlivened and enlightened us, we hope to share what we have learned with others and continue to learn from others as we create a network of both clergy and laity from small congregations to start talking about what it means to be small churches within our current religious landscape. We plan to do this by creating a retreat for these leaders to connect with each other, center themselves in God, and get excited again about doing ministry in their own contexts and communities.

The Step-By-Step retreat will utilize the spiritual practice of praying the Labyrinth to describe and live into the context of small church ministry. From the invitation to the retreat, “*Much like the prayer of the Labyrinth, we believe that the faith formation of small congregations develops step by step. First, we walk inward toward the center in God, and then we return outward to build up our communities. Sometimes we walk alone, other times together. Sometimes the path feels like we are far from God on the outside edge, other times God feels quite near. This gentle pace can be misunderstood by the world as moving far too slow, and taking way too long to incorporate new ideas. But we remain confident that the lilies bloom in their season and that God maintains a watchful eye on the tiniest of sparrows. As the world tells us to go fast, get big, or go home, we will joyfully choose home every time, and put our trust in God’s plan that is constantly unfolding, but not in such a rush.*”

This retreat will take place on April 12-13, 2018, a 24-hour retreat held at Richmond Hill retreat center, in Richmond (Church Hill area). For more information and to register, please visit our website at: ashlandpresbyterian.org/retreats/step-by-step-a-retreat.

Avoiding

Burnout

following the holidays



“God enables us to do things, but God does not call on us to do all things.”

by Rev. Nancy Dawson, HR

Burnout is actually the result of exhaustion from long term stress. Stress is normal and is a response of the body to a demand placed upon it. Burnout is not normal. It is because of a continuation of the flight or fight response with no time for recovery and no time for a return to normal (a non-stressed) state.

Symptoms of burnout include feeling over-whelmed, frustrated, disappointed in self and others, cynicism, defeat and apathy (you have me confused with someone who cares!)

Evidence of burnout includes making chronic mistakes, impaired thinking, forgetfulness, soul searching (what is wrong with me, why can't I keep up, I know I can do better than this?) and withdrawal.

Burnout is particularly a problem in the smaller churches as there are fewer “people resources” to accomplish the tasks and people seem to serve a particular role “for life!” Unlike stress, you cannot manage burnout, you must simply avoid it.

How to avoid burnout as a leader in the church.

- Manage stress
- Be diligent in having Sabbath time. Time is crucial for health, well-being and spiritual nourishment.
- Look for small chunks of time throughout day to have a Sabbath break.
- Exercise—work off the adrenaline that is produced when the body is experiencing stress—make it fun, convenient, rewarding and a regular habit.
- Nutrition—do not skip meals, avoid fast foods and high fat foods, drink lots of water, reduce caffeine, salt, and alcohol.
- Relaxation—make it fun, spontaneous as well as scheduled, not competitive.
- Manage time—know where you are spending your time and set clear priori-

ties and use them to schedule time. “No” is not a four letter word—once priorities are clear, “no” becomes much easier.

- Take care of big tasks first and break them into smaller components. Be clear to do something for yourself and when it is better for someone else to do it. If there is no energy or buy-in on the part of the committee members to work on a task, then the idea should be dropped.
- Delegate when possible—this means being open and trusting and flexible—they will not do it the way you would guarantee! Know your particular gifts and skills and say “no” to areas where gifts are lacking.
- Meeting effectiveness—always have an agenda prepared ahead of time and stick to it. Begin and end meetings on time. Be clear regarding decisions, promises and responsibilities—review “promises” at the end of the meeting. Do not meet if you are only sharing information—send a report instead. Focus meetings on decisions and key discussions.
- Self preservation measures—avoid over commitment—be realistic about how much time and energy a project will take in preparation, implementation and follow-up. God enables us to do all things, but God does not call us to do all things!
- Prayer—pray about decisions and opportunities before committing to them.

What to do if signs of burnout are present in yourself.

- Name them to yourself and others.
- If possible, identify the patterns that led to burnout. Explore what the “benefits” are to you for remaining overwhelmed and over committed.

- Decide to change—it takes faith, courage and risk. Ask for help in saying “no” and in setting limits. Realize that all things may not be done or be done perfectly.
- Focus on the priorities and that is good enough.

What should you do if signs of burnout are present in others?

- Point out in a loving and gentle way—“Gosh you sound like you are feeling over-whelmed!” or “I am concerned that you have so much to do in so little time. Could I or someone else help?”
- Help them to identify alternatives in their choices, boundaries and “down time.”
- Tell them to avoid relying on the same people all the time. Accept someone else’s “no” with grace. Avoid creating guilt. Church leaders can sometimes be the cause of burnout in others!

Trent@Montreat

April 16-19, 2018

Learn helpful ways to deal with some of the most challenging aspects of any ministry. Gain a network of support, resources, and ideas.

Workshops:

- Convergence: Exploring New Paths for Music, Worship & Justice.
- Staff as a Gift Instead of a Headache
- Leadership in the Times of Conflict
- Nurturing the Caring Congregation
- The Pursuit of Justice
- Ministry with Youth 101
- Ministry with Young Adults

More information and registration
Montreat.org/trent

Taking a Holistic Approach to Stewardship

by Deborah Rexrode, PhD
Associate for Stewardship
Presbytery of the James

A new year brings many things to us in our congregations. For some, we are thankful that the previous year ended well financially. For others, we wonder how this new year will go since the previous year ended in a deficit or we were unable to do all the things we felt God was calling us to do. So, what does all that mean for those of us who are Finance and Stewardship Leaders in our congregation? Should our focus be completely on the financial needs of our congregation?

The answer to those questions lies in our understanding of what Stewardship really means. What if we were able to think more holistically about Stewardship? Adam Copeland, Director of Stewardship Leadership at Luther Seminary in St. Paul, Minnesota has brought together a series of writings by pastors, seminary professors, and other church leaders in a book entitled, "Beyond the Offering Plate: A Holistic Approach to Stewardship."

Adam writes that his close friends and family live holistic stewardship daily by stewarding old houses and mortgages, by nurturing the boat motor back to life each summer; by becoming aware of the privilege of their education, faith and/or skin color; by keeping and repairing marriage covenants; by caring for their pets; by voting in elections; by supporting worthy institutions; by feeding their bodies; by speaking the truth in love; by raising their children; and so much more. That certainly broadens our perspective.

How does Adam's view of holistic stewardship translate into the life of our congregations? His authors have presented theological views on some topics that certainly give us some food for thought about how we might engage in Stewardship in new ways and with new perspective.

STEWARDSHIP OF TIME

How do we spend our time? What are our priorities? What shows up on the congregation's calendar? Who is involved?

STEWARDSHIP OF LIFE

How do we speak of illness and death in our congregations? How do we accompany one another in the cycle of life?

STEWARDSHIP OF MONEY AND FINANCES

What is your earliest memory of giving and volunteering? To what people and places do you feel a sense of gratitude? How do you create a culture of generosity in your congregation?

STEWARDSHIP OF SPIRIT

Where is the Spirit at work in your congregation or ministry? What gifts have been poured out among your community of faith?

STEWARDSHIP OF BODY

How does your community promote health and wholeness of body? What does it mean to be stewards of our bodies?

STEWARDSHIP OF WORK

In what ways are different vocations and gifts celebrated and shared with your faith community?

These topics and thought-provoking questions only help us to begin the conversation in our congregations. You can find copies of Adam's book on Amazon. It's a great resource for a small group study or a Sunday morning class. Take an opportunity to continue the conversation.

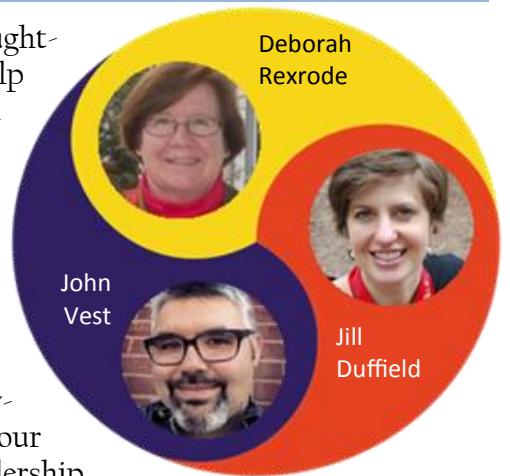
On April 28, 2018, the Presbytery of the James will sponsor our annual Stewardship and Leadership event at First Presbyterian Church, Richmond. This event will, in fact, continue the conversation with the theme of: **Taking a Holistic Approach to Stewardship.**

The leaders for this event are resource persons in our Presbytery who have been leading three important initiatives:

Jill Duffield is the Editor of *The Outlook* and one of the leaders of our Community of Ministry and Worship (previously the Preaching and Worship Institute). Jill will lead a session on **Stewardship of the Spirit.**

Deborah Rexrode serves as the POJ Associate for Stewardship. Deborah will lead a session on **Stewardship of Time and Money.**

John Vest is a Visiting Professor of Evangelism at Union Presbyterian Theological Seminary and an Evangelism Consultant with the POJ. John will lead a session on **Stewardship of Community.**



SAVE THE DATE:

Saturday, April 28, 2018

9:00 am – 1:00 pm

First Presbyterian Church
4602 Cary St. Rd.
Richmond, VA 23226

For more information contact:
Deborah Rexrode
Deborah@presbyteryofthejames.org

804-262-2074 or 434-996-6032

Ways to share your ministry

Join Madison+Main Chief Idea Officer Dave Saunders as he presents fun and informative seminars, specifically designed for church communities to grow their congregations. In his three seminars, Dave will discuss the importance of creating strong, lasting relationships with organizations who share similar goals, interests and/or membership. These are interactive learning experiences, so bring your questions and laptops.



Upcoming Seminars

Building Bigger and Better Online Communities March 13, 2018

In this seminar, you'll learn which platforms are most effective to reach your Better Online Communities and various techniques on how to engage them to boost church membership and attendance at events through social media and help members, volunteers, and staff to develop an effective online communications strategy.



Dave Saunders

Spreading the Word April 10, 2018

In this seminar, you'll learn effective strategies for public relations, through both online and traditional news outlets that help you spread the word beyond your congregation. Specific information will include tips on media relations (contacting reporters and "pitching" them), crafting effective headlines and press releases to promote your ministry, coaching of media sources, managing crisis communications, creating news worthy church events.

The Power of Partnership: Using Affinity Marketing For Your Church May 8, 2018

In this seminar, you'll learn how to craft an effective strategy and how to leverage partnerships for increasing awareness of your ministry and mission and increase membership and attendance at events. In addition, you will learn what to look for in a partner for your church, how to structure partnership agreements and how to effectively use partners' communication's platforms for mutual benefit.

All seminars are only \$25 each and will be held at the Brandermill Church, 4500 Millridge Rd., Midlothian, VA 23112. Purchase tickets online at www.presbyteryofthejames.com prior to each workshop.

2017

HONOR ROLL

STATISTICAL REPORTS

Having satisfactorily met the early deadline requirement,

Presbytery of the James

bestows the recognition of annual Statistical Report Honor Roll upon these congregations.

Amelia Presbyterian Church
Ashland Presbyterian Church
Bethesda Presbyterian Church
Blue Ridge Presbyterian Church
Bon Air Presbyterian Church
Brett-Reed Presbyterian Church
Burkeville Presbyterian Church
Byrd Presbyterian Church
Charlottesville 1st Presbyterian Church
Chester Presbyterian Church
Concord Presbyterian Church
Cove Presbyterian Church
Covenant Presbyterian Church
Culpeper Presbyterian Church
Eastminster Presbyterian Church
Emporia Presbyterian Church
Ebenezer Presbyterian Church
Fairfield Presbyterian Church
Forest Hill Presbyterian Church
Gayton Kirk Presbyterian Church
Ginter Park Presbyterian Church
Grace Covenant Presbyterian Church
Hawkins Memorial Presbyterian Church
Hopewell First Presbyterian Church
King's Chapel
Kirk O'Cliff Presbyterian Church
Lakeside Presbyterian Church

Laurel Presbyterian Church
Lawrenceville Presbyterian Church
Lord Jesus Presbyterian Church
Madison Presbyterian Church
Mattoax Presbyterian Church
Meadows Presbyterian Church
Mechanicsville Presbyterian Church
Milford Presbyterian Church
New Covenant Presbyterian Church
New Hanover Presbyterian Church
Oak Grove Presbyterian Church
Overbrook Presbyterian Church
Petersburg 2nd Presbyterian Church
Pine Grove Presbyterian Church
Providence Forge Presbyterian Church
Pryor Memorial Presbyterian Church
Rennie Memorial Presbyterian Church
Rockfish Presbyterian Church
Salem Presbyterian Church
Scottsville Presbyterian Church
Southminster Presbyterian Church
St. James Presbyterian Church
Swift Creek Presbyterian Church
Tabor Presbyterian Church
The Presbyterian Church, Fredericksburg
Three Chopt Presbyterian Church
Waddell Memorial Presbyterian Church
Woodlawn Presbyterian Church
Zion Hill Presbyterian Church

PRESBYTERIAN CHURCH (USA)

Building Bigger and Better Online
Presented by
Madison+Main and Presbytery of the James
March 13, 2018 - The Brandermill Church
featuring

David Saunders
Chief Idea Officer, Madison+Main
9:30 am - Noon - \$25

REGISTER
AND BUY
TICKETS
HERE

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Honduras Trip: Safe and Successful

by Susan Pillsbury David, Grace Covenant

While friends and family at home “enjoyed” snow and record-breaking cold temperatures, twenty-three volunteers from ten states and one Canadian province gathered in Southern Honduras in 90+ degree heat for the fourteenth annual medical mission trip of the Key Humanitarian Initiative for Southern Honduras (KHISH/US). It was also the eighth year that the “brigade” has included eye services. Grace Covenant members Brian Baird, Cameron Baird, Walter Bundy, Ron David and Susan Pillsbury David participated this year, along with St. Andrews (Kilmarnock) members Linda Parks and Ava Wolfram.

KHISH/US was recently granted the status of a public charity [501(c)(3)] under the code of the Internal Revenue Service. Its Honduran affiliate (KHISH/Honduras) had previously been approved as a nongovernmental organization for development (ONGD) in Honduras.

Two teams shared meals and accommodations in Nacaome, Valle, Honduras. This department (or state) is one of the poorest in the Western Hemisphere’s second most impoverished country. It is known to its country’s residents as the hottest region, and also as “where the poor people live.” Inhabitants of Valle have only subsistence farming and seasonal farm work as their sources of income. Intense sunlight and vitamin deficiency have resulted in an extraordinary rate of cataracts, seen decades younger than our ophthalmology and optometry volunteers are used to seeing at home. Malnutrition and hard living conditions also take their toll in other ways, from infants to the elderly. Chronic medical conditions such as diabetes, hypertension, and epilepsy are treated only episodically, if at all, due to lack of access to medical care and the high cost of medications.

The “Eye Team” consisted of five ophthalmologists (four American and one Honduran), two optometrists, two operating room technicians and a nurse, supported by a full team from the eye center of the *Centro Cristiano de Servicios Humanitario de Honduras* from El Progreso. Their base of operations was the region’s public hospital in San Lo-

renzo, which also provided volunteers to assist in the brigade. By the end of five days, the brigade had screened a total of **1631 people**. Two hundred eye surgeries were performed, of which 142 were sight-restoring cataract operations. An additional 56 were removal of aggressive lesions on the surface of the eye called “pterygia.” Thirteen laser procedures were also performed. The optometrists dispensed 552 pair of reading glasses and 238 pair of sunglasses.

The “Medical/Dental Team” was twelve in number, three “newbies” and nine volunteers joining the team for repeat tours of duty. In four clinic days in villages that took up to ninety minutes on mostly river-bed dirt roads to access, they did 705 medical and dental exams, with extractions of painfully decayed teeth at the rate of 30-40 per day. Medications were dispensed for acute and chronic medical conditions.

(Dr. Adolfo Moreno will continue to follow villagers for diabetes, hypertension, epilepsy, and other chronic medical condi-



Painting finger nails gets a lot of attention.



A visit to school puts a smile on all faces.

tions every four months until the next brigade in 2019.) Eye exams were also done in the villages, and an additional 480 pair of sunglasses were dispensed for cataract prevention.

KHISH is supported by the participation fees of its volunteers and by donations from individuals and five churches (Grace Covenant, St. Andrews Presbyterian in Kilmarnock, First Presbyterian Church of Port Jefferson NY, Grace Episcopal Church in Kilmarnock, and Immanuel Episcopal Church in Old Church VA.) Volunteers take time away from work and school to participate, and they travel at their own expense. All the services provided by the brigade, including four month supplies of medicines for chronic disorders, are given at no cost to recipients.

The next brigade has been scheduled for January 2-9, 2019.



Dedicated medical staff served over 1600 cases on this trip.

OUTLOOK from page 1

tian gospel in a comprehensive way. According to them, the demands for Christian unity called for a previously regional periodical now to serve fellow Christians everywhere. “By its very name change,” they argued, “it would stimulate more inclusive, and less divisive, points of view.” So *Presbyterian of the South* became *The Presbyterian Outlook*, a name that has endured for more than seven decades.

Soon the journal provided articles, editorials, and features advocating reunion with other Presbyterian denominations, embracing the equality of women and men in church leadership, and calling for integration of people of color and the predominantly Caucasian Southern Presbyterians.

The *Outlook* merged a decade later (1954) with *The Presbyterian Tribune*, in New York, itself the successor to several additional Presbyterian journals out of the so-called “Northern” Presbyterian denominations, the P.C.U.S.A. and the U.P.C.N.A. The national constituency augmented the national aspirations of Brown and Thompson and their now growing team of progressive contributors. Sherrill, Foreman, James McBride Dabbs, who wrote frequently, as did James Smylie. His contributions frequently featured profiles of outstanding men and women in the Reformed tradition, widely construed.

Smylie credited especially Thompson and the *Outlook* with opening the Southern Presbyterian leadership to their responsibilities in the world as moral agents of the Christian Gospel. Obviously, times changed and the “New South” became less obsessed with its “lost cause,” more in concert with the rest of American Presbyterians and even willing to reunite denominations. But credit also goes to the coterie of leaders Thompson and Brown invited from across the nation to become contributing editors. Aubrey Brown’s brother, James, played a major part, too, keeping the *Outlook* on a solid footing financially, permitting editorial latitude that increasingly took liberal stances.

Through the years, the periodical has been consistently constructive—seeking the well-being of the Presbyterian Church, other Christian bodies, and the world more broadly. It has featured articles and sidebars on congregational life and ideas and humor from ordinary church life. Likewise, it has featured topics such as the Vietnam War, the Plight of Christians and others in the Mid-East, the struggles for justice and peace in South Africa, Pakistan, and Afghanistan, and friction in the Korean peninsula—all calling for moral stances by Christians.



(*Warriors* Continued from page 1) All ages and backgrounds exercise in harmony. Rev. Sarah Nave of Covenant Church, Petersburg, indicated by the “halo.”

day, how hard could it be? Very. That day we were introduced to 10-10-10. That’s 10 jumping jacks (who does jumping jacks anymore, now that Jack Lalane has passed on to the great gym in the sky?), 10 push-ups, and 10 sit-ups, as fast as you can. Then you DESCEND to 9 jacks, 9 push-ups, 9 sit-ups. Then 8-8-8, you get the picture. It didn’t help that I was exercising beside a 6’2” 22-year-old woman, and got a tad competitive. It was a timed drill, after all. After you finish your 10-10-10, you’re supposed to go cheer for anyone who hasn’t finished yet. Which made me think of buzzards surrounding recent road kill. I didn’t want anyone hovering over my quivering carcass, so I made sure I wasn’t the last to finish.

Doing the exercises is one thing, teaching a class the proper form and safety cues is something else. I studied the workbook for hours. Then I practiced teaching my family out in the front yard. Things were going fine until one of our dogs lay down on the beach towels we were using for yoga mats. He heard me cue ‘downward dog’ and thought I was calling him over. He refused to move, so we quit and went inside for ice-cream. Exercising always makes me hungry.

A couple Saturdays later I passed the teach-back test and started teaching a fitness class at Covenant Church in September. I became an official Warrior in December 2017. I was the oldest recruit in my Warrior training class, and when I realized that, it gave me pause. The power/cardio/yoga exercises were kicking my rear. But then our daughter told me that I inspired her to be more active, and I decided not to worry about my age, but instead be grateful that I can exercise. Now when I teach classes to church folks and neighbors from the apartments across the street, it feels good to help them strengthen their muscles and become more flexible. And maybe believe in themselves a bit more.

Have you done anything lately that pushed your limits? Anything that kicked your rear? It’s time for a 2018 resolution restart. According to research by Gold’s Gym, February 9 marks the “fitness cliff” where people who had resolved to go to the gym stop showing up. Why not jump-start your fitness resolution this year with Fitness Warriors? It’s free and fun and geared for all fitness levels. We’ve had a nine-year old who did full-court cartwheels and a 70-something woman who can’t wait to tell her cardiologist how many sit-ups she can do.

A while back a friend and I took some time to talk and pray and journal about this question: “What would it take for me to be able to say, ‘I love my life!’” Part of that exercise was to be clear about the “wants” in our lives. Or to put it another way, we need to make a clear distinction between “I want” and “I would like.” The “I would likes” are things we talk about but never do anything about. “I would like to have a well-behaved dog.” “I would like to lose 10 pounds.” The “wants” are things we need to take seriously, the things that wholeheartedly engage our personhood. For me, becoming a Fitness Warrior came from a “want”. I wanted to stay active, combat bone density loss, and build upper body strength. But I wanted it for more than just myself. I wanted others to experience as much health and wellness as possible. Coming alongside others as they move toward wholeness of body and spirit brings me joy. It feels like what I was created to do.

No matter what our age, God’s purpose for us is found deep within us. The idea is to grow toward the fullness of our possibilities. When we take time to listen to ourselves at the depths, we find that what God wants for us, and what we want, are consistent. We just have to pay attention to those “wants”, and do something about them.

The Centers for Disease Control and Prevention recommends getting 2 hours and 30 minutes of moderate-intensity exercise a week. If lowering your blood pressure and increasing your mobility, strength and agility in a supportive setting is on your “wants” list, check out the Sports Backers Fitness Warriors website to find a class near you. Ginter Park Pres. hosts Fitness Warrior classes on Monday and Thursday nights at 6:30. Warriors lead numerous classes in community centers around Richmond. My *Heart and Soul* class at Covenant in Petersburg is on Tuesdays from 6-7 pm. Show up and give it a try! Find the Fitness Warrior within you!

This issue of The *Vine* especially prepared for . . .

UPCOMING PRESBYTERY MEETINGS

June 12, 2018Westminster Canterbury-Richmond, VA
October 20, 2018 Lord Jesus Korean Church, Midlothian VA
February 16, 2019.....Three Chopt Church, Richmond, VA
June 18, 2019 **INVITATION NEEDED**
October 20, 2019 **INVITATION NEEDED**

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Editor, Vine
3218 Chamberlayne Ave.
Richmond, VA 23227
office@pbyjames.org

Over 7,000 homeless in Virginia

Scott O'Neill, Presbyterian Mission Agency

A short walk to dinner in the nation's capital became a life-changing experience for 8-year old Meghan DeLuca. The New Jersey native was walking with her family in Washington, DC, and came across several homeless people, including a few who were sleeping in boxes. Instead of ignoring them or closing her eyes to their anguish, young Meghan made a compassionate choice to do something about it.



Meghan DeLuca

With the help of her mother, Meghan found her calling at Cardboard Box City. Participants build their own shelters out of cardboard, usually on a Friday night, partake of a meal together, music, a Bible study and testimonials from formerly homeless people who convey their experiences. Participants then return to their newly crafted cardboard "homes" for the evening.

Cardboard Box City is a fundraiser in which people camp for one night in a temporary dwelling to increase awareness of homelessness and raise money.

Residents purchase cardboard boxes for \$40 from the church, either by raising pledges or making individual contributions.

Megan is a member of First Presbyterian Church, Belmar, N.J. "Megan motivates so many people through her experience and her love, and she just has such a big heart,

she is definitely an advocate for the homeless and hungry," said Nancy Steel, a member of First Presbyterian. She raised over \$8,000 last year.

How it works

Residents sleep on the lawn of the church the night of the event to emphasize the realization of being homeless. When parents stay with the children it emphasizes even more how important the prob-

lem of homelessness is. They are served breakfast the next morning and relate their experiences. The monies raised go toward a local homeless program.

Will your congregation take on this new program?

- RESIDENT: \$40.00 one box, meal, drink, t-shirt and spend the night outside.
- VIRTUAL RESIDENT: \$50.00 and sleep in the comfort of your bed knowing that you have provided help.



If your congregation is interested in pursuing this program, information is available at: www.longviewihn.com.