



Back-to-School Carnival

Planning for the Back-to-School Carnival is well underway! Our Engagement and Education Ministries have joined forces once again to put on St. Andrews Back-to-School Carnival. We're so excited to bring the carnival back to the community this year. This free event brings neighbors together for food, outdoor activities, and a joyous celebration at the end of summer. We invite you to join us at the church for the carnival Saturday, August 12th from 10:00 a.m. - 1:00 p.m.

St. Andrews Presbyterian Church
invites you to our
2023 Back-to-School...

It's Free!

CARNIVAL

CRAFTS
SNO-CONES
BOUNCE HOUSES

August 12
10am -1pm

PETTING ZOO
HOT DOGS
GAMES & MORE

4882 Lavista Road ★ Tucker, GA 30084

Come for the fun and invite a friend or neighbor to join you!

Now is the time to reserve a slot to volunteer.
[Click this link](#) to sign up.

From the Pastor

I have noticed language being used recently that struck me as vague and kind of a cop-out—a way to avoid saying what you really want to say or figuring out what you mean. The phrases I'm thinking of are "in my feelings" and "feeling some type of way." That language has become popular and can be found in chart-topping songs.

When I hear those phrases, I tend to think they are being used as coping mechanisms, like "It's all good." Using that kind of language is a way of saying that something is bothering you, but you aren't going to do the work to figure out what is really going on. Those phrases have their place, much like responding "fine" when you run into someone at the grocery store and they ask how you're doing. You might not want to give your honest answer, and the one asking might not really want

to hear it if you did.

But I wonder if that kind of language is a good first step to figuring out what you're feeling. Many of us were socialized not to express our feelings. We've been told it's okay to be happy but not sad, mad, or afraid. So maybe admitting that you are "in your feelings" or "feeling some type of way" is a start to recognizing that something is going on while you figure out what that is. Especially when you are interacting with other people and feel emotions bubbling up, saying "I'm in my feelings" can be a way to share that you are having a reaction while you listen to those emotions and work to name them.

Much of our baggage with emotions comes from the fact that we judge emotions. We think some are better than others. We've been taught that there's a right and wrong time and place for some emotions. I'm not sure churches have helped us feel and name our emotions. Most of the time, joy is the acceptable emotion in church. Unless, of course, it's a memorial service, in which case, sadness is the appropriate emotion. Unfortunately, that narrow thinking fails to acknowledge the breadth of the biblical witness of God and God's people.

Maybe we don't feel all our feelings because we don't trust that we can handle them. Perhaps we don't feel all our feelings because we don't trust that God can handle them. Therapist and social worker Heidi Goehmann, in her book *Emotions and the Gospel*, writes, "Emotions are complex. God is complex. It's okay to have a complicated relationship with both. The grace of Jesus Christ is available for both our relationship with God and our relationship with our emotions."

Beginning on August 20th, we will spend some time "in our feelings" as we start a series called "Big Feelings: Honoring and Understanding Your Emotions as Gifts from God." Together we will explore how God calls us to attend both to our outer life of relationships and actions, as well as our inner life of emotions and mental well-being.

To help kick off the series, we will have an intergenerational movie night to watch the 2015 Pixar feature, *Inside Out*. It's a fun and powerful depiction of the breadth of human emotion and our struggles to name and claim them. I hope you will join us as we explore and celebrate God's gifts of big feelings.

-Camille

BIG FEELINGS



HONORING AND UNDERSTANDING
YOUR EMOTIONS AS GIFTS FROM GOD

August 20 - September 24

August 20

Honoring and Understanding Your Emotions as Gifts from God
Psalm 139:7-18 ~ Ecclesiastes 3:1-8

August 27 - Born to Be Happy

Psalm 100 ~ John 5:1-9

September 3

Big Feelings Hymn Sing

September 10

The Thing Behind the Thing
Ezra 3:10-13 ~ Lamentations 1:1-5

September 17 - Profound Anger

Exodus 32:1-10 ~ John 2:13-22

September 24 - Be Not Afraid?

Psalm 118:1-9 ~ Matthew 26:36-46

All-Church Movie Night

Join us for a family-friendly movie night on Sunday, August 20, at 4:00 pm in Heffner Hall. We'll be watching *Inside Out*.

It's a great movie for all ages and stages of life. We'll have popcorn and water. Children can come in their pajamas and bring pillows, blankets, or whatever makes them comfy. We'll have some chairs and tables set up, too.

This event is a companion to Rev. Dr. Camille's sermon series *Big Feelings*, which begins in morning worship on Sunday, August 20.

[Click here](#) for printable "tickets" you can use to invite folks to come to the movie.



Treasurer's Report

Jane Thomas, Treasurer

In June, our income was \$59,286.73 and our expenses totaled \$31,088.10. Year to date, our income was \$233,273.71 and our expenses were \$204,603.25. So, we are in the black by \$28,670.46.

Currently we have a mortgage balance of \$83,331.64. We have \$31,575.98 in our mortgage fund, and a monthly payment of \$4,111. Thus, we have funds on hand to cover 7 months of payments.

SAPC Staff

Pastor

Rev. Dr. Camille LeBron Powell
(ext 106)

camille@sapctucker.org

Coordinator of

Congregational Vitality

LaVerne Byas-Smith (ext 109)

laverne@sapctucker.org

Director of Music

David Lukens (ext 118)

dlukens@sapctucker.org

Associate Director of

Music/Organist



Blessing of the Backpacks In Worship, on August 6th

All students and educators, young and old, or anyone returning to work in an office is invited to bring your backpack, messenger bag, or tote to worship. We'll celebrate the new school year and pray for our students and teachers. We will pass out tags to go on these bags to remind everyone that Christ's peace goes with you and that the love and support of your church family goes with you everywhere you go. Put one on your gym bag or yoga mat strap. Pick up one of the cards to keep in your wallet or tuck in your car's sun visor to remind you of the love of God and peace we receive from Christ and share with our neighbors.

Day Trip - September 7th

Make your plans now to join us for an outing on Thursday, September 7th. We'll leave the church around 10:30 am to have an early lunch at the Mary Mac's Tea Room before visiting the Jimmy Carter Presidential Library and Museum in early afternoon. Tickets are \$10.00 for adults 60+ and \$12.00 for all other adults. We will not be doing a guided tour so you will be on your own to explore the Library and Museum at your own pace. Please contact Pat Baker 678-438-3673 or pat@sapctucker.org by August 25, 2023 if you'd like to go.

St. Andrews Free Book Exchange at the Farmer's Market

St. Andrews continues to find new ways to love and serve our neighbors. This time with

Edward Weaver (ext 118)
ejweaver@bellsouth.net

Director of Older Adult and
Caregiver Ministries
Pat Baker (ext 111)
pat@sapctucker.org

Director of St. Andrews
School
Lonnelle Bruce (ext 120)
sasdirector@sapctucker.org

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office@sapctucker.org

Financial Administrator
Helen Hoang (ext 104)
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Visit our
website

Giving

Online giving applies to your pledge just the same as a paper check. Secure online contributions can be made by clicking [this link](#), or checks can be mailed to: SAPC, 4882 Lavista Rd, Tucker, GA 30084

GIVE NOW
through the Presbyterian Mission Exchange

August Birthdays

2 Elena Weaver
8 Gretchen Turner
12 Nathan Phillips
25 Charles Mills
27 Patsy Cannon

August Anniversaries

books. We're giving away free books! We have a stash of children's books sitting unread in our Education Wing. Additionally, all of us likely have excess books for adults we'd love to donate. As children head back to school, and crowds visit our grounds each week at the Farmer's Market, we're inviting market goers to take FREE BOOKS home with them to be enjoyed anew. The St. Andrews Free Book Exchange Table (Donate and/or Take home Books) will be featured at the Farmers Market.

We need volunteers to help sort and prepare book donations, set up and break down our display on Thursdays, and to host the table during Market hours (4-7pm). Please contact LaVerne for more information, or to put your name on the list of volunteers, laverne@sapctucker.org. There will be a box in the narthex starting this Sunday to donate books for our book table.

Clifton Sanctuary Ministries

There are spots available for upcoming dates to bring food to Clifton. For more information or to sign up, [click here](#). This ministry is a very easy thing to do while maintaining your social distancing since meals are dropped off on Clifton's front porch after calling ahead to let them know when you are coming.

A group is gathering on the 4th Sunday of the month after worship to make lunches for Clifton. If you are interested in helping, [contact Phyllis Bearden](#).

Our congregation feeds the men at Clifton Sanctuary Ministries on the fourth Sunday of every month.

Thank You from the Lukens Family

Thank you to our St. Andrews family for donating in Vivian's name to the Omega Support Center's Back to School Celebration.

We were able to help the drive to meet

9 Jimmie & John Artley
26 Gloria & Bob Williams

Upcoming Events

August

6 Blessing of the Backpacks in worship

12 Back-to-School Carnival 10:00 AM

20 All-Church Movie at 4:00 PM in Heffner Hall

September

7 Day Trip to the Carter Center, 10:30 AM

10 Rally Day, 9 AM
Coro Voci Concert 4 PM

24 Fall BBQ, after worship

Nursery Volunteers

One volunteer is needed each week to help in the nursery. [Click this link](#) to sign up.

Ongoing Collection Projects

The Presbyterian Women are continuing to collect personal hygiene items for NETWorks Cooperative Ministries. Needed items include adult diapers, poise pads, maxi pads, and tampons. Please bring items to the collection box in the Narthex.

Caring for Creation is continuing to collect eyeglasses in the Narthex. Please bring in

their goal and then some. All extra donations go to the counselors at the local schools. This was very meaningful for our family and your contributions helped us accomplish more than we could have hoped for.

In Community,
Kjersti, David, Erik and Abigail

any glasses that you no longer need. Items accepted include prescription glasses, lenses, sunglasses, reading glasses, and broken glasses.

News from St. Andrews School

By Lonnelle Bruce, SAS Director

Greetings from SAS! A long overdue hello is extended to church members and staff.

The school has been working on a few cosmetic upgrades in the education building and on the playground. We would like to invite you to attend our school tour next Wednesday, Aug 2, 2023, from 11am to 12pm. We hope to see you there.

Additionally, we are interviewing for a new librarian. If you know someone that would be interested in the position, please contact the school via email at standschooll@sapctucker.org for information regarding this position.

News from Building Families

Back-to-School Jitters?

by Sheree Wyatt, Building Families Specialist

Here are some back-to-school tips that may be helpful in your home:

1. Many children get nervous about new situations, including changing to a new school, classroom, or teacher. If your child seems nervous, it can be helpful to rehearse heading into the new situation.
2. Point out the positive aspects of starting school to help your kids look forward to the first day of class. Talk about how they will see old friends and meet new ones!
3. Consider starting your child on their school *sleep/wake* schedule a week or so ahead of time so that time change is not a factor on their first couple of days at school.

Building Families offers in-person and virtual therapy for children and families. We use Trust-Based Relational Intervention (TBRI) which is an attachment-based caregiving model to meet the unique needs of children.

For more tips, or information about the services Building Families offers, email me at swyatt@thornwell.org

PDA: Disaster Relief and More

Did you know that Presbyterian Disaster Assistance responds to more than just tornadoes, hurricanes, earthquakes, fires and floods? They also aid refugees and asylum seekers, as well as respond to incidents of public violence, like mass shootings.

When you are not sure what to do besides offering thoughts and prayers, supporting PDA is a way to do more. [Click here](#) to contribute directly to their efforts. To send a check, please designate where you want your gift to go on the memo line and mail to: Presbyterian Church (U.S.A.)
P.O. Box 643700
Pittsburgh, PA 15264-3700

The code to designate gifts to the humanitarian response in Ukraine is DR000165.

The code to donate to hurricane relief, including Hurricane Ian is DR000194

To Donate:

Call 800-872-3283

[Click here](#) to donate online

Text 'PDA' to 20222 to donate \$10

St. Andrews Presbyterian Church

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