



Ministry Spotlight: Montreat Retreat

The weather was fantastic and the company was even better as we gathered in Montreat, NC for our annual spring retreat. The Rev. Tommy Brown led a program about the history of the Swannanoa Valley and family stories. Mark your calendars and save the date for next year's retreat: April 20-23, 2027.





From the Pastor

In my sermon on April 26th, I mentioned that I've been trying to listen to more music and less news. Don't get me wrong, I still listen to podcasts and read local, national, and global news. I just try to limit my daily intake. At some point, watching the same video clips and listening to endless prognostication stops helping one "stay informed."



To that end, I've been pulling up old playlists and making some new ones. I had forgotten how fun it can be to craft the perfect playlist. It's like the mix tape masterpieces of my youth. A few years ago, I finally decided to let go of my extensive collection of mix tapes made for road trips, gifted to friends before leaving for college, received from my older brother to shape my lifelong musical tastes, or curated to set a certain mood. Before I got rid of them, I took pictures of the case inserts, sometimes works of art as much as the music lists themselves. I also recreated those mix tapes on my preferred streaming platform.

My newest playlist and work-in-progress features songs by Chris Stapleton, Mumford and Sons, 4 Non Blondes, Fruit Bats, Willie Nelson, The Highwomen, The Rolling Stones, Rogue Wave, Brandi Carlile, Olivia Dean, Harry Styles, Depeche Mode, Grateful Dead, and Pink. It's an eclectic mix, I know. I also added an album by Alasdair Fraser and Natalie Haas, after hearing them perform at the White Horse in Black Mountain during our retreat at Montreat.

After worship on Sunday, one member shared that he'd been leaning more heavily on music lately, too. For him it was music from his teen years. What is it for you? What music helps you disconnect from the endless doomscrolling and anxiety-producing news of the world? Perhaps it's not music for you. Maybe it's taking the dog for a walk without headphones or working on a jigsaw puzzle. Maybe you prefer getting lost in a good paperback or your weekly bridge game.

Whatever it is, I hope you find it. Some people choose to get lost in work or stay busy with managing "all of the things." But that is not sustainable. These are challenging times and we have work to do. We also need to remember God's gift of rest. We were not made to run full-speed round-the-clock. Eugene Peterson said, "If you don't take a Sabbath, something is wrong. You're doing too much; you're being too much in charge. You've got to quit, one day a week, and just watch what God is doing when you're not doing anything." Maybe it's not one day, but you need to find a way to break the cycle of endless worry and busy-ness. Remember, Jesus said we ought to love our neighbors as ourselves. That implies that we love ourselves. Turning off the noise of the news and tuning into what connects you to life—music,

dancing, reading, game-playing, walking, gardening—is part of loving yourself.

Camille

P.S. After I wrote this, I discovered that Dr. Vivek Murthy, our former Surgeon General, wrote about the power of mix tapes: *Songs for Staying Human — and Why We Should Bring Back Mixtapes*. To check out what he has to say about this and what songs are on his playlists, [click here](#).

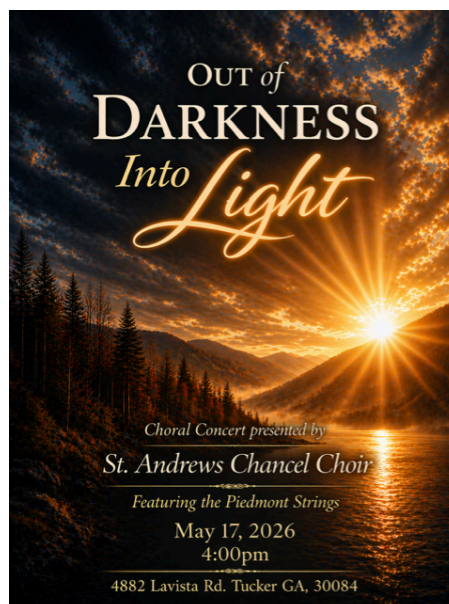


[Brunch Church May 17th, in Heffner Hall](#)

Join us for Brunch Church, Sunday, May 17th. Brunch starts at 9:45 am. Worship begins at the regular time, 10:00 am. The church will provide coffee, beverages, and donuts. We ask members to contribute breakfast casseroles, fruit and cheese platters, and other brunch items. Please [sign up here](#). Contact [Cindy Weimer](#) or [Marsha Ashby](#) for more information.

[Out of Darkness: Into Light May 17th, 4pm](#)

In a world that often feels overshadowed by darkness and sorrow, we often turn to music for solace and for the hope of a brighter future. This program traces a journey from some of humanity's most difficult chapters—the Bosnian Civil War, the Holocaust, and the global pandemic—toward the enduring promise of light, healing, and renewal. You won't want to miss this powerful concert presented by our Chancel Choir and friends along with a string ensemble!



[Treasurer's Report](#)

by [Charlton Allen](#)

In March, our income was \$54,094.10, and our expenses totaled \$36,466.73. For the month of March, we are in the black by \$17,627.37. With the combined first quarter totals, we have a total reduced deficit of \$6,560.93 for the of the year.

[SAPC Staff](#)

Pastor

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Manager of Administration

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[Visit our website](#)

New Members

We welcome Charlie and Elizabeth Sullivan, who joined St. Andrews by transfer of letter from Dunwoody United Methodist Church on April 19th. They have been singing with our Chancel Choir for several months now. Please take time to introduce yourself to them and formally welcome them to our congregation.

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

Presbyterian Women

The PW will meet on Tuesday, May 19th, for their final meeting before Summer break. In addition to their study, there will be a pot luck lunch. Please bring a dish to share.



Older Adult and Caregiver Ministries

by Pat Baker



Celebrating May, Older Americans Month:
Champion Your Health

Celebrated every May, Older Americans Month (OAM) is led by the Administration for Community Living (ACL). Established in 1963, OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving older adults in our communities.

This year's theme, "Champion Your Health," focuses on prevention, wellness, and personal responsibility as cornerstones of healthy aging. A St. Andrews

we have been diligent to offer programs that could help members “champion their own health.” This past winter we offered Tai Chi for Arthritis and Fall Prevention and plan to offer it again in the fall. Another recent program was “A Matter of Balance.” Churchwide “walk in the parks” and annual retreats also provide opportunities to get and stay healthy.

How can SAPC members take charge of their health at every age?

- Stay up to date on preventive care and screenings.
- Build and maintain social connections that support emotional well-being.
- Choose nutritious, minimally processed foods.
- Incorporate regular physical activity to maintain strength and mobility.
- Practice daily habits that support mental health and resilience.

It's not too late to sign up for the field trip to the Gwinnett Environmental and Heritage Center then out to lunch on May 8th. Contact Pat Baker ASAP. The tour is FREE.

Mark Your Calendar for the June 11th trip to Morgan County to visit the Steffen Thomas Art Museum outside of Madison GA. The museum houses a permanent collection of works by Steffen Thomas and is one of the few single artist museums in the US. The Steffen Thomas Museum of Art strives to foster critical thinking, empathy, community engagement, by providing transformative art and museum experiences for children and adults in the rural Georgia community we serve and beyond. Check it out! <https://steffenthomas.org>

Caring Hands Special Offering, May 10th

On Mother's Day, we will take a special offering to benefit the Presbyterian Homes of Georgia's Caring Hands Fund. For 75 years, the Caring Hands Fund offers benevolent care for six Presbyterian Homes communities in Georgia with contributions directly supporting the care of residents who have outlived their financial resources.

Please put "Caring Hands" in the memo of your check. If giving online, please select Mission and put "Caring Hands" in the Notes.

Upcoming Elections & Non-Partisan Voter Information

On May 19th There is a state-wide General Primary Election. Early voting has begun and goes through May 15th. If needed, a Run-Off election will be held in June.

[Click here](#) for *Decaturish's* Voter Guide.

[Click here](#) for the Secretary of State's *My Voter* page to check your polling place and registration.

Gather. Grow, Give. Go. Sundays at 9:00 a.m.

- 9-9:30 Children: Joyful Noise music program (choir room)
- 9-9:30 Adults: Gather for fellowship and discussion time (youth room)
- 9:30-10 Children: Either go to Children's church for a brief Bible story and lesson (nursery) or join the adults for an intergenerational project (youth room).
- 9:30-10 Adults: Either continue the discussion or join the children for an intergenerational project (youth room).



Everyone is welcome to join the Fidelis Sunday School Class, which meets at 9:00 am on Sunday mornings in the Library, and on Zoom (password fidelis).

The class uses *The Present Word* series of books. Contact Deanna Hall for more information.

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 since meals are dropped off on Clifton's front porch after calling ahead to let them know when you are coming.

A group gathers on the 4th Sunday of each 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.

Collections for NETWorks

Our collection of food and hygiene items for NETWorks is going well. Thank you for your ongoing generosity to our neighbors. Please keep bringing in shelf-stable food and hygiene items like adult diapers, poise pads, maxi pads and tampons to the collection bins in the Narthex. Or monetary donations to NETWorks may be made directly here.

Session Update

- Joyfully received Charlie and Elizabeth Sullivan into membership.
 - Elected Gretchen Turner and Cindy Weimer to serve as commissioners to the May Spring Meeting of the Presbytery at Calvin Center.
 - Check out the new giving webpage for St. Andrews, here.
 - Discussed how we would respond if a friend asked us, "What's so special about the way Presbyterians govern themselves?"
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Out of Chaos, Hope

Flood, Hurricane & Wildfire Response and Relief by Presbyterian Disaster Assistance

Presbyterian Disaster Assistance (PDA) is a ministry of the Presbyterian Church (U.S.A.) which enables congregations and mission partners to witness to the healing love of Christ through caring for communities adversely affected by crises and catastrophic events. PDA has deployed National Response Teams to the Texas Hill Country flooding, Spring tornados, Southern California wildfires, Florida, North Carolina, and Georgia to support the congregations and communities affected by the natural disasters. 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. If

1 Debbie Brilling,
Samantha Downton
2 Betsy Floyd
9 Louis Todd
15 Jackson Forrester
17 Pat Baker
18 Jonathan Compton
21 Mike Bearden
22 Kjersti Lukens
24 Ashley Elder
25 Joan Barnes
26 Jonathan Westbrook
27 Tim Barnes, Griffin
Millican
29 Hannah & Lydia King
30 Leigh Ann Millican,
Charlie Chambers

May Anniversaries

3 Charlton & Jenny Allen
6 Jeff & Jocelyn Davis
18 Robbie & Betsy Floyd
21 Tim & Joan Barnes
23 Bill & Anne McNair
26 Deb & Charlie
Chambers
30 Marjorie & Jim Holler,
Mike & Kim Rometo

39ers

The 39ers are a group that meets for lunch and fellowship at noon on the last Tuesday of the month. The next meeting will be May 26th at Red Lobster in Tucker. Everyone is welcome!

you would like to contribute a financial gift to support PDA's immediate and long-term work to rebuild and recover, you can give [using this link](#).

Presbyterian Disaster Assistance



*Out of Chaos,
Hope*

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Connect with us



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