



# BMPC window

Black Mountain Presbyterian Church monthly newsletter

February 2024

## For Such a Time as This!

February 11, 2024, 11:00AM

### Rededication of Sanctuary and Narthex



We are thrilled to announce a sanctuary rededication service to bless our renewed space! As the grand finale to our 2½ years of renovations, we will honor the leadership and gifts that have been given, host a string quartet, and feature our restored pipe organ in the service. The year ahead promises to be a testament to our unwavering faith, our strong sense of community, and our commitment to the journey ahead.

BMPC has been a beacon of hope and love in our community for 115 years, and we can't wait to celebrate this extraordinary milestone with our entire congregation. Join us as we honor our past, embrace our present, and step boldly into our future!

# FEBRUARY

Many other groups meet here, but mostly BMPC events are reflected on this calendar.

Sunday	M	T	W	Th	F	S
<p><b>Communion</b> is always served on the first Sunday of the month in all three services. If you would like Communion served in your home on February 4 or another time, please contact Bob Tuttle or your deacon.</p>				1	2	3 9:30a Yoga 10:30a Tai Chi
<p><b>4</b> 8:45a FirstLight 9:45a Faith Formation 10a Family Worship 11a Worship 2p Handbells</p>	<p><b>5</b> 1p Earth Care Book Study 2:15p Earth Care Team</p>	<p><b>6</b> <b>PW Circles</b> 12p Book Club 1:30p Staff Mtg 5:30p Girl Scouts 6p Women's AA Mtg 7p Prophets Rehearsal</p>	<p><b>7</b> 11:30a Old Fellers Lunch 3:30p RAD! 5p Spaghetti Dinner 6:30p Youth 7p Choir Rehearsal</p>	<p><b>8</b> 6p Mens' Group</p>	<p><b>9</b> 6p Youth</p>	<p><b>10</b> 9a MLK Prayer Gathering in Upper Anderson, Montreat 9:30a Yoga 10:30a Tai Chi</p>
<p><b>11</b> 8:45a FirstLight 9:45a Faith Formation 10a Family Worship 11a Worship – Rededication of Sanctuary &amp; Narthex 2p Handbells</p>	<p><b>12</b> 1p Earth Care Book 2p Worship Team 4p Cong. Life Team 5:30p Property, Strategic Planning 7p Faith Form., H&amp;W, Mission, Personnel</p>	<p><b>13</b> 1:30p Staff Mtg 5:30p Fat Tuesday Pancake Dinner 6p Women's AA Mtg 7p Prophets Rehearsal</p>	<p><b>14 Ash Wednesday</b> 11:30a Old Fellers Lunch 3:30p RAD! 5p Spaghetti Dinner 5:45p Choir Rehearsal 6:30p Youth 6:30p Service (details below)</p>	<p><b>15</b> 3p Book Club with Ina Hughs 3p Living Next Door to Dementia</p>	<p><b>16</b></p>	<p><b>17</b> 9:30a Yoga 10:30a Tai Chi</p>
<p><b>18</b> 8:45a FirstLight 9:45a Faith Formation 10a Family Worship 11a Worship 12:15p Discovery Class 2p Handbells 4p Route 45 2p Youth</p>	<p><b>19</b> 1p Earth Care Book Study</p>	<p><b>20</b> 1:30p Staff Mtg 5:30p Girl Scouts 6p Women's AA Mtg 7p Prophets Rehearsal 7:30p Mama's Group</p>	<p><b>21</b> 11:30a Old Fellers 3:30p RAD! 5p Spaghetti Dinner 6p Reducing the Risk of Dementia 6:30p Youth 7p Choir Rehearsal</p>	<p><b>22</b> 3p Living Next Door to Dementia</p>	<p><b>23</b></p>	<p><b>24</b> 9:30a Yoga 10:30a Tai Chi</p>
<p><b>25</b> 9:45a Faith Formation 10a Family Worship 11a Worship 2p Handbells</p>	<p><b>26</b> 1p Earth Care Book Study 6p Session 7p Beer and Hymns at White Horse</p>	<p><b>27</b> 1:30p Staff Mtg 6p Women's AA Mtg 7p Prophets Rehearsal</p>	<p><b>28</b> 11:30a Old Fellers 3:30p RAD! 5p Spaghetti Dinner 6p Reducing the Risk of Dementia 6:30p Youth 7p Choir Rehearsal</p>	<p><b>29</b> 3p Living Next Door to Dementia</p>	<p><b>Ash Wednesday service with Montreat Presbyterian – Upper Anderson Feb. 14, 6:30 p.m.</b></p>	

Deadline for the March Window newsletter is Thursday, February 15

## Wednesday Spaghetti Dinners

5-6 p.m. through March 20  
no dinner on February 14

Weekly help is needed for set up, cooking, serving, washing dishes, and clean-up. There is a suggested donation of \$5/ per person, \$3 for children ages three and under, or \$20/ per family. However, it is a pay-what-you-can event and everyone is welcome. The meal consists of spaghetti with meat and meat-free sauces, bread, salad, vegetables, and dessert.

Vegetarian and gluten-free options are available. Please RSVP weekly on the sign-up sheet outside fellowship hall or by calling the office (669-2725).

## KIDS NIGHT IN PAJAMA PARTY!

**Friday, February 23, 5:30-8:30 p.m.**

Kids four years old through fifth grade are invited for a night of fun at the church! Dinner, games, crafts, and a movie with popcorn. Cost is \$20/per child. Bring a pillow and blanket, and wear your coziest pajamas! All proceeds will go to support family programming at BMPC! Register at [bmpcnc.org](http://bmpcnc.org)



monthly pre-youth program for fourth and fifth graders

**Sunday, February 18**

**4:00-6:00pm**

making and delivering Valentines  
to Givens Highland Farms

Sincere thanks for your donated gifts through  
Alternative Gifting. Over \$22,900 was collected for our  
mission partners and Disbursements have been mailed.

We appreciate your generosity!

## WNC Presbyterian Women Scholarships

Available for graduating seniors or students enrolled in a 4-year undergraduate degree program at a college or university – \$3,000 for one year, with a one year renewal if student maintains eligible GPA Scholarships are awarded on the basis of financial need, scholastic ability, leadership in church, school, and community. One scholarship is available each year, along with a renewal scholarship for qualifying students.

Scholarships are awarded on the basis of financial need, scholastic ability, and leadership in church, school, and community.

**Applications must be postmarked by February 15 for awards to apply to that year's fall entrance date.**

Forms and contact information available at <https://www.presbyterywnc.org/ministry/presbyterian-women>

Elizabeth Barbee, scholarship facilitator can be reached for questions at [ebarbee@charter.net](mailto:ebarbee@charter.net) or (828) 645-6239

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## All are WELCOME to the MLK Prayer Gathering

**Upper Anderson Montreat – February 10, 9:00AM  
“Unity in the Community”**

Each year we gather to celebrate diversity and promote civil rights. We cherish justice, respect, and peace, and we are grateful to Dr. Martin Luther King, Jr. for championing those values as we seek to renew our commitment to live together in harmony. We hope you will attend our joyous celebration and continue your support of our mission.

Our keynote speaker will be Dr. Ernest J. Grant, Interim Vice Dean for Diversity, Equality, and Inclusion at the Duke University School of Nursing. In 2022 he was named among the American Nurses Association's Top 100 Most Influential People in Health Care and he is originally from Swannanoa, NC.

**Sheila Showers, President / Barbara Gaw, BMPC rep**

**Contact 828-775-4463 with questions**

Our own Aaron Price will be co directing the community choir along with many of our choir members. Thank you to all who participate!

Light refreshments will be served. See our website: [svmlk.org](http://svmlk.org) for tickets or pay at the door \$15. Tax deductions and proceeds go to scholarships for our local high school graduates



## Presbyterian Women

**Circles meet**

**Tuesday, February 6**

**Dorcas**

10:00 a.m. Church House

**Esther**

10:30 a.m. Ann Wiig  
247 Valley Ridge Lane

**Naomi**

3:00 p.m. Church House

**Priscilla**

10:00 a.m. Church House

**Ruth**

1:30 p.m. Highland Farms  
Margaret room in Brookside bldg.

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**Wednesday, February 7**

**Joy**

6:30 p.m. CR2

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**Tuesday, Feb. 13 & 27**

**Lydia**

6:30 p.m. Church House

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For more information, contact:  
Barbara Brinson (716) 307-9054  
Ann Wilde (713) 851-5418

***Putting faith in action  
is what we do!***

[www.presbyterianwomen.org](http://www.presbyterianwomen.org)





The Congregation is invited to a Pre-Lent sit-down

# PANCAKE DINNER

Tuesday, February 13

From 5:30 to 6:30 pm

In the BMPC Fellowship Hall

*An Entry Donation will be collected at the door to benefit  
The Local Emergency Relief Fund*

Suggested Donation: \$10 Adults \$8 Children

*"Laissez Le Bon Temps Rouler!"*

# Wandering Heart

Figuring out faith with Peter

**The Lenten season** can be a time of growth in faith through prayer, increased attentiveness, and individual and communal healing. This year we will be journeying through Lent guided by the art, creativity, and theological reflection of the team at *A Sanctified Art*.

Our Lenten Worship Series is called, *Wandering Heart: Figuring out Faith with Peter*. By following this deep dive into Peter's life and journey, we will watch the story of Jesus unfold through the eyes of a very normal human trying to figure it all out – just like us.

## Living Next Door to Dementia

with Mary Donnelly

### Fellowship Hall

Thursdays, February 15, 22, 29, 3:00-4:30 p.m.

Join us for this three-part series that will help you better understand the challenges of dementia and how you can reach out to families in your community who are already living with this disease.

### Part 1: Awareness

Could this be Alzheimers? Normal vs. not normal aging the difference between Alzheimer's and dementia – understanding a changing brain – what's lost, what's left

### Part 2: Recognition

Common early signs of dementia – the basics of communication – learning new rules

### Part 3: Understanding

Adapting to progression and stages – addressing caregiver stress – How can I help?



Mary Donnelly is a dementia consultant/trainer with MemoryCare in Asheville, NC, and with national dementia expert Teepa Snow. She provides family consulting and staff training on dementia care across the US and is a dynamic speaker on dementia-related topics.

## A Study of *A is for Alabaster*

### Library

Sundays, February 18-March 24, 9:45-10:45 a.m.

Rev. Ron Shelton and Rev. Jim Layman will lead this book study.

"I can think of no other person, scholar, teacher, or preacher whom I'd want to take me on a journey through the ABCs of Scripture. Her homiletical imagination will set you free. Read her words, and you will fall in love with the incarnate Word all over again."

—Luke A. Powery,  
Dean of the Chapel, Duke University, and Professor of Homiletics,  
Duke Divinity School



*A is for Alabaster*  
52 Reflections on the Stories of Scripture  
By Anna Carter Florence

WJK



# Adult Faith Formation

## BMPC Writers Series Koinonia Class

CR1, Sundays, 9:45-10:45 a.m.

### February 4

Retired pastor and seminary professor George Thompson and retired literature professor Katherine Holman, will be discussing George's multi-layered novel for young adults and older, *What Hardy Found*.

### February 11

Drs. George and Beverly Thompson will be sharing a taste of their practical guide to emotional intelligence, *Ready to Lead: Harnessing the Energy in You and Around You*.

### February 18

Drs. George and Beverly Thompson will discuss their book, *Grace for the Journey: Practices and Possibilities for In-Between Times*, which gives congregational group spiritual practices and illuminating frameworks for traveling through any kind of transition.

### February 25

Nancy Poling will speak about her creative process: where she gets her ideas for writing, how her values impact her in her writing and what she hopes the reader will take away. Her recent book, *While Earth Speaks*, evolved from Poling asking herself, and then her protagonist, "during this time of ecological crisis, how do I make my voice and life count?"



## Tai Chi

with Anita Kurz

**Fellowship Hall**

**Saturdays, 10:30 a.m.**

# Reducing the Risk of Dementia at Any Age

with Sarah Berglund

**Library**

**Wednesdays, Feb. 21,-March 13**

**6:00-7:00 p.m.**



What if someone told you that you could reduce your risk of dementia by 50% and the treatment is free? Would you do it? Sarah Berglund is a member of our church. Although not a licensed nutritionist, she's had a lifetime passion for healthy eating and has certifications in nutrition from Cornell University. During this four-week course, we will explore the fascinating link between the gut, the heart, and the brain. We will study the science-based steps that have been proven to sharpen the mind.

We will also examine:

- What we can do to actually change the way our genes work
- Lifestyle changes that we can start today to lower the risk of dementia/Alzheimers
- The effects of sugar, processed foods, and bad fats on the brain
- The five steps to having a "High Octane Brain"
- The foods that feed our brain and foods that take away brain health

Not only will we learn, but every session you can take home examples of healthy brain food!

### Recommended reading

(please purchase ahead of class. BMPC will have a few copies for purchase.)

*High Octane Brain* by Dr. Michelle Braun, neuropsychologist

### Bibliography for this course

*High Octane Brain* by Dr. Michelle Braun, neuropsychologist

*This is Your Brain on Food* by Dr. Uma Naidoo, MD

*Diet for the Mind* by Dr. Martha Clare Morris

*Mind Diet for Beginners* by Kelli McGrane, MS, RD

# RAD!!

RECREATION ART DRAMA FUN

## WEDNESDAYS

### @BMPC

A new season  
of RAD! began  
Wednesday, January 24.





52 children, ages 4 through 12, from multiple local schools in Black Mountain and Asheville attend.



We play, we sing,  
we listen, we draw,  
we write, we dream,  
we laugh, we eat,  
we learn!







**Our youth** have had a busy start to the year... a trip to Gatlinburg, TN, for a Winter Retreat, high school students volunteered for the Midnight Manna event in Asheville, and thanks to our wonderful congregation we were able to raise over \$1,400 at our potato lunch fundraiser. Thank you for the continued support!

# BMPC YOUTH

Thank you to Phil and Jackie Garrison, who own Phil's BBQ, for donating the potatoes for our fundraiser!



## February 2024

- SUN 4 **Bowling** 2-5pm
- WED 7 **Small Groups** 6:30-7:30pm
- FRI 9 **Boys & Girls Split Night**  
6-8pm Church House
- SAT 10 **PYC Sexuality Retreat**
- TUE 13 **Fat Tuesday**
- SUN 18 **Rubber Chicken Day**  
2-4pm Fellowship Hall
- WED 21 **Small Groups** 6:30-7:30pm
- SUN 25 **Progressive Dinner** 4-8pm
- WED 28 **Small Groups** 6:30-7:30pm

**As always, any 6th-12th grader is welcome to all of our events.  
Nervous about attending the first time? Bring a friend!**

# February birthdays

- |   |   |
|---|---|
| <b>2</b> Bobbi White<br>Rylan Baker   | <b>15</b> Cole Roy<br>Ernest Banzhoff<br>Sam Webber<br>Joe Covert |
| <b>3</b> Lynn Jostes  | <b>16</b> Cailyn Hollifield<br>Ann Wiig<br>Tanner Kelly           |
| <b>4</b> Ina Hughs  | <b>17</b> Chloe Munn  |
| <b>5</b> Netsanet Solomon<br>Pat Newbold<br>Gay Van Osdall<br>Jillian Munn<br>Sonya DiPalma | <b>18</b> Clay Hile<br>David Castello<br>Matt Horne               |
| <b>6</b> Jim Griffin<br>Sadie Neligan   | <b>21</b> Leila Cox<br>Alexandria Carver<br>Charlie Cappelli      |
| <b>7</b> Betty Walker<br>Gracyn Farish<br>Parker Donaldson                                  | <b>22</b> Austin Brown<br>Jolie Atkins                            |
| <b>8</b> Jo Majka<br>Skylar Hollifield<br>Eliza Cullen                                      | <b>23</b> Mylo Morgan   |
| <b>10</b> Rock Ward<br>Carson Campbell  | <b>24</b> Art DeJong<br>Sue Cauthen<br>River Edwards              |
| <b>12</b> Matt Begley<br>Kay Salmon<br>Charles Sandy<br>Gay Ferguson                        | <b>25</b> Dan Davis<br>Wayne Mullis                               |
| <b>13</b> Campbell Cauthen  | <b>27</b> Paul Scouten<br>Andy Gwynn<br>Rebecca Askew             |
| <b>14</b> Mike Ballard<br>Henry Griffin<br>Nolan Atkins                                     | <b>28</b> Cynthia Keever  |

## Solar Panel Report December 1-31, 2023

- Energy captured from the sun – 1,250 kWh
- Money saved at 11 cents per kWh – \$138
- CO2 saved from going into the atmosphere – 1,013 lbs.

**This was our best December since inception in 2016!**

- Duke Energy Bill, November 9 – December 7, \$1,311.24 (Total electric bill for all buildings and outdoor lights.)

**Total energy captured in year 2023 – 18,790 kWh**

- Money saved at 11 cents per kWh - \$2,066.90
- Total energy captured since inception in 2016 – 127,940 kWh**

- Money saved at 11 cents per kWh - \$14,073.40

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## Family Fellowship Night at Foothills Grange

**Monday, March 4, 5:00-7:00 pm**

Come have dinner, drinks, and fellowship with other families. The Grange has great outdoor space and a play area for the kids.

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Last class in a five-week series

## Four Influences on Lewis and Tolkien's Storytelling with Dr. Corrie Greene

Wednesday, Feb. 7, 6:00-7:00 p.m. in CR1

“You are quite a little fellow in a wide world after all!” With The Hobbit’s parting line reminding us of all we know and all we do not yet understand, we will spend this session discussing some of the questions that may have come to us during previous evenings together . . . or maybe they came to us out of the blue as we went about our daily lives. Designed as an open forum, where collegial conversation and inquiry creates knowledge, we can step into the Lenten season knowing we are “beginning Chapter One of the Great Story . . . in which every chapter is better than the one before” (final line of Lewis’s Narnia series).





# BLACK MOUNTAIN Presbyterian Church

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[www.bmpcnc.org](http://www.bmpcnc.org)

Non-Profit Org.  
U.S. POSTAGE  
**PAID**  
BLACK  
MOUNTAIN, NC  
Permit No. 36

**CHURCH OFFICE HOURS**  
**Monday through Friday**  
**9:00 a.m.-2:00 p.m.**



an Earth Care Congregation



**BMPC Child Protection Policy**  
*providing a safe environment for children & youth*



**MATTHEW 25**

## **Discovery Class** Sunday, February 18, 12:00 p.m. **in fellowship hall**

Please let us know if you plan to attend our Next Discovery Class to learn more about BMPC. Lunch and childcare provided.

Black Mountain Presbyterian Church seeks to welcome all people and this class is open to any visitors who are interested in discovering more about the church. Attendees will hear from Ministry Team leaders and members of the church and meet staff members. BMPC is open to all who recognize a need for the grace and love of God revealed in Jesus Christ. Attending this class does not mean that you are expected to join as a member of BMPC.



**Click this box on  
the [bmpcnc.org](http://bmpcnc.org)  
home page to  
sign up.**