

SENIORS MINISTRY MESSENGER

1324 MARION STREET • COLUMBIA, SC 29201 • 803.799.9062
FIRSTPRESCOLUMBIA.ORG/SENIORS

The Bridge Coffee Shop

One year ago this month, the Bridge Coffee Shop became a full-service ministry of First Pres. Rather than coming in and pouring your own coffee, a trained barista now prepares your hot or cold coffee (or tea) and you can purchase baked goods like scones, cookies and brownies. The usual selection of cold beverages is in the cooler and cookies, chips, and candy bars are available.

COFFEE SHOP HOURS

Monday- Thursday 8:00 a.m. - 5:00 p.m.
Friday 8:00 a.m. - 12:30 p.m.

A Better Brew

Chock-full of antioxidants, coffee can be a healthy beverage, but “too much of a good thing” is a saying for a reason! National Coffee Day arrives on Sept. 29, so use this month to make your regular brew healthier in some way. Crave a sweet beverage? You can use less sugar by adding ground cinnamon, vanilla extract or unsweetened cocoa for a flavor boost. If coffee upsets your stomach—but you love it anyway!—check out a low-acid blend. Struggling with sleep? Avoid drinking coffee after 2 p.m.



Sept/Oct 2023

Seniors Ministry Team

Rev. Bryan F. Bult Assoc. Minister to Seniors
Janet B. Altman Seniors Ministry Coord.
Scottie Crawford Pastoral Intern
Joe Walker Session Committee Chair
Bond Nickles Session Committee Member
Rick Werts Session Committee Member
Harry Jeffcoat Session Committee Member

September Gatherings

- 05 Seniors Ministry Session Committee
- 09 Encouragers Breakfast
- 13 Encouragers Steering Committee Mtg
- 14 Encouragers Movie in Wardlaw
- 25 Dr. George Hallman Book Release
- 27 Barnabas Ministry Note Writing & Prayer

CIA Autumn Supper Clubs

September thru November

October Gatherings

- 03 Seniors Ministry Session Committee
- 07 Encouragers Breakfast
- 11 Encouragers Steering Committee Mtg
- 19 Encouragers “Country Picnic”
- 20 CIA to Newberry Opera House
- 25 Barnabas Ministry Note Writing & Prayer
- 30 Senior Men’s Breakfast
CIA Steering Committee Mtg

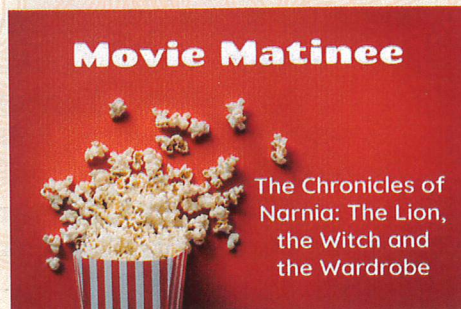


ENCOURAGERS

FELLOWSHIP | PRAYER | SERVICE
Singles 50+ Years Old

BREAKFAST

Saturday, September 9
Saturday, October 7
In the Small Dining Room of
Jackson Hall
9:00 a.m.



Thursday, September 14
Wardlaw Auditorium on 3rd
Floor of Education Building
3:00 p.m.



Thursday, October 19
Home of the Welfords
3:00 p.m.

SENIORS MINISTRY Men's Breakfast

Monday, October 30
Jackson Hall
8:00 a.m.

First Pres Church Library

Bridge Room 200
Check-out for 3 weeks.

Books on God Shelf Number 231

IS GOD REALLY IN CONTROL?

*Trusting God
in a World of Hurt*
Jerry Bridges

*THE GOD WHO IS THERE:
Finding Your Place in God's Story*
D. A. Carson

HEART FOR GOD
Sinclair B. Ferguson

KNOWING GOD
J. I. Packer

*SPECTACULAR SINS:
And Their Global Purpose in the
Glory of Christ*
John Piper

*WHAT DOES IT MEAN TO
FEAR THE LORD?*
Michael Reeves

*OUR TRIUNE GOD:
Living in the Love
of the Three-in-One*
Philip Ryken
Michael LeFebvre

*GOD'S LOVE: How the Infinite
God
Cares for His Children*
R. C. Sproul

THE HOLINESS OF GOD
R. C. Sproul

Deborah Kirkland,
Church Librarian
803-799-9062 Ext. 603

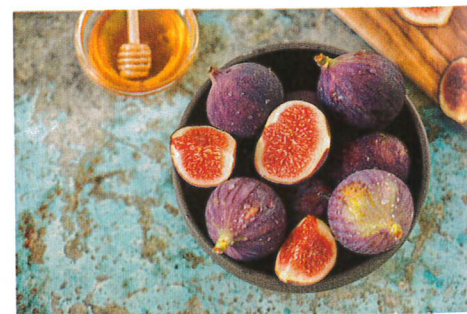
Figgy Fun

One of the first examples of agriculture, the fig has been in the human diet for thousands of years.

Native to the Mediterranean region and parts of Asia, figs grow on small trees with smooth white bark. Though the tree is considered a flowering plant, the blossoms grow inside of the teardrop-shaped fruit rather than on the branches. This creates many seeds on the inside of the fig, adding a crunch to the otherwise soft red flesh. Because of the honeyed taste, figs were used as a sweetener before refined sugars were produced.

The purple-brown fruit is nutritious with many health benefits. Figs contain significant amounts of calcium and potassium, supporting bone health and lowering blood pressure. Their high fiber levels aid in weight management and gut health, and they are loaded with antioxidants, which help prevent disease.

Figs can be eaten fresh, but they are fragile and have a short shelf life. Thus, they are most commonly eaten dried, as jam or in other processed foods like fig rolls or Fig Newtons.



Durable Medical Equipment

If you are in need of durable medical equipment for the short term or for the long term, please contact Barbara Diller, Congregational Nurse, at bdiller@firstprescolumbia.org. Barbara has items like shower chairs, walkers, and briefs.

Educational Opportunities at Erskine Seminary

Erskine Seminary classes are available to be audited at no charge for First Presbyterian Church Members and Staff. If interested, contact Crystal Tolbert at tolbert@erskine.edu or 803-771-6180.

MARK YOUR CALENDAR

Dr. George Hallman
BOOK RELEASE
Monday, September 25
5:30 p.m.
The Bridge Coffee Shop
Organized by First Presbyterian Seniors Ministry, but all ages are invited.

first presbyterian church couples IN ACTION



Twenty-six couples signed up to participate. Sign-up ended August 15, but please keep in mind that there will be another sign-up in January of 2024 for another round of supper clubs. This fall will be our 4th round and it is great to see new friendships formed and old friendships strengthened.



Friday, October 20
8:00 PM

Garrison Keillor

Garrison Keillor Tonight is an evening of stand-up, storytelling, audience song, and poetry. One man, one microphone. There are sung sonnets, limericks, and musical jokes; the thread that runs through it is the beauty of growing old.

Our Garrison Keillor tickets sold out quickly. If you want to be notified if there are cancellations, please contact Janet.



Seniors Parking is currently available on Lady Street between Marion and Bull on Sundays. We have volunteers who wear yellow vests and monitor those parking on Lady St for the 8:30 a.m. and 11:15 a.m. services. These volunteers can provide assistance to and from the side entrance to the sanctuary and on rainy days, they have an

umbrella. Barricades and cones are in place each Sunday and meters are bagged to make diagonal parking possible. Diagonal parking nearly doubles the number of parking spaces. Also, you may see the yellow A-frame signs in front of the Family Life Center on Wednesdays to reserve those spaces for senior adults who attend Wednesdays@First.

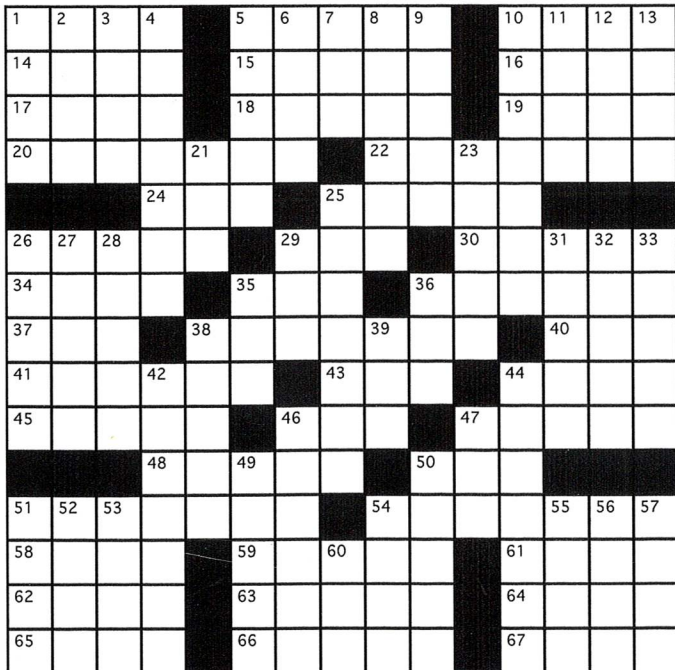
Please remember that eligibility for a Seniors Parking Decal is based not on a particular age, but on a need to be close to the sanctuary due to mobility or strength limitations.

If you need to request a decal, please contact Janet.

FIRST PRESBYTERIAN CHURCH
SENIORS
MINISTRY

1324 Marion Street
 Columbia SC 29201

Crossword Puzzle



ACROSS

1. Thick drink
5. Racer's concern
10. Mature
14. Words on a sale tag
15. Means of transportation
16. Famous garden
17. Frost
18. Burr, for one
19. Voice range
20. Hook or Cook
22. Not worth keeping
24. Source of light
25. One who acts for another
26. European language
29. Silvery-gray color
30. Sheer linen
34. Female sandpipers
35. Type
36. Bible chapter divisions
37. Everyone
38. Arguer
40. Notes of the scale
41. Calorie counter
43. Crackpot
44. ___-majesty; offense against the king
45. Wash
46. Perform
47. Communion plate
48. Analyze grammatically
50. Esses' forerunners

51. Spanish dances
54. Defend
58. Israeli airline
59. Watery part of the blood
61. ___ fixe
62. Boy: Sp.
63. Make accustomed: var.
64. Upside-down six
65. Digits
66. Swift animal
67. Understands

DOWN

1. Artist Chagall
2. Hong Kong's location
3. Drooping
4. African flies
5. European nation
6. Design
7. Word with drops or rings
8. Sufficient
9. Slow to understand
10. One who sits on a house
11. Lazing
12. Gerbils and pooches
13. Baseball's Slaughter
21. Diving bird
23. Penetrate
25. With a sideways glance
26. Last year's srs.
27. Memento
28. Moray seeker
29. Priest's garment

31. Small land in the sea
32. Written agreement
33. Ruhr Valley city
35. Ending for wind or sand
36. Nov. honoree
38. Exclude
39. King ___
42. Black gum trees
44. Eternal
46. Okay
47. For
49. Kennedy & namesakes
50. Ready to fight
51. Crooked
52. Mixture
53. Passageway
54. Unsullied
55. ___ Adams
56. Copper
57. Ball holders
60. Feel awful about

