



# The Bridge

May 2025



## From the Pastor

*Rev. Julie Sterling*

### A Season of Joy

Karl Barth once said that, "Joy is the simplest form of gratitude." In our Christian tradition we are taught that joy is a deep, lasting inner happiness and contentment that arises from a relationship with God and a choice to trust God's promises to us. Mother Teresa defines joy as a prayer, strength, and love. "Joy is a net of love by which you can catch souls." Joy is active, not passive. It inspires us to do our best and to appreciate every moment of our lives.

During our April Presbytery meeting in Virginia Beach, Transitional General Presbyter Rev. Dr. Lissa Sumnter Long spoke on finding our love language. The 5 Love Languages are a framework developed by Dr. Gary Chapman on how people experience and express love. These love languages include words of affirmation, quality time, receiving gifts, acts of service, and physical touch. These 'experiences' reflect our personality and our values and are often second nature to us. We are most comfortable encountering the world and each other in these ways. It

is how we best experience joy. Rev. Long then asked us to consider which language best reflected our ministry. In simple terms...Where do we find our Joy?

We are in the midst of the Easter season; a season of Joy. Easter is a time to celebrate the good news of our resurrected Lord. It is a time to rejoice and give thanks for the greatest gift the world has ever known. The best way to say thank you to God is to live a life with joy. Last week I came across Psalm 150 in my lectionary readings which expresses ways in which we can live out our joy to God:

***Hallelujah!***

***Praise God in his holy house of worship,***

***praise him under the open skies;***

***Praise him for his acts of power,***

***praise him for his magnificent greatness;***

***Praise with a blast on the trumpet,***

***praise by strumming soft strings;***

***Praise him with castanets and dance,***

***praise him with banjo and flute;***

***Praise him with cymbals and a big bass drum,***

***praise him with fiddles and mandolin.***

***Let every living, breathing creature praise God!***

***Hallelujah!***

The psalmist calls us to express our joy for God with all we have, all we are, and everywhere we go. Theologian Henri

*(Continued on page 4)*

**Our Mission** — To be a bridge to Christ through faith and service • **Our Vision** — When SPC is faithful in accomplishing its mission, people will know that Christ is at work in their lives and follow Him • **We Value** — Being accepting, caring, outreaching, Spirit-led, and willing to serve

## Prayer Requests

- ✝ Jean Butcher
- ✝ Faye Sobel
- ✝ Eric Sterling
- ✝ Joan Anderson
- ✝ Jeffery Birkey
- ✝ Charlotte Davidson
- ✝ Richard Alan Goforth, Sr.
- ✝ Tommy Morrison
- ✝ Charlie Powell
- ✝ Cathy Stoughton
- ✝ Ron Ventura
- ✝ Caroline

## Pray for our Military

- ✝ Ashlyn Dawson
- ✝ Laura Dawson
- ✝ Sidney Dawson
- ✝ Nick Meadors
- ✝ Glenn Smith
- ✝ Hayden Spalding
- ✝ Greg Vernon

## Happy Birthday

- 5/12 Lisa Lindsey
- 5/22 Jerolene Crusenberry
- 5/25 Calvin Piland
- 5/30 Skip Irby
- 5/30 Don White

## Happy Anniversary

- 5/12 Chris & Skip Irby

The *Suffolk Presbyterian Bridge* is a publication of Suffolk Presbyterian Church in Suffolk, VA. The *Bridge* is published 12 times a year under the direction of the Administration/Communication Ministry Team of the SPC Session.

News items should be submitted to the newsletter editor by the 20th of the month in one of the following ways:

- email at [office@suffolkpresbyterian.org](mailto:office@suffolkpresbyterian.org)
- mail to the church address
- Laura Farmer's office mailbox

Editor: *Laura Farmer*, Administrative Assistant

## News Briefs

**Food Pantry Donations:** The greatest needs are canned veggies/fruits/tuna/chicken, cold cereal, peanut butter, and jelly. Financial donations accepted via church website. Donations delivered to Suffolk Christian Fellowship Center.

**Gift Card Ministry:** The deacons are collecting \$25 restaurant gift cards during the offering to help congregation members in times of need. These will be used to assist with meals.

**Suffolk Little Pantry:** The youth are collecting items for their project. Granola bars, individual cracker packets, fruit cups, rice crispy treats, and other non-perishable snack items can be placed in the Narthex collection box.

**Glory to God Hymnbooks** have been ordered to have in the sanctuary. If you would like to donate to help with the cost, each book is \$25. You can contribute on Sunday morning during the offering, mail in a contribution, or give online. Please designate that your gift is for the purchase of hymn books.

### **Easter 2025 ~ Honorariums and Memorials**

Nancy Bird:

in memory of Howard and Miriam Bird.

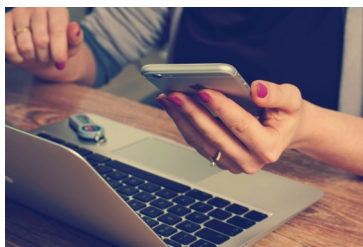
in memory of George Morrison.

Curtis MacKenzie:

in memory of Diane L. Stewart-MacKenzie.

in memory of his parents, and mother- and father-in-law.

Jack and Susie Stoughton, in memory of our parents.



### **Administrative Office Hours**

Laura Farmer's regular office hours are Tuesdays from 9:30 am to 12:30 pm, Wednesdays from 9:30 am to 12:30 pm, and Thursdays from 9:30 am to 1:30 pm. If you would like to contact her directly, please email [office@suffolkpresbyterian.org](mailto:office@suffolkpresbyterian.org) or call 757-539-3213.

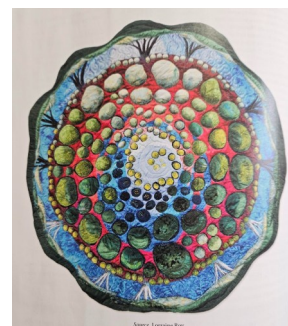
**Directory updates:** If you have a new address, phone number, or email, please contact the church office. If you are not in the directory, and would like to be added, please email your information.

## Water Justice/Air Quality

Have you ever wondered what the Bible says about water justice and air quality? Or how Christians can make an impact on our neighbor's ability to fairly obtain clean water and breath fresh air? Join us on Monday, May 12 at 6 pm for PW! During our study we will be discussing Lesson Four on Water Justice and Lesson Five on Air Quality from our PW Horizons Bible Study. Our evening discussion will focus on scripture from Genesis chapters 1-12, 42; Psalms 32, 104; Job 7; Isaiah 42; and Ezekiel 11, 37. We will also consider the following main ideas:

***Water is so essential, and its presence and absence so impactful, that both Scripture and contemporary events reflect its multidimensional effects on human life. The wind itself often signals a holy moment, and is related to both our breath and God's; both our spirit and God's.***

Each study includes a DVD recorded description of the chapter led by author Rev. Dr. Patrica K. Tull followed by group discussion. All are welcome to attend. Extra studies are available by request but are not needed for participation. Hope to see you there!



Water Justice



Air Quality



Easter Egg Hunt



Sunrise Service



Easter Sunday

*(Continued from page 1)*

Nouwen encourages us to search out the ways God brings joy into our lives:

***“Each day holds a surprise. But only if we expect it can we see, hear, or feel it when it comes to us. Let’s not be afraid to receive each day’s surprise, whether it comes to us as sorrow or as joy. It will open a new place in our hearts, a place where we can welcome new friends and celebrate more fully our shared humanity.”***

This Easter season is a gift of time to consider not only where our joy lies but also how we can reflect our joy to others. I encourage you to name your love language and share the joy you find within it. To quote Lord Byron, ***“All who joy would win must share it. Happiness was born a twin.”***



**May 2025**  
Suffolk Presbyterian Church

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>* The Ecumenical Youth Group will meet on Sunday, May 18 at St. Paul's Episcopal Church, 5 to 6:30 pm.</p>				<p><i>1</i></p> <p>6 PM Spiritual Fellowship 7 PM Choir Rehearsal</p>	<p><i>2</i></p> <p>9-11 AM Plant Sale Pickup &amp; Delivery</p>	<p><i>3</i></p>
<p><i>4</i></p> <p>9 AM Choir 9:30 AM Worship 10:45 PM Sunday School</p>	<p><i>5</i></p>	<p><i>6</i></p>	<p><i>7</i></p>	<p><i>8</i></p> <p>6 PM Spiritual Fellowship 7 PM Choir Rehearsal</p>	<p><i>9</i></p>	<p><i>10</i></p>
<p><i>11</i></p> <p>9 AM Choir 9:30 AM Worship 10:45 PM Sunday School</p>	<p><i>12</i></p> <p>6 PM Presbyterian Women</p>	<p><i>13</i></p>	<p><i>14</i></p>	<p><i>15</i></p> <p>6 PM Spiritual Fellowship 7 PM Choir Rehearsal</p>	<p><i>16</i></p>	<p><i>17</i></p>
<p><i>18</i></p> <p>9 AM Choir 9:30 AM Worship 10:45 PM Sunday School *5 pm Youth Group</p>	<p><i>19</i></p>	<p><i>20</i></p> <p>Newsletter Deadline</p> 	<p><i>21</i></p> <p>3 PM Session Meeting</p>	<p><i>22</i></p> <p>6 PM Spiritual Fellowship 7 PM Choir Rehearsal</p>	<p><i>23</i></p>	<p><i>24</i></p>
<p><i>25</i></p> <p>9 AM Choir 9:30 AM Worship 10:45 PM Sunday School</p>	<p><i>26</i></p> <p><b>Memorial Day</b></p>	<p><i>27</i></p>	<p><i>28</i></p>	<p><i>29</i></p> <p>6 PM Spiritual Fellowship 7 PM Choir Rehearsal</p>	<p><i>30</i></p>	<p><i>31</i></p>



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**Visit our website!**  
[suffolkpresbyterian.org](http://suffolkpresbyterian.org)

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**CHOIR PRACTICE**

9:00 AM

**WORSHIP**

9:30 AM

**SUNDAY SCHOOL**

10:45 AM

**Upcoming Events:**

May 2—Plant Sale Pickup and Delivery

May 12—Presbyterian Women

May 18—Ecumenical Youth Group @ St. Paul's  
Episcopal

May 21—Session Meeting

Thursdays—Spiritual Fellowship & Choir Rehearsal



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Church*