



the weekly Window

May 1, 2020

Out to the life and ministry of Hudson Memorial Presbyterian Church (USA)

Photo Directory to Go Online

Upload Your Photo

Hudson is working on a new church photo directory that will be available online and via mobile app. You may have received an e-mail from HMPC recently, inviting you to upload a photo. Congratulations and thank you to the many families and individuals who already did it! If you haven't uploaded your photo, please do by following the simple instructions in the e-mail.

Soon you will be able to access the directory online and through an app on your mobile phone. We will also publish a printed version for those who prefer a traditional paper directory. We are very excited about having the flexibility to keep our photo directory up to date and we feel confident that all of you will appreciate the convenience!

Need help or have questions?

Contact

- Pat Cash
pcash@hmpc.org
- Mary Schindo
mschindo@yahoo.com
- Becky Hughes
bh27612@aol.com



Fear, Learning and Growth

Last week I attended the Lombard Mennonite Peacemaking Center's Advanced Clergy Clinic via Zoom. This is a program I have been involved in for two years as a part of my continuing education. The clinic explores Bowen Family Systems Theory. We study the theory to better understand ourselves, our family history and the way we function in church and culture.

The leader of the center, Richard Blackburn, led a workshop called "Social Distancing, Not Social Isolation: The Potential Impact of COVID-19 Protective Efforts." Within that workshop he showed a slide that has been making the rounds on the Internet and within sociological analysis (next page). The various layers of this diagram give suggested reactions in three zones: The fear, learning and growth zones.

As you read through each zone of the diagram, where do you see yourself? Have there been certain circumstances that prompt

more fear and reactivity in you? What circumstances have prompted a posture of openness to learn or grow during this time?

Bowen Family Systems helps each of us look at how fused we are to people (or family) and situations. Being more fused contributes to us being more reactive. If we are more differentiated, we have the capacity to be less reactive. During this time when our anxiety is raised it is good to step back and take self-inventory of how reactive or differentiated we have been. Our level of differentiation is hard to change, but better awareness is a first step in helping ourselves.

How has your faith helped you cope with COVID-19? Has your faith contributed to lowering your anxiety? What spiritual practices can help

- Have there been certain circumstances that prompt more fear and reactivity in you?
- What circumstances have prompted a posture of openness to learn or grow during this time?

you move from the fear zone to the growth zone? Spend some time with this chart.

The Peace of Christ be with you,



Online Community

Stay in community with us online at Twitter (Hudson Memorial PC), Instagram (hudsonmemorialpc), and facebook (HudsonMPC).



Fear, Learning and Growth



ZONES – The layers of this diagram give suggested reactions to COVID-19 in three zones: The fear, learning and growth zones.

Join Us for Sacred Conversations

Sunday, May 3

at 11:30am

**Facilitated by Pastor
Debbie**

The season of Easter finds us in an unsettled place we have not experienced before. It coincides with many special

occasions that are postponed or held in new ways adding to the disorientation we feel with all the disruptions to our daily schedules. In these conversations we will reflect on Jesus' post resurrection interactions during his final

days on earth as we continue to encourage and support one another in this constantly changing landscape. To join the conversation [follow this link](#). For more information contact Debbie at dkirk@hmpc.org.

Brown Bag Lunch



Monday, May 4

Brown Bag meets on the first Monday of each month at noon. Pastor Mac brings faith-based topics to discuss as a group. If you have not received an invitation to the group and would like to, contact Mac Schafer at

mschafer@hmpc.org.

Waking Up With the Word

Tuesday, May 5

This men's bible study will meet every Tuesday morning at 6:30 a.m. while COVID-19 is going on. The group centers on the scripture that will be preached on the following Sunday. No previous bible study experience is needed. The group is meeting via Zoom. If you have not received an invitation to the group and would like to, contact Mac Schafer at mschafer@hmpc.org.

Giving

Your financial support is vital to the church. Here are ways you can give:

- **Checks** can be mailed to: Hudson Memorial Presbyterian Church, 4921 Six Forks Road, Raleigh, NC 27609
- **Online** at hmpc.org via credit card
- **Bill-pay** through your bank
- **Recurring Electronic Funds Transfer (EFT)** from your checking account. Contact Pat at pcash@hmpc.org to set this up.

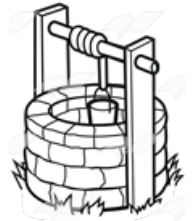


Faith Formation

Women at the Well

May 6-28

Women at the Well is continuing its weekly and monthly schedule via Zoom. Both groups will be discussing podcasts that invite us to consider aspects of this unsettled time through the lens of faith and culture. Current participants will receive the content and Zoom invitation. This is a great time for other women to join us! Contact Debbie Kirk by e-mail (dkirk@hmpc.org) if you would like to be included in the list of participants. Weekly meetings are Wednesdays, May 6th, 13th and 20th at 9:15 a.m. The next monthly meeting is Thursday, May 28th at 6 p.m.



Fellowship

Zinco de Mayo Social Hour

Tuesday, May 5

The Fellowship Committee invites you to a “Zinco de Mayo” social hour at 5 p.m. Since we are unable to gather in person for a Cinco de Mayo celebration we are gathering via Zoom. Get it? You are invited to fix yourself



a snack and a favorite beverage and join us for a time to catch up with our church family. You may want to dress in something bright and colorful, and if you have any authentic Mexican attire, wear it! Register online at <https://www.hmpc.org/>

[zinco-de-mayo](https://www.hmpc.org/). All ages are welcome. You only need to register one e-mail address for your household. You will receive the Zoom link to participate Monday, May 4th.

For more information contact Susan Bradshaw (susanbradshaw8@gmail.com) or Debbie Kirk (dkirk@hmpc.org).



Participate in Worship Online

Due to Covid-19, we will have worship services available online but not in the sanctuary. Worship with us at [hmpc.org/worship-services](https://www.hmpc.org/worship-services). Closed captioning is available.

Fellowship

Garden Drive-By

By Susan Grigg

Glenn and I would like to invite the Hudson family and friends to visit our garden at 105 Trotters Ridge Drive in Raleigh. We are about six miles north of HMPC off of Six Forks Road in the Trotters Ridge subdivision. Drive by, stop on the street, pull into the driveway to look for a while, or walk around the yard; we will stay inside or on the porch at a safe distance. You do not have to call unless you want to say “hello” or ask questions. We just want to share the beauty of God’s creation. Glenn and I can be reached at (919) 870-8345.



Fundraiser

Purchases to Benefit Hudson

Through End of May

Homewood Gardens is conducting a fundraiser for HMPC. Shop at Homewood Gardens and let the cashier know that the purchase should be entered under Hudson Memorial’s name. This fundraiser will last through the end of May. In June, all purchases under Hudson Memorial’s name will be tallied and 10% of purchases will be loaded on a gift card to add beautiful plantings to Hudson’s campus.

Special Offering

Food Bank of Central NC

Sunday, May 5

We will be receiving a Special Offering for the Food Bank of Central NC. Money raised for this offering can be used to help the hungry in our area. You may mail it to the church, donate online, or text to give.

Here is how to text to give: Text amount ‘food’ (example: 25 food) to 888-906-0744. You will be prompted to enter your information. Once it has been entered, you will not have to enter it again.

Children’s Ministry

Vacation Bible School

August 3-7

Register for Vacation Bible School (VBS) “Rocky Railway – Jesus’ Power Pulls Us Through.” Join us for a fun week of music, crafts, experiments, games, and explore where God’s power can take you!

VBS will be held from 9 a.m.-12 p.m. with classes for children age 4 (by August 31) through rising fourth graders. For registration packets, cost, and volunteer information, go to <https://www.hmhc.org/vbs-2020>.

Youth Group News

This Week

The Middle and High School Youth will have a joint e-program this Sunday evening. The theme is “Things I Wish I Had Known About High School”

On Sunday evening, May 3rd, the older high school Youth will be leading an eYouth Group program via Zoom for the younger high school students and middle school youth. Older students will talk about preparing for and transitioning into high school and pass on insights and lessons to make school more manageable. Youth and leaders should watch their e-mail and text messages for the Zoom invitation and link.

Explorers 5, 6 & 7 Class Curriculum – *Feasting on the Word* will be sent out weekly so youth and their families will have the resources needed to gather and explore each lesson as schedules allow.

Confirmation Sunday will be rescheduled when it is safely possible.

The Confirmation Class met with the Session via Zoom last Monday evening. Also present were the confirmation teachers and mentors. Confirmands did a fantastic job of introducing themselves, sharing pictures, and reading excerpts from their Statements of Faith.

Special thanks to Pastors and Elders for creating such a warm and inviting atmosphere for everyone to share.

Thanks to mentors and teachers (Hope Parangi, Sonia Allen, Wilson Cheeley, and Sean Cole). It has been a wonderful year.

High School Seniors

Send Frank Boyd a copy of your senior picture and the answers to the senior questions for the Class of 2020 bulletin board.

College Graduations

If you are or you have a member of your family graduating from college in May, contact Pat Cash at pcash@hmpc.org. Include the name, degree, institution.

Spring and Summer Youth Events

– Some of the following events have been cancelled, postponed, and others remain scheduled but their status could change. We will continue to list them with as much updated information as we have at the time. Watch these lists and your e-mail for updates and further notice. Thank you for your patience and understanding.

- Confirmation Sunday (to be rescheduled asap)
- Graduation Sunday (watch for updates)
- Massanetta Middle School Conference, June 23-26, has been cancelled
- Mission Trip to Maryland, Massanetta, & More, June 14-20, has been cancelled
- Montreat Youth Conference (for grades 8-12), July 19-25, watch for updates

Frank Boyd, Director of Youth Ministries, can be reached at fboyd@hmpc.org

Music

Rehearsals & Recordings

May Schedule

- **Tuesday, 5/5, 7pm:** The Four Tenors rehearse
- **Tuesday, 5/12, 7pm:** The Four Tenors rehearse and record
- **Wednesday, 5/13, 7pm:** Handbells I rehearse (Thine Is the Glory)
- **Thursday, 5/14, 7pm:** Handbells II rehearse (Simple Gifts)
- **Wednesday, 5/20, 7pm:** Handbells I rehearse and record
- **Thursday, 5/21, 7pm:** Handbells II rehearse
- **Thursday, 5/28, 7pm:** Handbells II rehearse and record

Session

Church Closure Update

May 1-31

Session voted Monday, April 20th, to keep the church building closed for in-person worship services, group meetings, events, etc., through the end of May. If any change or adjustment is made to this decision as time goes on, we will inform you.

Calendar Meetings

Zoom Meetings

Below is a list of upcoming Zoom meetings. If you are part of a committee or group, you should have received an e-mail invitation. If you have not received an invitation, contact your group leader.

Sunday, May 3

11:30 am – Sacred Conversations
7:00 pm – Youth Group

Monday, May 4

12:00 pm – Brown Bag Lunch
6:00 pm – Personnel Committee

Tuesday, May 5

6:30 am – Waking Up with the Word
9:30 am – Staff Meeting
5:00 pm – Zinco de Mayo Social Hour
Fellowship Committee
7:00 pm – The Four Tenors rehearse

Wednesday, May 6

9:15 am – Women at the Well

Prayer Requests

We welcome your request to be added to our prayer list. To submit a request electronically go to prayer@hmhc.org, or call 919-787-1086 and press '2' for the Deacon's Prayer Line.



Accessing Staff & Deacon on Call

During the time that the office is closed due to COVID-19, please be assured that you can still get in touch with all staff and the Deacons' Prayer Line. Below is a list of staff and their e-mail addresses. Staff is monitoring e-mails and voice mails multiple times a day, and the Deacon on Call is accessing voice mails left on the Deacon Prayer Line at least twice a day. We will continue to stay in touch, even though it is not face-to-face at this time.

Social Media

You may also follow Hudson on social media. Hudson Memorial is on Twitter (Hudson Memorial PC), Instagram (hudsonmemorialpc), and facebook (HudsonMPC). The staff will post regularly.

Staff Directory

Mac Schafer – mschafer@hmhc.org
Pastor & Head of Staff

Debbie Kirk – dkirk@hmhc.org
Associate Pastor, Spiritual Growth & Nurture

Aleta Ash – aash@hmhc.org
Minister of Visitation

Philip Hayden – phayden@hmhc.org
Music Director & Composer

Frank Boyd – fboyd@hmhc.org
Director of Youth Ministries

Lee Corbett – lcobbett@hmhc.org
Children's Ministry Coordinator

Gina Hayek – ghayek@hmhc.org
Children's Music Director

Carol Yeargin – yeargin@bellsouth.net
Organist

Pat Cash – pcash@hmhc.org
Business Administrator

Susan Gressel – sgressel@hmhc.org
Bookkeeper

Patty Shaver – pshaver@hmhc.org
Administrative Assistant

Dorothy Roche – droche@hmhc.org
Preschool Director

Joyce Hawkins – jhawkins@hmhc.org
Assistant Preschool Director

Hope Parangi – hparangi@yahoo.com
Church Hostess

