

First Presbyterian Women

Invite you to join us for the
**Third Annual
Flower Arranging Party & Luncheon**

Sunday, July 27, 12:15 p.m.
1600 Winchester Ave, Ashland

Lunch menu:
Pizza, chips, salad, and dessert

RSVP by July 20
Cathy Wilson, 606.922.6425 or
Bettie George Frye, 606.831.8579

Explore your creativity in our hands-on flower
arranging party! Discover tips and tricks
while crafting beautiful bouquets with friends.

All materials will be provided.
Come and enjoy a delightful afternoon
surrounded by nature's beauty.

A love offering will be accepted at the door to help with costs.



P.O. Box 1
1600 Winchester Ave.
Ashland, KY 41101
fpcaky.org
606.324.4122

Church Office Hours
Monday — Thursday
8 a.m. — Noon
office@fpcaky.org

STAFF

Rev. Bill Pollack
Minister

Max Jackson
Choirmaster/
Organist

Nanette Pollack
Administrative
Assistant

Glen Thomas
Facilities Manager

Kara Adkins
Nursery Attendant

SESSION MEMBERS

Mitch Hall
President of
Congregation

Kelly Hanni
Secretary of
Congregation/
Clerk of Session

Cathy Wilson
Treasurer

2026
Mitch Hall*
Jan Holbrook
Ryan Whitman*

2027
Lee McCloud*
J.T. Norris*
Jimmy Hall

2028
Teresa Cassity
Kelly Hanni *
Donna Jones

*2nd term of service

HEARTBEATS

A monthly publication of First Presbyterian Church

Volume 7 | Issue 7 | July 2025



"We know that the whole creation has been groaning together as it suffers together the pains of labor, and not only the creation, but we ourselves, who have the first fruits of the Spirit, groan inwardly while we wait for adoption, the redemption of our bodies." (Romans 8:22-23)

What does it mean for you and me to be truly free? What does it look like? How do we know that we have freedom? Is it possible that, if we are not vigilant, we might lose it?

Next year, we will recognize 250 years of independence and the beginning of a republic we have come to know as the United States of America. We will certainly have cause for celebrating. Looking back, we will remember the sacrifices of all the men and women who worked for our freedom as a nation. It was not easy. Those who dreamed of freedom from the tyranny of a king across the ocean were willing to give their all for their "dream." Even today, there are many who are sacrificing much to keep this dream alive and well. With thanks we remember our founding parents who risked all so that we could be free. With deep gratitude we remember the men and women who continue to work within the struggle to keep us free.

As Christians, we also know the effort made by our Heavenly Father so that we might experience freedom from the tyranny of Satan. The struggle is real. We remember the stories in the Bible that relate the struggle of this war between good and evil. We read the results of this in the victories and defeats of a people who desired to serve and worship God with the entirety of their being. It was not easy then, or now. Paul says as much in our text from Romans. Words like "groaning" and "suffering the pangs of labor, help us feel the extent of the battle that rages around us; and in us! We long to be free! Free to choose, free to worship, free from the effects of the sinful condition of a world that waits for redemption.

The world waits. We wait. God waits. At the right time, we will experience the freedom that has resulted from the sacrifice of all sacrifices — Jesus' death on a cross so that we might experience the mercy, forgiveness and love of our God who desires all the world to be free. The wonderful news is that we don't have to wait until the end times. We can experience it right now. It begins with our receiving the gracious invitation of God who offers us the freedom we most desire in this life and the next. Then, we can be truly free!

Pastor Bill



Presbyterian Women Awards Given

We are delighted to share some wonderful news from the Presbyterian Women. Ann Wiseman, the president of the Presbyterian Women, recently presented the Honorary Life Membership award to Bettie George Frye, Barb Payne, Nanette Pollack, Pastor Bill, and Cathy Wilson. This esteemed award is a testament to their unwavering commitment to Christ and their dedication to the mission of our church. This recognition places them among a select group of individuals who have been honored over several generations, continuing a tradition that began in 1912. We extend our congratulations to all the recipients for this significant achievement.

Presbyterian Women News!

Rare, special opportunity: The author of the Fall 2025/Spring 2026 Horizon Bible Study, Rev. Rhashell D. Hunter, presents:

“Finding Resilience, Joy, and Our Identity in Jesus Christ.”

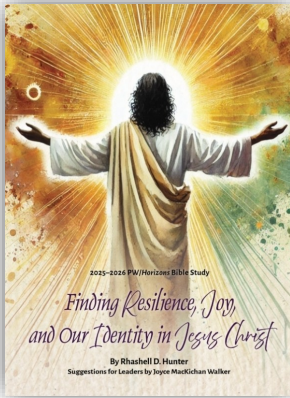
Saturday, July 19, 2025
9:30 a.m. – 3 p.m.

Second Presbyterian Church (3701 Old Brownsboro Road, Louisville, KY 40207) The day will provide a wonderful opportunity FOR ALL who enjoy good Bible Study with a dynamic leader and welcoming fellowship! Also, it will benefit women preparing for Circle Bible Study leadership. See Bettie George Frye for more information as soon as possible.

*Bring your Bible and Horizons Bible Study Book.

*Books can be ordered and purchased at the conference. (\$14 Regular Print, Large Print \$20)

* Registration fee (including lunch) \$25



Parent’s Night Out

We're excited to announce our next Parent's Night Out event is scheduled for **Friday, July 25, from 5:30 to 8 p.m.** During this evening, we'll be working on creating Christmas ornaments for the upcoming Festival of Trees 2025. All are welcome to join us for an evening of fun, fellowship, and food. We look forward to seeing you there. If you have any questions, please feel free to reach out to Jane Justice or Heather Shay.

Clothing Swap

Barb Payne and Elsie Clark are working hard to organize our upcoming Clothing Swap! They are now accepting donations for the swap through March 2026. You can drop off your items under the coat rack in the hall beside the kitchen. Thank you in advance for supporting this fun ministry!

Ashland Blazer Youth Service Center Back to School

Drive: July 6 – August 3

We will have a collection bin in the Narthex of the church. If you have any questions, would prefer to donate money, or need your items picked up, please contact Mission Team Chair, Donna Jones. The center needs the following items:



High School Daily School Life:

Underwear, all sizes, male or female, men’s shoes sizes 13, 14, 15, personal hygiene, feminine products, XL –3XL clothing

High School Food Pantry:

Pop tarts, instant oatmeal, cereal bars, Granola bars, Mac n cheese, Knorr’s fiesta sides, rice, spaghetti noodles, canned pasta sauce, peanut butter, Cheez-its, peanut butter or cheese sandwich crackers, Gripz, trail mix, canned tuna, canned chicken soup (w/beef, chicken or potatoes), Chef Boy R Dee, Ramen noodles, packaged cookies

High School Classroom Needs:

Loose leaf paper, pencils, pens, Post-its, graph paper, high lighters, white out, plastic folders, spiral notebooks, three-ring binders.

Thank for supporting this important ministry!



Sunday Morning Study: Sundays, 9:28 p.m.

Armchair Theologians: Sundays, 9:30 a.m.

Sunday Morning Worship: 10:50 a.m.

Men’s Bible Study: Wednesdays, 7 a.m., Bob Evans

Tai Chi Classes: Tuesdays, 5p.m. and Saturdays, 11 a.m.

Zumba Classes: Wednesdays, 5 p.m. and Saturdays, 9:30 a.m.

Paper Angels: Thursday, July 3, 1 p.m.

Independence Day: Office Closed

Men’s Lunch Bunch: Thursday, July 10, 11:30 a.m.

Horizons Bible Study: Thursday, July 10, 5:15 p.m.

Ministry Teams Meeting: Monday, July 14, 5:30 p.m.

Finance Ministry Team: Tuesday, July 15, 5:30 p.m.

Paper Angels: Thursday, July 17, 1 p.m.

PW Gathering: Saturday, July 19, Louisville

Session Meeting: Tuesday, July 22, 5:30 p.m.

Men’s Lunch Bunch: Thursday, July 24, 11:30 a.m.

Parent’s Night Out: Friday, July 25, 5:30 p.m.

PW Flower Arranging Party: Sunday, July 27, 12:15 p.m.



Don Lee–July 1

Michael Adkins–July 2

Mike Lilly–July 4

Cathy Wilson–July 11

Evie Adkins–July 13

Angie Lewis–July 17

SophieBeth Wheeler–July 21

David Murphy–July 22

Chris Payne–July 23

Lee Hall–July 25

Ann Wiseman–July 29

Wedding Anniversaries

Lura (Frye) & Adrian Adams–July 27

Operation Christmas Child

Since 1993, Operation Christmas Child has collected and delivered more than 220 million shoebox gifts to children in more than 170 countries and territories. You may choose to fill your own box or donate to the monthly cause each month. A schedule is provided below, and the donation box is in the Narthex. The OCC boxes will be blessed on November 9, 2025. Questions, contact Donna Jones. *July:* School supplies: crayons, pencils and erasers, index cards, scissors, glue stick, markers, chalk; *August:* coloring book, stickers, playdough, jump rope, pencil case; *September:* wash clothes, comb, brush, toothbrush, fun band-aids, nail file; *October:* small stuffed animal, craft kits, yo-yos, kaleidoscope, slinky, ball; *November:* Money for postage.



Sew Blessed Are Blessing Others

We wanted to share an update on the wonderful work our Sew Blessed group has been doing. They've been incredibly busy making comfort pillows for cancer patients, and we are thrilled to report that they've sewn approximately 40 pillows for distribution to the UK King’s Daughters oncology department. Pastor Bill recently had the opportunity to deliver a portion of these pillows to the hospital, and we were so touched to see the positive impact they had. The photo to the left captures one of the recipients, who was absolutely thrilled to receive her pillow. She even mentioned that she is part of a sewing group that makes lap quilts for cancer patients, which makes this connection even more special. We truly appreciate the dedication and hard work of the ladies in our Sew Blessed sewing group. Well done, ladies!



Note of Gratitude From Our Pastor

I was so incredibly touched and overwhelmed by the wonderful celebration of my 69th birthday. Thank you all for your amazing care and love for this pastor. I am looking forward to turning 70 next year! (Pastor Bill)