



You are invited to the First Presbyterian Women's

Well-Being Weekend

JOIN US

CLOTHING SWAP | Sat. Nov. 1 | 1-4 p.m.
CRAFTERNOON | Sun. Nov. 2 | 12:15 - 2:30 p.m.

CLOTHING SWAP
It will be located on the 2nd floor – rooms 11 & 12
Join your friends and bring a friend for an afternoon of **“FREE”** shopping. Appetizers and drinks will be served.
Questions, see Barb Payne

CRAFTERNOON
It will be in the Bethesda Community Hall. We will have craft stations for TAKE & MAKE: Holiday Wreaths, Paper Crafts, Homemade Cookie Class, Junk Prayer/Gratitude Journals, and Bible Tassel Bookmarks.
Lunch will be served*: Jimmy Johns Subs, Salad, Fruit, Cookies and Drinks.
FRIENDS ARE WELCOME! CHILDCARE IS PROVIDED.
*A love offering will be received at the door to help cover costs of lunch.

**PLEASE RSVP BY SUNDAY,
OCTOBER 25 IN THE NARTHEX or
TEXT Kelly Hanni (606.923.7826)**

FIRST PRESBYTERIAN CHURCH
1600 Winchester Avenue | Ashland, Kentucky 41101
606.324.4122 | fpcaky.org | office@fpcaky.org



**Annual Fall Gathering of Transylvania Women
Camp Burnamwood
Saturday, October 11, 2025**
What's going on at Buckhorn? meet Mitch Smith, Chief Financial Officer, guest speaker
All women are invited!
Coffee & Fellowship @ 9:30, Hymn Sing & Program @ 10, Delicious Lunch @ noon
Reservations (+ \$15 registration) to Emily Carroll, 409 Cheyenne Trail, Georgetown, KY 40324



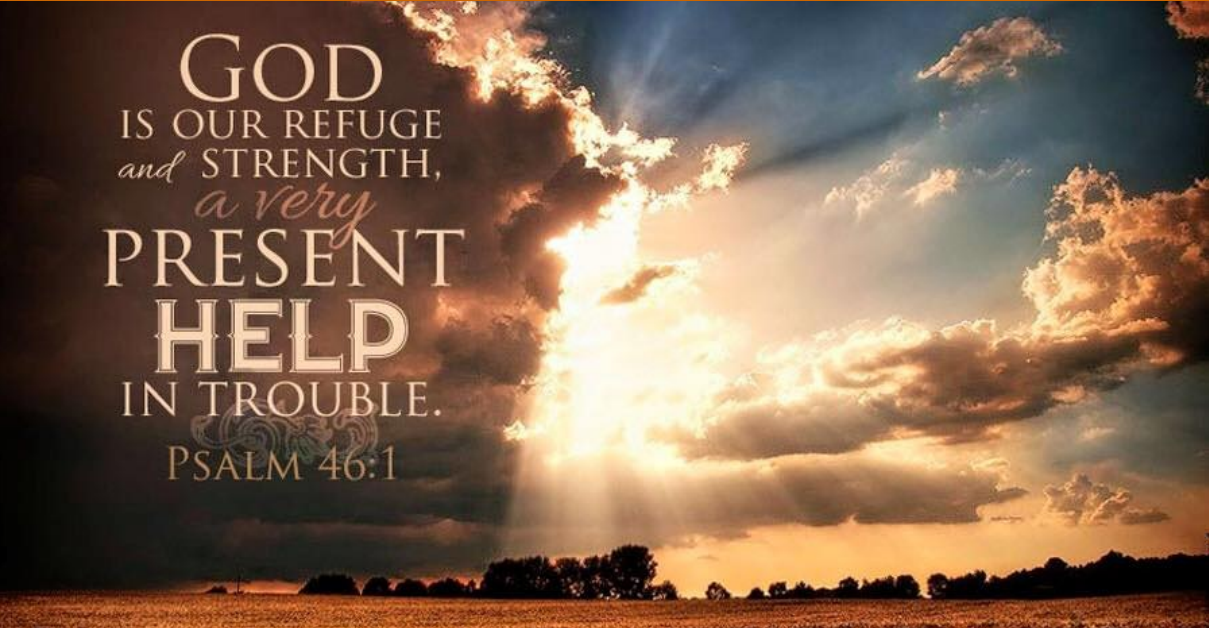
Synod of South Atlantic ~ and ~ Synod of Living Waters
Presbyterian Women's Triennial Gathering
October 17th -19th, 2025
Epworth by the Sea, St. Simons Island, Georgia



The Lord is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him.
Psalm 28:7

Our PW Synod Gathering, held once every three years, is an opportunity for women to nurture faith, exchange ideas, discover mission opportunities, strengthen relationships, and relax. Participants will enjoy workshops, tours, plenary sessions with inspiring speakers, worship, music, Bible study, and more.

If you have any questions concerning the Presbyterian Women events. Please contact Bettie Goerge Frye.



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

God is our refuge and strength, a very present help in trouble.² Therefore we will not fear, though the earth should change, though the mountains shake in the heart of the sea,³ though its waters roar and foam, though the mountains tremble with its tumult. SELAH (Psalm 46:1-3)

Nanette and I are often found on a lunch date every Friday. We like to spend time outside at Chick-fil-A. It is a time for us to take a breath and talk about things on our mind. It is a need-ed time in the midst of life!

At the conclusion of the passage above is the word **selah**. Used seventy-one times in the Psalms, "**selah**" encourages a deliberate pause to reflect on the passage's significance, and think deeply, allowing God's word to sink in. The Psalmist is reminding us to consider the words we have read and consider their importance in our day.

So, let's look briefly at our text. What is the Psalmist declaring? How does he relate his experiences in life with the written word? Is there something we might take away from these brief verses in the larger Psalm? The writer seems to think they are significant. Hence, the word **selah** after the first three verses.

God is our refuge and strength, a very present help in trouble. Therefore we will not fear – is how the Psalmist begins. Several things speak to me concerning his opening words.

First, there is a confident note that what he is writing is true. No questions. No inkling of doubt. God IS our **refuge and strength**! God is right here with us when trouble has found us! He is **present** when life takes uncertain turns and causes pain and heartache, trouble and temptation which affects us deeply. Because He is present, and does not change in His response to our need; **we do not need to fear**. Sometimes that is easier said than done. We know the times when we believe in God's goodness but still have times when we are ones with little faith. In Matthew 8:26 Jesus rebukes the storm and the waves and the disciples are amazed. He then asks them, "Why are you afraid?"

Next, the psalmist relates natural events that can lead to uncertainty and fear and assures us that not even these things are to be feared. To this he says, **"we will not fear."**

Last, but not least, he invites us to **selah**. It is as He is inviting us to take a deep breath, exhale, and calm down to reflect on the assurance that we are never left alone in the midst of our storms.

So, as we continue our lives with the certainty that times of trouble will come; we can rest in the assurance that in Him, we can endure anything! **Selah!**

Pastor Bill

Additional Memorial Gifts Given

Memorial gifts were given in memory of **Mary Patterson** (designated for the backpack ministry) by Whitney A. Beisler; Darlene Bramblett; Vickie Brubaker; Jacque Brownstead along with friends from the Elks Bridge Club and Bellefonte Country Club Bridge Club; Rebecca Shown; John & Kay Ferguson; JT & Kelly Norris; John Fleischauer; Bettie George Frye; Jimmy & Ruth Anne Hall; Charlie & Jan Holbrook.

Memorial gifts were given in memory of **Kim Whitman** (designated for the organ repair fund) by Bettie George Frye; Jimmy & Ruth Anne Hall; JT & Kelly Norris; Charlie & Jan Holbrook.

Open Chapel Resumes

We are pleased to announce that Open Chapel will resume on **Wednesday, October 1, at 5:45 p.m.** You are warmly invited to join us in the sanctuary for a time of prayer. The chapel will be open during bell and choir rehearsal (5:45–7:45 p.m.) This will continue to be held on the first Wednesday of each month for the remainder of the year, offering a wonderful opportunity to spend quiet time alone with God. Questions, see Heather Shay.

World Communion Sunday

On **Sunday, October 5**, we are observing World Communion Sunday with various breads from around the world! There will be a reception in the Narthex following morning worship. Join as at the Table of the Lord as we celebrate God’s love for the world!



Pastor & Staff Appreciation Month AND Table & Treat

FPC Staff Appreciation Luncheon and Table & Treat (CHILDREN ARE INVITED TO WEAR THEIR COSTUMES) is **Sunday, October 26** following morning worship. The menu is taco/salad bar with desserts and drinks. Appreciate our staff by gifting “a bag of BLESSINGS” with handwritten notes, small treats and gift cards. The BROWN paper packages will be available every Sunday in October.

We are collecting candy for Table & Treat.



All Saints Sunday

All Saints’ Sunday is **Nov. 2**. Please join us as we pay homage to our dearly departed saints and loved ones. If you have a loved one who has passed into the kingdom **within this last year**, please notify the Church office by **Sunday, October 26** for inclusion of his or her name in the bulletin.

Collecting Donations for Ashland Youth Service Center

We are again receiving donations for the Ashland Youth Services Center Thanksgiving Baskets, **October 12—November 2**. This is a wonderful outreach to many in our area who are struggling to make ends meet. We had an overflowing of items last year. We helped feed dozens of families throughout the Ashland Schools in our area. Thank you for your giving spirit! **Items Needed: Instant Mashed Potatoes, Gravy, Stuffing, Biscuit or Roll Mix, Cranberry Sauce, Canned Green Beans, Cream of Mushroom Soup, Crispy Onion Straws, Canned Sweet Potatoes, Brown Sugar, Marshmallows, Pecans, Canned Corn, Pumpkin Pie Filling, Canned Milk, Coffee, Tea. Hot Cocoa Mix & Clothes Baskets.**



Notes of Gratitude

Thank you for the head pillow. My husband got one last Wednesday when he went to chemotherapy. We very much appreciated it. (Steve & Cherie Carter)

A great big thank you to First Presbyterian Church for a wonderful outpouring of love through the Baby Bottle Blessings support. This year we collected **\$858.29** for the Two Hearts Pregnancy Care Center. Your support of this ongoing ministry helps support families in our area. Thank you for caring! (Pastor Bill)



Sunday Morning Study: Sundays, 9:28 a.m.
Armchair Theologians: Sundays, 9:30 a.m.
Children’s Sunday School (K–4th): Sundays, 9:30 a.m.
Harmony of the Gospels: Sundays, 9:30 a.m.
Youth Group (5th – 12th): Sundays, 9:30 a.m.
Sunday Morning Worship: 10:50 a.m.
Handbell Rehearsal: Wednesdays, 5:45 p.m.
Chancel Choir Rehearsal: Wednesdays, 6:45 p.m.
Men’s Bible Study: Wednesdays, 7 a.m., Bob Evans
Tai Chi Classes: Tuesdays, 5p.m. & Saturdays, 11 a.m.
Zumba Classes: Tuesdays, 5 p.m. & Saturdays, 9:30 a.m.
Open Chapel: Wednesday, Oct. 5, 5:45 p.m.
Paper Angels: Thursday, Oct. 2, 1 p.m.
World Communion Sunday Reception: Oct. 5, Noon
Men’s Lunch Bunch: Thursday, Oct. 9, 11:30 a.m.
Horizons Bible Study: Thursday, Oct. 9, 5:15 p.m.
Blazer YSC Thanksgiving Drive Begins: Sunday, Oct.12
Ministry Teams Meeting: Monday, Oct. 13, 5:30 p.m.
Paper Angels: Thursday, Oct. 16, 1 p.m.
Dames + Dinner Bible Study: Thursday, October 16, 5:30 p.m.
Sew Blessed: Monday, Oct. 20, 6 p.m.
Finance Ministry Team: Tuesday, Oct. 21, 5:30 p.m.
Men’s Lunch Bunch: Thursday, Oct. 23, 11:30 a.m.
Table & Treat and Staff Appreciation, Sunday, Oct. 26, Noon
Empty Nesters: Monday, Oct. 27, 5:30 p.m.
Session Meeting: Tuesday, Oct. 28, 5:30 p.m.

Operation Christmas Child

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. Questions, contact Donna Jones.
October: small stuffed animals, craft kits, yo-yos, kaleidoscopes, Slinkys, balls; November: Money for postage.



Safe Harbor Needs

During the month of October, we will be collecting diapers for Safe Harbor. If you have any questions, please contact Donna Jones.



Greg Willis—October 4
Keith McClelland—October 5
Lee McCloud—October 6
Jimmy Hall—October 8
Jessica Goodwin—October 8
Ruth Anne Hall—October 15
Melissa Rigsby—October 17
Drew McClelland—October 26
Nancy Compton—October 27
Blythe Weston—October 28



Barb & Chris Payne—October 1
Lois & Max Jackson—October 2
Rachel & Michael Adkins—October 19
Summer & Nick Blair—October 19
Bonnie Pettijohn & Barry Barbour—October 20
Ruth Anne & Jimmy Hall—October 26
Kelly & Mark Hanni—October 29

