

This Week @ First

Worship & Music

To watch our Sunday worship at 11 AM, connect with us on [YouTube](#) (find the bulletin [here](#))!

Compassion & Social Justice

The photo below includes some of the First Presbyterian participants in the Capital Area Justice Ministry (CAJM) at the Justice Celebration on Tuesday, June 18th, at Temple Israel. First Presbyterian was one of 18 churches with registered participants!

In addition to the opportunity to enjoy good food and fellowship, attendees were provided with status reports and planned next steps on affordable housing and gun violence. First Presbyterian was recognized and presented an award for our Nehemiah Action turn out. Listen out for CAJM events to come!



PW Gathering

On Sunday, August 25th from 3:30-5:00 pm, Presbyterian Women will kick off their 2024—2025 year with a Fall Gathering. We will meet in the Westminster Room for a time of fellowship, refreshments, mission and study. Pierce Withers will be our guest speaker and introduce our upcoming study entitled *Let Justice Roll Down: God's call to Care for Neighbors and All Creation*. Mark your calendars — you won't want to miss this special gathering!

Register here to volunteer for English Conversation Circles

Sundays, 3 PM — 4 PM
June 2 — July 28, 2024



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Published on June 21, 2024

To submit information to be included in the newsletter and/or the Sunday bulletin (as space permits), please use [this new link](#), which will take you to an online form. You can access the form directly through Breeze, as well. Thank you!



Meals on Wheels is looking for volunteers to deliver food on the 4th of July. If you are interested in signing up to help, please visit the volunteer sign-up table in the courtyard after worship on June 23rd or contact Walter Moore at w1_moore@comcast.net and Gary Niblack at gniblack6@aol.com

PW School Supplies Drive

Once again, Presbyterian Women will be collecting school supplies for our beloved First Presbyterian Preschool. We will bring these gifts to our Fall Gathering in August. While you are out and about this summer, look for a few of these requested school supplies: Crayons, Colored Pencils, Sharpened Pencils, Washable Markers, Glue Sticks, Scotch Tape, Card Stock—White and Colored, Chalk, Play-Doh, Washable Glitter Paint, Washable Fluorescent Paint, Googly Eyes and Small Colored Pom-Poms for Craft Projects, Dry Board Markers and Erasers, Colored Sharpies, Adult Scissors, Sticky Notes, Copier Paper, Masking Tape, Colored Duct Tape, Packing Tape, Seasonal Border Strips, Sentence Strips, 5oz and 8oz Paper Cups, Small and Large Paper Plates, and Band-Aids.

Ways to Serve

Looking for ways to serve your community this Summer? Take a look at the new Ways to Serve page on our website! There are plenty of opportunities, no matter your talents or interests. The page can be found [here](#).



Pilgrimage Journal

**Pierce Todd Withers, M.A., M. Div.
Director of Spiritual Formation**

“Choose a fitting time to spend with yourself alone; and think often of the goodness of God.” – Thomas à Kempis, *Imitation of Christ*, Chapter XX.

My favorite time of the day on the Camino is early in the morning when the sun is just coming up. I try to walk in silence and listen to the sounds of nature. Sometimes the rhythmic crush of gravel under my hiking boots and walking sticks can sound like a hymn of praise. I use that time in the morning, alone with God in creation, to set my intention for the day.

There is an old teaching that what we practice is who we become. When we walk with intention, we remind ourselves Who has called us to follow on this pilgrimage of life. Acts of kindness, large and small, on pilgrimage and at home in our communities, are expressions of God’s love in the world. Every morning brings an invitation to start anew, to draw close to God; to ask the Holy One to order our steps for the day ahead.

Taking a few minutes in the quiet of the morning to set an intention for the day is a great way to deepen your prayer life. Here are some examples of some of intentions that I use on pilgrimage and at home:

Today I walk with God.

Today I will give life and bless others.

Today I will let go of old hurts and refresh my soul.


Today I will slow down to enjoy the beauty of my surroundings.

Today I forgive just as I am forgiven.

Today I welcome whatever comes my way.

Today I look for Jesus in the face of every pilgrim.

Today I will honor my body, and I will rest. *



**15 MINUTES OF GUIDED
MEDITATION BEFORE WORSHIP**

*Explore the Ancient Christian
Spiritual Practice of Meditation*

Sunday Mornings @ 10:30 AM
Starting May 19th, John Calvin Room

**BEGINNERS WELCOME—NO EXPERIENCE
NEEDED!**



It is amazing how a few mindful minutes at the start of the day can change its entire trajectory!

This summer we are gathering at 10:30 AM on Sundays just before Worship for a short, guided meditation. These guided reflections are an opportunity to take a pause to be alone with God, and to set an intention for our day. Please join us in the Calvin Room!

**From my book Walking Reflections: My Pilgrimage Prayer Journal, 2019.*

¡Buen Camino!
Pierce