

# This Week @ First

Friday, August 1, 2025

## Worship & Music

To watch our worship services, connect with us on [YouTube](#) and find the weekly bulletin [here](#)!

The Summer Choir meets at 10 AM on Sundays — all are welcome to join!

## Spiritual Formation

### Sunday School — Youth and Adult:

*Classes will resume in the fall.*

### Guided Meditation

Guided Meditation is back! Join Linda Smith in the Library at 10:30 AM before every Sunday worship to listen to a 7–12 minute meditation based upon scripture. It provides a simply-led, inspirational opportunity for each of us to breathe in deeply, relax, and focus on God's presence as we relate a thought or scripture to our own lives.



## Compassion and Social Justice

*The Compassion and Social Justice team has three main focuses—homelessness, hunger, and social justice advocacy. Volunteers work with our mission partners, provide weekly services for our unsheltered neighbors at church, and attend vigils, committee meetings, and other local events to lobby our commissioners on specific social justice issues.*

*If you're interested in joining us for any of these opportunities, please contact [Debbie Gibson](#) or [Jon Dodrill](#). You are welcome once, weekly, or monthly as you are able and interested.*

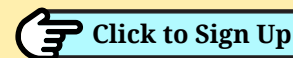
### ONGOING VOLUNTEER OPPORTUNITIES

**Snack Pack and Laundry Love:** Join us from 10 AM to noon on Wednesdays to provide snack packs, laundry, and showers for our unsheltered neighbors.

### Second Harvest Bread Boxing:

Join us on the first Friday of every month.

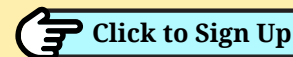
*Next opportunity: September 5*



### Serve Dinner at Grace Mission:

Join us on the second Sunday of every month.

*Next opportunity: August 10*



### EVENTS THIS WEEK

**1<sup>st</sup> Sunday Food Collection:** Please bring canned and nonperishable goods to church on Sunday to be donated to Second Harvest.

*Do you know something that should be on here? [Send us an email!](#)*

## Last Chance for Free Craft Supplies!

Sunday will be the last day that you can peruse the overflow craft supplies from Together in Service before they are donated. Come by Room 206 and take whatever you like from the main table in the center of the room!

*Are you looking for a creative outlet and interested in joining Together in Service? Send [Aide Whitaker](#) a message!*



## August Birthdays

It's the first of the month — happy birthday to all of our August babies:

Charlee Taylor, Drew Kirk, Glenn Laird, Barbara Kronholz, Paul Kutter, Darsey Strange, Kathy Snyder, Thomas Guthrie, Bob McVety, Deb Keilty, Bruce Bickley, Aidan Tozer, Claire Hodges, Daniel Bruno, Ilsa Bruno, Richard Bush, Tim Hoekman, and Susan Potts!



To submit information to be included in the newsletter and/or Sunday bulletin (as space permits), please use [this link](#), which will take you to an online form. Submissions are due by Thursday at noon. Thank you!

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**Click here for the**  
**[Weekly Schedule](#)**

**Monthly Calendar**

**More info available on [Breeze](#)**



# DOGWOOD ACRES



## An adult retreat to restore and refresh September 12-14, 2025

As we welcome the season of autumn, take a step back from the busyness of daily life to reset your mind, body and spirit.

### Meet our Leaders!



#### Dawn Griffin Keynote

Dawn Griffin, Florida Trail Association member involved in building and maintaining hiking trails since 1984. She enjoys creating philanthropy projects with Quilters Unlimited, reading and yoga. She will be speaking on the benefits of walking in the woods on our mental health, forest bathing and mindful meditation with a bear named Pooh.



#### Amanda Cannon Yoga Instructor


Amanda Cannon is an experienced and certified yoga teacher who is trained in many styles of yoga. She has been teaching in the Tallahassee community for over 10 years. Currently she teaches in her small Restorative Yoga studio inside her home, at Premier Health and Fitness Center, Westminster Oaks and at Faith Presbyterian Church.




#### Sheldon Steen Worship Leader


As a (nearly) lifelong Presbyterian, Sheldon has been working in ministry for eighteen years, earning a Master of Divinity and Master of Theology from Columbia Theological Seminary. He received his PhD in Religion from FSU in 2023. He was called to Christ Presbyterian Church in June, 2020.

Registration is now open for the Dogwood Acres fall adult retreat, and spots are filling up quickly!

 Reset 2025: A Weekend to Restore and Refresh

 September 12-14, 2025


 Dogwood Acres Retreat Center

 Cost: \$240 (all-inclusive)

Take time this fall to pause and care for your mind, body, and spirit. This peaceful weekend will include:

- Gentle yoga and guided meditation
- A relaxing kayak excursion
- Inspiring speakers and worship
- All meals and cozy lodging in the heart of nature

It's the perfect getaway to reconnect with God, yourself, and others.

 [Register today here.](#)

Whether you've been to Dogwood Acres before or this will be your first visit, Reset 2025 is an invitation to breathe deeply and begin again.