

# MONTH AT A GLANCE

There is an old adage that "**The longest journey we make in our lives is the 18 inches from your head to your heart.**" As we prepare for Lent, I'm inviting you to make that journey from head to heart. We've spent the last month taking on big heady questions about God and faith. Throughout Lent, we'll be exploring how spiritual disciplines can help us grow in faith, not just in how we think about God but in how we commune with God--in prayer, study, service, worship, fasting, and more. Those practices tap into our heart's yearning to be with God in a variety of ways.

As we tend to the heart, it's fortuitous that Lent begins this year on Valentine's Day. I know you have lots of choices on Valentine's Day, but I want to challenge you to put your love of God front and center that night. I hope you'll consider coming to Middle Ground for dinner and worship, which that night will include the imposition of ashes. As you begin Lent, you can prayerfully consider what practice might help your heart grow closer to God.

Finally, I want to encourage you to come to worship THIS Sunday, February 4th. During worship, we will welcome 7 new members! Following worship, stay for a brief but important congregational meeting. This is your chance to hear good news about the church (there's lots of it!), to hear about the budget and approve changes to your pastors' terms of call. Most especially, though, we'll have an extra moment to say a special word of thanks to Bill Humphries. Bill has served as treasurer for nine years and we are so grateful for his incredible service. In joyful news, Debbie Fox has stepped up to the plate and is excited to take on this new role as treasurer. Join me Sunday in thanking both of them!

**PEACE,**  
**PASTOR KATIE**



## WORSHIP TOGETHER IN FEBRUARY

FEBRUARY 4

### The Free-Flowing Spirit

Mark 1:9-13 and 1 Corinthians 2:6-13

Pastor Katie, preaching  
Communion, New Members,  
and Annual Congregational Meeting

FEBRUARY 11

### The Church Inside Out

Luke 15:1-7; Job 2:11-13

Mark 11:15-17; Exodus 14:10-16

Genesis 4:2-8

Pastor Emma and MPC Youth leading  
Youth Sunday and Souperbowl of Caring

### Lent Sermon Series: Practicing Faith with Philippians

*We make the shift from heady theological questions to matters of the heart this Lent. As we journey alongside the Philippians in scripture, you're invited to explore a variety of spiritual disciplines that help us experience our faith. Each week in worship will include an interactive response as we journey toward the cross.*

FEBRUARY 18

### Worship & Rejoice!

Philippians 4:4 & Matthew 4:1-11

Pastor Katie, preaching

FEBRUARY 25

### Giving & Receiving

Philippians 4:3, 15

Pastor Emma, preaching

## M ANNUAL CONGREGATIONAL MEETING

Sunday, February 4 @ 12 pm

Following worship on February 4, we will receive the annual report, hear an update on church finances and the 2024 budget, and vote to amend our installed pastors' terms of call. We will also receive new members during worship. We hope you'll join us in worship on this important Sunday!

# Spelman College GLEE CLUB

Supporting the  
Nancy Frampton  
Rising Artist Series

## SPELMAN COLLEGE GLEE CLUB BENEFIT CONCERT

Saturday, February 3 @ 7 pm

[Click here for tickets](#)



On Saturday, February 3, 2024 at 7 pm, Morningside Presbyterian Church hosts a fundraising concert featuring the Spelman College Glee Club with donations going toward the Nancy Frampton Rising Artist Series. The Glee Club is Spelman College's premier performance organization which sings for most campus events. It has had the unique opportunity to perform with the Atlanta Symphony Orchestra, opera singer Jessye Norman, and as part of the annual Dr. Martin Luther King Jr. celebration. And now this superb choir will kick off their own celebration of the 100th anniversary year of Spelman College and our 2024 Season of the Nancy Frampton Rising Artist Concert Series on the same night. Tickets on sale now!



### VOLUNTEERS NEEDED

Sundays at 9:45 am



Click the buttons to sign up to teach or assist in Sunday School classes for Children and Youth in the weeks coming up. Please consider signing up to help with at least one or two Sundays.

[Children's Sunday School](#)

[Youth Sunday School](#)

### SOUPER BOWL OF CARING & YOUTH SUNDAY

Sunday, February 11



Join us on February 11 for a special service created and led entirely by the Youth @ Morningside! During this service we will also take up our [Souper Bowl of Caring](#) offering. This annual collection is part of a national, youth driven initiative to help end hunger in local communities. 100% of the money collected that day will go to our friends at Intown Cares to help them stock their food pantry that feeds over 400 households weekly!



### SHROVE TUESDAY PANCAKE SUPPER

Tuesday, 2/13  
@ 5:30 pm

### MIDDLE GROUND & ASH WEDNESDAY

2nd & 4th Wednesdays  
@ 6:30 pm



We're back and we're flipping pancakes in 2024! Wear your PJs and join the MPC and MPP communities for a pancake supper and special show from the Magic Man. Dinner is served beginning at 5:30 pm with the Magic Man show beginning at 6:15 pm. Guests are encouraged to bring a non-perishable food item to donate to our mission partner, Intown Cares. Click [here](#) to RSVP.

**Are you an expert pancake flipper? We need your skills! Volunteer by clicking [here](#).**

Middle Ground is a short-form casual worship service around the dinner table. On Wednesday, February 14, the worship service portion will center on the contemplation of **Ash Wednesday** and the Lenten Season.

- 5:30-6:00** - Social time for adults in the Fellowship Hall and supervised time on the playground for kids
- 6:00-6:30** - Dinner for all ages
- 6:30-7:00** - Middle Ground worship and discussion; Children are dismissed to choir or childcare

## CHILDREN'S CHOIR

Wednesdays @ 6:30 pm

Miss Rosie welcomes kids to choir on Wednesdays at 6:30 pm with an optional pizza dinner beforehand at 6 pm. All kids 4 years old - 3rd grade are encouraged to come sing.

- Rehearsals February 7, 14, 28
- Sing Sunday, March 3
- Rehearsal March 13 & 20
- Rehearsals April 10, 17, 24 and May 1
- Sing for Children's Sabbath, May 5
- No rehearsals 2/21, 3/6, 3/27, or 4/3.

Choir will conclude on May 5. We look forward to helping these young singers prepare to lead in worship.



# Looking Ahead

**LENTEN BOOK STUDY:** *Being Mortal*  
Sundays, February 18-March 24; 7-8pm on Zoom  
Interested in a chance to dig deep into a topic together during Lent? Pastor Katie will lead a Lenten book study on the book *Being Mortal* by Atul Gawande, an American surgeon and author who reflects on life, death, and meaning making. This book study is designed to read 1-2 chapters and allow time for reflective conversation each week. To sign up or learn more, email [Pastor Katie](#).

## Holy Week

### PALM SUNDAY

Sunday, March 24

Gather on the front steps of the sanctuary at 10:30am to process into worship together waving palms.



### MAUNDY THURSDAY

Thursday, March 28

Potluck Supper & In-home Communion  
We continue the beloved tradition of gathering in small groups in member's homes for a shared meal and a worship service in which we remember the Last Supper together.

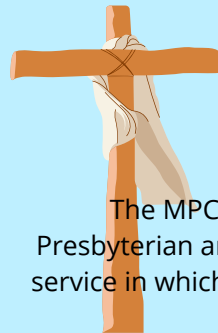


### GOOD FRIDAY

Friday, March 29

Tenebrae Service with Special Music at Central Presbyterian

The MPC choir partners with the choirs of Central Presbyterian and Covenant Presbyterian for a tenebrae service in which we remember the crucifixion story with scripture, music, and darkness.



### EASTER EGG HUNT

Saturday, March 30

The Morningside community is welcome to join the annual "Running of the Eggs" on the front lawn of the church.



### EASTER SUNDAY

Sunday, March 31

9:00 am and 11:00 am

Join us to celebrate the Resurrection with scripture, communion, and special music.



## JANUARY SESSION RECAP

Your Session has been hard at work in January preparing to kick off 2024 with gusto. In an effort to help you be aware of the work of the Session, here are some of the things that the Session acted on at its January meeting:

- Approved dates for special offerings throughout 2024
- Approved a 2024 operating budget
- Reviewed values and hopes and shared reflections from Mission Insights on the Morningside neighborhood's needs and values.
- Received a report from the deacons about their hard work, including sending Valentines care packages to college students
- Celebrated a successful commitment season
- Renewed Rev. Amanda Kemery's contract and terms of call
- Discussed how to build relationships with our Jewish and Muslim neighbors, especially with Shearith Israel in the Morningside neighborhood
- Elected Presbytery commissioners for the February Presbytery meeting
- Prayed for a number of our church members facing difficulty

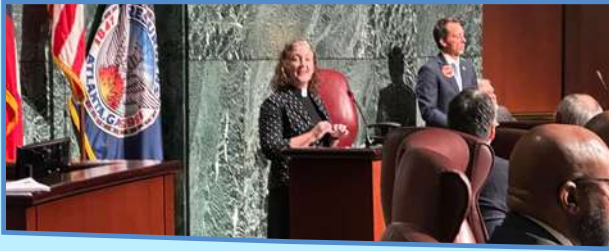
Continue to be in prayer for your elders and deacons as they lead our ministry teams for the coming year!

# PICTURES OF JANUARY

PASTOR KATIE

THEOLOGY ON TAP

ATL CITY COUNCIL

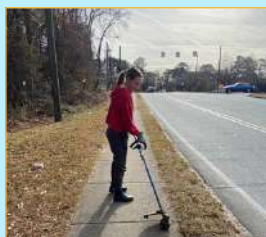


MALCOLM MITCHELL

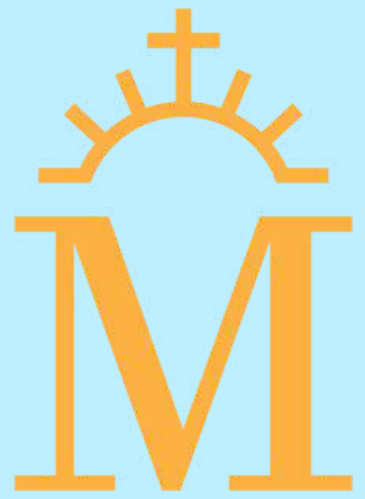


## MLK WORKDAY

MEMORIAL DRIVE MINISTRIES



# CONFIRMATION



# ONE GRAY HAIR

VAN JENSEN

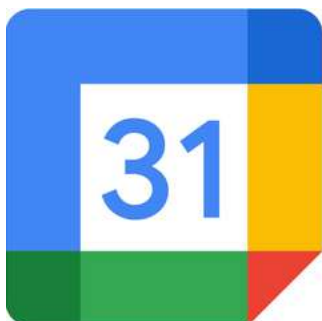


# MIDDLE GROUND 2ND & 4TH WEDNESDAYS



# MPC GOOGLE CALENDAR

Click [here](#) to add the MPC Events calendar. This public calendar will help you keep track of all the church-wide events happening at the church. We will add as many events and details that we have, so you can have them too!



# VACATION BIBLE SCHOOL

We can't wait to host everyone at "Camp Firelight" this summer, **June 10-14**. Registration opens this month!

# Affinity Groups



## MPC Men's Coffee

Fridays @ 8 am

Men of MPC are invited to stop-in for coffee and conversation. Meet at Press & Grind Coffee on Fridays at 8 am. Contact [Mark Gilbreath](#) for info.

## Friends at Morningside

2/7 & 2/25

FAM, MPC's young adult group will meet twice in February. Meet at the Family Dog on Wednesday, February 2 at 7 pm. The next meeting will be on Sunday, February 25 after worship. Email [Pastor Emma](#) for more info on the group.



## MPC Couples & Friends

Saturday, 2/10 @ 12 noon; offsite

This group meets at Kathy & Alan Bremer's home to celebrate this group's 20th anniversary. Joanna and Al Adams will be in attendance. They founded the group 20 years ago. Please RSVP to [Kathy Bremer](#) so she knows how many to expect.



## Theology on Tap

Tuesday, 2/20 @ 7 pm; offsite

Theology on Tap meets on Tuesday, February at 7 pm. Details on location and program topic to be determined! Stay tuned! Email [Pastor Emma](#) for more info on the group.



## RHO Readers

Sunday, 2/18 @ 12:30 pm; Room 201 or Zoom

The RHO Readers book selection for February is *Being Mortal* by Atul Gawande. Pastor Kaite will lead the discussion. In his bestselling books, Atul Gawande, a practicing surgeon, has fearlessly revealed the struggles of his profession. Now he examines its ultimate limitations and failures-in his own practices as well as others'-as life draws to a close. Riveting, honest, and humane, *Being Mortal* shows how the ultimate goal is not a good death but a good life-all the way to the very end."

**February 18:** *Being Mortal* by Atul Gawande

**March 17:** *Under the Whispering Door* by T.J. Klune

**April 21:** *Godfall* by Van Jensen

**May 19:** *The Heaven and Earth Grocery Store* by James McBride

**June 16:** *Master Slave Husband Wife* by Ilyon Woo

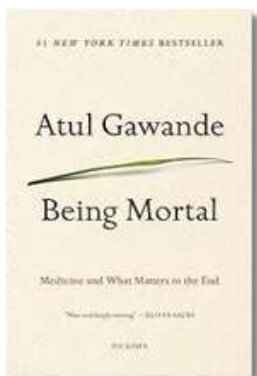
**July 21:** *Loot* by Tania James

**August 18:** *The Covenant of Water* by Abraham Verghese

**September 15:** *Remarkably Bright Creatures* by Shelby Van Pelt

**October 20:** *Frozen River* by Ariel Lawhon

**November 17:** *Everyone in My Family Has Killed Someone* by Benjamin Stevenson



# february birthdays

- 1 FIONA HARRIS
- 2 TOM DANIEL
- 2 JAKE MCPHERSON
- 3 EMMETT ROACH
- 5 KIRK ADAMS
- 5 ALEX PAGE
- 7 WILLIAM KITCHENS
- 9 LESLIE GRANT
- 10 WILL LEWIS
- 11 HEATHER REGNAULT
- 12 WHITNEY FOWLER
- 12 DOMINICK TRESCHITTA
- 12 FINLEY WATTS
- 14 MICHAEL PITTMAN
- 15 LUKE HODSON
- 15 MINNIE VANDERMEER
- 17 LIZA BURKE
- 18 LEO LIBBY
- 19 JENNIE STOCKSTILL
- 20 EMMETT MASHBURN
- 20 LIZ MILLS
- 20 KRISTINA RUNDQUIST
- 23 PRESTON BARNETTE
- 24 GEORGIA MARSHALL
- 24 ELLIE SPEARS
- 27 CURT BARRETT
- 28 BETH BAER
- 29 NANCY CUNNINGHAM



## RHO READERS' BOOKS FOR 2024

Save the dates on your calendar for this year's books and the leaders of each month's discussion.



MISSION @ MORNINGSIDE

Researched & compiled  
by Jill Klotz

# SERVE TOGETHER

"Don't ask what the world needs.  
Ask what makes you come alive, and go do it.  
Because what the world needs is people who have come *alive*."

- Howard Thurman



## MLK WORDAY REPORT

The annual MLK Workday on January 15 was a huge success! Thank you to 51 volunteers of all ages and stages who cleared brush, picked up trash, and spread mulch on the playground at the Memorial Drive Ministries campus. Many thanks to those who organized this event and to all who worked that day! See more pictures on page 4.



## ADVENT FOOD DRIVE & SNACK BAGS FOR INTOWN CARES

- Many thanks to everyone who donated food for the **2023 Advent Food Drive**. Morningsiders donated 211 lbs and Morningside Preschool donated 64 lbs!
- Club 46 packed almost 100 snack bags for our friends at Intown Cares! The bags weighed in at 459 lbs of food! Thanks to the kids for their hard work and their families for bringing supplies.

## INTOWN CARES VOLUNTEER OPPORTUNITY

Click [here](#) to sign up to volunteer in the Food Pantry at Intown Collaborative.



- Ramen Noodles
- Shelf-Stable Milk\*
- Pasta & Pasta Sauce\*
- Fruit Cups
- SPAM\*
- Instant Oatmeal/Grits\*
- Bottled Water
- Utensil Packs
- Cereal
- Tuna Packets\*
- Cereal
- Tuna Packets\*
- Canned Veggies (pop-top)\*
- Instant Coffee\*
- Canned Meats\*
- Jelly\*
- Canned Soup (not condensed)
- Can Openers



## INTOWN CARES PANTRY NEEDS

Thank you for your generosity in the Intown Cares Advent Food Collection. The Pantry continues to have needs. Use this list to donate the current greatest needs. The items with an asterisk indicate items they are completely out of at the pantry. Drop off donations at McIver Hall on Tuesdays, Fridays, and Saturdays from 9 a.m. - 12 p.m. Enter the pantry through

the door on the right side. Please scan the QR code with your phone and fill out the form so that IC can record your donation. If you need a weight total, please be sure to let IC know at the time of donation that you are from MPC. Please do NOT donate expired foods.

## GROCERY DELIVERY



## INTOWN CARES

**Sign up here** to deliver groceries to Maggie Russell Towers. *New dates for 2024 are available!* Each delivery date can use a driver and a ride along helper. Meet at MPC at 10:15 am, and then travel to Intown Cares where you load groceries into van at 10:30 am then head out for delivery. Deliveries take 1-2 hours.

- Hats
- Coats
- Hand/Foot Warmers
- Sleeping Bags
- Gloves
- Socks
- Blankets



## DONATE COLD WEATHER GEAR

Donate new and gently used cold weather gear to Intown Cares for our neighbors. Drop off your donations at the Food Pantry, Fridays 9am-12pm. Email [Laura DeGroot](mailto:laura.degroot@intowncares.org) if you need to arrange an alternate drop-off day or time.

## GIPL GREEN TEAM SUMMIT

Saturday, Feb. 3  
@ 10 am



Georgia Interfaith Power & Light's annual Green Team Summit is at Oak Grove UMC on Saturday, 2/3 from 10 am to 4 pm. The theme is "Rooted in Resilience." Participants learn practical insights for cultivating climate resilience in local communities, building a resilient democracy by advocacy for environmental just policies, and nurturing a resilient faith that embodies hope and inspires action. Learn more and register ASAP by clicking [here](#). Contact [Jeanne McCarthy](#) for more information.



## DOBBS GLOW PARTY

MPC sponsored a Glow Party on Friday, January 19 and a grand time was held by all. 191 Dobbs students met their Measure of Academic Progress aka "MAP testing" reading and math goals! Many thanks to Jen James for organizing this event! For more info about volunteer opportunities, contact [Jen James](#), [Bill Means](#), or [Leslie Prince](#).

An evening with founding  
Chattahoochee Riverkeeper  
**Sally Bethea**  
THURSDAY  
FEB. 15  
7 PM

UUCA  
unitarian universalist  
CONGREGATION OF ATLANTA

FREE BOOK TALK AND Q&A  
FULLY-ACCESSIBLE SOCIAL HALL  
2650 N. DRUID HILLS RD. NE  
ATLANTA, GA 30329

Keeping the  
Chattahoochee  
Sally Sierec Bethea

## VIRTUAL ADVOCACY TRAINING



Tuesday, February 6 @ 7 pm

The 2024 General Assembly is just a few weeks away. Register for Presbyterians for a Better Georgia's Virtual Advocacy Training via Zoom. Experienced policy advocates will teach you effective ways to communicate with legislators. You'll learn to advocate with them about PBG's primary issues: affordable housing, eliminating homelessness, and better access to health care for all. We'll have info as well about particular issues central to this year's legislative session. Click [here](#) to register.



## EMRAN AFGHAN FAMILY

Our sponsored refugee family's son, Tawwob Emran arrived and is home! He was born 4 weeks early on November 26 and spent 40 days in CHOA NICU. He had a low birth weight and other complications but was discharged on 1/4 and everyone is thrilled! The family sends their gratitude to everyone who sent baby supplies, clothes and equipment. They are truly thankful. Mother and baby need a ride to a medical appointment at Children's Advanced Pediatrics at 1400 Tullie Rd (North Druid Hills and I-85) on **Monday, February 12** at 9:00 am. Pick up time would be 8:30 am. This would be a drop-off and pick-up only unless you prefer to stay. Estimated time for the appointment is 1-2 hours. The volunteer can be male or female. Please contact Holly Campbell at 404-435-0676 if you can help.

INTOWN CARES  
**Heart + Home**  
SAVE THE DATE  
MAY 4, 2024





## CLIFTON DINNERS

Did you know that every other month, Morningsiders serve dinner to the men of [Clifton Sanctuary Ministries](#)? We hope you'll join us in March to make and serve dinner! Contact [Ann Watson](#) and [Joe Floyd](#) to help with this mission opportunity.



## MPC C.A.R.E.

Cultivating Awareness Renewing Energy

### CLIMATE CHANGE WORLD CONFERENCE

Pastor Emma and CARE team lead, Jeanne, attended the Christian Leadership in a Climate Change World Conference. It was such a gift to learn more about the Georgia coast, connect with other leaders, hear incredible speakers on creation care in scripture, theology, advocacy, and worship, and to think seriously about how our community can do more for our incredible planet. Thanks to our friends at [Georgia Interfaith Power & Light](#) and [Creation Justice Ministries](#) for making this powerful event happen.



Resolve to spend more time in nature in 2024!

- Go on wildflower walks in early spring and early fall.
- Hike, walk, fish or raft in one of the 15 riverside units of the Chattahoochee River National Recreation Area.

Are you still thinking about New Year's Resolutions? How about something to make you feel better and appreciate God's creation with a 100% guarantee...

Here are a few suggestions for what to see and do — from the state's majestic mountains to its amazing coast to hikes close to home:


- Visit some of Georgia's 49 state parks, most of which have superb hiking and walking trails from which an abundance of native flora and fauna can be observed. Several parks offer guided nature walks during the year. Think about buying an annual pass.
- Take a long weekend trip to see a variety of birds in different habitats on Georgia's Colonial Coast Birding Trail.

*-Used with permission from Charles Seabrook and his column Wild Georgia in the Atlanta Journal & Constitution.*

Better yet, join MPC CARE on one of their many nature hikes, walks and outings coming up in 2024!

For more info contact [Jeanne McCarthy](#) or [Hannah](#) with Georgia Interfaith Power & Light.



SUN	MON	TUE	WED	THU	FRI	SAT
				1 <b>11</b> Fitness with Pam <b>12</b> Centering Prayer <b>4</b> Tai Chi Class	2 <b>8</b> Men's Coffee (Offsite)	3 <b>9</b> Presbytery Mtg @ Roswell <b>9</b> Grace AA Group <b>10</b> GIPL Summit <b>7 Spelman College Glee Club Benefit Concert</b>
4 <b>9:45</b> Sunday School <b>11</b> Worship with Communion <b>12</b> Annual Congregational Mtg <b>12:30</b> Deacons Mtg <b>12:30</b> Worship & Arts Mtg <b>6</b> Youth Group	5 <b>9</b> Partner with the Preacher	6 <b>11</b> Fitness with Pam <b>1</b> Staff meeting <b>7:30</b> Handbell Choir Rehearsal	7 <b>6:30</b> Children's Choir <b>7:30</b> Chancel Choir Rehearsal	8 <b>11</b> Fitness with Pam <b>12</b> Centering Prayer <b>4</b> Tai Chi Class	9 <b>8</b> Men's Coffee (Offsite)	10 <b>9</b> Grace AA Group <b>12</b> MPC Couples & Friends (Offsite)
11 <b>Youth Sunday</b> <b>9:45</b> Sunday School <b>11</b> Worship & Baptism <b>12</b> Fellowship	12 <b>9</b> Partner with the Preacher <b>7</b> Session Mtg	13 <b>10:30</b> IC Grocery Delivery <b>11</b> Fitness with Pam <b>1</b> Staff meeting <b>5:30 Shrove Tuesday Pancake Supper</b> <b>7:30</b> Handbell Choir Rehearsal	14 <b>Ash Wednesday</b> <b>5:30</b> Middle Ground <b>6:30</b> Children's Choir <b>7:30</b> Choir Rehearsal	15 <b>11</b> Fitness with Pam <b>12</b> Centering Prayer <b>4</b> Tai Chi Class	16 <b>8</b> Men's Coffee (Offsite) <b>5</b> Club 46	17 <b>9</b> Grace AA Group
18 <b>9:45</b> Sunday School <b>11</b> Worship <b>12:30</b> RHO Readers	19 <b>9</b> Partner with the Preacher	20 <b>1</b> Staff meeting <b>7</b> Theology on Tap <b>7:30</b> Handbell Choir Rehearsal	21 <b>7:30</b> Chancel Choir Rehearsal	22 <b>12</b> Centering Prayer <b>4</b> Tai Chi Class	23 <b>8</b> Men's Coffee (Offsite)	24 <b>9</b> Grace AA Group
25 <b>9:45</b> Sunday School <b>11</b> Worship & Handbells <b>12</b> Fellowship <b>12:30</b> 100th Anniversary Mtg <b>6</b> Youth Group	26 <b>9</b> Partner with the Preacher <b>6:30</b> Women's Roundtable (Offsite)	27 <b>10:30</b> IC Grocery Delivery <b>1</b> Staff meeting <b>7:30</b> Handbell Choir Rehearsal	28 <b>11</b> Dobbs Reading Buddies <b>5:30</b> Middle Ground & MPC Kids! <b>6:30</b> Children's Choir <b>7:30</b> Chancel Choir Rehearsal	29 <b>12</b> Centering Prayer <b>4</b> Tai Chi Class	