



Salisbury Presbyterian Church

CALLED TO FOLLOW JESUS CHRIST

October 8, 2009

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Preparing for the Flu Season

We don't know whether our community will be affected mildly or severely by the onset of the flu season, but here are some things you should know:

Our staff and ministry areas are working on plans for any eventuality. We may need to change the way we do things in worship, education, fellowship and perhaps in other areas of our common life. We'll keep you posted.

Pray for those who are affected or at high risk for infection such as the elderly, the medically fragile, pregnant women and the very young children.

Contact your primary care physician (PCP) to determine if you should have a flu shot.

Wash your hands frequently and well. Both the seasonal flu and the H1N1 flu spread through the coughs and sneezes of people who are sick. Use hand sanitizers, which you will find throughout the building.

If you become ill, please stay home and do not risk infecting others. Contact your PCP right away. If you develop breathing problems, pain in your chest, constant vomiting or fever that keeps rising, go to the emergency room.

Contact the church and let us know your condition and how we may assist. (804) 794-5311.

Sing the Songs of Bethlehem

Come sing with Chancel Choir this Christmas Season!

Join us for 8 rehearsals as we prepare this beautiful **Lessons & Carols** service by K. Lee Scott. The music includes familiar carols and original pieces all supported by the a chamber orchestra. A listening CD and choral score will be provided. Please contact Dr. Mark Patterson, Director of Music, with any questions at 794-5311 or mpatterson@salisburypc.org.

Rehearsals begin on Wed. October 21, at 7:30 PM. Please visit the website for the [rehearsal schedule](#).

Youth vs. Adult Softball Challenge

Beginning at 2:30 PM this Sunday, the Fellowship Committee will host the **2nd annual Youth vs. Not So Youth Softball game**. All players and spectators (hecklers) are invited to come and participate. Bring whatever equipment you have at home and come ready to have fun and fellowship. The youth are ready to win and tie the series.

A big thank you to Joel Leonard for helping with the office phones while our office assistant, Teri, was on vacation.

To access the prayer list/concerns, click on [Prayer List](#)

Request to be removed from our mailing list. [Click here](#)

Calendar

- Sat. Oct. 10, 9 AM
Women's Retreat
- Mon. Oct. 12
Preschool Closed
- Tue. Oct. 13, 10 AM
Jubilation Rehearsal
- Wed. Oct. 14, 6:30 PM
Salisbury Ringers
- Wed. Oct. 14, 7:30 PM
Chancel Choir Rehearsal
- Sat. Oct. 17, 9 AM
Blood Drive
- Sat. Oct. 17, 8:30 AM
Fall Work Day

Website Calendar

Sunday Preview

Sermon: "Pray then in this way..."

Part 4: The Mistakes

- 9 AM—Breakfast
- 2:30 PM—Youth vs. Adult Softball Game
- 4 PM- Junior Choir—Choir Room
- 4 PM- Cherub Choir—205
- 4 PM-Music Makers—204
- 5 PM—Sr. High Choir
- 5 PM—Middle School Youth
- 6 PM—Youth Dinner
- 6:30 PM—Sr. High Youth
- 6:30 PM—Middle School Choir

Questions or comments?
Email us at [SPC Office](#).