

Saint Paul United Methodist Church

ST. PAUL'S PAGES

Phone: 540-382-2410
E-mail: info@stpaulvaumc.org
Web: www.stpaulvaumc.org

NOVEMBER 2010



Open hearts. Open minds. Open doors.

The people of The United Methodist Church®

Saint Paul United Methodist Church

ST. PAUL'S PAGES

NOVEMBER, 2010

PASTOR'S ARTICLE

November is upon us and with the arrival of this month we find ourselves thinking about special holidays and seasons. Thanksgiving Day will come quickly and many of us will be spending time with family and friends, sharing meals and celebrating the good things that inspire gratitude within us. The holy season of Advent will begin with the last Sunday of this month and so we mark the beginning of the annual journey that helps us to prepare for the celebration of Christmas. The coming of these celebrations remind me that I have much to be thankful for; many things to give praise to God for. I have found a prayer by John Baillie (1886-1960) that summarizes the gratitude and praises that I feel in my life. I hope that it will inspire your own praise and thanksgiving to God.

I praise thee for the life that stirs within me:

I praise thee for the bright and beautiful world into which I go:

I praise thee for earth and sea and sky, for scudding cloud and singing bird:

I praise thee for the work thou hast given me to do:

I praise thee for all that thou hast given me to fill my leisure hours:

I praise thee for friends:

I praise thee for music and books and good company and all pre pleasures.

(Copied from The Complete Book of Christian Prayer,

The Continuum Publishing Company, 1997)

Pastor Michael (Psalm 146)



<i>Birthdays</i>	2
<i>Bible Study</i>	2
<i>Preschool</i>	2
<i>See You Soon</i>	3
<i>Newsletter</i>	3
<i>Christian Attitude</i>	4
<i>Christmas Store</i>	5
<i>Youth Coordinator</i>	5
<i>Communion</i>	5
<i>Sunday School</i>	6
<i>BUZZ</i>	6
<i>Journey</i>	7
<i>Advocate</i>	8
<i>Wordsearch</i>	9
<i>Give thanks</i>	10
<i>Life Line</i>	11
<i>UMW</i>	12
<i>Scout Calendar</i>	12

Adult Bible Study

Beginning on Wednesday, December 1, our wonderful Wednesday program for adults will be "The Birth Narratives". This is an eight week Bible study that focuses upon the birth stories of Jesus. This program has been produced by The Efirid Bible Study Series. Special attention will be given to the different emphasis found in the Gospels of Luke and Matthew. Please contact the church office to sign-up and to request a copy of the participant's workbook.



Pre School

St Paul Preschool has two openings in the 4 year old class. They meet on Monday, Wednesday, and Friday mornings. If you are interested in enrolling your child or know someone who is, contact the church office.



November Birthdays

- Elizabeth Blount—1
- Charles Whitescarver—2
- Julie Clark— 3
- Donna Chafin— 4
- Mary Lee Bush—5
- Sue Speed— 6
- Mike Gummer— 7
- Matthew Feggeler—8
- Susan Hood—10
- Joyce Kanode—10
- Karen Poff—11
- Ava Grayce Tucker—12
- Karen Birchfield—13
- Vivian DeHart—14
- Alan Sherman—16
- Greg Thompson—19
- Pat Paxton—20
- Terri Mitchell—21
- Jordan McCoy—22
- Matt Birchfield—23
- Kris Peter—24
- Nora Tucker—25
- Bruce Schleicher—25
- Sandy Cox—27
- Kady Cox—29
- Bill Lyons—30



See You Soon!

By the time you read this, Penny and I will be in Rwanda, Africa, visiting with Valerie, Casey, Riley, Reece and Rowan! We will be gone from October 11 until the 6th of November on a whirlwind trip! Wow, just think, I will be on the African Continent and to see what we will see! Whoda thunk it!

We want to thank you for your concern for us and your prayers for our trip. It will be wonderful to see Valerie and Casey, and to see how Riley, Reece and Rowan have grown. Riley will be 5 years old and the twins, Reece and Rowan will be three in January. Wonders never cease to amaze how our children and grandchildren grow and change.

So, we will see you in November, as the crow files, the winds howl, and the snow flurries blow! Keep the faith, love the Lord, and keep up the good work of ministry and service to others!

December/January Newsletter

THE NEXT NEWSLETTER PUBLICATION WILL BE A DECEMBER/JANUARY NEWSLETTER.

THE DEADLINE WILL BE NOVEMBER 19TH. PLEASE HAVE YOUR ARTICLES IN BY THIS DAY.

Having a Christian Attitude

You may remember some years ago a “Statement of Relationships and Conduct” that was developed by The Staff/Parish Committee and the Council on Ministries. It was a helpful reminder of how we as Christians ought to behave toward one another. It is always a good thing to be reminded that our first goal is to seek to love God, and then in the same “breath” and attitude, to love one another!

So, to refresh our memory and to renew our Christian attitude toward one another, here are some reminders. I hope they are of help to you, and me, and us together! Thanks for being a part of our Christian Family!

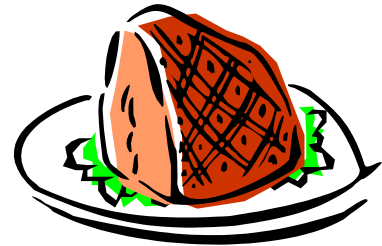
1. We will respect each other as sisters and brothers in faith, with an attitude of love and concern.
2. We will create and further an attitude and environment of hospitality for all persons, male and female, which is free of harassment, either of a physical, mental, or sexual nature.
3. We will respect each person, regardless of age, sex, or position.
4. We will nurture an attitude and atmosphere which values the dignity, self-worth, and personal nature of each person.
5. We will relate to each other in a civil and respectful manner, so that in our differences of opinions, we will disagree without being disagreeable. In this way, we will use language and actions which are sensitive, caring and respectful.

As you might well imagine, these are just a few of the “attitudes” and ways of relating to each other in a Christian setting, in the church and beyond, which speak most clearly of our faith, our hope, and our love for Jesus Christ. In this way, we witness to how God wants us to live in a community with each other, one another, and other persons!

Doug Kanney,
Minister of Discipleship Care

Montgomery County Christmas Store

It is getting that time again. We, at St. Paul Church contribute to the Montgomery County Christmas Store by donating money to purchase hams for the families who benefit from this mission. Our goal is \$3,000 and \$10 will purchase one ham. You may make checks payable to St. Paul UMC and mark for “hams”.



St. Paul Welcomes our New Youth Coordinator

The St. Paul Staff-Parish Relations Committee is pleased to welcome Lee Cooper to our church staff. Lee will be serving as our Youth Coordinator. Most of you know Lee as a member of the St. Paul family who has been active in education and youth activities since moving here with his family and joining St. Paul over three years ago. He comes to us with a background in children and youth ministries at Trinity UMC in Huntsville, AL as well as a career in computers/software development. Through his work at St. Paul, Lee has already developed positive relationships with our young people and plans to hit the ground running!

Communion Offering

Where does your Communion Offering go? During the month of September, we gave \$1,040 to 33 families in the Christiansburg area. This has helped these families keep their electric on, food on their table, a place to live and in other ways where there is need. Your special Communion offering makes this possible. As you can see, we have been experiencing a great demand for assistance in the past two months. Thank you for your help.

Sunday School Congrats

Congratulations to the K-1st Grade Sunday School class for offering money to purchase a flock of chicks for the Heifer Project. With a starter flock of chicks, a hungry family can get a steady supply of eggs and meat to eat. They grow better vegetables because chickens eat insects and fertilize the soil. By selling eggs and chicks they have extra income for food, medicine and school fees.

Congratulations to the 6-8th Grade class as well, for raising money to purchase a flock of ducks. Ducks are delightful creatures – good for both people and the environment. Ducks add protein to a project partner's diet from eating eggs, money in their pockets from selling eggs and ducks, and better crops in the fields, as ducks remove weeds and bugs and add fertilizer.

BUZZ

BUZZ is an important part of marketing our wonderful congregation to those searching for a church home. In order to create some BUZZ, St. Paul is distributing magnets for members to display on their vehicles.

We advertise our love of teams, pets, and even favorite vacation spots – why not tell the world about the most important group you belong to? Magnets will be available at the sanctuary entrances for a \$5 donation per magnet. Pick one up, show your church spirit, and generate BUZZ around town about St. Paul UMC! Questions? Contact Jennifer Cooper, publicity@stpaulvaumc.org or 381-5854.

In the Journey of Life

As we journey along “Life’s Way,” what is it that we want to be remembered for? Is it fame or fortune, notoriety and image, or is it something even more valuable? Let me give us something to think about. As we come to the end of the road, how is that we want to be remembered? What will be said about us, and how will our legacy be written. Here goes, hope it is of help to you!

“There are so many helpful things to do
 Along life’s way
 (Helps to the helper, if we did but know),
 From day to day.
 So many troubled hearts to soothe,
 So many pathways rough to smooth,
 So many comforting words to say,
 To the hearts that falter along the way.
 Here us a lamp of hope gone out
 Along the way.
 Some one stumbled and fell, no doubt—
 But brother, sister, stay!
 Out of thy store of oil refill;
 Kindle the courage that smoulders still;
 Think what Jesus would do today (WWJD)
 For one who had fallen beside the way.
 How many lifted hands still plead
 Along life’s way!
 The old, sad story of human need
 Reads on for time and again.
 But let us follow the Saviour’s plan—
 Love unstinted to every man and woman;
 Content if, at most, the world should say;
 “They helped their sister, their brother along
 the way!”

What a wonderful way to be remembered in life, along the way!

Doug Kanney
 Minister of Pie, Cake, Ice Cream and Fried Chicken

Virginia Advocate

Get the Virginia Advocate and be an informed United Methodist!

- See who benefits from your stewardship of time and money through our church's mission work
- Stay informed with up-to-date information on issues affecting Virginia United Methodists.
- Gain new ideas for your church from others' success stories in the Local Church news section.
- Discover how God's vision is being shared through commentary from Bishop Kammerer and others.

The Virginia Advocate costs only **\$15** for 12 issues. Or, you can subscribe for 2 or 3 years and save \$5-\$9.

Complete and clip the subscription request form below and place it, along with your payment (made payable to St. Paul and mark for "Advocate") and place in the offering plate or drop by the church office.

_____ Enter my new subscription to the Virginia Advocate

_____ Renew by subscription to the Virginia Advocate

_____ Enclosed \$15 for 1 year _____ \$25 for 2 years _____ \$36 for 3 years

Name _____

Address _____

City _____ State _____ Zip _____

Church _____ District _____

Bible Wordsearch

The Sealed Scroll 2

Wordsearch 182

Rev.5:8-14

D T I M E S T G L O R Y H L R
 O A E W O R T H Y P H T R A E
 G N C P I T O S R L G T W L I
 W G R B U N E A E N L O H L G
 I E E E O R I L E I R E M O N
 S L A R G S C R P S R O F R O
 D S T L E N T H H O D P N C I
 O R U I T S I I A G E E G S T
 M D R A E H P V N S V P N A A
 S R E D L E G I I A E H I N N
 S T S E D O K V E L U D G G I
 S E N O R H T H O U S A N D A
 E G A U G N A L R I E J I O L
 D O O L B R E W O P C I S C S
 L A M B S S E R V E N E M A E

- AMEN
- ANGELS
- BLOOD
- EARTH
- ELDERS
- FELL
- GLORY
- GOD
- HEARD
- HEAVEN
- HONOR
- KINGDOM
- LAMB
- LIVING
- NATION
- PEOPLE
- POWER
- PRAISE
- PRIESTS
- REIGN
- SANG
- SCROLL
- SEALS
- SERVE
- SLAIN
- THRONE
- TIMES
- TRIBE
- VOICE
- WEALTH
- WISDOM
- WORTHY
- THOUSAND
- PURCHASED
- CREATURES
- LANGUAGE
- STRENGTH
- WORSHIPED
- SINGING

After you find all the hidden words the left over letters spell out a Bible verse reading from the top left to the bottom right

Psalm 64

We Give Thanks

*Dear Lord, we give thee thanks today
For all the blessings that we know,
Kneeling with grateful hearts, the way
The pilgrims knelt so long ago.
For happy homes with hearthfire's glow,
Dear Lord, we give thee thanks today,
For summer's rain and winter's snow,
For joyful hours of work and play.
We take so little time to pray,
Forgive us that we careless grow.
Dear Lord, we give thee thanks today,
"Praise God from whom all blessings flow."
Whate'er the future may bestow,
Give us, dear Lord, the strength to say
Through cloud or sunshine, weal or woe,
Dear Lord, we give thee thanks today.*

Life Line Screening

Life Line Screening will be coming to St. Paul Church on Friday, November 19, 2010

Pre-registration is required. Call 1-800-324-1851 for an appointment.

The following screenings are offered:

1. **Stroke/Carotid Artery Screening**—Ultrasound evaluation of the carotid arteries that screens for buildup of fatty plaque—the leading cause of stroke.
2. **Heart Rhythm Screening (Atrial Fibrillation)** - A quick and easy test using EKG electrodes place on the arms and legs to identify the presence or absence of an irregular heartbeat at the time of the screening.
3. **Abdominal Aortic Aneurysm Screening**— Ultrasound is used to screen for the presence of an aneurysm in the abdominal aorta that could lead to ruptured aortic artery.
4. **Peripheral Arterial Disease Screening**—Evaluates for peripheral arterial disease (plaque buildup) in the lower extremities. It is 4-5 times more likely you will die from heart disease if you have peripheral arterial disease.
5. **Osteoporosis Risk Assessment**—An ultrasound measurement of the heel bone to determine abnormal bone mass density. Osteoporosis is painless and silent in its early stages.

Cost: Stroke, Vascular Disease & Heart Rhythm Package; all 4 tests for \$139.00.

Add an osteoporosis screening for \$10 more.

All tests for \$149.

***HAVE YOU CONSIDERED A MEMORIAL GIFT FOR
ST. PAUL UNITED METHODIST CHURCH?***

GREETINGS FROM THE UNITED METHODIST WOMEN:

Our fall has started off with all circles meeting and getting back into the swing of mission work.

Our unit was recognized at the Roanoke District Annual meeting as a SIX STAR Unit again this year. We have been blessed and thankful that we were able to fulfill our mission obligations thru the district.

We have begun the fall with 76 members and hope to increase that number throughout the year. Please consider visiting a circle and become a part of UMW.

We recognized 6 individuals on Oct. 17th (Laity Sunday) by presenting them with a Special Mission Recognition pin and a gift to missions in their name. Congratulations to Wayne Brockenbrough, Sandy Chapin, Deanne Lane, Agnes Payne, Vickie Sciarretta and Harvey Sowers. We appreciate the work and support you do for our church.

Our FAMILY CHIRSTMAS SUNDAY will be December 19th. We will begin with a pot-luck breakfast at 8:45am and then our children and youth will have their programs beginning at 9:45am. After this wonderful fellowship and entertainment our choir will have their Christmas Cantata. This is our first time to try this type of fellowship so I pray that you will each come and be a part of this wonderful time for celebration in our Christian faith. Watch for more information to follow in the weeks ahead.

God Bless and Thank You for your support of the UMW,
Patsy, President UMW

Boy Scout Pack 145 November Calendar

Thursday, November 4, 7:00 pm—Den 1/8
Sunday, November 7, 2:00 pm—Den 7 4:00 pm—Den 3
Monday, November 8, 6:30 pm—Den 9
Sunday, November 14, 3:00 pm—Den 10
Monday, November 15, 6:00 pm—Den 6 7:00 pm—Webelos Visit
Thursday, November 18, 7:00 pm—Den 1/8
Sunday, November 21, 2:00 pm—Den 2 4:00 pm—Den 5
Sunday, November 28, 2:00 pm—Extra Webelos
Tuesday, November 30, 7:00 pm—Pack meeting