Fenton First Presbyterian Church

Living with Christ, Serving the World

Newsletter November 2019



PASTOR S ARTICLE

Hillary Harris has always known she was adopted. She was raised by two wonderful parents in Wisconsin and it wasn't until she started a family of her own that she began to want to learn about her birth parents. She discovered much about her mother, her father and her half-sister. She collected newspaper articles and obituaries, but her birth parents had passed and she was unable to locate her half-sister. As her household grew, knowing about her birth family became a yearning she didn't anticipate and something she didn't know how to resolve.

Mark Your Calendars

November 3rd Pledge Sunday All Saints Day

November 4th
Outreach Communion

November 8th
Newsletter Submissions
Due

November 9th Turkey Dinner

November 16-17th Food Bank of Eastern Michigan Service Blitz & Lock-In

November 18th & 20th Family Promise

November 24th Christ the King Sunday

November 27st
Community
Thanksgiving Service

November 28th Thanksgiving Office Closed

November 30th Blood Drive

December 1st First Sunday in Advent

December 7th
One Starry Night

Our Spiritual lives are like this. We have gone to church all our lives. We have served, prayed, given and worshiped, and yet there seems to be a yearning that just does not get met. We might never have gone to church much, don't know a hymnal from a telephone book and still have a yearning that is a spiritual hunger that we just can't seem to satiate. We can be searching for it all our lives and even put a name on it, but it doesn't seem to ever be filled. It is fulfilling that yearning that is the goal of Spiritual Recovery.

Spiritual Recovery is a journey of knowing ourselves and establishing an authentic and genuine relationship with God and with one another. These are relationships that are healthy and do not hurt us. They are relationships that we enter into freely and do not attempt to manipulate or malign. We are free to give to these relationships without feeling cheated or run over. If there is a violation of the relationship, we are able to express our feelings and concern without fear. Our relationships with one another should reflect the ministry of reconciliation and forgiveness we have received through Jesus.

2 Corinthians 5:18 And all these things are from God who reconciled us to himself through Christ, and who has given us the ministry of reconciliation. 5:19 In other words, in Christ, God was reconciling the world to himself, not counting people's trespasses against them, and he has given us the message of reconciliation.

Addiction, bad habits, bad behavior and manipulation are all unfulfilling attempts to fill the yearning we have in our hearts to have genuine and authentic relationships. Hillary Harris certainly wanted to have healthy relationships, especially with her half-sister. She knew so little about this mystery woman. She knew her name, who her father was and that she had won the 'Miss Loyal Cornfest' beauty pageant years ago.

One day, Hillary saw a big truck loaded with roofing supplies pull into the shared driveway between her house and the neighbor's. Without much effort she saw that the name on the shipping receipt was Dawn Johnson.

She froze. Could it be? Could the woman that her daughter had waved to every morning be something more than a neighbor? Her husband suggested she simply walk over and introduce herself and she recalls being too frightened. So many questions. So much risk of being reject-

ed-of being wrong. How could she be arrogant enough to desire to change a pleasant neighborly relationship into one with far more meaning?

Finally she and her husband went for a visit. It was awkward. It was strange. Dawn didn't know what to do with the funny looks and the halting niceties. She felt sized up and judged. Something was up, but she didn't know what.

Hillary couldn't do it. She couldn't ask Dawn face to face. So she and her husband abruptly went home. Later she picked up the phone.

"Hello, this is Dawn."

"Hi Dawn, this is Hillary your next door neighbor. Is your last name Johnson?"

"Yes..."

"Where you Miss Loyal Cornfest in 1983?"

"Yes..."

"Who's your dad?"

"Wayne Klaus, but unfortunately he passed away in 2010."

After a long silence Dawn finally said,

"You and me have the same Dad don't we?"

"Yeah, I'm your sister."

You took a risk
of faith,
and now
you're healed
and whole.
Live well,
live blessed!

So many years of yearning for both of them, completed by the simple act of being honest with each other and coming clean. To think that a shared driveway could have separated them for a lifetime. This is the ministry of reconciliation that we are blessed with through Jesus.

Do you have a shared driveway that you need to cross? Is there amends that you need to make? As we come clean with each other and develop healthy relationships with one another we learn who we really are and we begin to touch that yearning that is only ultimately fulfilled by God. This is Spiritual Recovery: recovering ourselves, recovering our relationships with each other and recovering our relationship with God.

If you want to learn more about Hillary and Dawn check out the following link:

After vears searching. I found my sister next door https://www.bbc.co.uk/news/world-us-canada-50017560

small steps every day

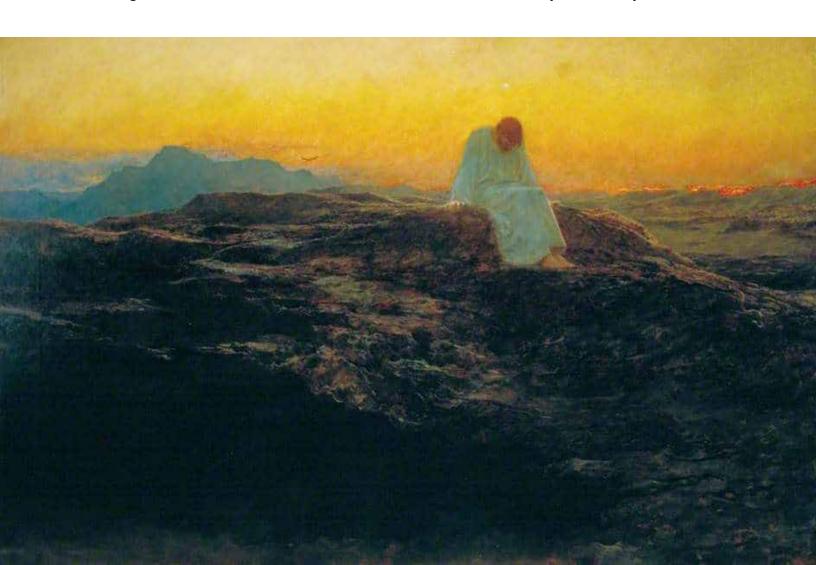
As a church we have sent Pastor Lindsey to serve as an Interim Pastor at Trinity United Presbyterian Church for a season. In this column you will find sermons, articles and stories about Pastor's Lindsey's Interim work.

The following are excerpts from a sermon that Pastor Lindsey Carnes gave at Trinity United Presbyterian Church.

"Wilderness Basic Survival Equipment-A Time of Learning" Numbers 1-2, Mark 1:4-13 Pastor Lindsey Carnes

All of us face wilderness times in our lives. Some of us have time of intense unhappiness, or go through a time of doubt, fear and frustration, we've all gone through those. But this series is not just about surviving but about thriving in the wilderness. You know, after 40 years of wandering, do you know how far they had to go if they walked straight there? Some say it would only take 11 days. If I'm wandering about in the world, and not walking in the way that God would have me go in God's direction, I'm preventing myself from receiving all that God has for me.

Throughout all their difficult times there is this stream of hope. You'll remember this story: they were hungry and grumbling and cried out to God to help fill their bellies. And what did God do? God sent the bread of heaven, manna to rain down on them. That is a strain of hope, in the middle of a desert, a desolate place, God gives them food and provides for them and gives them hope. Jesus later said, "I am the living bread that comes down from heaven." There was one day where they were out of water



and Moses calls forth water from the rock. Fast forward to Jesus whom we call the rock of our Salvation, and out of him comes streams of living water that will never be quenched.

We might not have chosen this wilderness journey, and you might not be excited about this trip. Family vacations are like that. We're in this together and we know that we're going to learn some unexpected things. But just like Jesus' 40 days in the wilderness, it prepared Him for His public ministry that was to come. It was a time of sorting out what mattered most and to get clarity about God's will for His life. The longer accounts in Matthew and Luke tell us that Jesus was tempted by wealth, fame, and power to deviate from His mission. As we follow Jesus into our own wilderness, we can see that our own wilderness time can be an important time of testing our values, looking at what is most important, and making decisions about our priorities.

We're heading out on a journey with God, and you've got to pack your bag with the things you need to survive in the wilderness. You can't pack everything; only what you can carry. Most of us don't have motorhomes, or donkeys and camels to pack up our whole household and take everything with us. Jesus told his disciples to pack lightly. Jesus went into the wilderness prepared but also dependent upon the Lord to provide for his every need.

So, what's on our packing list for this Interim time? This time between our last pastor and our new pastor? I'm here to lead your trip into the wilderness. I'm your field guide, but I am not the trail maker; only the Holy Spirit knows where we are headed. And so we've got to pack our backpack and check our packing list for the things that will serve us well in this journey to learn about our individual callings and our calling as Trinity United. We've



learned some good lessons over the years; we've had our basic wilderness training; our discipleship journey so far has prepared us with the basics. But to walk into the desert wilderness, we're going to need some specialized training. And we have the benefit of others having gone before us.

What else is on our packing list? We need our basic supplies: the shelter of our tent; a sleeping bag and ground mat to brave the temperatures at night and for comfort; we'll need protective clothing and items that can serve many purposes because you can't carry everything; we'll need sturdy shoes for endurance that won't wear out; we'll need ways to eat and drink for hydration, refreshment and energy; and we'll need a compass and map so we don't get lost.

I encourage you to stay engaged, stick to the plan, and come with us on this journey of faith into the wilderness with God as our sustainer and provider, Jesus as our companion and trail buddy, and the Holy Spirit's leading. God will use this time in the wilderness to shape us and prepare us for what is to come. God has not abandoned us to the wilderness. No, the Holy Spirit will use this wilderness to teach us trust and obedience. Wilderness experiences can yield more spiritual growth than the good times. We can be on the lookout for the Lord providing for us and we might even see miracles in the wilderness. And we have God's promise that He works all things for the good of those who love Him.

MISSION AND STEWARDSHIP

MISSION UPDATE.....









2019 CROP WALK

Approximately 30 walkers from our church supported the 2019 CROP Walk on Sunday, October 5, to reduce hunger around the world including Fenton. To encourage youth fund raising efforts, both Tina and Robbie created a "challenge" and both challenges were met. So Tina had two key lime pies thrown at her and Robbie had 50 water balloons thrown at him. A good time was had by all!

This was Fenton's 39th annual walk for the Fenton, Lake Fenton, Linden and Holly area but the 50th for the national walk. Walkers proceeded past various stations within Bush Park designed to raise hunger awareness as well as around downtown Fenton. Alternately, participants could sit and rock at one location or could do Jazzercise at another.

Approximately \$355,000 has been raised in the previous 37 years of walking to "end hunger one step at a time." One-fourth of the money raised this year will be used to support three local agencies: FISH (Food Pantry) in Linden, St. Jude's School Lunch Program and Fenton UMC Food Bank.



Food Bank of Eastern Michigan November 16th

This is a wonderful opportunity to help an agency that does so much for the hungry. Please consider joining others from our congregation on Saturday, November 16th from 9am-1pm. It will be a very rewarding experience to help people in need and putting our faith to work.



Blood Drive is scheduled for November 30th

from 8:30 to 1:30pm in Fellowship Hall. Did you know that one pint of blood saves three lives? If you wish to donate blood please contact Red cross@

1-800-733-2767 or online, <u>www.redcross.org</u> to schedule a time.

We also need volunteers to bake cookies or help in assisting with donors that day. In November a volunteer sign up sheet will be posted in Fellowship Hall. Anyone with questions should please contact Sherry Hunt or Jo Beardslee.



Family Promise November 18th & 20th: We assist the Flushing Presbyterian Church in hosting homeless families by providing dinner, evening social time, overnight hosts and breakfast. If you would like to volunteer to help in one of these areas, please see Dave Eshleman

Family Promise allows communities to develop comprehensive, holistic solutions for families facing homelessness. Families come to us in crisis; our approach of coordinated compassion helps them rebuild their lives with new skills and ongoing support..



SAMARITAS UPDATE......

Hello All.

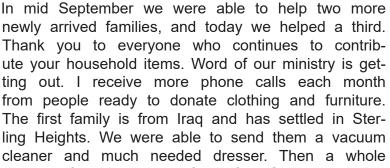
We have had a couple of packed months! I realized last week that I was overdue for writing an update on our efforts. A good deal of progress has been made! I will share the highlights.

Salah is doing just great! He has been working steadily at The Laundry, in Fenton, as a dishwasher. The staff there have made him feel welcome and appreciated. He has been riding his bike to and from work so far, but with the onset of colder weather he is looking forward to the possibility of buying a car. He took his written driving test in September and obtained his learners permit. Tomorrow he will take the road test; if he passes he will be able to get his full drivers license. Many thanks to our friends who took him to the Secretary of State for testing and to our neighbor who has been his driving coach this past month. Mark and I are not car experts by any means. Luckily a knowledgeable friend of ours has volunteered to take Salah car shopping.



Lucy, and Salah rode the ferris wheel at our town festival.

School is also going well for Salah. He should complete his second online high school course this week. Some of the lessons have been a struggle for him, but he keeps at it! Two women from our church have volunteered as weekly tutors to help him when he is stuck on a particularly tricky lesson. Without them, there is no way that he would be as far along as he is. We are continually grateful to the community that has gathered around to help him as he gets on his feet. A special thank you to the donor who sent a check for Salah to buy a winter coat. He enjoyed picking it out, and it was a great opportunity to learn about budgeting, sales tax, and comparison shopping.





Salah and his caseworker. Brittanv. car load of goods went to a family from Syria who settled explains each item to the family. carrying in donated items.

in Dearborn. Salah was able to accompany me to deliver the items directly to the Syrian family. We brought them shower curtains, towels, laundry baskets, a lamp, clothing and toys for the children, many kitchen utensils, and more.



Jonathan, and Robbie.

Today's visit was to a family from Columbia. Angle, Jonathan and their four children who arrived in Michigan one month ago. They had spent the last year and a half in a refugee camp in Ecuador and are delighted with their new home in Southwest Detroit. Robbie and Salah and I were able to bring enough furniture and kitchen items to fill both of our cars and Robbie's trailer. There were too many items to list, but Angie and Jonathan seemed especially excited about the mattress and box springs, a dresser, and a set of pots and pans. It is my hope that we can visit them again soon with a few more odds and ends that will make their house a home.

Thank you all for reading this and for your continued support! One more note of fun news: Robbie and I have recently acquired a dolly to help with heavier items (thank you Bards). We are becoming a pretty professional two person moving team:).

Peace, Sarah

STEWARDSHIP.....

PLEDGE SUNDAY IS NOVEMBER 3RD

Every year at this time we are given the opportunity to express our gratitude to God and to FFPC by indicating our support for their presence in our lives. Stewardship Sunday is November 3rd. As the goodness of God inspires us toward good works and the kindness of God invites us into God's mission to the world, let us give thanks with our time, talent and treasure.

Your faithful support enables FFPC to provide educational programming, inspiring worship, and meaningful service opportunities for our church family and the community. Your pledge allows us to wisely budget for the coming year as we strive to be a community of faith that is dedicated to helping people know, grow, share and serve as disciples of Jesus Christ.

Pledge cards should arrive by Monday, October 28th. If you did not receive a Pledge card in the mail you can pick one up in Fellowship Hall.



FINANCIALS

BUILDING FUND REPORT

We would like to recognize and THANK our members for their faithful giving to the Building Fund over MANY YEARS!

Building Fund Report As of September 30, 2019

Building Account Balance: \$18,002 Mortgage Remaining: \$223,197

Statements were mailed out mid-October. If you have any questions regarding your financial contribitions, please contact the office at 810-629-7801 or email Kelly at office@ffpc.org.

THANK YOU FOR YOUR SUPPORT







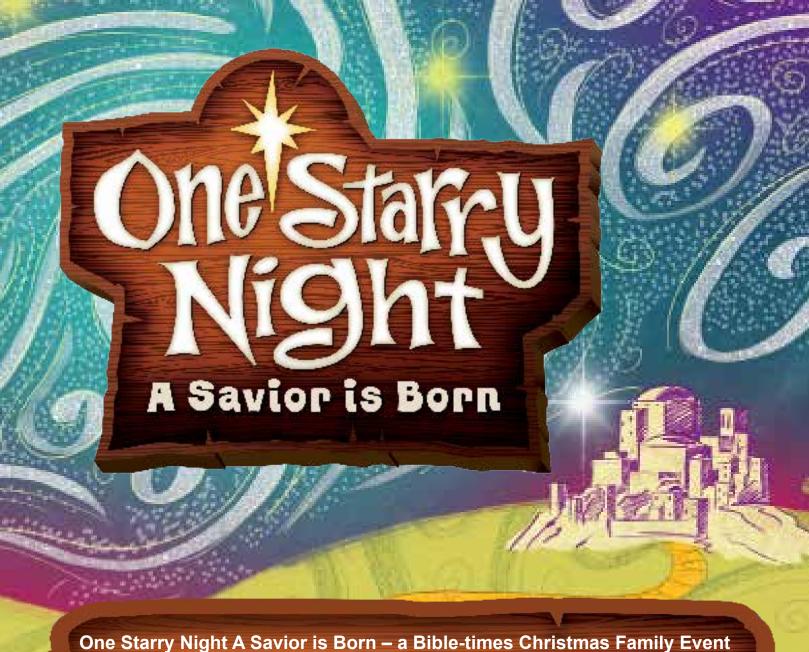


On December 3rd, 8:30am-3:30pm, FFPC has the honor of hosting a meeting of the Presbytery of Lake Huron. This gathering will see pastors and elders from across the Presbytery come to worship, pray and learn together, as well as conduct business of the Presbytery.

We need your help! We will need greeters, musicians, and folks to help make and serve lunch. We will also need people to help clean up. Please look out for sign up sheets in the near future.

The Presbytery extends as far sound as Tyrone Township and as far north as Tawas and Houghton Lake and we expect about 100 people. During this meeting the Rev. Dr. Clifton Kirkpatrick, former Stated Clerk of the General Assembly, will be our guest preacher and lead us in a discussion from the Being Reformed curriculum: "Race and Reconciliation." All are invited to the meeting.

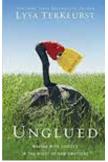
CHRISTIAN EDUCATION



One Starry Night A Savior is Born – a Bible-times Christmas Family Event Join us during Jinglefest on Saturday, December 7 between 1pm and 4pm! Ready to take your family back in time? Come to One Starry Night and experience Christmas like never before! By walking through the little town Bethlehem, you'll taste, see, and even smell what life was like when Jesus was born. Travel through the City Gate, the Inn, Stargazer Hill, the Census Taker's Office, the Stable, the Fields, and the Marketplace. You'll find stations and activities for all ages—so bring the whole family!

VOLUNTEERS NEEDED! We need roughly 40 people to play various character roles, help at the different stations including the marketplace, and direct traffic flow. See the sign-up sheet in Fellowship Hall or contact Gretchen Coles for more information.





Monday Evening Women's Study: UNGLUED by Lysa TerKeurst

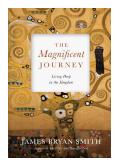
November 4 – December 9 from 6:15 – 8pm in the Video Room

Cost: \$19 for Participant book and study guide. Register in Fellowship Hall by Oct. 27 or see Tina Ritchie.

God gave us emotions to experience life, not destroy it! What do we often do with our raw emotions? We stuff, we explode, or react somewhere in between. Is it really possible to make emotions work for us instead of against us? In this Bible study participants learn how to process emotions and resolve conflicts in ways that lead to a much more peaceful life.

Filled with gut-honest personal examples and Biblical teaching, Unglued will equip you to know with confidence how to:

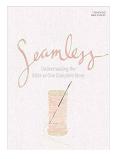
- Resolve conflict in your important relationships
- Find peace in your most difficult relationships as you learn to be honest but kind when offended
- · Identify what type of reactor you are and how to significantly improve your communication
- Respond with no regrets by managing your tendencies to stuff, explode or react somewhere in between
- And how to gain a deep sense of calm by responding to situations out of your control without acting out of control



Tuesday Morning

11:00am - 12:15pm in the Conference Room

The Magnificent Journey: Living Deep in the Kingdom by James Bryan Smith There is a road to life in the unshakeable kingdom of God, but it's not an easy journey. This book shows us the better road, the road less travelled, but the road full of riches. Led by Pastor Lindsey, newcomers welcome!



Wednesday Women's Covenant: "Seamless" by Angie Smith

Meets October 30- December 11 from 10am – Noon in Fellowship Hall See Tina Ritchie for more information

Discover the seamless thread connecting the people, places, and promises of the Bible in a whole new way. Each week features key information that ties all of scripture together into the seamless truth of the gospel message and is accompanied by maps, general Bible facts, and word studies. In this study you will:

- Understand the Bible as a whole as you change the way you look at Scripture
- Connect with the people, places and promises of God's Word in a fresh way
- Gain clarity and confidence in your understanding of Scripture
- Discover a biblical context that reshapes and brings to life stories from the Old and New Testaments

FINANCIAL PEACE CORNER



GETTING OUT OF DEBT

What to Expect on Your Debt-Free Journey

So you made the decision—you decided to kick debt out of your life forever! That calls for some serious celebrating.

But before you start dancing circles around Sallie Mae, make sure you've completed <u>Baby Step 1</u> by getting \$1,000 in the bank. If you haven't yet, back up. You'll need this money if any unwelcome emergencies try to crash the party. So buckle down, get focused, and pile up that \$1,000 <u>as fast as you can.</u>

When you're ready to start your debt-free journey with <u>Baby Step 2</u>—paying off all debt except the house—make sure you find inspiration along the way to help see you through. Millions of people have been where you are today. And you'll be where they are sooner than you know it!

Until then, check out our list of 18 things you can expect while on your debt-free journey. And remember, <u>you're in good company!</u>

- **1. You'll have some doubts.** When you face a mountain of debt, doubts are totally normal. Don't beat yourself up for having them. Instead, redirect that energy into confidence. You're doing the right thing for you and your family tree, even if no one else understands it. You've got this!
- **2. You'll get gazelle intense.** Imagine you're a gazelle grazing in the wild. Out of the corner of your eye, you see a starving cheetah, your biggest enemy. Should you sit there and wait to be hunted down or run like your tail is on fire? Run, Forrest, run! You want to get out of debt like a gazelle gets out of harm's way—fast! We call this being gazelle intense. So, find your animal instinct. You're going to need it on your debt-free journey.

More than 5 million have beaten debt this way. You can too!

3. You'll listen to (or watch) The Dave Ramsey Show—a lot. When you listen to your broke friends talk about how broke they are, you become like them—broke. But when you listen to inspirational folks talk about how they destroyed debt, you become like them—inspired! So fill your mind with daily encouragement by following us on Facebook or Twitter, listening to the podcast, experiencing the Ramsey Network on your smart speaker, or watching The Dave Ramsey Show video channel.

4. You'll start selling stuff—and lots of it. If you haven't used it in the past year, you probably don't need it. That's why Craigslist will suddenly be full of all your old camping gear, Christmas decorations, and cell phones. When you're laser focused on debt-free living, you'll start parting with all that stuff you don't need. You might even sell the car if you have to! You're just that hardcore.

- **5. You'll become a bargain shopper.** Oh, you don't coupon? Well that's about to change. It's time to get real familiar with some <u>awesome coupon apps</u> out there. Hey, if you can get something on sale or for a discount, why would you mess around with paying full price . . . ever? That's more money in your pocket and less debt in your life.
- **6. You'll make a monthly budget.** This may be your first time budgeting, or you might just be buckling down. Either way, you're going to have a handle on your income—and it's going to feel so good! Our free budgeting app, EveryDollar, makes it super easy to stay on top of things while on your debt-free journey. When you're giving every dollar a job to do, you'll know exactly where each dollar is going.
- **7. You'll start carrying cash.** Using cash to pay for things will totally alter the way you spend money. When the cash is gone, it's gone. Pretty simple, isn't it? No overdraft fees. No sky-high interest to pay. Cash is king, baby!
- **8. You'll get your family on board.** Believe it or not, this is the perfect time to start <u>talking to your kids</u> <u>about money.</u> Getting out of debt takes a team. When your kids buy into your debt-free journey, they'll stop complaining—and start saving. It's amazing. Invite them to your budget meetings and show them how important they are to making your family goals become a reality!
- **9. You'll work hard.** Sometimes it takes a second job or some freelance work to earn what you need to knock out your debt. Get creative and start finding fresh ways to <u>bring in some extra cash</u>. Whether you're delivering pizzas, driving for Uber, or house-sitting over the holidays—it all adds up. Your hard work will pay off!
- **10. You'll start thinking visually.** A goal tracker and a rewards system are small ways to turn something as boring as electronic payments into easy-to-see wins. Even a celebratory pizza party with the kids can be enough to keep you all going on your debt-free journey.
- **11. You'll learn how to say no.** No—it's a complete sentence. And it's okay to use it regularly when you're getting out of debt. There are things you need. And then there are things you want. You're going to become one of the rare people who knows the difference. While you're paying off debt, your budget is all about needs. You'll get to what you want after you've said farewell to debt once and for all.
- **12. You'll eat leftovers and brew coffee at home.** Hello, microwave! Goodbye, \$12 lunches out every day. Leftovers are going to be your new best friend. Make meals that will give you leftovers to pack for lunch the next day. Slow cooker and casserole recipes are great for stretching your food budget. And when it comes to coffee, you can save a nice chunk of change if you brew your daily dark roast at home instead of buying it on the way to work. Those small <u>grocery savings</u> add up over time! See ya later, barista.
- **13. You'll learn who your true friends are.** True friends don't care what brand of jeans you wear or what model car you drive. They don't care if you can't go out for dinner. True friends will support your efforts to improve your life by becoming debt-free. And they won't expect you to keep up with their lifestyles—even if they aren't quite ready to get out of debt themselves.
- **14. You'll learn to practice contentment.** When you start living on less than you make and paying off debt, you'll be amazed at how <u>content and grateful</u> you can become. Filling our lives with useless stuff has a way of leaving us feeling empty instead of fulfilled. Isn't it ironic? Instead of constantly consuming more, you'll be pleasantly content with less.

15. You'll pray. Work like it all depends on you, but pray like it all depends on God. Give it your absolute all every day, but realize God owns it all. He's in control. So trust Him as you go along your debt-free journey.

- **16. You'll get creative.** You know what they say—necessity is the mother of invention! With all your extra cash going toward debt, you've discovered how to stretch a meal with rice, wrap a gift in tiedyed newspaper, and bungee cord your car mirror back on. No shame. Wear it all with pride.
- **17. You'll pause your 401(k) contributions.** Womp, womp. Yeah, it's a bummer, but don't fret—you'll get back to <u>contributing to your retirement soon.</u> But first, you're going to put everything you've got toward getting out of debt. (Yes, even if it means missing out on your company match temporarily.) Just think of it this way: Pressing the pause button on investing is a great motivator to get out of debt ASAP! Once you have zero debt and begin investing again, you'll be starting a new journey toward becoming an <u>everyday millionaire!</u>
- **18. You'll find a community.** You might feel like you're alone on this debt-free journey or that you're the only weirdo out there who's fed up with debt, but you most definitely are not. Get connected with others who are fighting and clawing their way out of debt just like you! Believe us, they're out there! A Financial Peace University class or Facebook group like <u>The Ramsey Baby Steps Community</u> are great places to find people who are going through this debt-free journey too.

Making the decision to eliminate debt from your life is one of the smartest things you can do for your-self, your family, and your future. When it gets difficult and you start to doubt yourself, stay the course and find encouragement by reading and listening to others who have been where you are and have made debt-free living a reality. Your debt-free scream is closer than you think!

You've got what it takes to kick debt out of your life—once and for all! <u>Sign up for Financial Peace University</u> today to stay on track and pay off your debt faster than ever.

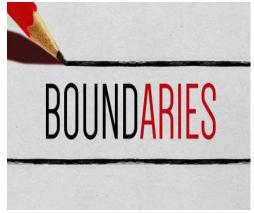


Wednesday Night Event:

November 20, (Live) 6:45-9:30 p.m. ET

Curious about Financial Peace? This Live-Stream Experience will give you the proven plan for dumping debt and building wealth in seven steps.

See Jennifer MacLean for more information and how to register!



Eight Easy Ways to Reduce Stress and Feel Better from Dr. Henry Cloud, co-author of the Boundaries books.

Henry asks: "What are you doing about stress? When I was writing "Boundaries for Leaders," years ago, and reviewing research on how stress affects the brain, I was reminded again that we need to be stressed about how much stress we have. Seriously! Stress affects so much: learning ability, memory, judgment, creativity, problem-solving, attention, relationships, etc. etc. The list goes on and on! So, just take a moment and ask yourself, "How stressed am I?" And do something about it."

Here are just a few tips to begin:

- **1. Get Connected.** Remember, the most powerful stress reducer is positive connections with others. The level of stress hormones in the brain instantly goes down when you connect with someone with whom you share a positive connection. And, do it often.
- **2. Focus on what you can control** and not what you cannot control, and then take action on the "control" list. After that, let it go.
- 3. Exercise. Even if you just go for a walk, it matters!
- **4. Pray.** Prayer and meditation are HUGE ... don't crowd them out.
- **5. Work on a goal.** Purposeful goal orientation is good for you. Get a goal for the hour, or the morning, or the day, and be able to check it off! Start small.
- **6.** Turn off the negative, worthless media and read something positive and inspirational, or something that engages your mind. Research has shown that the average mood of someone watching a sitcom is mildly depressed. One's mood while reading a good book is elevated and engaging.
- **7. Have fun!** Do something that is fun and engages your strengths and passions. It is good for your brain.
- **8. Set some boundaries.** Put some limits on whatever or whoever is causing you the stress. Make some space or limit the toxicity.

If you're struggling to handle stress and would like to talk more about the anxiety around that, subscribe to <u>Boundaries.me</u>, check out a Boundaries book from our library, or see Tina Ritchie with any questions.

YOUTH MINISTRY



2019 Youth CROP Walk Challenge:

This year FFPC youth raised \$940, not including the matching gift of \$125 for every group of 3 or more youth who raise at least \$250!

This means our Youth Director, Tina Ritchie, had 2 pies thrown at her AND Pastor Robbie had 50 water balloons thrown at him! No one was hurt during the process and a lot of fun was had on that beautiful day!

Upcoming Confirmation Class Information:



Classes meet on Sunday afternoons from 3:00-4:30p.m. and are led by Pastors Lindsey & Robbie Carnes, Tina Ritchie, and Pastor Dawn Russell.

Oct. 27 – Trinity United Presbyterian Church

Nov. 10 – Fenton First Presbyterian Church

Nov. 24 – Trinity United Presbyterian Church

Dec. 8 – Linden First Presbyterian Church, Christmas Express Mission

Project takes place after class

Jan. 10-12 - Retreat, place TBD

*Please note that if you miss a class you will need to schedule a make-up class before the next scheduled meeting date. Contact Pastor Lindsey or Tina Ritchie with any questions.

Youth Group Schedule - For 6th - 12th graders and friends at church from 5-7pm unless otherwise noted.

RSVP for events on the youth bulletin board, and let Tina know if you need a ride!

To get on the youth email list, contact tina@ffpc.org or text 810-701-4136.

10/27: Pumpkin Carving and movie night – Audrey & Lindsay's house from 5-8pm

Bring a pumpkin and carving tools, along with a snack to share!

11/3: Group, Soup & Talk at the Carnes Home from 5-7pm: Topic: TBD

11/9: Serving for the Turkey Dinner from *5-8pm. Bring a hat or wear a hair net;)

*Sat 11/16-17: Service Blitz Lock-in *8:15am Sat – 10am Sun: Bring a sack lunch & snacks to share; dinner provided . Arrive 8:15am Saturday to carpool to the Food Bank of Eastern Michigan. In the afternoon we are painting the Youth Room and making picture collages!!! Silly fun included!

11/24: Triple C Night & Spiritual Practices. Cookies, Cards, & Craft for Deacon's care receivers AND prepare for Advent with Spiritual Practices



CHILDREN'S MINISTRY



Club 45

Club 45 for 4th and 5th graders and friends had their first meeting on October 20. Future meetings will be once a month joining in on youth group mission or fun activities. Club 45 and youth group members will continue the ministry of fostering relationships with other members of the congregation.

Upcoming meeting are:

November 24 from 5-7pm for Triple C Night in the youth room (Cookies, Cards, & Crafts) **December 8** from 5-7 from Christmas Express at Linden Presbyterian Church.

Please see Cathy Hollopeter or Tina Ritchie if you would like more information.



Gospel Project Sunday school for nursery children through 5th grade

Gospel Project Sunday School

Nursery through kindergarten classes offered during 9am worship. Nursery through 5th grade classes offered during 11am worship.

Why this curriculum? Because every lesson points to Jesus, and children are learning stories from the entire Bible - even the tough ones - in age appropriate ways. This allows children to very simply experience the full breadth of the Gospel message. As they grow into youth group, these lessons will be familiar, allowing them to further unpack and understand the challenges that all of humanity faces even today. Biblical relevancy and faith formation starts early and is a great gift!

Please see Tina Ritchie with any questions, or if you would like to be added to the weekly email lessons and family talking points.

"A Nation Divided" topics are:

Unit 14 - The Northern Kingdom of Israel Unit 15 - The Southern Kingdom of Judah

(Jonah, Hosea, 2 Kings 17) 10/27 Hosea, Prophet to Israel 11/3 Israel Taken Captive

Big Picture Question: Why should we obey God? We should obey God because God made us, God loves us, and God's plans are good.

Unit Key Verse: "The Lord isn't slow to keep his promise, as some think of slowness, but he is patient toward you, not wanting anyone to perish but all to change their hearts and lives." ~ 2 Peter 3:9 CEB

(Isaiah, 2 Chronicles, Jeremiah, Habakkuk, Ezekiel) 11/10 Isaiah, Prophet to Judah

11/17 Hezekiah and Josiah

11/24 Jeremiah, Prophet to Judah

12/1 Habakkuk the Prophet

Big Picture Question: How did God plan to fix what sin broke? Before God created the world, God planned to send Jesus to save us from our sins.

Unit Key Verse: " if my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land." ~ 2 Chronicles 7:14 NIV

WORSHIP CALENDAR

November 3rd, 21st Sunday after Pentecost Pledge Sunday and All Saint's Day

"Spiritual Recovery: Making Direct Amends", Pastor Robbie Carnes, Matthew 5:23-24; Genesis 33:1-4; Luke 19-8-9, It is this ninth step in which the rubber of our spiritual recovery hits the road. After we have done so much interior work it is now that we should make amends with those we have wronged so long as we don't injure them. This is a challenging step and it is important that we do all of the prior work before we try to make amends. With this step we become givers rather than takers, with eyes to see one another as people rather than means to get what we want.

Layreader: Larry Arrol

Ushers: 9am:Dennis & Jo Beardslee/11am:Team #5

Communion: Mike Hussar, Jim Savage, Polly Sheppard, Jenn Wenzel, Jon Wenzel, Ken Wensel, Craig Williams, Larry Zimbler

Banker: Chris Anderson Coffee Hour: Green Team

Counters: Shirley Israel & Sara Wrage

Nursery & Preschool: 9am:Heidi Howieson & Annabeth Carnes

11am: Heidi Howieson & Madeline Davis

Gospel Project: K-2nd:Julie Campbell & Sherry Rourke

3rd-5th: Jan Foster & Janet Stork

MONDAY, November 4th, 2019, Outreach Communion

Join us at 1:00pm in the Sanctuary for a shorter Communion and Sunday service. This "barrier free" worship experience features large print bulletins, amplified speaking, and energetic hymn singing. Bread and juice/wine will be served in the pews. Helpers will be present to assist with walkers, wheelchairs, or to just lend a hand. Come for worship, stay for fellowship. For questions or rides, please call Dave Eshleman or the Church Office.

November 10th, 22nd Sunday after Pentecost

"Spiritual Recovery: Admit When We are Wrong", Pastor Robbie Carnes, James 1:21-25; 1 John 1:8-10 We return to this image in the book of James and the mirror. We have worked hard to be honest with ourselves and taking inventory of the good and the bad. Now we begin to replace our bad habits with good ones. When we are wrong we admit it. This is very simple, yet profoundly challenging. We must strip our pride away in order to become healthy.

Layreader: Larry Arrol

Ushers: 9am:Dennis & Jo Beardslee /11am:Team #6

Acolytes: Mark & Kelsey Hoerauf

Banker: Debera Bard Coffee Hour: Blue Team

Counters: Martha Smith & Jennifer MacLean

Nursery & Preschool: 9am:Heidi Howieson & L or M Gibb

11am: Heidi Howieson & L or M Gibb

Gospel Project: K-2nd: Cheryl kopplin & Ellen Horton

3rd-5th: Janet Stork & Sherry Rourke

November 17th, 23rd Sunday after Pentecost

"Spiritual Recovery: Praying for Knowledge and Power", Pastor Issac Chung, Psalm 65:1-4; Isaiah 61:1-2; As we reap the benefits of Spiritual Recovery we must remember that it is our connection with God that empowers us to take the next step. Prayer enables and reinforces all of the previous steps and is an additional healthy habit that leads us to recovery.

Layreader: Larry Arrol

Ushers: 9am:Sherry Hunt & Ellen Horton/T11am: eam #1

Acolytes: Audrey & Lindsey MacLean

Banker: Janet Stork **Coffee Hour:** Violet Team

Counters: Lin Savage & Ken Wensel

Nursery & Preschool: 9am:Heidi Howieson & Waverly Ritchie

11am: Heidi Howieson & Waverly Ritchie

Gospel Project: K-2nd: Julie & Tony Grams 3rd-5th: Mary Zimbler

November 24th, Christ the King Sunday

"Spiritual Recovery: Spiritual Wakeup", Pastor Lindsey Carnes, Isaiah 61:1-2; 1 Corinthians 1:3-6; Much of the 12 steps toward spiritual recovery are acts of self-work. We are attending to our interior lives so that we might experience genuine and authentic relationships with others. However spiritual recovery does not leave us with ourselves. Having a spiritual experience as the result of working through spiritual recovery demands that we carry this message to others. Spiritual mentorship is the practical outcome of spiritual recovery.

Layreader: Larry Arrol

Ushers:9am:Dennis Beardslee & Lim Lindsay/11am:Team #2

Acolytes: Fran Moore & Jennifer MacLean

Banker:

Coffee Hour: Red Team

Counters: Jon O'Connell & Maureen Utt

Nursery & Preschool: 9am:Heidi Howieson & Ina Golden

11am: Heidi Howieson & PJ Collier

Gospel Project: K-2nd: Roy Fetzer & Deb Bard 3rd-5th: Jan Jacobs & Rick Bard

November 27th, @7pm, Community Thanksgiving Service

7:00pm at St John the Evangelist Catholic Church. This is a great way to celebrate our unity together and thank God together for our blessings. Combined choirs and musicians from FFPC, Fenton Methodist and St John's. Followed by pie in their Activity Center.

ADVENT SEASON DATES WORSHIP, LEARN, SERVE



December 1: First Sunday in Advent (Hope)

December 7: One Starry Night Christmas Event

December 8th: 2nd Sunday in Advent (Peace)

December 15th: 3rd Sunday of Advent (Joy)

Joy Sunday

December 22nd: 4th Sunday of Advent (Love)

Joy Offering

December 24th: Christmas Eve Office Open 9:00am-12:00pm 7pm Family Service

7pm Family Service
11pm Lessons & Carols

December 25: Christmas

Office Closed

December 26:

Office Open 12:00pm-4:00pm

December 29th 10am Single Worship Service

ANNOUNCEMENTS



Deacon's Christmas Project:

Please look out for the Deacon's Christmas Project. This year we are partnering with Center for Hope. We are planning to collect wrapped clothing and toys gifts for 25-30 children. Sign up sheets will be available in the Fellowship Hall and instruction cards will be available as well. the final date for item collection is December 8th and distribution day is December 14th. We look forward to sharing the Good News about the goodness of God this Christmas.





Pointsettia Time Is Fast Approaching! All poinsettias are \$18.50 each. Order forms will be available beginning November 17th. Make checks payable to the First Presbyterian Church Fenton. The form and check must be returned to the church office no later than December 15th. 2019.



Surviving the Holidays: Help and hope as you navigate the Christmas season

Wondering how you will survive the weeks surrounding Thanksgiving and Christmas? Are you dreading these holidays, knowing that everything has changed and that happy memories from past years can't be recreated?

The Surviving the Holidays seminar is especially for people who are grieving a loved one's death. You'll learn:

- •How to deal with the many emotions you'll face during the holidays
- •What to do about traditions and other coming changes
- •Helpful tips for surviving social events
- •How to discover hope for your future

This group will meet Thursday, November 7th, 14th & 21st from 10:00am-11:00am. Participant book available. Please contact Hannah Hall for more information or to register.

This upcoming All Saints Day Sunday we will be honoring the memory of church members who had entered the church triumphant during the previous twelve months. On November 3rd, during both morning worship services, we will read the names of those saints and share a special moment of remembrance.

I hope you can be present for this meaningful time and I also hope it will in some small way help you with the grieving process. Numbering our deceased loved ones among the saints is a powerful reminder that in life and in death we belong to God.



Book Binders Book Binders will be meeting November 12th at the home of Margie Congdon, 11300 Fawn Valley at 7:00 pm. The book for discussion is <u>The Curious Charms of Arther Pepper</u> by Phaedra Patrick. The December gathering will a time for sharing devotions, food, and fun.



Men's Breakfast Men of FFPC are invited to Shirley's Cafe and Grill at 8am on the first Saturday of every month. Speak to Pastor Robbie to get on the email reminder list or just show up. Everyone is invited for this wonderful time of Christian fellowship.

Committee Chair person's and Committee Members! Please be thinking about what should go into the 2019 Annual Report. The due date will be announced soon for sometime in December.

December Newsletter Submission Deadline is November 8th. Please have all submissions for the December Newsletter in by this time. Thank you.





BIRTHDAY'S

Kate Kirkey Nov 1 Chris Anderson Nov 3 Kelsy Hoerauf Nov 6 Nov 6 Cathy Hollopeter Christopher Browne Nov 7 Nov 7 Nancy Casteel Nov 8 Chris Gilbert Cheryl Sharpe Nov 8 Joy Thompson Nov 9 Erin Bradley Nov 10 Joan McLive Nov 10 Jonathan Wenzel Nov 10 Dave Johnson Nov 12 Chas Kopplin Nov 12 Bruce Fowler Nov 13 Annabeth Carnes Nov 14 Larry McMellen Nov 14 Michael Cupp Nov 15 Noah Crawford Nov 17 Amy Fetzer Nov 17 Spencer Sutherby Nov 19 Shirley Walker Nov 23 Sara Wrage Nov 23 Maggie Sheppard Nov 24 Lee Black Nov 25 Thomas Allen Nov 26 Aulene Becker Nov 27 Jerry Hope Nov 28 Lorraine Eshleman Nov 30

ANNIVERSARIES

Brent & Debbie LaVanway November 10
Ron & Pam Andersen November 12
Dan & Ellen Horton November 17
Chris & Donna Anderson November 26
Keith & Denise Morris November 29



WAYS TO GIVE There are many different ways that you can give back to the Fenton First Presbyterian Church. Together we can make a difference!!



<u>Online Giving:</u> An easy and convienent way to give. Just visit the Presbyterian Mission Exchange link in the Giving section of FFPC.org website. A fast and SECURE way to give back.



<u>Church Giving:</u> You can give during one of our services by placing your check or cash in the Sunday offering plates. When giving cash, please complete a giving envelope so we can properly record your gift.



<u>Automatic Bank Pay:</u> You can set up payments through your financial institution by utilizing the bill pay feature. Simply use First Presbyterian Church as the payee and your name for your account information. Saves on postage!!



Non-Cash Giving: Assets or Planned Gifts



Mail offering to Church:
Fenton First Presbyterian Church
503 S. Leroy
Fenton, MI 48430

THANKYOUFORYOURCONTINUEDSUPPORTOFOURMISSION!