



First Presbyterian Church

The Cross and Crown



November 2019

Extending God's Grace throughout Northeast

Pastor:

Rev. Dr. Jerry Carpenter

Session members:

Class of 2019

John Clark and Molly Lennon

Class of 2020

Jane Els and Dan Wilson

Class of 2021

Sandy Corder and Kelly Holloman

Treasurer

Ronny Knight

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PASTOR'S PAGE: REV. DR. JERRY CARPENTER

Autumn is officially here as the leaves have begun to change and the temperatures seem to be consistently lower, even having our first freeze of the season. The calendar has changed to November which is usually one of the busier months of the year and one in which we anticipate upcoming events. Most of the Sundays in November are special or significant in some way.

November 3 is All Saints Sunday, the day when we think about those who have known who have "finished their courses in faith" and have reached the goal that they prepared for all their lives, to be at peace in the presence of God. This year we will call the name of one of our members who has joined the ranks of the Saints of God as we share the elements of Holy Communion together. We will eat around the Lord's Table and give thanks for all those who have entered into the new life promised by Jesus Christ through his resurrection from the dead. I hope you will join us on this special Sunday.

November 17 is Stewardship Sunday. We will be thinking about all the ways we give of ourselves in service to our church and to our Lord as we give of our time, talents, and treasure. We will think about the blessings we have received from God and those whom we know and how we give back through the offering of what we have. Each of us is part of that body of Christ and members together supporting the ministry of our church in so many ways. I hope you will be present on this special Sunday also.

November 24 is Thanksgiving Sunday, the Sunday before the official national holiday we call Thanksgiving. We will sing

those familiar songs from the past that remind us of our national heritage and think about how we give thanks in our daily lives for the many blessings we have received. I hope you will be present on this special day too.

Looking Ahead: Advent begins on December 1, the Sunday after Thanksgiving. We will begin the holiday season that day together as we prepare to receive the Christ Child into our hearts once more.

Your presence is needed in your church as often as you can be here. Thanks be to God for our regular visitors who add so much to our worship. We need all, members and visitors alike, to be here as often as possible so that our worship will be complete. You are missed when you are not present.

Noisy Offering

Iglesia Maranatha in the town of Salama, Guatemala



General Fund Summary - Jan - Sept 2019			
	Actual	Budget	Variance
Income	\$43,979.35	\$45,937.49	\$1,958.14
Expense	\$ 49,688.28	\$57,262.13	\$7,573.85
Net	(\$5,708.93)		

Note: Bank balance 9/30/2019 was \$48,042.36. Restricted funds totaled \$15,145.97, while unrestricted funds totaled \$32,896.39. Uncleared checks total \$2,633.33, leaving \$30,263.06 available for normal bills.)

SERMON TITLES FOR NOVEMBER:

Nov 3	All Saints Sunday Luke 19:1-10 "Faith in Action"
Nov 10	22 nd Sunday after Pentecost Luke 20: 27-38 "God of the Living"
Nov 17	Stewardship Sunday II Thessalonians 3:6-13 "Useful Living"
Nov 24	Thanksgiving Sunday Deuteronomy 6: 1-11 "Thankful Living"

November birthdays & anniversaries:

(Please notify the office if I do not have your birthday)

2 Patricia Fields
6 Dan Wilson
9 Kelly Drennan
10 Rhonda Thomas
22 Nyla Kettleson
26 Jane Els

Attendance:

September 29—27
October 6—23
October 13—25
October 20—32
October 27—28



Jane's Journey

"The church of tomorrow will not have walls."

This message keeps appearing in my mind uninvited. It has been coming for about three years now. I suspect it is the work of the Holy Spirit since I haven't been anywhere that I can remember where it was said or sung to me. It just came.

I don't think it means that we are supposed to tear down our existing buildings. I really enjoy sitting in our nice warm sanctuary on a cold, raining day. And I think it is a really pretty building, too. So, let's keep it and take care of it.

But there are other ways to worship God and call it "church."

The newest Clark grandchild will be baptized outdoors on the banks of a river at a state park under the sky and trees. By a Presbyterian minister, her aunt. In a meaningful service, sanctioned by her mother's home congregation (ours)—in what will be a wonderful and moving worship experience. In a setting of nature surrounded by a congregation of family and friends. In a "church" provided by the Creator of the Universe. A church without walls.

We often ask ourselves what is the "church?" is it the building or the congregation? I've always been taught that it's the congregation who gather together—sometimes in a building.

The church of tomorrow will not have walls. The church can crop up at any time; it can be a five-minute experience in Walmart with someone that God provides for a specific need then disappears after the need is met. It can even be outside that Walmart in the parking lot.

"Church" can be a Christian relationship with a friend or student that is based on all of our Christian principles including the principle that God's love dominates everything.

One of my mentors is fond of saying, "Jesus never said to build a church; he said, 'Follow me.'" Our church used to have a sign in the parking lot that said "You are now entering the mission field." It was like we followed Jesus out into the world to do his work. It's like we follow Jesus in everything we do all week long.

Another of my mentors is attending divinity school—and her goal is to work in "outdoor ministry." This could mean camps but also the homeless. Oftentimes following Jesus means leaving our warm, cozy building and going out into the cold, rainy world where things aren't fair and stand next to the cold person who life has treated unfairly and handing them a warm coat, a hot beverage and a loving hug. That's what a church without walls looks like.

Maybe we should put our sign back up.

Congregational News

On October 20, the congregation elected Patricia Fields and Slade Weaver as session members for the class of 2022 and Chris Holloman as trustee for the class of 2022. Following examination and training, Patricia and Slade will be ordained as elders and will be installed as Session members in the new year. Specific dates for examination, training, and ordination/installation are to be determined at the November Stated Session Meeting.

Welcome and thank you for your service to our congregation, Patricia, Slade, and Chris.

November 2019 Revised Common Lectionary for Sundays and Festivals

Twenty-first Sunday after Pentecost November 3

Habakkuk 1:1–4, 2:1–4

Psalm 119:137–144

2 Thessalonians 1:1–4, 11–12

Luke 19:1–10

Twenty-second Sunday after Pentecost November 10

Haggai 1:15b–2:9

Psalm 145:1–5, 17–21 or Psalm 98

2 Thessalonians 2:1–5, 13–17

Luke 20:27–38

Twenty-third Sunday after Pentecost November 17

Isaiah 65:17–25

Isaiah 12

2 Thessalonians 3:6–13

Luke 21:5–19

Reign of Christ / Christ the King—November 24

Jeremiah 23:1–6

Luke 1:68–79

Colossians 1:11–20

Luke 23:33–43



Music Notes

Ringers and Singers have started practicing for the Advent and Christmas season. We've had a few stands open up in the Ringers (chime choir), so if you would like to play, you would be highly welcomed! And the Singers can always welcome more voices. Come join us.

Ringers - 9:00 a.m. Sundays

Singers - 9:40ish a.m. Sundays

CHURCH MEMBERS NEEDED:

We welcome all who worship with us and are glad to have visitors worshipping regularly. We welcome all to consider becoming a member of First Presbyterian Church, Winnsboro. If you think you would like to become a member, please talk to Pastor Jerry or to the Clerk of the Session, Tricia Clark and we will add your name to the agenda for the next Session meeting so you can be approved for membership. One can become a member at any time so if you feel that you are ready for that step, we would certainly welcome those who wish to become members.

Feed the Spirit

What to become more spiritual? Try feeding the spirit – literally. Food has a direct impact on our ability to concentrate, our mood, and many other functions that enable us to become spiritual. Preservatives, hormones, antibiotics, and pesticides are man-made or man-manipulated parts of our food that interfere with the natural intelligence of our body and inputs. God created our bodies to recognize meat and milk, but not all the man-made additions like growth hormones and antibiotics in the milk and meat. The same thing applies to vegetables – our body knows what to do with corn, but genetically modified corn and pesticide residues confuse the system. Our body must determine whether these things are friends or foes to our system – does it try to assimilate them, or fight them like botulism? Most of the time, our body opts to be safe rather than sorry, so it sends out antibodies to combat the foods we are taking in. This results in food allergies, histamine responses, and a host of other bad reactions.

While we can't fight all at once, we can start to make better choices. One input we can focus on eliminating to help us become more spiritual is glutamate. At a very high level, glutamate is a neurotransmitter that excites us. It ramps us up to take action. While GABA is a neurotransmitter that helps us calm down. The funny thing is that GABA is made from glutamate. Basically, we are supposed to get excited and then calm down and relax. Food that we eat can impact how well we convert the neurotransmitter that gives us ants in our pants and keeps us from concentrating to the one that makes us peaceful.

Glutamate is naturally found in many foods and is necessary for us to function. However, there are two kinds of glutamates in the foods we eat. One is bound glutamate – which is healthy and slowly released because it is tied to an amino acid. The second is free glutamate, which enters the blood stream and circulates. While the jury is out about whether or not free glutamate gets into the brain, many folks have reactions to it. There is even a syndrome called Chinese Food Syndrome that is diagnosed when too much free glutamate is released in the system.

What to eat less of:

Unfortunately, free glutamates are not just found in Chinese food. Many processed foods in that are in the American diet contain added glutamates. These can be found on labels as:

Monosodium glutamate, monopotassium glutamate, yeast extract, anything "hydrolyzed" such as hydrolyzed protein, calcium caseinate, autolyzed yeast, textured protein, gelatin, soy protein (including isolate and concentrate), whey protein (including isolate and concentrate), carrageenan, bouillon and broth, stock, and "flavors" or "flavoring" (i.e. natural vanilla flavor), maltodextrin, citric acid, pectin, milk powder, soy sauce, anything "protein fortified," corn starch, corn syrup and modified food starch.

Boxed goods, canned goods and frozen dinners that have sauces are a real big source of glutamates, but they can also be in breads, crackers, and flavored dairy products. It is a real bummer, but glutamates make food really taste good and last on a shelf... so if it is delicious and you didn't make it yourself – look at the ingredients.

What to eat more of:

The best way to control the amount of free glutamates in your system is to include more whole foods in your diet. Meats, fruits and vegetables that are not mixed with other items are the basis of a low glutamate diet. Sunflower seeds, nuts and whole grains should be included in any well rounded diet, too. One way of converting over to these sorts of foods is to just start making foods from scratch. Recipes that feature "Clean Eating" titles are great sources of ideas.

(Submitted by Sandy Corder)



Mark your calendar! Tuesday, December 3rd, will be our next Presbyterian Women's meeting. Rhonda Thomas is presenting "Experience God's Christmas Presence." Through scripture we will see what "gifts" God has given us. As always, our meetings are open to all the women of our church; your friends and neighbors are also welcomed. We are striving to "build a caring community of women in our church."

Join Us: 10:00 a.m. in the conference room of the Russell Annex office building.

News from Guatemala:

We received a Thank You and photos from the Maranatha church in Salama, Guatemala where we send the Noisy Offering. They have finished the concrete floor and are able to worship inside. Their congregation appears about our size.

We also received a message the day after the tornadoes hit Dallas. My main contact in Guatemala is Sonia Gonzales, the pastor whose ordination Julie and I attended in January of 2018. Sonia does not speak or write in English and I don't understand much Spanish so most of our communication is done through the Google translate app. It can go slow sometimes. They watch the news in the US carefully and care about us dearly.

Here's part of what Sonia sent me last week: (for those who speak Spanish I'll give you what she said then the Google version)

Me da mucha alegría saber que están bien. Necesitamos orar unos por otros, las necesidades son diferentes pero siempre importantes. Dios está con nosotros.

It gives me a lot of joy to know you're okay. We need to pray for each other, the needs are different but always important. God is with us.

For me, it is not the eloquence of Sonia's words, it is the fact that the Guatemala church thinks of us when we are in need. *Norte Americanos* fall into the hubris of thinking we are the ones always giving to others in need and never needing anything ourselves. We forget the times we are in need of other peoples' prayers. This is one of the great lessons to learn from our relationship with a church in a country like Guatemala.



Carolyn Hylton had the best recipe at last Sundays luncheon:

MEXICAN CORN CASSEROLE

Prep time: 10 Minutes

Cook time: 25 Minutes

Servings: 8

Ingredients

- 2 12ounce packages frozen corn
- 1 red bell pepper
- 1 teaspoon salt
- 1teaspoon black pepper
- 1 teaspoon paprika
- 2tablespoons butter
- 1 8 ounce pkg. cream cheese (cubed)
- 2 cups shredded cheddar Jack cheese (divided)

Instructions

1. Preheat oven to 350 degrees and prepare a 2-quart casserole dish by greasing with non-stick cooking spray
2. Add frozen corn, bell pepper, salt, pepper, paprika, butter, and creme cheese to a large skillet. Cook over medium heat until corn is cooked through nd cream cheese is melted.
3. Remove from heat and stir in 1 cup of shredded cheese.
4. Pour ingredients into prepares baking pan and top with remaining cheese.
5. Bake for 20 to 25 minutes or until cheese is melted and bubbly.

Nutrition

Calories: 146kcal Carbohydrates: 2g Protien: 7g Fat: 12g Sat. fat:8g Cholesterol: 37mg
Sodium: 492mg Potassium: 65mg Fiber: 1g Sugar: 1g Vitamin A: 959iu Vitamin C: 19mg
Calcium: 204mg Iron: 1mg

THANK YOU FROM PASTOR JERRY AND DORIS

Thank you to the church family for the wonderful celebration of Pastor's Appreciation Sunday on October 20. Thanks to all who brought dishes for the church luncheon that followed worship service (and all vegetarian also....thanks for being so thoughtful). Thanks for the many cards and tokens of your love for us. We love you all and are grateful to God for leading us to this church family. May God richly bless you all.

November 2019

First Presbyterian, Contacts, Holidays in United States

Nov 2019 (Central Time - Chicago)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27 <div>Noisy Offering</div> <div>9am - Ringers</div> <div>9:45am - Singers</div>	28 <div>2pm - Bible study</div>	29	30	31 <div>Halloween</div>	1	2 <div>Patricia Fields</div> <div>12pm - Al-Anon</div>
3 <div>Communion</div> <div>Daylight Saving</div> <div>9am - Ringers</div> <div>9:45am - Singers</div>	4 <div>2pm - Bible study</div>	5	6 <div>Daniel Wilson</div>	7	8	9 <div>Kelly Drennan</div> <div>12pm - Al-Anon</div>
10 <div>Rhonda Thomas</div> <div>Session</div> <div>9am - Ringers</div> <div>9:45am - Singers</div>	11 <div>Veterans Day</div> <div>2pm - Bible study</div>	12	13	14	15	16 <div>12pm - Al-Anon</div>
17 <div>Family Lunch</div> <div>9am - Ringers</div> <div>9:45am - Singers</div>	18 <div>2pm - Bible study</div>	19	20	21	22 <div>Nyla Kettieson</div>	23 <div>12pm - Al-Anon</div>
24 <div>Noisy Offering</div> <div>9am - Ringers</div> <div>9:45am - Singers</div>	25 <div>2pm - Bible study</div>	26 <div>Jane Els</div>	27	28 <div>Office closed</div> <div>Thanksgiving Day</div>	29 <div>Black Friday</div>	30 <div>12pm - Al-Anon</div>