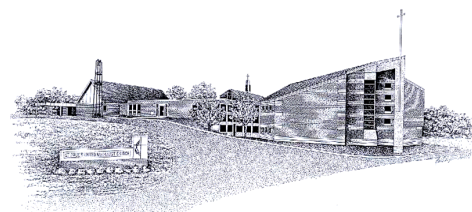


# the Evangel

St. Paul's United Methodist Church

620 Romeo Street • Rochester, MI 48307 • mail to: P.O. Box 80307 • Rochester, MI 48308

www.stpaulsrochester.org • phone: (248) 651-9361



NOVEMBER 2010

## Faith First

*Healthy and Whole: Respecting our Bodies as Temples*

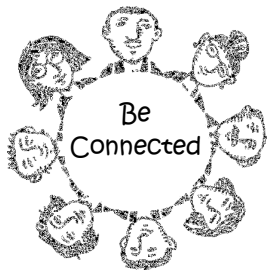
Before we move into the holiday season of feasting, we might do well to note that God has created us to be well and whole, but not stuffed. What is enough to celebrate the holidays and what is too much? The Sunday morning Faith & Friends spiritual growth study is exploring some of those questions through its pre-Advent study of *The Advent Conspiracy*. If you've never tried Prayerful Yoga, perhaps November would be a good month to drop in on one of the Tuesday night classes and try embodied prayer for yourself. During Worship on November 21, you will have an opportunity to be anointed for healing and wholeness as we celebrate our annual Healing Service. Our Sunday night *Speaking of Faith* discussion group has topics scheduled on "Stem Cells, the Untold Story" and "The Ethics of Eating." Regardless of how you may feel broken – physically, spiritually, or relationally – this month provides many opportunities for restoration, renewal and re-creation.

### ANNUAL CHURCH CONFERENCE

St. Paul's members and friends are invited to attend

Rev. Duane Miller, Chair  
Wednesday, November 3, 2010  
7:00 p.m.; Rickard Chapel

### DO YOU KNOW YOUR ST. PAUL'S NEIGHBORS?



Watch for more information about the *Be Connected Neighborhood Groups*.



### THANKSGIVING SERVICE

Rev. Latha Ravi

Tuesday, November 23; 7:30 p.m.

### FAMILY SUNDAY November 28

There will be no children, youth, or adult classes during the worship services or at the 10:00 a.m. hour. Children's worship packets will be available from the ushers. Nursery care will still be available during the services for children ages birth through four-years-old.



### HARMONY IN THE HILLS

The Ivybrooke Trio  
Sunday, November 7  
4:30 p.m.; Sanctuary

Featuring three well-known musicians from the area. Zeljko Milicevic, violinist, a member of Macomb, Flint, and Bijou orchestras, and conductor of the St. Clair Shores and Oakland Youth Orchestra. Susan Clark Joul is the principal cellist with the Rochester Symphony. Angelina Pashmakova, pianist, is well-known as an accompanist, vocal coach, and solo pianist. Tickets are \$10 for adults; children 12 and under, free.

### Sermon Series for November 2010

#### November

- 7<sup>th</sup> Ephesians 1:11-14  
"An Obtained Inheritance"  
Rev. Jeff Regan
- 14<sup>th</sup> Isaiah 65:17-25  
"God's New Day"  
Rev. Jeff Regan
- 21<sup>st</sup> Luke 23:33-43  
"Way of Peace"  
Rev. Latha Ravi
- 23<sup>rd</sup> *Thanksgiving Service* (7:30 p.m.)  
Rev. Latha Ravi
- 28<sup>th</sup> Isaiah 2:1-5  
"Walk In The Light"  
Rev. Jeff Regan

## ADULT CONNECTIONS

### H.U.G.S.

#### **A Discussion Forum for Mom's of ALL Ages Wednesdays, 9:30 a.m.; Rickard Chapel**

November discussions will explore the topic: "Being Ecclesiastical Women," from the familiar text in Ecclesiastes 3 and how to apply it to our lives: from giving birth to emptying the nest; from planning weddings to caring for our parents; there is a time for everything. For more information, contact Jeanne Gable, Coordinator, at either (248) 340-1749 or at [mikegable@aol.com](mailto:mikegable@aol.com). No H.U.G.S on Wednesday, November 24. \*\* See note about childcare.



### **SPEAKING OF FAITH**

#### **Sunday evenings, 6:30-7:30 p.m.; Parlor**

Join the discussion as we talk about various segments of this radio program. Each week is independent, so join us for one or join us for all. You can listen to the segments on the website ([www.speakingoffaith.com](http://www.speakingoffaith.com)), but it is not required. November 7—*Stem Cells, Untold Stories*; November 14—*The Ethics of Eating*. \*\* See note about childcare available during November.

### **YAHA: Young-At-Heart-Adults**

#### **Tuesday, November 16; RSVP by Friday, 11/12 Noon – lunch (\$7); 1:00 p.m. – presentation *Grateful Living & Generous Giving: Introduction to Estate and Life Gift Planning* (see below)**

If you are in the prime of life, you are invited to join us the third Tuesday each month for lunch, a special presentation, and most of all, fellowship. Lunch can be reserved by calling the church office at (248) 651-9361.

### **GRATEFUL LIVING & GENEROUS GIVING**

#### **Introduction to Estate and Life Gift Planning Tuesday, November 16; 1:00—2:00 p.m.; Parlor**

David Bell, VP of Stewardship with the United Methodist Foundation of Michigan, will answer many of your questions about legacy gifts and estate planning basics. This seminar is for everyone. *No product or service will be sold.* \*\* See note about childcare.

### **RECONCILIATION AND PEACEMAKING**

#### ***Christian Perspective and Practice* Tuesdays; November 30 & December 7 7:00 – 8:30 p.m.; Rickard Chapel**

A multi media study with practical hands-on experiences. Led by Rev. Jack Amick using *The Spirit and Art of Conflict Transformation*, by Tom Porter. To register, contact the church office at (248) 651-9361.

### **UNITED METHODIST WOMEN NOTES**

**Love Circle** – Wednesday, November 10; 1:00 pm.; Parlor; UMW Reading Program presented by Thelma Childress.

**Patience Circle** – Thursday, November 11; 9:30 a.m.; Parlor; Kathy Lutey will present, "*Understanding All Facets of Life*." Charity: Tea towels for St. Paul's kitchen.

**Faith Circle** – Thursday, November 11; 1:00 p.m.; Parlor; Guest speaker: Rev. Jeff Regan; UMCOR.

**New Hope Circle** – Thursday, November 11; 7:30 p.m.; home of Lisa Johnson.

### **SUNDAY MORNING CLASSES**

*An Adult Sunday morning class is a great place to grow through Bible teachings and connecting with others. You are always welcome, visit one soon!*

#### **FAITH & FRIENDS: Spiritual Growth Study Sunday mornings, 10:00 a.m.; Room 132**

This group, formerly known as Faith & Family, has studies and activities aimed to promote spiritual growth through Christian education, inspiration and fellowship. Each lesson can stand alone, so drop-in any Sunday - you are always welcome! November 7, we will begin *The Advent Conspiracy*, a study that challenges us to substitute compassion for consumerism by practicing four concepts: Worship Fully, Spend Less, Give More and Love All. Hope to see you there! Class coordinators: Nancy Fidler and Fran King.

#### **FAMILY LIFE: Retirees and Empty Nesters Sunday mornings, 10:00 a.m.; Parlor**

In November, we will spend a week studying *Christianity and World Religions* by Adam Hamilton; a week exploring and learning about Lake Junaleska - where and what it is, what it has to offer, what the connection is to United Methodists and to St. Paul's; and a week studying about Red Bird Mission - what the St. Paul's mission team experiences when visiting the mission conference.

#### **TIME OUT: For Parents of Young Children Sunday mornings, 10:00 a.m.; Rickard Chapel**

Join us as we take a look at this month's Faith First theme: Healthy and Whole. Fun discussions on how to keep ourselves, our children and our lives moving positive and all-around healthy directions...mind, body and spirit. Share with friends as we travel on our journey as parents. Class coordinator: Stephanie Liddle, [liddlehome@yahoo.com](mailto:liddlehome@yahoo.com)

**For more information, please contact the church: (248) 651-9361**

# CHILDREN AND YOUTH CONNECTIONS



## VBS REWIND

The High Seas were back in full swing on Wednesday, October 6<sup>th</sup> as children, youth and adults celebrated the great love of God at VBS rewind. The crafts, games, singing and food made the night an awesome adventure! Look for more exciting fellowship and faith opportunities for children coming in December.

## NURSERY CARE

St. Paul's has bright, cheerful and safe infant and toddler nursery rooms staffed by paid childcare givers. These rooms are available each Sunday during worship services and 10:00 a.m. Sunday school class time. The infant room (Rm. 115), for children ages birth through one year-old, is staffed each week by Kristi Kowalski. The toddler room (Rm. 116/117), one and two-year olds, is staffed each week by Liz Frederick and Elyse Foster. Volunteers also assist in our nurseries, including Mike Gable and Pat Holden. Please stop in and meet the workers and see the rooms.

*\*\* Childcare is available for events and classes with this notation. Call the church office (248) 651-9361 ext. 114, to register by 3:00 p.m. at least 2 business days prior to the first class. Ability to provide childcare will be based on a minimum RSVPs received prior to the first class or event date.*

## UPDATE ON ST. PAUL'S PRESCHOOL

As many of you may be aware, the St. Paul's Preschool has taken a year off from the 3 year-old and 4 year-old programs. Unfortunately, the enrollment was insufficient to sustain the program. After reviewing all the information, the Executive Board of the Preschool made the difficult decision to not hold classes for the 3 and 4 year-olds for the 2010-2011 school year. The good news is that the Parent/Tot program for 2 year-old children will continue to operate during the current school year. At the request of the Preschool Executive Board, St. Paul's has worked to help them in this transition time and will incorporate their ministry into the full body of the church. In the coming months, the Education Council will solicit input from families to explore the viability of a weekday program for families with young children. As the information is obtained, the future programs for preschool children will be determined and a task force will be organized to put a structure in place. We appreciate your patience as we discover the best possible ways to support our families.

*~The Education Council*



## YOU'VE GOT E-MAIL!! *But do we have it too?*

Coming in November, Children's Ministry will be sending out a monthly email newsletter to all our families. This newsletter will contain the latest information and keep you up to date with the activities and events for children and families. Look for the first newsletter to arrive in your inbox on November 2. To make sure you get your copy, please send your email address to Stacie Buckler at [stacie@stpaulsrochester.org](mailto:stacie@stpaulsrochester.org).

## COLLEGE ADDRESSES

St. Paul's wants to keep in touch with your college student throughout the year and send them a care package in early December. We need the address of your college student. Please send this information to Stacie at [stacie@stpaulsrochester.org](mailto:stacie@stpaulsrochester.org). Thank you!

## HALLOWEEN CANDY LEFTOVERS

St. Paul's is collecting candy to send care packages to our college students. Please drop off your left over candy in the bins outside the sanctuary or in Rm. 206 by November 14. Thanks for making our college students feel loved as they gear up for exams!

## DID YOU KNOW?

St. Paul's has over 60 adults who volunteer to teach children's Sunday school. These caring adults volunteer once a month to help all of our children experience the love of Jesus! Thank you so much to each of them for their time and dedication.



**For current events and happenings, visit our website: [www.stpaulsrochester.org](http://www.stpaulsrochester.org)**

## SHARING AND CARING CONNECTIONS

### CINN(amon rolls) SUNDAY

**Sale: Sunday, November 21; Narthex**

**Prep and Baking: Friday, November 19 and Saturday, November 20**

Thanksgiving is a time to celebrate our blessings, and we at St. Paul's have something extra to be thankful for around this time each year. It's time for those delicious cinnamon rolls to go on sale in the Narthex. Plan to pick up some for your holidays. They sell by the half dozen, and freeze very well, so don't be shy...pick some up for Christmas too!!!! We need more helpers to prepare the rolls. This would only require a couple of hours of your time, and is a lot of fun...the more the merrier. Please consider signing up to help. It's a good way to become involved, and don't forget...the bakers get the first samples!!!! If you're interested, please contact either Joyce Sherrod (248) 656-0895, or Sylvia Anderson (248) 656-9645.

### SPARKler's BOOK GROUP (St. Paul's Afternoon Reading Klub)

**Tuesday, November 2; 1:30 p.m.; Parlor**

Join us as we discuss this 5-star novel, *Breakfast with Buddha*, by Roland Merullo. Reviews include "I laughed, I cried, this book is a must read," and "This book changed my life." A story about spiritual journeys in contemporary America: this book should generate a lively afternoon of opinions!

### PRAYERFUL YOGA & CHRISTIAN MEDITATION

**Tuesdays; 6:00 p.m.; November 9 – December 14; Sanctuary**

This calm, meditative yoga will support your ability to breathe, stretch and center your attention on God's presence in your life. Scripture, prayer, and song will be incorporated into each class. Led by Certified Yoga Instructor, Susan Amick. Mats will be available for those who do not have one to bring to class. Contact the church office at (248) 651-9361 to register.

### GET ON BOARD FOR 2011

**Orientation & Training**

**Sunday, December 5**

**10:00 a.m.; Rickard Chapel**

Meet others involved in St. Paul's and learn how we are all connected to each other to equip and support the congregation to carrying out Christ's work through St. Paul's.



**RUMMAGE SALE** Thank you to everyone who donated a little bit (or a lot!) and to those who turned those little bits into a lot! Those odds and ends that were donated for our *Market for Mission* raised \$11,800 to help others in our community, and around the world.

### STEPHEN MINISTRY DISTRICT RETREAT

On Saturday, November 6, Stephen Ministers and Stephen leaders will participate in a district-wide retreat for continuing education. The *Stephen Ministry Network of Southeast MI* is sponsoring the annual Fall Retreat, this year hosted by Cross of Christ Lutheran Church in Bloomfield Hills.

St. Paul's Stephen Leaders and Ministers devote time weekly to caregiving responsibilities; in addition, to monthly opportunities for continuing education and improving their skills. Such experiences clearly enriches and reminds our caregivers that they do not serve alone.

*Please lift a prayer of thanks to God for enabling and strengthening the commitments made by our Stephen Ministry team members.*

### DONATION STATION

**FOOD PANTRY**

**October Follow-up**

In October, St. Paul's members donated 29 gallons of apple juice (47 containers) and 61 canned good items to help Rochester Area Neighborhood House.

**FOOD PANTRY**

**November 14**

St. Paul's members are asked to bring in *canned pasta*.

**NOISY OFFERING**

**November 14**

We will be collecting a "noisy" offering with proceeds going to support the **Red Bird Mission in Beverly, Kentucky**. Please bring your coins!

### FREE CHRISTMAS GIFT

**GIVE BLOOD**

**Monday, December 6**

**2:00—7:00 p.m.**

Sign-ups: November 21 & December 5 in the Narthex



### Looking Forward. . .

*Below are upcoming events to schedule on your calendar. Watch future communications for details:*

#### December

- 1st Potluck Dinner-6:00 p.m.  
Deck the Halls-6:30 p.m.
- 3rd Kid's Night Out-5:00—8:00 p.m.
- 4th Jesus Birthday Party-noon
- 5th Get on Board for 2011-10:00 a.m.  
Committee Member Orientation
- 6th Blood Drive-2:00—7:00 p.m.
- 7th Vendor Fair for Education-6:00p.m.
- 10th Christmas Caroling Party-7:00 p.m.
- 12th Cookie Walk  
Compassionate Friends -7:00 p.m.
- 19th All Music Sunday
- 24th *Christmas Eve Worship Services*  
Family Service-4:00 p.m.  
Candlelight Service-7:30 p.m.  
Candlelight Service-11:00 p.m.
- 26th Worship Service-10:00 a.m. *only*

**For more information, please contact the church: (248) 651-9361**