



A Community Gathering in the Spirit of St. Francis

Engage with Hope



FALL BACK ONE HOUR

*Daylight Saving Time ends
Sunday, November 4.
Remember to change your
clocks!*



Sunday • November 4 • 7 p.m.

**SONGS & STORIES
INSPIRATION & MOTIVATION**

PLEDGE DEDICATION SUNDAY

November 11

Please return your form on or before that date. Or mail to SPC, PO Box 268, Shepherdstown, WV 25443. If you didn't receive one in the mail, let the office know. Or you may pick up one in the Fellowship Hall.

ALTERNATIVE CHRISTMAS GIFTS FAIR

Once again, SPC will be holding an Alternative Christmas Gifts Fair on three consecutive Sundays: November 18, 25 and December 2. See last page of the newsletter under Mission for details.

WEATHER-RELATED CANCELLATIONS Check www.shepherdstownpresbyterian.org or 304.876.6466 for notices after 7:30 a.m. If the official leadership cannot make it to a service, anyone who can make it safely is welcome to organize an informal service of lessons, songs and prayer using the bulletin for the day.



Transition News...

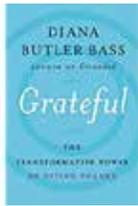
PRAYER REQUESTS Send to Kathy Reid at office@shepherdstownpresbyterian.org.

TRANSITION QUESTIONS Direct all questions and/or concerns to the Stated Clerk of Session, Suellen Myers via transition-questions@shepherdstownpresbyterian.org or Rev. Bill Sitterley, bsitterley@shepherdstownpresbyterian.org.

PASTOR NOMINATING COMMITTEE (PNC) Session approved our Ministry Information Form (MIF) at their meeting on October 24. Next step is approval by Shenandoah Presbytery Committee on Pastoral Transition (CPT), which we anticipate will happen when CPT meets on November 6. Once we have that approval, the MIF will be posted and we'll begin receiving Pastoral Information Forms from interested candidates. We've placed an ad in *Presbyterians Today*, that will run in the Nov/Dec issue and will also be placing an online ad in *Sojourners Sojo Mail*. Thank you for your prayerful support and "Above all, trust in the slow work of God." (Pierre Teilhard de Chardin, SJ)

Adult Education Fall Seminar...

GRATITUDE *How often do you feel a strong sense of gratitude or thankfulness? Is there a disparity between our private feelings and our public attitudes? What might it mean to live together as a thankful society?* These are some of the questions Diana Butler Bass tackles in her book *Grateful: The Transformative Power of Giving Thanks*.



Chapter discussion schedule:

Nov 4	Grateful Together
Nov 11	Thankful and Festive
Nov 18	The Grateful Society
Nov 25	Circles of Gratitude and Wrap Up

SPC Monthly Activities...

BLOOD PRESSURE CLINIC First Sundays, 9:30–10:30 a.m., in the narthex. **Next: November 4**

FIRST THINGS FIRST SUNDAY Coins for relief of hunger. **Next: November 4**

EVENING PRAYER Song, silence and candlelight in the way of Taizé. First Wednesdays, 7 p.m., Sanctuary. **Next: November 7.**

CONNECTIONS SPC's Shepherd University-based group for college students meets every other Thursday at 4:30 p.m., at the Blue Moon. For more information contact Ethel Hornbeck, ethel@shepherdstownpresbyterian.org.

CANTERBURY SERVICE Fourth Wednesdays, 10:45 a.m. Contact Debbie Romano via office@shepherdstownpresbyterian.org. **Next: November 28**

PRESBYTERIAN WOMEN'S (PW) CIRCLE First Thursdays, 10:00 a.m., Fellowship Hall. This month we will view and discuss *Locked in a Box*, the award winning 25-minute documentary tracing the lives of individuals who fled their homes in search of safety and freedom only to end up in U.S. prisons and for-profit detention centers. All women of the church are welcome. **Next: November 1**

SUPPER GROUPS

- Moveable Feast, 6:30 p.m., **Saturday, November 3**, hosted by Rie Wilson.
- TGIF, 6:30 p.m., **Saturday, November 17**, 6:30 p.m., hosted by Tim & Moria Artlip.

LISTENING GROUPS Prayerful listening and conversation around scripture, poetry and other selected texts, led by Ethel Hornbeck.

- Third Wednesdays, 7–8 p.m., in the balcony.

Next: November 21

- Third Thursdays, 10–11 a.m., in Classroom #1. **Next: November 15**

SPC YARNS AND THREADS GROUP Last Saturdays, 1 p.m., Fellowship Hall. Bring your own project or join us making prayer shawls and baby blankets. Contact Melinda Landolt or Elaine Hurd via office@shepherdstownpresbyterian.org. **Next: November 24**

EXPLORING SPIRITUAL PRACTICES (ESP)

Fourth Wednesdays, 10:30 a.m., SPC library. Explore, experience, and practice various spiritual disciplines such as silence, meditative music, insight meditation, passage meditation, loving kindness, prayer, and others. Open to all and no experience is necessary. If interested, curious, or have questions, contact Larry Neumark via office@shepherdstownpresbyterian.org. **Next: November 28.**

Elsewhere...

COMMUNITY DINNER sponsored by the Jefferson



County Homeless Coalition, first Sundays, **5:00 p.m.** This month's dinner is at JCCM, 238 W. Washington Street, Charles Town. We need: main dishes, veggies, salad, fresh fruit, bread, butter, and desserts. Sign up at PerfectPotluck.com; coordinator Wright, password 5777. Questions? Contact Bert Wright via office@shepherdstownpresbyterian.org.

Drop off hot food from **3:45–4:15 p.m.** on Sunday. Leave other food in the SPC refrigerator anytime (marked Community Dinner). *Please use disposable containers, if possible.* **Next: November 4.**

VOLUNTEER OPPORTUNITY to prepare tax returns. Specialized training begins in December to prepare you for tax season. Volunteer roles include greeter, translator, reviewer, or tax preparer. Volunteers are needed for daytime, evening and weekend hours. Contact Kate Didden at 304.262.1584 or kdidden@mthtwv.org.

ROLLING RIDGE STUDY RETREAT COMMUNITY

For details, check *Events* at www.rollingridge.net.

"The Gift of Story: A Retreat for Advent and the Winter Solstice," **November 30–December 2**

PRESBYTERIAN PEACEMAKING, BORDER MINISTRY AND COLOMBIA ACCOMPANIMENT

From October 5-8, I trained with the Presbyterian Peace Fellowship (PPF) in Tucson on how the PC(USA) lives out its call to peacemaking. Three important lessons stood out.



First, being immersed in the culture of the PPF, created in 1944 as a national activist nonviolent fellowship of Presbyterians (like More Light Presbyterians), I witnessed the national dedication of Presbyterians of all ages to fostering peace in the world. PPF currently focuses on peace in Colombia, ending gun violence in the U.S., promoting peace in Palestine and Israel, the Sanctuary Movement and "climate justice." (<https://www.presbypeacefellowship.org>)

Second, housed at Borderlinks (<https://www.borderlinks.org>), I learned from those who offer a ministry of solidarity and experiential learning on the difficulties of immigration, asylum and life along the U.S.-Mexico border.

Third, and the main purpose of my visit, I trained and discerned on becoming an "accompanier" in Colombia. Established by the Presbyterian Church of Colombia and the PC(USA) in 2004, this program prepares volunteers to walk with peasant groups, social and church activists and others advocating for displaced people threatened by daily violence. Accompaniers send a strong message; that the PC(USA) partners with Colombians in a ministry of presence for those seeking social justice.

I will happily share more for those interested in the PPF, Borderlinks and particularly the Colombia accompaniment program. —Jeff Hornbeck

MIGRANT CARAVAN

The Presbyterian Office of Public Witness is asking Presbyterians to write to the President. Tell him to de-escalate potential conflict and assure due process and human rights to the people who are currently traveling in the migrant caravan from Honduras through Mexico to the U.S. border. This group includes families, women and children who are legitimately seeking safety and better lives for their families by requesting asylum in the U.S. For more information, visit: www.presbyterianmission.org/opw/2018/10/24/learn-more-about-the-migrant-caravan/.

OUR PARTNERS IN BLUEFIELDS, NICARAGUA

The people of Nicaragua including our VERBO partners in Bluefields are struggling with the current political crisis. Those who speak out are being persecuted.

More than 30,000 have fled the country. Mission teams are no longer traveling to the area, thus contributions and help are down. Unemployment has increased. Transportation has declined; food and other necessities are limited and expensive.

Pastor Ed reports that positive outcome of the crisis is increasing cooperation among local pastors, who meet and pray together weekly for unity and mutual support

VERBO's farm and food forest operation helps. The church feeds hungry children 6 days/week but is limited by higher prices for food and fewer church members who are employed.

SPC's mission team members sent support personally, as well as funds from our mission committee's contingency budget. SPC continues to provide scholarship support to Jimmy Alexander, who is excelling at his studies and looking forward to the new school year. —Kay Schultz

EXPANDING OUR WELCOME

In early October, Adult Ed sponsored a two-week miniseries between services called "Expanding Our Welcome." In both sessions, we watch an excellent video conversation, produced by More Light Presbyterians (MLP), between Alex McNeil, MLP's Executive Director, and Jess Cook, MLP's Program & Communications Manager. (Both Alex and Jess have graced SPC at the pulpit and between services.)

The videos educated us on the many (and ever-evolving) distinctions within human sexuality, gender and gender identity. They also addressed the heartbreaking challenges that LGBTQ youth face in society and in religious communities in particular. The seminar discussed ways in which the church can be a more active place of welcome for LGBTQ youth. —Leslie Williams

LOOKING FORWARD TO ADVENT, CHRISTMAS AND EPIPHANY



Advent is December 2–December 23

Christmas Eve Services, December 24

- 5:00 p.m., Especially for Children
- 8:00 p.m., Choirs, Homily, Candlelight
- 11:00 p.m., Carol sing, Communion, Candlelight

One service only (11 a.m.)

- December 23
- December 30, Children's Pageant
- January 6, Epiphany and Ordination

Joy Gift Potluck Dinner

Sunday, January 6, 5 p.m.

Asbury United Methodist Church

Mission...

ALTERNATIVE CHRISTMAS GIFTS FAIR

Once again, SPC's Mission Committee is holding an Alternative Christmas Gifts Fair on three consecutive Sundays—November 18, November 25 and December 2, between services 9:30–9:50 a.m., and after the second service 12-12:30 p.m.

The projects to be sponsored are:

1. The Colombia Accompaniment Program, begun in 2004 by the Presbyterian churches in the U.S. and Colombia and working through the Presbyterian Peace Fellowship, funds a “ministry of presence,” preparing volunteers to accompany peasant groups, social and church activists and others advocating for displaced people threatened daily by violence.



2. A program through Presbyterian Disaster Assistance to assist immigrants with physical, legal and transportation needs at the border.



3. Funding to help provide \$50 hotel rooms for the expected cold weather shelter overflow of homeless persons in Jefferson County this year. The shelters can accommodate up to 16, but there are a known 68 homeless in the county.



The **Alternative Christmas Gifts Fair** encourages people to give donations to these selected charities rather than spending money for obligatory, and often perfunctory, gifts to family members and friends. Custom-made Christmas cards tell your loved ones about the alternative Christmas gift made in their honor.

Members and Friends...

Thank you

Little did I realize when we signed up for meals from your fabulous volunteers that the food would taste SO delicious and have such variety! The generous servings were plenty for both of us for two days. Your gift has been so vital and important to my, and Sally's, recovery. We certainly felt the love of SPC. Thank you to all the volunteers. You have a lifesaving team there.

—Love, Allegra Wright and Sally Fitzgerald

ROSEMARIE COY New contact info: 301.223.3425; 16505 Virginia Ave. #2210, Williamsport, MD 21795; her email is the same: coyrm55@frontier.com.



MASTERWORKS CHORALE

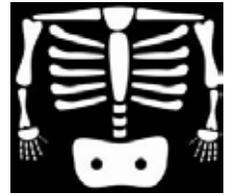
Saturday, November 10, 7:30 a.m., Frank Center, presents Handel's *The King Shall Rejoice*, Bach's *Cantata No. 150* and *Mass in G Major*. For information, call 304.876.5555.

Elaine Hurd, Marianne Alexander, Rie Wilson, Suellen Myers, Chris Cubby, Sharon Henderson

Nurse's Notes...

TOO MANY X-RAYS?

Americans receive more than 85 million CT scans each year, compared with 3 million per year in the 1980s. A scientific study concluded that about 2% of the cancers in the US were caused by radiation from CT scans. Ionizing radiation, the type that can damage cells, is a fact of life. Rocks and soil contain it; it also appears in our food, our bones, and in the air we breathe. Cosmic rays barrage us from space. Added exposure comes from power plants, TVs, and computer screens. Most routine diagnostic x-rays deliver a very small amount of radiation. CT scans deliver higher doses.



There is no absolute number of scans that reaches the tipping point. Our bodies have mechanisms that repair the cell damage from x-rays. So, while every scan adds to the chances that a problem will occur, radiation doesn't build up in the body.

So, yes, there is some risk but x-rays are important diagnostic tools and, in general, are worth the risk. After all, the risk is small compared to taking too much Advil over the course of your life!

Reminder: Get your flu shot this month!

—Merry Morgan, RN

Financial Corner...

GENERAL FUND through September 23. Pledged for 2018: \$285,000. Expected to date: \$235,673. Actual giving: \$234,173. Building Fund pledged for 2018: \$28,910. Submitted to date: \$18,800.

PEACEMAKING OFFERING \$2338. Split between Eastern Panhandle Empowerment Center (formerly Shenandoah Women's Center) and PCUSA national and international peacemaking programs and projects

NEXT NEWSLETTER December 2018–January 2019 Send announcements, articles, member news, and your favorite vacation pictures to office@shepherdstownpresbyterian.org.

Deadline: November 21

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BSitterley@shepherdstownpresbyterian.org

Director of Spiritual Formation and Campus

Ministry: Ethel Hornbeck

ethel@shepherdstownpresbyterian.org

Visit www.shepherdstownpresbyterian.org for the latest news, podcasts, and calendar of events.