



November 2016 Newsletter

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PASTOR'S PAGE

Things to Think About in November

November is here at last. There's just a week to go. Take a deep breath, and repeat as often as necessary, "The Election is almost over..."

As much as we would like to think that November 8 will bring some kind of resolution to our nation's collective unease (dis-ease?) during the campaign season, the reality is that we remain a polarized country. There will be pundits galore across the political spectrum who will offer their analyses on why the nation is divided, and some of those might be useful in beginning the kind of healing we need.

More helpful are two things I'd like to commend to your thoughts, prayers, and actions during the month of November, namely the practices of Civility and Thanksgiving. Focusing on these things we can control may not only be the best things we can do, but also the only things we can do!

Several years ago, I had the privilege of meeting and hearing Yale professor Stephen Carter talk about his book called "Civility: Manners, Morals, and the Etiquette of Democracy." It is a clear minded and religiously sensitive book that makes the case for restoring the practice of civility to everyday life. This is crucial, Carter says, because, "The idea that we should use our freedom to the common good rather than to seek our own pleasures has long been at the center of Christian and Jewish ethics. On this point, at least, Augustine and Maimonides were in full agreement. It goes back at least to Aristotle and was central to the defense of human freedom by such Enlightenment philosophers as John Locke. But it is not one of those ideas so old and venerable and self-regarding – like the profit motive – that we cannot imagine life without it. It is, and has always been, an idea so fragile that, if not carefully nurtured, it will certainly die."

If you would be interested in reading and discussing Carter's book together, please let me know and perhaps we could form a little group to learn more about how we can bring civility to our community.

Coming up also in November is, of course, our national holiday of Thanksgiving. While the celebration of Thanksgiving is not always based on the most spiritual of terms, there is certainly no reason we can't choose to focus on our gratitude toward God for the life we've received in Jesus Christ. Let me suggest that instead of saving up our acts of thanksgiving for the end of the month (like skipping a meal to save more room for turkey!) that we take advantage of the entire month of November (even, and maybe especially, the part before the election!) to give praise and gratitude for the abundant blessings we have each experienced.

May we all enjoy a blessed month of November preparing our hearts and minds for the coming of the season of Advent.

Peace, Stacey

AROUND THE CHURCH

ACTIVITIES, EVENTS, AND HAPPENINGS

NOVEMBER BIRTHDAYS

1 Mary Alice Calhoun
 1 Anna Waller
 1 Mary Waller
 3 Donna Rowland
 6 Greg Hager
 6 Luke Waller
 8 Jack Whitmarsh
 11 Stacey Steck
 14 Claudia Patterson
 14 Victoria Patterson
 15 Miranda Belk
 16 Michael Fuller
 16 Bob Freeman
 22 Adam Swanson
 24 Addy Moore
 28 Ashlyn Seaboch
 28 Hall Steele
 29 Allyson Teague

A NOTE OF THANKS:

Mike and I would like to thank everyone for coming out with open arms to do our yard work. Those who came were Jay Bates, Ed Hall, Richard Luther, Charlie King, Robert Wilkie, James Myers, Keith Vaughan, John Sloan and Paul Gaylor. And thanks to Ed Hall for spraying our weeds. And also a thank you to Pastor Stacey for stopping by. Your kindness has touched our hearts.

Love,
 Kaye & Mike Hawkins

Congratulations to:

Jennifer and Eric Rouse on the birth of their son, Griffin Wells on Oct. 3.

Cari McCachren and Amol Shah who were married on Oct. 6 in Greensboro.

Thanksgiving Service **Tuesday, November 22, 2016** **7:00PM**

We will be collecting for the Children's Hope Alliance. Last year they combined the two homes, Barium Springs and Grandfather Home for Children, to better offer hope to children and families throughout North Carolina. Specially marked envelopes will be provided during this service and during the Sunday (Nov. 20) worship service. Thank you for your donations.

THYATIRA PRAYER CONCERNS

<u>Brightmoor Nursing Center:</u>	Frank Fuller
<u>Lutheran Home:</u>	Mullie Varner
	Rebecca Morrison
<u>C/O George Calhoun:</u>	Mary Alice Calhoun
<u>White Oak Manor, Charlotte:</u>	Ruby Erwin
<u>At Home:</u>	JoAnn Kerr

- Dana Milam's friend, Stacia Henry in Jamaica - she and her husband are without jobs and are in need
- Nell Fuller's niece, Mary Jo Wood, is undergoing cancer treatments
- Judy Leazer (co-worker of Sharon Deal) is taking Leukemia treatments
- Mark Quinn (the husband of Sharon Deal's best friend) has been diagnosed with Rectal/Colon Cancer in Florida
- Drema Clemens' mother, Bertha Warden
- Millicent Hoffner's brother, Joe Kerr
- Mike Hawkins who has RA
- Former member, Pat Hall
- Debbie Belk, a friend of Joyce Caldwell
- Jimmy's mother and father, Ernestine & Bill Hoffner
- Matt, Desha Carson and family, friend of Corrie Connolly, Asia missionaries
- Paul Rogers' daughter and family are missionaries in Pakistan

Rotation Sunday School is in need of Shepherds or helpers to assist the teachers. If you would like to help out, please contact Leigh Anne Wetmore.

The National Health Calendar Designates November as National Caregiver Month

Pablo Casals, world-famous cellist said, “The capacity to care is the thing that gives life its deepest significance and meaning.”

Providing care for a family member in need is an act of kindness, love, and loyalty. As life expectancies increase, medical treatments advance, and increasing numbers of people live with chronic illness and disabilities, more and more of us will participate in the care giving process.

There are different types of family caregiver situations. You may be caring for an aging parent, a handicapped spouse or even a child with a mental or physical issue. Regardless of your particular circumstances, you’re facing a challenging role. But, with the right help and support, you can be a loving caregiver without having to sacrifice yourself in the process.

Learn as much as you can about your family members illness and about how to be a caregiver. The more you know, the less anxiety you will feel about your role and the more effective you will be.

Seek out other care givers. It helps to know you are not alone. It’s comforting to give and receive support from others who understand. Also allow others to be a part of the care giving when possible. Often you may not have to take on this role alone.

Trust your instincts. Remember, you know your family member best. Don't ignore what doctors and specialists tell you, but listen to your gut feelings, also.

Encourage your loved one's independence. Care giving does not mean doing everything for your loved one. Be open to technologies and strategies that allow your family member to be as independent as possible.

Know your limits. Be realistic about how much of your time and yourself you can give. No one benefits when a caregiver puts his or her own health in danger. Set clear limits, and communicate those limits to doctors, family members, and other people involved.

Accept your feelings and realize that they are normal by products of being a caregiver. Anxiety and worry, anger and resentment, guilt and grief are all part of the life of a caregiver. Even when you understand why you're feeling the way you do, it can still be upsetting. Don't keep your emotions bottled up, find at least one person you trust to confide in.

Attend to your own needs. Stay social and maintain your close relationships. Do not let yourself become isolated. Do things that you enjoy when possible. Laughter and joy keep you going when you face trials, stress, and pain.

Maintain balance in your life. Do not give up all activities that are important to you, such as work, hobbies, and church.

Give yourself a break, both emotionally and physically. Try to give yourself an extended break at least once a week. Always remember that caregivers have needs too.

While thinking of caregivers, it is important to consider the position of the person needing the care. We often find it very difficult to accept help from others and fear being a “burden” to those we love. It is difficult to accept that we sometimes have no choice but to receive help from others. Remember, caregivers often receive a special blessing through their generous spirit, the sharing of love, and the opportunity to spend special time with a loved one. Try to make this a time of joy as much as possible and eliminate as many of the negative emotions as possible. Most people realize that the person needing care would love to be the caregiver.

November: The Great American Smokeout

Every year, on the third Thursday of November, smokers across the nation take part in the American Cancer Society Great American Smokeout event. They use the date to make a plan to quit, or they may plan in advance and quit smoking that day.

The idea of the Great American Smokeout grew from a 1970 event in Randolph, Massachusetts, at which Arthur P. Mullaney asked people to give up cigarettes for a day and donate the money they would have spent on cigarettes to a high school scholarship fund. Then in 1974, Lynn R. Smith, editor of the Monticello Times in Minnesota, spearheaded the state's first D-Day, or Don't Smoke Day. The idea caught on and on November 18, 1976, the California Division of the American Cancer Society got nearly 1 million smokers to quit for the day. The California event marked the first Smokeout, and the Society took it nationwide in 1977.

Every Faith Community Nurse and Health Promoter in our group knows that smoking, carrying excess weight, and avoiding exercise are three of the most harmful behaviors to the health of members of our congregation and community. If we had a magic wand we would end smoking for those of you who smoke. We have no magic wand, but we do not ask, but plead with you to make every attempt to stop smoking if you smoke.

Unlike some of the ads on television, the following facts are not an attempt to frighten you, but to remind you of what we know are absolute facts about tobacco. Tobacco use is a leading cause of cancer and of death from cancer. People who use tobacco products or who are regularly around environmental tobacco smoke (secondhand smoke) have an increased risk of cancer because tobacco products and secondhand smoke have many chemicals that damage DNA.

Tobacco use contributes to many types of cancer, including cancer of the lung, larynx, mouth, esophagus, throat, bladder, kidney, liver, stomach, pancreas, colon, rectum, cervix and acute myeloid leukemia.

There is no safe level of tobacco use. People who use any type of tobacco are urged to quit. People who quit smoking, regardless of age, have substantial gains in life expectancy compared to those who continue to smoke.

It's hard to quit tobacco. Research has shown that smokers are most successful in kicking the habit when they have support such as: Telephone smoking-cessation hotline, Stop-smoking groups, Online quit groups, Counseling, Nicotine replacement products, Guide books, Encouragement and support from friends and family members. Using two or more of these practices works better than any one alone.

Generosity Update: For the fourth Sunday in October with one more Sunday to go, we are at 1.05% of our goal. Let's keep the momentum going. We are truly blessed!

<u>November Nursery Schedule</u>	<u>November Liturgists</u>	<u>November Ushers</u>
6—Corrie and Cindy Connolly, Beth Bates, Lydia Richmond	6 — Bill Hall, Jr.	Ed Hall
13—Ben/Mariah Watts, Michelle Patterson Melissa Waller, Dana Milam	13 — Flora Calderón-Steck	Jeff Franz
20—Flora Calderón-Steck, Debbie Edwards Ashley Wilkie, Melissa Kluttz	20 — Debbie Edwards	Mike Connolly
27—Abby Covington, Laurel Harcum Jada Ware-Guy, Karen Townsend	27 — _____	Paul Gaylor John Sloan

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Preschool News....

The two year old class started the month off with manners and emotions. We talked about being happy, sad, scared and mad. We made happy and sad faces out of circles. Each one got to show off their "own" happy, sad, scared and mad face. Oh what fun!! We introduced letters A and B this month. We talked about things that begin with letter A. We put together letter A and created an apple out of paper plates. For letter B we talked about things that start with letter B, and worked with Balloons. The little ones sorted balloons by colors, using shapes for a hot air balloon. They even designed their own hot air balloon with water colors. Our fall festival will be at the end of the month and the little ones will enjoy games, a hayride, and getting a pumpkin. Oh, what a fun day it will be. Our class party will be so much fun—everyone will be dressed up and we will play some Halloween games along with a special snack. Each day during circle time, we say the Pledge of Allegiance and then start our morning singing, "Jesus Loves Me". Our nursery rhyme for this month was "Itsy Bitsy Spider." We also sang songs about leaves, pumpkins, ghosts, and bats. We continue to sing our ABC's and count to 15.



"Where the little ones shine"

October has been a busy month for the 3 year olds. Pictures were taken, thanks to everyone who ordered. We focused on letters "B, C, D, E," making a craft for each letter. The book mobile came. Ms Vicky read stories and each child checked out two books. The firemen from Locke fire department brought the fire truck. During our Fall Festival we enjoyed a wagon ride, games, face painting, bounce house, pumpkin patch, a craft and snack. For Halloween the children dressed in costume and sang for their families.

The four year old class is having a busy October. We started the month off with the study of letter D and all things dinosaur. We also studied the letters E, F, and G and enjoyed learning about elephants, firefighters, fall and Halloween. On the 7th, Ms. Vicki from Stories to Go came to our school and shared some fun books with us. Then we got to go on the Bookmobile and check out books. How exciting! Our firefighter friends from Locke Fire Department visited us on the 11th. We learned so much and really enjoyed getting to climb up into the big fire truck to have our pictures made. We look forward to the end of the month when we will have our Fall Festival. So many of our wonderful parents have volunteered to help make our day special. We are all so grateful for their support. We will finish off the month with our Halloween party. We can't wait to see what fun costumes our fiends will wear to school that day. I'm sure it will be "spook" tacular!