
November 2017

Reformation Activities:

- **A bookstore** will be available with current publications for your reading enjoyment.

The Books include:

Martin Luther: “His Life”, “His Writing”, “Reflections”, and “Reformation 500”

A Reader’s Guide will be available.

Additional materials are available:

Devotionals, Children’s Activities books, Bookmarks, the Solas Coin, and copies of the 95 theses !

Traveling Martin Luther is available for you too: Take photo opportunities with family and friends.

- **October 29th REFORMATION SUNDAY – Wear Red to church:**
 - 9:30am Festival Worship Service with special music by our musical staff, and a special anniversary surprise to Saint Paul on the 270th anniversary year! This worship service on the 29th will also feature special music, a Baptism (Boden Waller) and a Confirmation (Hayden Fravel).
 - 5th Sunday Special offering will benefit the Strasburg Compassion Cupboard.
 - 3:00pm - 500th Anniversary of the Reformation Celebration at St. Paul Lutheran Church: The Mount Olivet Choir (from Arlington, VA) with Organist and Director, Dr. Steven Keister Shaner will present a concert of choral and organ music. This event is being sponsored by the Central Valley Conference and is open to the public.

The offering will go to the ELCA’s Young Adults in Global Mission (YAGM) program to support and honor Jacob Dunlop. Jacob, a member of Martin Luther Lutheran Church in Bergton, will be volunteering for the next year with YAGM in Paraguay.

Following the concert a reception will be held in St. Paul’s fellowship hall.

Seed money for the reception is being provided by *Thrivent Action Team* grant; however, you are invited to bring a finger food to share.

NOTE THIS CHANGE: St. Paul Congregational Council will change their meeting date in November.

The Council will meet on Tuesday, Nov. 7 (not the 3rd Tuesday), 7pm in the Study.

The December meeting date will be on the 3rd Tuesday as usual (Dec 19).

DAYLIGHT SAVING TIME ENDS SUN, NOV. 5 ... so ...

REMEMBER TO ‘FALL’ BACK ONE HOUR BEFORE GOING TO BED ON Nov 4!

Brunch Club – Sun, Nov 5, 10:30am (following the worship service)
Brunch food will be provided, but you can bring a food item to share if you choose.

Topic: 'I woke up!'

Free-will donations will benefit St Paul's annual fruit baskets
for our homebound and nursing home members.

The Annual Congregational meeting for St. Paul will be held on Sunday, November 19
following worship service. We will also share a covered dish brunch.

In addition to reports, updates, and the consideration of the 2018 budget,
there will be the election of Trustees and Congregational Council members.

* There will be up to four council positions to fill at this election.

Strasburg's Community Thanksgiving
will be hosted by the Strasburg Christian Church (High Street)

Worship service -- Sun, Nov. 19, 4 pm

Pastor John Haynes (Strasburg United Methodist Church) will give the sermon.

Meal -- Wed., Nov. 22

Delivered meals go out approx. 3:30pm

Eat-in meals will be served beginning at 4:00pm

If you are unable to attend the meal at the Christian Church, but will be home and want to request
a meal(s) be delivered to you (on Nov 22), please call the Christian Church (465-3547).

OPPORTUNITIES for INVOLVEMENT for ALL YOUTH !

MS/HS Youth: Brunch Club - Sun., Nov 5 (1st Sunday each month): Please come at 9:30am help
prepare the brunch food. Bring a dish to share, and/or help in the preparations.

Message: 'I woke up!'

Free-will donations during this event will benefit our annual Fruit Baskets that are delivered to
our homebound/nursing home members.

All Youth: Join us Sundays at 9:30am for Worship Service: Volunteer as an acolyte, crucifer,
greeter, or tray holder.

Grades K - 5: Sunday School classes during worship service (approx. 9:40am) - Students will be
excused from the worship service.

All Youth: Bring canned items for Compassion Cupboard: green beans and fruit

FROM PARISH NURSE – JEANNIE COFFMAN

Greetings, Happy November and Thanksgiving!!

I can't believe that it is already November and one of the health issues for November is Alzheimer's disease. As I have ministered these three years one of the diseases that I see occurring is dementia. Unfortunately a definitive diagnosis of Alzheimer's can only be determined after death but there are behaviors and clinical findings that suggest Alzheimer's. But the common denominator is dementia.

At this point in time there is no cure but *early diagnosis* can help with interventions that may improve the quality of life for both the patient and their loved ones. In this case the earlier the better. So how do we recognize dementia? So here are the symptoms: * Confusion about place or time (maybe mild) *Memory loss that affects everyday life, (unable to balance check book, or drive to a location); * Difficulty planning or problem solving; poor judgment leading to poor decisions ; *Withdrawal from social activities; *Difficulty following a conversation; having trouble distinguishing distance and color; *Remembering things recently learned is difficult, mood and personality changes and increased anxiety; *Repeating things over and over. These are not seen in everyone. If you observe these things in a loved one talk about getting an evaluation, if you see it in yourself get an evaluation and share with your loved ones. Remember early diagnosis will increase the quality of life as there are two types of medication that can maintain mental function and slow the disease progression. There is no proven prevention, but it is thought that some things will help slow the progression or possibly prevent the disease: * Keeping your mind active with word games, puzzles, and memory games; * Continue to learn new things; *Stay physically active; *Be socially active; *Stop smoking; *Get adequate sleep; * Treat High blood pressure.

By no means is this everything about dementia, for more information ask or check out the Alzheimer's Association website which is what I have used as a resource.

Jeannie

Worry weighs a person down; an encouraging word cheers a person up.

Proverbs 12:25

NOVEMBER BIRTHDAYS

Jack Grubb Jr. - 1
Todd Lumpkin - 1
Holden Mrizek - 1
Katy Sauer - 1
Cohen Bischoff - 2
Dorothy Ryman - 3
Kenley Smith - 4
Ralph Stickley - 4
James Ballowe Sr. - 5
Jack Jenkins - 5
Mark Kupeski - 6
Amelia Price - 6
Fred Rutz - 6
Melissa Galton - 9
Katherine Pomeroy - 9

Linda Glavis - 10
Tina Mrizek - 10
Alex Golliday - 11
Cathy Frenz - 12
Lindsay Kupeski - 13
Thomas Price - 15
Randy Painter - 16
Ray Kern - 17
Patricia Sheetz - 18
Katy Stevens - 19
Vincent Poling - 20
Vickie Stickley - 20
Megan Smith - 21
Sophia Ritenour - 22

Phyllis Renner - 24
Billie Jo Stickles - 24
Kay Yates - 24
Megan Price - 25
Tinleigh Rusher - 26
Payton Scholtz - 26
Susan Bennett - 27
Kassy Bly - 27
Clark Miller - 27
Hallie Morris - 27
Joseph Ryman - 27
Betty Middleton - 28
Joyce Rinker - 28
Wilma Smoot - 28
Gracie Wilson - 30

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*If your name and birth date is not listed, please contact the church office:
(465-3232; stpaulstrasburg@gmail.com)*
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Pastor's column

You may recall that last month my column focused on Martin Luther's call to "Let God be God." That thought focused us on Luther's emphasis on trusting God's unmerited grace and not our own abilities as regards our standing before God. A second great teaching of Luther follows from that. If we are saved by grace then we have been freed from the burden (of trying to justify ourselves before God) and can now use that energy to freely care for our neighbors and the strangers around us. Since service in love must be freely given and not forced, if it is to be genuine, it follows that we can now truly seek to serve others for the joy of that action not for any benefits we might receive. This freedom is the joyful service that Jesus describes in the Gospels. It is what truly builds community. In our era we need to rediscover the joy of free service in a world of 'tit for tat' and 'looking out for number one.' It requires both humility in receiving God's gift and joy in offering our humble service for community to be built.

This emphasis also strikes me as where we are in the church year. November traditionally has three festivals. All Saints, Christ the King and a faith based lifting up of the national time of Thanksgiving. All Saints reminds us that we belong to a community of believers that is not bound by time or space. We are not in this alone. Christ the King reminds us that God alone is in control of time and space, no matter what the powerful think. It's about God. Thanksgiving lifts us in the joy of both of these truths in our celebration of the gifts and the joy of service we have been free to. Let God be God and let us serve one another.

Amen.

Pastor Nabers

Strasburg Local Relief Fund – Change in Procedure

The Strasburg Local Relief Fund, as of October 1, is being managed by the staff of Shenandoah Alliance for Shelter (SAS). They will receive calls from residents asking for assistance with utility bills, etc., be able to determine their eligibility, disburse Local Relief Fund monies, and provide opportunities for possible other sources of assistance to those residents.

The staff of SAS is trained and licensed to better handle the calls (5 days a week), and can provide additional needed assistance to our residents.

When making contributions to the Strasburg Local Relief Fund ministry you may do so in the following 3 ways:

- Write a check to "Strasburg Local Relief Fund" (not a 501c3), mail to 193 W. Washington Street, Strasburg,
- Write a check to your church with *Strasburg Local Relief* written on the memo line (will be tax deductible through your church giving records). Your church will then forward the funds to SAS to be used accordingly,
- Write a check to "Shenandoah Alliance for Shelter" with *Strasburg Local Relief* on the memo line (is tax deductible also).

SAS will keep records of these designated funds separately (above and beyond the funds they receive to support their programs). Local Relief Fund will be still be able to maintain that fact that "*100% of the donations made to the Strasburg Local Relief goes back to helping community members in need.*"

For Transient Assistance: The Pastors in Strasburg (through the help of the Strasburg Police Department) will provide those passing through our area with a warm meal, gasoline, and/or one night of lodging to ensure their journey is safe and complete. The funds for these assists are from a different source and will be kept by St Paul Lutheran Church secretary - Carol Smith (also Treasurer for the Local Relief Fund)

* *The Lutheran, Methodist, Presbyterian and Christian churches in Town will cover SAS's administrative cost by each church donating \$300 annually to SAS.*

Strasburg Compassion Cupboard
is requesting the following canned items during November:

*green beans * fruit*

Bring these items to church. A drop box is in the Narthex.

St. Paul's Mission Quilters have distributed the handmade quilts to some area agencies.

This thank you note was received from the Shenandoah County Pregnancy:

“Thank you for the beautiful quilts that will bless many children and keep them warm! Your generous donation to the Pregnancy Center will help us continue God’s work in reaching out with the love of Christ to families in our community.”

NEW & TEMPORARY ADDRESS:

ABH MATTHEW CLUTTER
[230 CHEVALIER FIELD AVE.](#)
BKS: USS ABRAHAM LINCOLN
PENSACOLA, FL 32508-5151

The Sunday school class for all adults will meet every Sunday (except for the 1st Sunday of the month) in the Lounge at 10:45am (following the worship service).

2018 Opportunity for Ministry forms and offering envelopes will be made available in November.

Please stop by the narthex.

You can fill out a form (1 per person, please) and drop it in the box that will be made available.

Then pick up your offering envelope at the same time.

If you don't see a box of envelopes with your name on them – and you would like a set please contact the church office (465-3232; stpaulstrasburg@gmail.com).

Shenandoah Alliance for Shelter's Annual Empty Bowl Soup Supper

Friday, Nov 17 ❖ 5:30 – 7:30pm

Central High School, Woodstock

\$35/adult. \$20/student (under 18)

Includes a locally made pottery bowl to take home.

Tickets available online (www.allianceforshelter.org) or at Sager Real Estate, Strasburg