

Weekly Worship

Every Sunday

9:00 Worship Service
 Outside on the Church
 Lawn and Facebook Live

11:00 Facebook Video
 Available

11:00 Worship Service
 in the Sanctuary

Upcoming Events

Monday, Nov. 1

1:00 Prayers and Squares

Tuesday, Nov. 2

5:00 Christian Education
 Ministry

Wednesday, Nov. 3

11:00 Prayer Ministry
 3:00 Kids' Church
 6:00 Youth
 6:00 Solidarity Seminar

Sunday, Nov. 7

2:00 New Officer Training

Wednesday, Nov. 10

11:00 Prayer Ministry
 3:00 Kids' Church
 6:00 Youth
 6:00 Solidarity Seminar

Thursday, Nov. 11

5:30 SPF Ministry

Sunday, Nov. 14

2:00 New Officer Training

Monday, Nov. 15

1:00 Prayers & Squares
 3:00 Visitation Ministry
 5:30 Session Meeting

Wednesday, Nov. 17

11:00 Prayer Ministry
 3:00 Kids' Church
 6:00 Youth
 6:00 Solidarity Seminar

Saturday, Nov. 20

10:00 GriefShare
 Surviving the Holidays

Sunday, Nov. 21

Shoe Box Dedication

Wednesday, Nov. 24

11:00 Prayer Ministry
 3:00 Kids' Church
 6:00 Youth

A Note From Our Pastor

Have you noticed that everyone seems to be a little "on edge" lately?

The word that comes to mind is "volatile." Well, let me follow Jesus' advice and address the plank in my own eye first, before trying to get the speck out of someone else's. So, allow me a moment of confession: I feel "on edge." I tend to forget that I'm an emotional being. And that I need to be attentive to the emotions I'm experiencing. If God is with us—and he is—then,



God is with me in my emotions. I'd like to use this space to share with you an exercise that has benefited me. It's from Anglican pastor and church leadership consultant, Rev. Ben Sternke. Take a moment to read about this spiritual exercise of emotional attentiveness, and then, practice it!

Emotional Attentiveness

by B. Sternke

"One of the core axioms of our training is that God meets us right where we really are. One of the most surprising realizations of my life was discovering how much time and energy I spend avoiding being where I really am, emotionally, spiritually, physically.

So, the simple practice of recognizing and feeling how I actually feel right now in my body has been profoundly transformative for me. I limit myself to a list of 6 "core emotions" to give myself a framework for the exercise without overthinking it: **joy, anger, fear, sadness, disgust, and excitement.**

I simply name the emotion, where I feel it in my body, and how strongly I feel it on a scale of 1 to 10 (10 being the strongest).

Here's how I do it (you can try it right now as you read this):

1. Sit down in a chair, close your eyes, take 4-5 deep, cleansing breaths, and seek to simply be present to your body.
2. Notice where you feel sensations in your body, and how strongly you feel them.
3. Notice the strongest sensation, and discern which of the 6 core emotions it feels like.
4. Say (out loud), "I feel [core emotion], in my [body part], it's at [number]."

For example, as I write this now, I feel sadness, behind my eyes, and it's at 4.

After acknowledging where you're at, just quietly welcome whatever you are experiencing in your body as the place of God's dwelling with you. Embrace the moment as it is without trying to change anything.

Sometimes we'll start meetings this way as a way to ground everyone in "where we're really at." It also fosters empathy and compassion in community. And it's also where God waits for us.

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(Continued from page 1)

So not only do we become present to ourselves, we become present to God, who is present with us right in the middle of our reality. Give it a try!”

Rev. Ben Sternke
Gravity Leadership

So... really give it a try. Take a moment to be attentive to your emotions and acknowledge God's presence with you right now. With this attentiveness, we are taking steps toward being the change we'd like to see in the world.

In Christ, Pastor Timothy



GRIEF SHARE

**SURVIVING
THE
HOLIDAYS**

Saturday, November 20, from 2:00—4:00pm

The holiday season can be especially painful. This might be the first holiday after your loved one's death, or maybe it's the second, third, or beyond. This is a seminar that will help you navigate the holidays and discover reasons to enjoy them again. It is not just for those that have been attending our GriefShare workshops. It is open to anyone that would like to attend. You will receive tools that will enable you not only to survive the coming holidays, but also to face them with a measure of peace and assurance. For more information, contact Charlene Atkins at (201) 919-3249 or chatkins17@yahoo.com. If you know someone who is grieving, please tell them about this seminar.

Minutes in a Minute

On Monday, October 18 the Session of First Presbyterian Church:

- Opened with prayer and devotion led by Elder Doris Partlow
- Approved the minutes from the September Session meeting
- Approved the wedding for Corey Campbell and Morgan Spiro on October 21, 2022
- Received reports from all ministry teams (including: updated visitors list and stewardship campaign schedule)
- Reviewed and approved the all of the updates for “Section One” for our Church Procedure Manual
- Received report from the Pastor on his Doctor of Ministry work; he has completed the “First Submission” (four chapters) of his thesis, two more chapters to write, with plans to graduate in June 2022

Our next Session meeting will be at 5:30pm on Monday, November 15.



Operation Christmas Child Shoebox Dedication is Sunday, November 21

Our church has been collecting shoe boxes for Operation Christmas Child for many years. We have many ways to express our feeling for missions, now, but we still include these Christmas gifts as one way to reach children and whole families who have never heard the gospel. This is a very meaningful way for our children to learn how to express God's love for all the world.

Katie Garrett, missionary in Senegal, has provided some advice about shoeboxes from what she has experienced.

Great Gifts: jump ropes, band-aids, hair elastics or head bands for girls, marbles, harmonica, a simple watch for older kids, a solar calculator for older kids, sunglasses for older kids, socks; youngest girls, a baby doll with light brown skin and no hair, toy car, truck or airplane for young boys. (The ones with bigger wheels that are made for toddlers and are larger than Matchbox size are good. Matchbox wheels are so small, they don't work well in dirt.)

Best Gifts: soccer balls or any ball, small flashlight with batteries, soap AND a plastic soap dish that has a cover, toothbrush in a tooth brush holder, pencils, erasers, colored pencils, and sharpeners for all aged children, good quality pens for ages 10-14 in black, red, green, and blue.

NO CANDY AND NO TOOTHPASTE

Have your boxes here by Sunday, Nov. 21
Leaflets and more materials are on the table outside the church office.
For more information, Samaritan's Purse is on Facebook.





Kids' Church

All K-5th graders are welcome to join for fun, fellowship, and Bible Study on Wednesdays, 3:00 to 4:30, September 15 through December 15.

Object Lessons in the book of Exodus.



Blessing Bags for Berkeley High School Teachers

The Butterfly Team will be putting together Blessing Bags for the teachers and staff of Berkeley High School in November. We need your help collecting the items for these bags!! Please bring any of the following items to the church during the month of October and leave in the *1st and 2nd grade classroom* on the children's wing:

- cases of bottled water
- flavor packets for water
- packs of chewing gum
- microwaveable popcorn
- individually wrapped chocolate candy



For more information, contact Melissa Williams on the Butterfly Team.

PYG At The West Farm Corn Maze



Our Mission:

Making disciples of the next generation who reach UP to God, IN to one another, and OUT to the world!



We extend Christian sympathy to the family Janet Lucas. Janet’s father, D. C. Brown, passed away on Saturday, October 9, 2021.

Dear Quilting Ladies: My quilt is perfect. The thoughtfulness is the most nurturing aspect. The quilt spreads out over my bed and I count my blessings. The owls remind me of wisdom. Although my cancer is incurable, pray for a miracle anyway. In the meantime “acceptance” is something to pray for as well. Neva and Rev. Scoonover paid me a lovely morning visit. We exchanged thoughts about many things and then Rev. Scoonover offered a beautiful prayer. This visit meant so much as I was leaving shortly for my treatment at Mayo in Jacksonville. I go every three weeks. My son goes with me and we have a good time visiting. God bless all of you! Your ministry is comforting many of us.

Sincerely, Judy Ash

Dear First Presbyterian Church, thank you for the beautiful prayer quilt given to my grandmother, Evelyn Moser. Her face lit up for the first time in weeks when she was presented with the quilt. She recognized the hard work that went into it and wanted to be sure her gratitude was conveyed for the prayers and thoughtfulness of the Prayers and Squares Committee and the congregation of FPC. I also cannot express to you what the quilt and your prayers mean to me. Through them, Jesus is providing her with peace and comfort during this difficult stage of life, and for that I am so grateful!

Blessings, Melissa Williams

Dear Prayer Partners, When Mom saw the quilt and heard you were praying for her, she smiled for the first time that day. She exclaimed, “How beautiful! I need to write a note!” of course, she can’t so mine must suffice. One of Mom’s treasures is a quilt she made for my father. Now she has your special quilt with the added warmth of prayers. Your wonderful gesture of Christian love means so much. Thank you for your dear ministry.

Sincerely, Kathy Moser Hughes

Dear Church Family, We want to thank you for all you have done for our family. The lovely Peace Lily looks so nice and is a happy reminder of Daddy. All of the cards you sent were so nice, it is a blessing to have so many loving friends. But mostly thank you for your prayers. We were surrounded by God’s peace and still are as we move forward. Thank you so much.

Love Janet, Mike Lucas & Family

To My Church Family, Thank you for al your thoughts and prayers during my sickness. I’m doing great, almost back to my old self.


Love to all, Margaret Huggins



November Birthdays

- 1 Clair Britt Roberts
- 3 Margie Roberts
- 7 Ann Williams
- 9 Jason Rucker
- 10 Thomas Gooch
- 11 Ireland Cusick
- 16 Edward Stehmeyer, III
- 17 Steve Nettles
- 20 Marie Bowles
- 20 Craig Watson Mims
- 20 Bette Wood
- 24 William Peagler
- 24 Larry Propst
- 25 Joyce Mitchell
- 27 Mary Witt Cannon
- 30 David Berry
- 30 Blaine Fairman

Church Directories are available in the church atrium.



2022 Pledge Cards — Dedication Sunday for 2022 pledges was Sunday, Oct. 31. If you missed the dedication, we still need your pledges. You can mail them to the church, drop in the offering plate on Sunday or leave on Sally’s desk. You can even call Sally at the church and she will fill one out for you. Pledge cards are available at the church. Any questions, give Sally a call at 843-761-8469.

Pastor
Timothy Scoonover
Director of Spiritual
Formation
Angeline Brock
Editor Sally Harvey

Commitment Report	Budget for 2021	\$443,620.00
	Oct. 24	Year to Date
Budget Offering	\$ 11,435.57	\$325,655.47
Weekly Budget Requirements	\$ 8,531.00	\$349,571.00

November 2021

First Presbyterian Church

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Every Sunday 9:00 Worship Service on the Lawn 10:10 Sunday School 11:00 Traditional Svc. in sanctuary	1 1:00 Prayers & Squares Ministry	2 11:30 Staff Meeting 9:30-3:00 Home School Coop 5:00 Christian Education Ministry 6:00 Grief Share	3 11:00 Prayer Ministry 3:00 Kids' Church 6:00 Youth 6:00 Solidarity Seminar	4 	5 Angeline Vacation	6
7 <i>communion</i>  2:00-4:00 New Officer Training	8 Angeline Vacation	9 11:30 Staff Meeting 9:30-3:00 Home School Coop 6:00 Grief Share	10 11:00 Prayer Ministry Angeline Vacation 3:00 Kids' Church 6:00 Youth 6:00 Solidarity Seminar	11 5:30 SPF Ministry	12 	13
14 2:00-4:00 New Officer Training	15 1:00 Prayers & Squares Ministry 3:00 Visitation Ministry 5:30 Session Meeting	16 11:30 Staff Meeting 9:30-3:00 Home School Coop	17 11:00 Prayer Ministry 3:00 Kids' Church 6:00 Youth 6:00 Solidarity Seminar	18 	19 	20 10:00-12:00 Grief Share Surviving the Holidays
21 Shoe Box Dedication 	22 Angeline Study Leave	23 11:30 Staff Meeting 9:30-3:00 Home School Coop	24 11:00 Prayer Ministry 3:00 Kids' Church 6:00 Youth	25 Office Closed THANKSGIVING 	26 Office Closed	27
28 	29 	30 11:30 Staff Meeting 9:30-3:00 Home School Coop				



**Operation Christmas Child Shoebox Dedication is
Sunday, November 21.
(more information on page 3)**

First Presbyterian Church

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**Our Mission: Making disciples who reach UP to God,
IN to one another, and OUT to the world!**