

# The Reformer

Lawyersville and Sharon Reformed Churches 157

Mission Statement: As disciples of Christ, we are empowered by the Holy Spirit to join together to worship God, to study his Word, and use our gifts to extend God's grace and love to others.

November 2014

## What's Inside:

Pastor's Page  
Church Review  
Calendar of Events  
Children's Fun Page  
Birthdays-Anniversaries



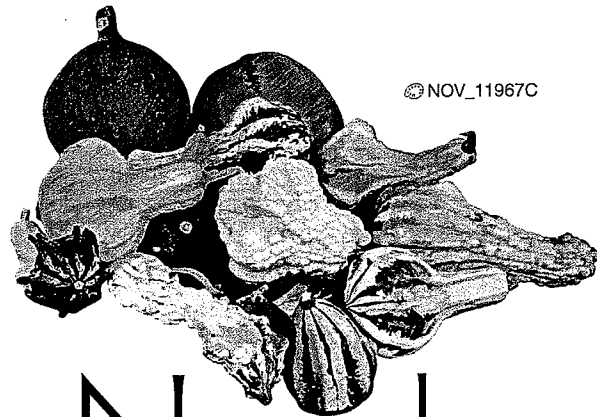
**LRC - Church Service**  
**9:00 A.M.**

**Sunday School**  
**following worship**

**SRC - Church Service**  
**11:00 A.M.**

**Sunday School**  
**9:30 A.M.**

**Rev. Pacia Vamvas**



# November

**YOU** *will be*  
*enriched in every*  
*way to be*  
**GENEROUS**  
*in every way,*  
*which ... will produce*  
**Thanksgiving**  
*to God.*

.....

2 Corinthians 9:11, ESV

### pastor pacia's ponderings

Why give thanks? "Heal me, O Lord, and I shall be healed."

(Jeremiah 17.14). "Only speak the word, and my servant will be healed." (Matthew 8.8). Healing is something that is thought of in terms of being done to us. But healing is not passive. We can have an active role in our healing by practicing an attitude of gratitude.

The Healing Power of Gratitude (HealthLink, Littauer Wellness Education and Resources).

This is the time of year that asks us to count our blessings. It is also the season which frequently brings high stress, with all the accompanying physical ailments: headaches, fatigue, colds, even heart attacks. Those with chronic illnesses may even find their condition deteriorating.

There is hope for us to become happier and healthier simply by learning to have an attitude of gratitude. There is a very real connection between gratitude and good health. Gratitude has a positive effect on reducing pain, improving digestion and strengthening the immune system. Gratitude may even have a protective effect against heart attack. To increase your level of gratitude, here are a couple suggestions for getting started: Keep a gratitude journal – Set time aside daily to record several things (5-7) you are grateful for. This is probably the most effective strategy for improving gratitude, by causing you to pay attention to the good things in your life. Also, at the end of the day, give thanks for moments that have brightened your day. Take two thanksgivings, and don't call the doctor in the morning!

Change your perspective: Most of us are unaware of the negative thoughts our minds focus on each day. The first step is to pay attention to these negative thoughts and realize even if we think we are justified, the only person's health they are hurting is our own. Try re-framing the thoughts by finding a more positive way to look at the situation. A woman was serving at a soup kitchen. A man came through the line wearing only one glove. "You've lost a glove." "No, I haven't, I've found a glove." Having a "found a glove" kind of day will boost your spirits.

Gratitude will help you be healthier and happier. It can also improve your relationships, and bring a peace. Practice being grateful...it is truly good for you. It is impossible to be anxious and thankful at the same time.

A member of our congregations has infected us with "Thank you, Jesus!" fever. In the midst of pain and darkness, no matter how deep, we are not alone. Thanksgiving can come out of situations we think are beyond any possibility of giving thanks. I myself experienced that just days ago. Paul urges us - "Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near. Do not worry about anything, but in **(not for)** everything by prayer and supplication with thanksgiving let your requests be made to God. And the peace of God, which passes all understanding, will guard your hearts and your minds in Christ Jesus." (Philippians 4.4-7). "Thank you, Jesus!" Thanksgiving blessings to you all! grace and peace, pacia

### Seeds of Discouragement

The devotional book *Springs of the Valley* (Mrs. Charles E. Cowman) tells of a man who found a barn where Satan kept his seeds ready to be sown in the human heart. He found that the seeds of discouragement were more numerous than the others, and he learned that those seeds could be made to grow almost anywhere. But when Satan was questioned, he reluctantly admitted that there was one place in which he could never get them to thrive. "And where is that?" asked the man. Satan replied sadly, "In the heart of a grateful person."

## November Worship

- 11.02.14            Twenty-First Sunday after Pentecost (green)  
Sacrament of the Lord's Supper  
Joshua 3.7-17                                    1 Thessalonians 2.9-13  
Psalm 107.1-7,33-37                         Matthew 23.1-12 +  
Lay Leaders   LRC   Bonnie Tryon       SRC   Linda DiCicco
- 11.09.14            Twenty-Second Sunday after Pentecost (green)  
Joshua 24.1-3,14-25                         1 Thessalonians 4.13-18  
Psalm 78.1-7                                     Matthew 25.1-13 +  
Lay Leaders   LRC   Bonnie Tryon       SRC   Mary Speidell
- 11.16.14            Twenty-Third Sunday after Pentecost (green)  
Judges 4.1-7                                     1 Thessalonians 5.1-11  
Psalm 123                                         Matthew 25.14-30 +  
Lay Leaders   LRC   Lisa Boss       SRC   Linda DiCicco
- 11.23.14            Christ the King/Reign of Christ Sunday (white)  
Ezekiel 34.11-16,20-24                       Ephesians 1.15-23  
Psalm 100                                         Matthew 25.31-46 +  
Lay Leaders   LRC   Lisa Boss       SRC   Linda DiCicco
- 11.26.14            Thanksgiving Eve  
Deuteronomy 8.7-18 +                         2 Corinthians 9.6-15  
Psalm 65                                         Luke 17.11-19
- 11.30.14            First Sunday of Advent (purple)  
Isaiah 64.1-9                                     1 Corinthians 1.3-9  
Psalm 80.1-7,17-19                             Mark 13.24-37 +

+ The text(s) pastor pacia plans to use for the next Lord's Day, for the proclamation of the Word.

**Next Sunday, 2 November, we will commemorate the cloud of witnesses, those who walked in faith with the Lord, and now rest from their labors in the Lord. There will be an opportunity, during Prayer, to voice your thanks for those who helped guide you on your faith journey.**



- NOVEMBER
- 3 Lee Empie
  - 8 Brandy Becker
  - 8 Shailene Van Aller
  - 16 Nathaniel Shurt
  - 23 Margaret Becker
  - 24 Christine Hibbard
  - 25 Tina Shurt
  - 29 Lee Empie III
  - 29 Josh Smith
  - 29 Robert Young

- NOVEMBER
- 3 Dick & Joan Palmer
  - 11 Steve & Linda DiCicco



**DON'T  
GIVE UP BEFORE  
THE MIRACLE HAPPENS**



"Even if friends did always call you a saint, I still have to look it up."

**LRC ENVELOPES  
IF YOU DON'T GET ENVELOPES AND WHAT THEM,  
CONTACT LOLA OR CHRIS.  
IF YOU GET ENVELOPES NOW AND DON'T WHAT  
THEM ,CONTACT LOLA OR CHRIS  
CALL LOLA @ 234-2283 CHRIS @ 339-0695  
THANK YOU**

Reminder: The Reformer will appear on the website, and can be viewed there. In order to practice good stewardship, to reduce the amount of paper and ink used, and to reduce Lola's time making the Reformer happen, it will be mailed only to those who make the request. To continue to receive a mailed copy, please contact Lola (234.2283, lola756@wildblue.net). The plan is to make the December issue the last issue mailed to the masses.

# Kid's Page

## Thankful TREE

Make this Thanksgiving decoration and keepsake as a reminder of God's many blessings.

### What you need:

- Acrylic paints
- Paint brush
- White cardstock (8" x 11")
- Baby wipes or wet paper towels
- 8" x 11" frame (available at dollar stores)
- Black permanent marker
- Bowls or paper plates

### What you do:

1. Paint your palm, fingers, wrist and a portion of your arm with brown paint.
2. With the white cardstock placed vertically, press down your painted hand and arm. The print should resemble a tree trunk and branches.
3. Clean your hand and arm with baby wipes or wet paper towels.
4. Dip your fingertips into different-colored paints and press them onto the paper to make leaves. (It's autumn, so leaves can be falling!)
5. When paint is dry, write "thankful" down the trunk with permanent marker. Also write your name and the year in the corner.
6. Frame and display your decoration.



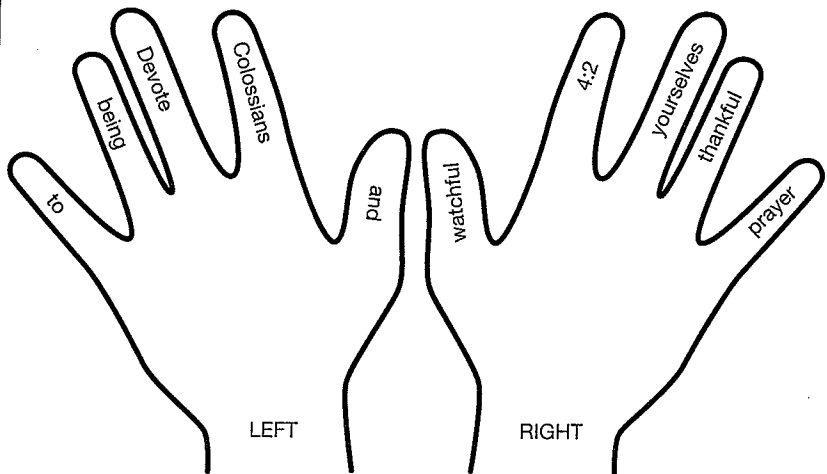
## Praying hands



One way to show our thankfulness is to bow our heads, fold our hands and pray to God.



*Directions: Complete Colossians 4:2 (NIV) by selecting one word on the left hand, then one on the right and so on. Go back and forth, using the word blanks as a guide.*



Answer: Devote yourselves to prayer, being watchful and thankful  
Colossians 4:2, NIV



Prayer Requests

Church

Steve DiCicco/back pain  
 Muriel Homes/St. Johnsville Nursing Home  
 Helen Brown/Palatine Nursing Home/  
 declining  
 Tom Slater/increased dialysis  
 Vivian Empie/Tarpon Springs Nursing  
 Home/on Hospice  
 Elli Schubert/cardiac  
 Rena Cooper/surgery  
 Barb Mereness/shingles & double vision  
 Richard Nirschl/stroke

Family/Loved Ones

Adnan Buxamusa/hypertension  
 Mike Bautochka/St. Johnsville Nursing Home  
 Jared van Wagenen/healing  
 Peggy Wood//hospital/health & family is-  
 sues  
 Cindy Shuart/stroke/home  
 Dan and Chris Parsons/pregnancy  
 Joan and Mason Springstead/strokes  
 Ron Tryon/continued healing  
 Logan Hayes/diabetes/insulin pump  
 Heather Bivins/symptom control  
 Donald Bennett/return of cancer  
 Jenna/new cancer/family issues  
 Paul Gordayer/cancer  
 Bob Speidell/retinopathy  
 Scott Speidell/leukemia/chemo  
 Dodi Chechniki/ALS  
 Chuck Ferrell/employment

**Updates on those on the prayer list are needed, so that we know how best to pray. Inactive requests will be taken off the list.**

**Prayers of thanks**

To give thanks in solitude is enough. Thanksgiving has wings and goes where it must go. Your prayer knows much more about it than you do.

Community

All Teachers and students  
 College students and professors  
 Grand-parents serving as guardians for their grand-  
 children  
 All families impacted by alcoholism and/or substance  
 abuse  
 Increased heroin addiction in our county  
 All families and marriages in crisis  
 All children suffering from physical, emotional and/  
 or sexual abuse  
 All God's children impacted by hunger and food inse-  
 curity  
 All those impacted by Irene, Lee and Sandy  
 Schoharie Area Long-Term Recovery (SALT)  
 Concerns about the economy, unemployment and  
 foreclosures  
 All soldiers (esp. those deployed) and their families

Nation and World

Extremists' intolerance and violence  
 Persecuted Christians  
 Hatred and violence in the hearts of God's children  
 The global economy  
 All unrest in God's world  
 Local, state national and world leaders  
 Peacemaker groups  
 Government dysfunction

\*There is a group of pray-ers who receive prayer requests. If you would like to be added to either list (phone or e-mail), simply contact pastor pacia (234.9811 or [PASTORPACIA@LRCANDSRC.ORG](mailto:PASTORPACIA@LRCANDSRC.ORG)).

You are here

As I approached a brightly lit, vertical floor plan at a mall, I noticed a woman standing in front of it for quite a while. "Can I help you find something?" I offered. As people scurried around us, she replied, "No, thanks. I'm just pausing for a moment." Then, pointing to the arrow that announced, "You are here," she said, "I need to be remind- ed sometimes."

Don't we all! When life gets crazy, perhaps we need to stop, like the wise woman at the mall, and remind our- selves that we don't have to try to be everywhere at once. We're "here," and that's the only place we can be.

Better still, we can imagine a bright arrow pointing to where we are in life, proclaiming, "God is here!"

### Food donations

Thank you to all who contribute donations of Food for the Food Pantry, held at the Baptist Church. We know, due to the economy, that there is an increase in requests. Some who have donated in the past find themselves in need of help. Please continue to give as you are able. Thank you for participating in this ministry of care. First Sunday of each month.



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**Deadline: November 19th**

## MEMO BOARD

### November

- 1 All Saints' Day  
2,9,16,23,30 LRC Worship 9:00 A.M.  
SRC Sunday School for all ages 9:30 A.M.;  
Worship 11:00 A.M.
- 2 Daylight Savings Time ends**  
5,12,19 Lectionary Bible Study 9:00 A.M.; Evening Study  
Group 7:00 P.M. @ the Parsonage (large white  
house across the Park from LRC, next to JWS  
Automotive); **No Study 26 November**
- 10 SRC/RCWM—6:30 P.M. Leader: Ruth Mereness Word: Compassion  
Program: Jesus His Powerful Life/Understanding Jesus Lesson #6
- 11 Veterans' Day  
11,25 Men's Fellowship 7:00 @ the Parsonage
- 16 Special Offering (SRC)**  
16 LRC Annual Luncheon and Congregational Meeting  
12:00 P.M. (kindly bring place settings and a dish to pass)
- 19 December Reformer Deadline (note earlier date)**  
23 SRC Annual Luncheon and Congregational Meeting  
(following Worship; kindly bring place settings and a  
dish to pass)
- 23 Cobleskill Community Thanksgiving Service 4:00 P.M.  
@ St. Christopher's Episcopal Church, St. Christopher's  
Pl., Cobleskill
- 26 Thanksgiving Eve Service 7:00 P.M. @ SRC  
**27 Thanksgiving blessings to all!**

