

Calendar of up-coming October events:

Sunday, Oct. 4	Food Pantry Collection Sunday World Communion Sunday Communion will be served Session Meeting following worship
Thursday, Oct. 8	Prayer, Study & Fellowship meeting 5:30—8:00 in the fellowship hall
Monday, Oct. 12	Presbyterian Women meet 10:00 a.m.
Sunday, Oct. 18	CROP Walk
Sunday, Oct. 25	Halloween party 5:00 p.m. in the fellowship hall
Sunday, Nov. 1	Daylight Savings Time ends—FALL BACK

Prayer, Study and Fellowship meetings

Thursdays, October 8
November 12
December 10

5:30 — 8:00 p.m.
in the fellowship hall

Everyone is welcome

A simple meal, bible study, prayer and lots of discussion about real-life events and concerns facing each of us today and how the Bible helps us deal with these issues.
Hope to see you there!

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1. How many books are there in the whole Bible?
2. How many books are there in the Old Testament?
3. How many books are there in the New Testament?
4. In which Testament would you look for the Sermon on the Mount?
5. In which Testament would you look for the story of Jonah and the great fish?
6. How many of the New Testament books are called the Gospels?
7. In what book of the Bible would you read about Shadrach, Meshach and Abednego?
8. What is the first book in the Bible?
9. What is the last book in the Bible?
10. If you opened the Bible in the middle, what book would you find?

I've learned...

- That the best classroom in the world is at the feet of an elderly person.
- That when you're in love, it shows.
- That just one person saying to me, "You've made my day!" makes my day.
- That having a child fall asleep in your arms is one of the most peaceful feelings in the world.
- That being kind is more important than being right.
- That you should never say no to a gift from a child.
- That I can always pray for someone when I don't have the strength to help him in some other way.
- That no matter how serious your life requires you to be, everyone needs a friend to act goofy with.
- That sometimes all a person needs is a hand to hold and a heart to understand.
- That simple walks with my father around the block on summer nights when I was a child did wonders for me as an adult.
- That life is like a roll of toilet paper. The closer it gets to the end, the faster it goes.
- That we should be glad God doesn't give us everything we ask for.
- That money doesn't buy class.
- That it's those small daily happenings that make life so spectacular.
- That under everyone's hard shell is someone who wants to be appreciated and loved.
- That the Lord didn't do it all in one day. What makes me think I can?
- That to ignore the facts does not change the facts.
- That when you plan to get even with someone, you are only letting that person continue to hurt you.
- That love, not time, heals all wounds.
- That the easiest way for me to grow as a person is to surround myself with people smarter than I am.
- That everyone you meet deserves to be greeted with a smile.
- That there's nothing sweeter than sleeping with your babies and feeling their breath on your cheeks.
- That no one is perfect until you fall in love with them.
- That life is tough, but I'm tougher.
- That opportunities are never lost; someone will take the ones you miss.
- That when you harbor bitterness, happiness will dock elsewhere.
- That I wish I could have told my Mom that I love her one more time before she passed away.
- That one should keep his words both soft and tender, because tomorrow he may have to eat them.

- That a smile is an inexpensive way to improve your looks.
- That I can't choose how I feel, but I can choose what I do about it.
- That when your newly born grandchild holds your little finger in his little fist, that you're hooked for life.
- That everyone wants to live on top of the mountain, but all the happiness and growth occurs while you're climbing it.
- That it is best to give advice in only two circumstances; when it is requested and when it is a life threatening situation.
- That the less time I have to work with, the more things I get done. --anonymous

When Forest Gump died, he stood in front of St. Peter at the Pearly Gates. St. Peter said, "Welcome, Forest. We've heard a lot about you." He continued, "Unfortunately, it's getting pretty crowded up here and we find that we now have to give people an entrance examination before we let them in."

"Okay," said Forest. "I hope it's not too hard. I've already been through a test. My momma used to say, 'Life is like a final exam. It's hard.' "

"Yes, Forest, I know. But this test is only three questions. Here they are."

- 1) Which two days of the week begin with the letter 'T'?"
- 2) How many seconds are in a year?
- 3) What is God's first name?

"Well, sir," said Forest, "The first one is easy. Which two days of the week begin with the letter 'T'? Today and Tomorrow." St. Peter looked surprised and said, "Well, that wasn't the answer I was looking for, but you have a point. I give you credit for that answer."

"The next question," said Forest, "How many seconds are in a year? Twelve."

"Twelve?" said St. Peter, surprised and confused.

"Yes, sir. January 2nd, February 2nd, March 2nd ..."

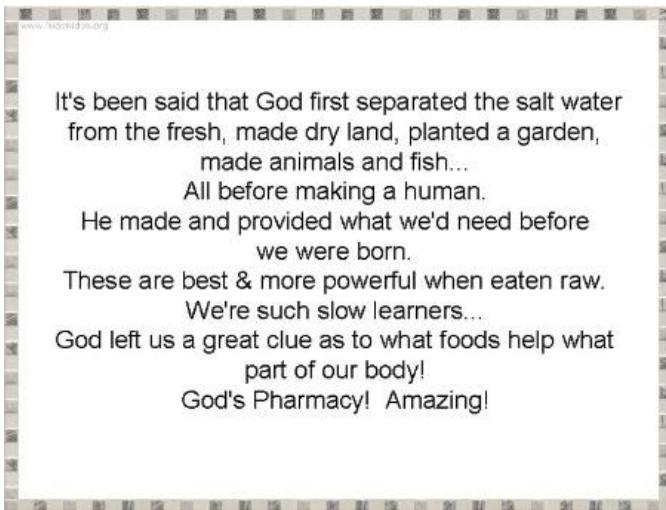
St. Peter interrupted him. "I see what you mean. I'll have to give you credit for that one, too."

"And the last question," said Forest, "What is God's first name? It's Andy."

"Andy?" said St. Peter, in shock. "How did you come up with 'Andy'?"

"I learned it in church. We used to sing about it." Forest broke into song, "Andy walks with me, Andy talks with me, Andy tells me I am His own."

St. Peter opened the gate to heaven and said, "Run, Forest, Run! "



1. A sliced **Carrot** looks like the human eye. The pupil, iris and radiating lines look just like the human eye... and YES, science now shows carrots greatly enhance blood flow to and function of the eyes.
2. A **Tomato** has chambers and is red. The heart has four chambers and is red. All of the research shows tomatoes are loaded with lycopene and are indeed pure heart and blood food.
3. A **Walnut** looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds on the nut are just like the neo-cortex. We now know walnuts help develop more than three (3) dozen neuron-transmitters for brain function.
4. **Kidney Beans** actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.
5. **Celery, Bok Choy** and many more look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet, the body pulls it from the bones, thus making them weak.. These foods replenish the skeletal needs of the body.
6. **Avocados, Eggplant and Pears** target the health and function of the womb and cervix of the female – they look just like these organs. Today's research shows that when a woman eats one avocado a week, it balances hormones, sheds unwanted birth weight, and prevents cervical cancers.
7. **Sweet Potatoes** look like the pancreas and actually balance the glycemic index of diabetics.
8. **Olives** assist the health and function of the ovaries
9. **Oranges, Grapefruits, and other Citrus fruits** look just like the mammary glands of the female and actually assist the health of the breasts and the movement of lymph in and out of the breasts.

10. **Onions** look like the body's cells. Today's research shows onions help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes.
11. A working companion, **Garlic**, also helps eliminate waste materials and dangerous free radicals from the body.
12. **Bananas** contain three natural sugars – sucrose, fructose and glucose combined with fiber. A banana gives an instant, sustained and substantial boost of energy. Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes. But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.
13. **Grapes** hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows grapes are also profound heart and blood vitalizing food.

God's Amazing Pharmacy!



Prayer Requests

- | | |
|--|---|
| Laurie Grove and family
Tom's father, Dick Forbes
Alison's mother, Isabel Fain
Ginny Flick
Lawrence Cook
Floretta Kelly | Francy Becker
Mary Brandlen
Theresa Wolford
Nina McCarty
Paula Swayne
LauraNell Hil |
| Lauren Cook
Gloria Harrell-Cook
George Tasker
Virginia Metcalf
Bryan Hartman
Our country and our troops
People who are caregivers to family members
Orphans of Belize
Glynna & Shawn Harbaugh
Ernie and Carol Kelly | Artie Hartman
PPC ministry
Luke Mertz
John Michael Hartman
Christopher Hartman
Jack & Tess Tasker
Missionaries in Belize
Jim Wilson
Eileen Sowers |

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|---------|----------------------|
| Oct. 2 | John Michael Hartman |
| Oct. 3 | Lori Evans |
| Oct. 14 | Kathy Boyce |
| Oct. 14 | Gloria Harrell-Cook |
| Oct. 15 | Jade Greenwald |
| Oct. 16 | Laurie Groves |
| Oct. 21 | Kathryn Harvey |
| Oct. 23 | Ryan Albright |
| Oct. 23 | Brittney Chojar |
| Oct. 25 | Andrew Bostic |
| Oct. 26 | Lauren Cook |

thank you

Thank You for your service to your church during the month of October

Ushers and Greeters

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|---------|-------------------------------|
| Oct. 4 | Aggie & Phil Carnell |
| Oct. 11 | Steve & Debbie Scheermesser |
| Oct. 18 | Jack Brandlen & Andi Grady |
| Oct. 25 | Francy Becker & Maxine Groves |

Counters

- | | |
|---------|-------------------------------|
| Oct. 4 | Kathy & Mike Boyce |
| Oct. 11 | Sandra Chilcote & Erma Landis |
| Oct. 18 | Erma Landis & Andi Grady |
| Oct. 25 | Denise & Darlene Spitzer |

Liturgists

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|---------|-----------------|
| Oct. 4 | Jeanne Thrasher |
| Oct. 11 | Mike Hartman |
| Oct. 18 | Francy Becker |
| Oct. 25 | Laura Groves |

Communion Servers

- | | |
|--------|--|
| Oct. 4 | Sandra Chilcote
Andi Grady
Jeanne Thrasher
Kim Matthews |
|--------|--|

Bible Quiz Answers:

- | | | | |
|----|--------------------------------------|-----|------------|
| 1. | Sixty-six | 7. | Daniel |
| 2. | Thirty-nine | 8. | Genesis |
| 3. | Twenty-seven | 9. | Revelation |
| 4. | New Testament | 10. | Psalms |
| 5. | Old Testament | | |
| 6. | Four - Matthew, Mark, Luke, and John | | |

The Lord be with you!

A few days ago a firestorm of criticism descended upon a TV talk show when one host made comments denigrating a nurse and her profession. I don't usually pay much attention to TV talk shows or what anyone says about them but "what nurses do" has been the context for a lot of what I've been doing recently. In addition to the current season of need and loss in my family, I work one day a week as a chaplain intern at the hospital in Harrisonburg, VA. which has reinforced my opinion that nurses rock! Now, I know that there are good nurses and there are bad nurses. There are good people who are nurses and there are bad people who are nurses. There are good nurses who have bad days and there are bad nurses who have good days. In other words nurses, as people, are just like all of us, but "what nurses do" is special.

Nurses come alongside those in need of care. They lay their hands on people in healing ways. Nurses are compassionate. They comfort those who are in pain, who are afraid, who are uncertain of the future, who are dying. They rejoice when there is healing. Nurses are advocates for their patients. They lift up their needs and concerns to higher authorities.

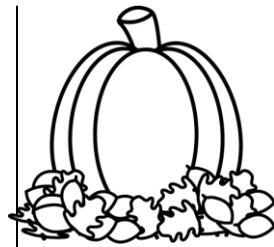
Are you getting the idea here? Nurses do what you are also to do. Okay, they work in medical contexts while you are to work in spiritual and humane ones. You are called, as sisters and brothers in Christ, to come alongside people in need—people who have physical needs for food, clothing, and shelter; people who have spiritual and emotional needs, who are in pain, afraid, and uncertain; and people who are in need of new life. You grieve and mourn and you rejoice with each other and your neighbor. You lift up the needs and concerns of others to the highest authority, trusting in God's grace and mercy in Jesus Christ through the Holy Spirit.

Nurses spend years learning their profession. I spent time this week encouraging the JMU nursing students at the hospital. But, you don't need this training. You are already enough because the care you offer is not about you. It's not your ministry. It is the ministry of Jesus Christ.

Our place is to listen and participate in what Christ is already doing and we will spend a lifetime learning to do just this without letting ourselves get in the way.

Blessings on you all!

Tom



**October Worship Services & Lectionary Readings—2015
Year B**

Sunday, Oct. 4

**19th Sunday after Pentecost
27th Sunday in Ordinary Time**

Job 1:1; 2:1—10
Hebrews 1: 1—4; 2: 5—12

Psalm 26
Mark 10: 2—16

Sunday, Oct. 11

**20th Sunday after Pentecost
28th Sunday in Ordinary Time**

Job 23: 1—9; 16—17
Hebrews 4: 12—16

Psalm 22: 1—15
Mark 10: 17—31

Sunday, Oct. 18

**21st Sunday after Pentecost
29th Sunday in Ordinary Time**

Job 38: 1—7; 34—41
Hebrews 5: 1—10

Psalm 104: 1—9, 24, 35
Mark 10: 35—45

Sunday, Oct. 25

**22nd Sunday after Pentecost
30th Sunday in Ordinary Time**

Job 42: 1—6, 10—17
Hebrews 7: 23—28

Psalm 34: 1—8, 19—22
Mark 10: 46—52

Sunday, November 1 All Saints' Day

Isaiah 25: 6—9
Revelation 21: 1—6

Psalm 24: 1—10
John 11: 32—44

FALL BACK



Don't forget to set clocks back one hour at 2 a.m. Sunday

CHANGE your fire alarm's batteries!

November 1, 2015

SUNDAY SCHOOL:

Youth Sunday School

Our youth use "Growing in Grace and Gratitude" from the Presbyterian Church. Each session is rooted in Bible stories that reveal God's grace. Teachers are Jeanne Thrasher, Cindy Scheermesser and Francy Becker.

Adult Sunday School

The Adult Class uses the *We Believe* series. Sandra Chilcote is the Adult Teacher.

Fall Quarter 2015

THE CHRISTIAN COMMUNITY COMES ALIVE

Unit II: Giving Bold Testimony

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|-------------------|--|
| October 4 | The Spirit Is Not For Sale (Acts 8: 9—24) |
| October 11 | Saul Earns Credibility (Acts 9: 19—31) |
| October 18 | Peter Takes a Risk (Acts 10: 24—38) |
| October 25 | Trusting the Spirit (Acts 11: 1—18) |

A nurse on the pediatric ward, before listening to the little ones' chests, would plug the stethoscope into their ears and let them listen to their own heart. Their eyes would always light up with awe, but she never got a response equal to four-year old David's comment. Gently she tucked the stethoscope into his ears and placed the disk over his heart. 'Listen', she said...'What do you suppose that is?' He drew his eyebrows together in a puzzled line and looked up as if lost in the mystery of the strange tap - tap - tapping deep in his chest. Then his face broke out in a wondrous grin and he asked, 'Is that Jesus knocking?'





THE GLEANER

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October 2015



Life and work of
your church

- Sunday 9:45 a.m. Sunday School
11:00 a.m. Worship service
- Wednesday 6:30 p.m. Choir practice (*beginning in October*)
- 2nd Thursday of each month (Sept. – Dec.)
“Bible Study” 5:30—8:00 p.m. in the fellowship hall
- 2nd Monday of each month Presbyterian Women
10:00 a.m. meet in the fellowship hall
- 2nd Saturday of each month Church Women of the
Tri-Towns
12:00 noon meet in the fellowship hall
- 1st Sunday of each month Food Pantry
collection Sunday



On Sunday, September 6th Cindy Scheermesser, Sandra Chilcote, Laurie Groves, Pat Knotts, Jeanne Thrasher and Frances Becker were commissioned and installed as Teachers and Music ministers. We thank you all for your hard work and dedication to your church's ministry.

Work and planning continues on the community garden for the 2016 spring planting season. Further details in the months to follow.

Halloween Party: Sunday, October 25th at 5:00 p.m. in the fellowship hall—fun, food, costumes, and games.

Fun for ALL ages—young and old!

