

NEW HORIZONS PRESBYTERIAN CHURCH

9424 Everman Avenue
Overland, MO 63114



November Newsletter



Important Dates for November

First Sunday Concert	November 1
World Community Day	November 6
Veterans Day	November 11
Stewardship Potluck	November 15
Thanksgiving Day	November 26

Church Office Hours:

Mon, Wed, & Fri 9 am - 3 pm

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NEW HORIZONS PCUSA

News 'n Views

Seek ye the Lord, with heart, mind, and soul

Words from Pastor Marsha

Appreciating Sufficiency

I learned something this last year: I have what I need. We all do. But, we live in a culture that says we constantly need things that we must buy in order to survive. This is not true. We have what we need inside of us and around us- and furthermore- what we pay attention to and appreciate grows. If you want to be happier in your life right now, all you need to do is to notice what you have; who you are; and whose you are. The best way to do this is to begin simply. Get a timer for this exercise if it helps you to still yourself.

Stop whatever you are doing and devote your full attention to being still or slowing down. If it helps, close your eyes. Become conscious of your breath breathing itself. Now simply breathe for a few breaths. Bring your awareness to the present moment, and allow yourself to soften into it....

Look at the place you live. Notice that you *have* a place to live. Try to see it through fresh eyes. Appreciate what you have- whatever it is; a kitchen, a living room, a bedroom, whatever- appreciate it. Look at the details- the sink-running water!, a soft bed, a table to eat on, a sofa and TV-a phone-notice everything. Notice that you have enough. Notice *all* the ways that you have enough. Allow feelings of scarcity to move away in favor of a sense of sufficiency- appreciating what is yours to appreciate. Wherever there is enough or more than enough-let yourself experience this as a gift. You might want to make a list in your journal about what you appreciate. "What you appreciate appreciates" says Lynne Twist. It will actually make you happier about your life to do this.

When you notice that you have more than you need, keep a bag or a box and begin putting things in it to give away to others who might love/ need them more than you do. Put a bag or box in each room for a period of time so that as you notice 'surplus' you can share it. Talk about your commitment and invite others in your household to recommend things to give away- this can spark great conversations about living simply. Redistribute good fortune. Look into formally sharing bigger items that



Lee Crisler	- by Linda Houston
Faith Gillespie	- by Kathryn Byrd
Erin Miller	- by Linda Houston
Elaine & Tom Shanahan	- by Linda Houston
Jeff Johnson	- by Peggy Lohnes
Frazier Family	- by Yvonne Frazier
Linda Beckman	- by Marion Brewer
Rod Mohler	- by Linda Houston
Randy Wilson	- by Linda Houston
Nader & Fariba Daryapama	- by Pastor Marsha
Marion Brewer	
Tom Highfill	- by Ann Highfill
Pat Rogers	
Davin Yamnitz	- by Alva Yamnitz
The Family and Friends of Sy Seidler	

****The Prayer List is located in the Narthex. Please write in prayer requests throughout the month, and they will be promptly added.**

Pastor Marsha's Hours:

Mondays	9:00 a.m. - 4:00 p.m.
Tuesdays	10:30 a.m. - 4:00p.m.
Wednesdays	10:00 a.m. - 4:00p.m.
Thursdays	OFF
Fridays	10:00 a.m. - 4:00 p.m.

Pastor's cell phone: (314) 604-2696
Pastor's email: pastor.nhpc@sbcglobal.net

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are used less often with neighbors or friends- a bicycle, lawnmower, laundry machines. Learn about and contact Freecycle (<http://www.freecycle.org/>).

Be grateful, commit to really noticing and sharing what you have-living simply so that others might simply live. Appreciation for what we have is a first key to contentment, and can blessedly offer the possibility of sustainability for others and the planet. It is also a great way to consider all that God gives us and to be grateful for it which is what this season of Thanksgiving is all about. As you go about visiting with family and friends in the next few weeks, take some time to consider what you appreciate about your life and then appreciate it! You may be surprised at how peaceful that makes you feel.

Blessings,
Pastor Marsha



Ritenour Co-Care Volunteers

If you would like to do something to make our community stronger, come and spend a little time in the food pantry! We need help stocking the store (T,W,F,S from 8:30am-noon), and processing pallets of food (M and F from 1-3pm).



Rotary Club volunteering in the Food Pantry

Operating Hours:

Monday	1 pm - 7 pm
Tuesday	8 am - 12 pm
Wednesday	8 am - 1 pm
Friday	8 am - 4 pm
Saturday	8 am - 1 pm



November Potluck

Mark your calendars for the Stewardship Potluck on **November 15th!** The entrée will be provided by the Stewardship Committee; just bring a side dish and stay to enjoy eating and conversing with the congregation!

Presbyterian Fall Festival

Saturday, Nov. 7, 8 a.m. - 2 p.m.

@ John Calvin Presbyterian Church,
12567 Natural Bridge, Bridgeton 63044

Come out and support a local Presbyterian Church while enjoying the wonderful autumn weather at this Fall Festival! There will be craft tables, quilt raffle, bake sale, used books, vintage jewelry, Italian ice and food.

Asante African Children's Choir

The Asante Children's Choir is made up of children from East Africa, a region recovering from years of civil war and genocide that have left thousands of children and women as orphans and widows. The Asante African Children's Choir is dedicated to spreading love, hope and joy while raising awareness for the desperate plight of orphans and other vulnerable children. Their colorful clothing, pounding drums and sweet voices demonstrate their hope and dream for a brighter future.

Come see them perform in local area churches

Oct 28th - Nov 9th.

and visit their website at:

<http://asanteministries.org/>

Newsletter Deadline

Newsletter articles for the December Issue should be submitted to **the office** by November 20, 2015.

First Sunday Concert Series

Come and enjoy world class music and entertainment with our First Sunday Concert Series! Upcoming concerts include:

December 6th

Holiday Concert featuring
Richard Carr & Friends



Our **FREE** concerts are about 1½ hours long with a break to purchase CDs, visit with the musicians, and enjoy refreshments. Come and experience first class music in our neighborhood, free of charge! The concerts are held in the Sanctuary at New Horizons PCUSA, and the dress is casual. Donations are appreciated.



New Horizons Medical Equipment

Medical equipment can be incredibly expensive, even when insurance helps cover the cost. To save money, and effort, you can instead borrow various medical devices from New Horizons.

From wheelchairs and walkers to crutches and canes, just stop by the office and ask if we have what you need. Borrow it for as long as you want without all the hassle!

Casual Christmas Service

Sunday, December 27th, we will be having a casual worship service in Jubilee Hall with readings and music.

Notice of Absence

Pastor Marsha will be out of town from November 9th - 17th being the Mother of the Bride in Dallas, TX. Rev. Miriam Foltz will be preaching on Sunday, Nov. 15.

Rev. Denny McGary will be covering pastoral emergencies during this time.

Call: (314) 706-0666



Mitzi MacDonald & Keltic Reign

Come out and see Mitzi MacDonald perform at Sheldon Music Hall on Tuesday, **Dec. 15th**. Tickets are about \$17 each. Please sign up on the bulletin board or see Pastor Marsha to reserve your tickets. A van is available for those that wish to ride with the church. Tickets are limited!

Thoughts: "Radio Plays"

This is for all of us ole timers in the congregation. Long before television became a thing of life, there was such a thing as radio. Oh, I know that we still have radio but it's not the same as it once was when I was a child. And yes, I was a child once upon a time.

We had our favorite programs years ago, and the listeners loyalty was far more strict than television's loyalty today. Oh, we have our favorite television shows today. Two programs that my wife and I seldom miss are *Jeopardy* and *Wheel of Fortune*. *Jeopardy* comes on at 4:30 and *Wheel of Fortune* at 6:30. Usually the 4:30 program is no problem and we of course have supper as soon as it is over. The 6:30 program is quite the opposite. Most nights we are not at home at 6:30, so we tape the program and watch it later.

But now, back to radio. Radio in the forties and before, was nothing like radio today. Today we have a mixture of talk and music. Sports are a big item on the program and, of course, news. We listen to KMOX probably more than any other station. We almost always tune into KMOX while having breakfast.

Radio in the forties and before was one of the few means of entertainment that families had at their disposal. Just as today when we have the *Jeopardy* and *Wheel of Fortune* programs, then we had

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other programs which were a must to listen to. It was not uncommon for families to gather around the radio and listen to mystery and other programs. Often time, if the program was scary we would turn off most of the lights in the room and make listening even scarier.

For most of us, our only radio was the one or two that we had in our home. Car radios were not as available as they are now. Oh, some of the richer folks had car radios, but a lot of us poor folks did not. And it was necessary to give the radio program your undivided attention and not carry on side chatter as we are able to do with television programs. And so, the next time you turn on your radio, think for a moment about the thirties and forties and what you miss out on today. Well, time to turn on the radio.

-JACK FOLKERTS

All You Can Eat Chili and Soup!

Friday, Nov. 6th, 11 a.m. - 7 p.m.
@ 402 N. Main St., St. Charles, MO 63301

The First Presbyterian Church of Brighton is having an ALL YOU CAN EAT CHILI & SOUP SUPPER featuring mild or hot chili with or without beans, chicken noodle soup, potato soup and vegetable soups. Eat in for \$8, drink and dessert included, or carry out a pint of chili or soup and a dessert for \$7. Call ahead with large carry out orders so they will be ready when you arrive: 618-372-8241.

November Anniversaries

Lore & Jimmie Bailey 11/08



November Birthdays



Betty Wetzel 11/02
Ron Bickerstaff 11/03
Yvonne Frazier 11/04
Phyllis Heggi 11/16



Upcoming: Cantata & Potluck

Mark your calendars for the choir's cantata on **Sunday, December 20th!** The choir will be performing during service, and there will be a Potluck afterward hosted by the Worship Committee. The entrée will be provided, so please bring sides and stay to enjoy the wonderful company! We hope to see you all there!

Presbyterian Christmas Boutique

Nov. 10th: 10:30 a.m. - 7:30 p.m.
Nov. 11th: 10:00 a.m. - 2:00 p.m.
@ St. Mark Presbyterian Church,
601 Claymont Dr., Ballwin 63011

Come and shop around at a local Presbyterian Christmas Boutique! All profits will benefit various missions of St. Mark. There will be Decorations, Ornaments, Children's Items, Folk Art Items, Floral Arrangements, Personalized Items, and Fresh Baked Delicacies! While shopping around, you can stop and have lunch or dinner at the Angel Street Cafe featuring St. Mark's Famous Chicken Salad.



Hanging of the Greens

Mark your calendars for the Hanging of the Greens on
Saturday, December 5th at noon!

Word for the Day

Knowing is not enough; we must apply.
 Willing is not enough; we must do.

-JOHANN WOLFGANG VON GOETHE

Ritenour Co-Care Food Pantry

The Food Ministry that is happening in our basement is truly amazing! The pantry is receiving up to 16 pallets of food from the St. Louis Area Food Bank each week. Good food. This food ministry is reaching over 1,450 people per month now and is in great need of volunteers. This church should be very proud of how it is helping many families to survive and has for a long time helped by donating space and utilities. It uses the whole basement now and has over 40 volunteers from all over St. Louis. It handles over \$500,000 worth of food which is distributed 5 days each week of the year. The Rotary, Girl Scouts and folks who work as well as some who are retired or are patrons of the pantry all come to help stock, distribute food, and help when the truck comes on Monday and Friday afternoons. It is a labor of love for this community. We are known by community leaders for this great service.



Rotary Club volunteering in the Food Pantry

“Dawn to Dusk”

At the start of the day
 Take a moment to say
 A greeting to God with a prayer,
 Let your thoughts fill with love
 As you praise Him above
 For His Fatherly ways and His care...

Then all through the hours,
 Through sunshine and showers,
 Through smiles, as well as through tears,
 In all that you do
 He will stay close to you
 Doubling joys and dissolving your fears...

And, when the day in through
 And you stop and review
 Each blessing and every event,
 Thank God with prayer
 For His love and His care,
 And your day will end wonderfully spent!

-ALICE JOYCE DAVIDSON
 submitted by Jack Folkerts

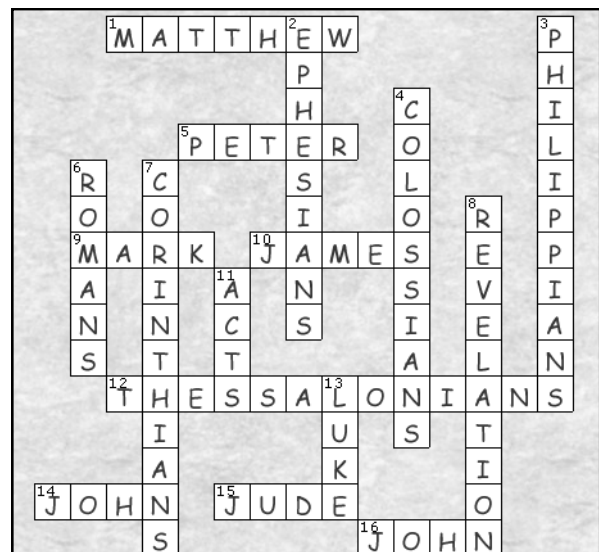
Last Month's Crossword Solution

Across:

1. Matthew
5. Peter
9. Mark
10. James
12. Thessalonians
14. John
15. Jude

Down:

2. Ephesians
3. Philippians
4. Colossians
6. Romans
7. Corinthians
8. Revelations
11. Acts



Questions For Spiritual Growth

- Who are some of my heroes? How and why do they inspire me?
- What vulnerabilities in others awaken my greatest impulse to be of service?
- What communities bring me energy and joy? How can I help them thrive?
- What does it mean to live wholeheartedly?
- What can I look at with fresh eyes today?
- How can I be a source of delight for others?
- My body is a miracle of art, science, and mystery. What is it teaching me?

Word for the Day

And still, after all this time,

The sun never says to the earth,

“You owe Me.”

Look what happens with

A love like that,

It lights the Whole Sky.

-HAFIZ

In Celebration of Life and Loving Memory

Our sincerest prayers go out to the family and friends of Sy J. Seidler who passed away on October 31, 2015.



New Horizons Newsletter

Don't forget that you are welcome and invited to submit items for the Monthly Newsletter here at New Horizons! From poems to scripture, articles to songs, op-eds to events that you would like to see advertised! Submissions can be original works or things that you found from the newspaper or online that you think the congregation would also enjoy reading.

Biblical Humor

Q. How does Moses make his coffee?

A. Hebrews it.

Q. Did Eve ever have a date with Adam?

A. No, just an apple.

Q. How do we know Peter was a rich fisherman?

A. By his net income.

Q. Who was the smartest man in the Bible?

A. Abraham. He knew a Lot.



November 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:30 AM Worship 12:30 PM Pendo Community 3:00 PM First Sunday Concert	2 10:00 AM Free to be Me Al-Anon 1:00 PM - 7:00 PM Food Pantry (FH)	3 8:00 AM - 12:00 PM Food Pantry (FH) 7:00 PM Narcotics Anonymous (JH)	4 8:00 AM - 1:00 PM Food Pantry (FH) 8:30 AM Mission Sewing Stewardship Mtg	5 7:00 PM Choir 7:00 PM Narcotics Anonymous (FH)	6 8:00 AM - 4:00 PM Food Pantry (FH) 10:00 AM Freedom Al-Anon (JH)	7 8:00 AM - 1:00 PM Food Pantry (FH)
8 10:30 AM Worship 12:15 PM Mission Mtg 12:30 PM Pendo Community	9 10:00 AM Free to be Me Al-Anon 1:00 PM - 7:00 PM Food Pantry (FH)	10 8:00 AM - 12:00 PM Food Pantry (FH) 7:00 PM Narcotics Anonymous (JH)	11 8:00 AM - 1:00 PM Food Pantry (FH) 8:30 AM Mission Sewing 6:30 PM Session	12 7:00 PM Choir 7:00 PM Narcotics Anonymous (FH)	13 8:00 AM - 4:00 PM Food Pantry (FH) 10:00 AM Freedom Al-Anon (JH)	14 8:00 AM - 1:00 PM Food Pantry (FH)
Pastor Marsha Out of Town - Dallas						
15 10:30 AM Worship 12:15 PM Deacon Mtg 12:30 PM Pendo Community Guest Rev. Miriam Foltz Preaching Stewardship Potluck	16 10:00 AM Free to be Me Al-Anon 1:00 PM - 7:00 PM Food Pantry (FH)	17 8:00 AM - 12:00 PM Food Pantry (FH) 12:00 PM Presbyterian Women 7:00 PM Narcotics Anonymous (JH)	18 8:00 AM - 1:00 PM Food Pantry (FH) 8:30 AM Mission Sewing 6:00 PM Geography of Grace (JH)	19 7:00 PM Choir 7:00 PM Narcotics Anonymous (FH)	20 8:00 AM - 4:00 PM Food Pantry (FH) 10:00 AM Freedom Al-Anon (JH)	21 8:00 AM - 1:00 PM Food Pantry (FH)
Pastor Marsha Out of Town - Dallas						
22 10:30 AM Worship 12:30 PM Pendo Community	23 10:00 AM Free to be Me Al-Anon 1:00 PM - 7:00 PM Food Pantry (FH)	24 8:00 AM - 12:00 PM Food Pantry (FH) 7:00 PM Narcotics Anonymous (JH)	25 8:00 AM - 1:00 PM Food Pantry (FH) 8:30 AM Mission Sewing	26 7:00 PM Choir 7:00 PM Narcotics Anonymous (FH) Thanksgiving Day	27 8:00 AM - 4:00 PM Food Pantry (FH) 10:00 AM Freedom Al-Anon (JH)	28 8:00 AM - 1:00 PM Food Pantry (FH)
Al Vacation						
29 10:30 AM worship 12:30 PM Pendo Community	30 10:00 AM Free to be Me Al-Anon 1:00 PM - 7:00 PM Food Pantry (FH)	Al Vacation				

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