

# HAPPY THANKSGIVING

REMEMBERING THE GOODNESS OF GOD

## Transitional Metamorphosis

Autumn is a time of transition. Leaves change color. They fall to the ground. They gradually decompose and become the primary food base to countless fungi, insects, birds and fish. The circle of life continues.

Another regular transition cycle is from egg to caterpillar to pupa to butterfly. In the cocoon, the caterpillar's body digests itself from the inside out. The resulting fluid breaks down the caterpillar's body into imaginal cells. These cells carry the blueprints to a new kind of being.

When a caterpillar begins its metamorphosis, the imaginal cells operate independently as single-cell organisms. They're considered threats- and are attacked by the caterpillar's immune system. But as they multiply, they begin to connect with one other. They form clusters and start to resonate at the same frequency. They pass information back and forth until they become a multi-cell organism. Working together, they slowly morph a crawling critter into a creature that can fly.

The term "imaginal" comes from the same root word as imagination. To imagine is to create something that doesn't yet exist. In imaginal cells, the DNA needed to transform a caterpillar into a butterfly exists. But there's a process that needs to happen in order to transform what is- into something new.

We expect shifts in nature. We expect the seasons to change. We expect caterpillars to go through the radical metamorphosis needed to become butterflies. But we expect the Church to remain the same as we remember it from the 'good old days' of our childhood. Which is why many are now crying "the church is dying, the church is dying"!

What if the Church is just transitioning from one stage of life to another? Maybe we're done with crawling and we're getting ready to fly. The good news is that the same Eternal Christ who birthed the early Christian Church remains active among us. We have the DNA that can transform us to meet the current challenges.

This past summer, Dr. Marcia McFee, a worship consultant and coach, conducted research on successfully entrepreneurial churches. She uncovered three essentials for those facing the unknown. 1) They're curious to learn. 2) They look for the abundance that's present. 3) They put everything into context.

In transitional times, a spirit of experimentation accomplishes far more than if we seek only answers. Curiosity is the most important attribute we can cultivate right now. Instead of worrying about what'll happen, we should wonder about the possibilities. This opens us up to the unseen ways of God's Holy Spirit. We become co-creators with Christ.

When we let go of expectations, we can become spiritual entrepreneurs. We can reach out. We can connect in new ways. We can pass on our blessings to more and more people. We can become the Church for this time and place.

**Daylight Savings time change:**

**November 7th**

**Mark your calendars**



# Pray for our Shut-ins

Carol Shreder  
Bev West

Larry & Marie Taylor  
Rose Marie Moeller



...and others who are physically unable to join us.  
Why not call or visit, to let them know they are missed?

Pas-  
tor



## Food Pantry Requests for Thanksgiving Food Baskets



The Attica Food Pantry requests donations of Stuffing, Potatoes, Chunky Soup, Gravy, Cranberries, and Desserts to help them fill their Thanksgiving Food Baskets this year.

## Attica Food Link Distribution:

November 3  
10am-12pm



Outside—1st come 1st served  
Pre-portioned boxes will be placed in your vehicle. Please write down how many adults & children live in your household and put the paper on the driver's side window. Food Pantry wish list for Thanksgiving: stuffing, gravy, potatoes, desserts, chunky soup and cranberries.

We are currently worshipping in-house at St. Paul's UCC. (This is subject to change if COVID cases increase.) Your Church Council is working to provide as safe as possible worship. Be here by 9:50am to hear lots of great music played by one of our organists. To connect virtually, the direct link to our YouTube Channel is:

<https://www.youtube.com/channel/UCi2hK62nkmeNAMJwMpchvJw>

We plan to be live on YouTube and Facebook around 10am on Sundays. You'll also be able to watch the recorded videos at a later time on YouTube and Facebook.

## Bible Studies

Dig Deeper with Friends



Bible Study groups will meet in our respective areas - unless we can't maintain safe social distancing. Masks optional if fully vaccinated. If you have additional questions or concerns, contact the Convener: Lisa Knerr- Mon. evening, Charles- Wed. morning

Mondays @7pm in the lounge

Wednesdays @ 10am in the multi-purpose room.

Prepare your Spirit by spending an hour studying the "Message" Reading for Sunday. There is no better way to be ready for Worship than to study

The Word of God!

## Sunday Bible readings:

The first reading is *italicized*; the message text is **bold**.

Nov 7

*Mark 12:41-44*

**1 Kings 17.8-16**

Nov 14

*Mark 13:1-8*

**Hebrews 10.11-25**

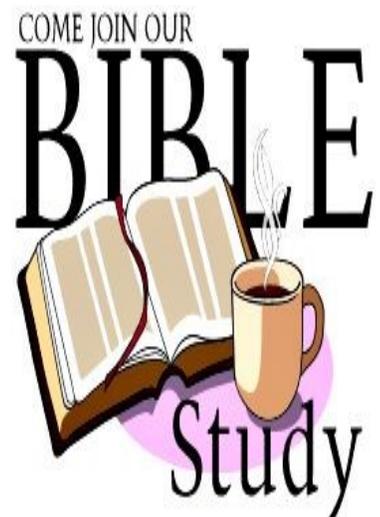
Nov 21

*Revelation 1.4b-6*

**Daniel 7.9-14**

Nov 28

Hanging of the Greens



Not sure what to do with the sneakers you no longer want?

Sisters in Faith is collecting for a mission project with GotSneakers. We send new/gently used sneakers and earn money for each pair sent. GotSneakers sends the shoes to people in need.

There is a box at church for your donations.

Only adult sneakers are accepted.

No childrens sneakers or any shoes or boots.

Thank you!



### 72nd Candlelight Service Pictures



Bring a picture- or two- of someone who is part of your great cloud of witnesses. We will surround ourselves with them during worship. Nursery Care will be provided.



Remember

Do you feel called to serve as a

## Lay Leader, Greeter or Usher?

Please sign up on the bulletin board outside the sanctuary.



### Hanging of the Greens



November 28 is **Hanging of the Greens** during worship. Please sign-up to participate. The sign-up sheets are on the hallway bulletin board. We also need Advent Wreath readers and lighters. Please take the Readings that are hanging next to the Sign-Up Sheets when you make your choice. Thank you.



## 2021 CHRISTMAS FLOWERS

POINSETTIAS : \$9.50 – Mark your choice below and include payment

- Red
- Marble

IN HONOR OF: \_\_\_\_\_

IN MEMORY OF: \_\_\_\_\_

NAME: \_\_\_\_\_



### DEADLINE TO ORDER FLOWERS:

Order flowers by to ensure requests: November 28<sup>th</sup>, money due December 5<sup>th</sup>

Please make all checks payable to: Laurie Bellucci



## Parish Nurse November Notes

Breathe Healthy- take a slow, deep breath while counting to 5. Blow it out slowly to the count of 5. Isn't it amazing how the simple act of taking a breath can make you feel calm? You have your lungs to thank. Together, they provide oxygen for every cell in your body and influence every part of your health. When your lungs are healthy, the rest of you can be too. But unhealthy lungs make everyday activities a struggle. To breathe easier, protect your lungs from irritants like cigarette smoke and pollutants, exercise for optimal lung health and practice deep breathing to exercise your lungs. November is Lung Cancer awareness month- Nov 18th is the Great American Smokeout- a day to take the step to stop smoking- start one day at a time. Lung cancer is the leading cancer killer in both men and women. Smoking poses the greatest risk, but other risks are exposure to toxic chemicals and pollutants. Quitting smoking is the most important act you can do to reduce your risk- and others around you- for lung cancer. Follow other safety guidelines for good lung health- wash your hands frequently, avoid others if you have a cold or the flu, avoid crowds during flu season, wear a mask, get vaccinated against the flu, pneumonia and covid to increase your lung health. Check your home for irritants like dust, mold, chemicals and pesticides- dispose properly of chemicals. Eat a fruit or vegetable snack every day to boost your lung health. Do aerobic exercises daily to strengthen your lungs. Practice deep breathing daily to control stress and exercise your lungs.

COPD awareness is also in November. COPD- chronic obstructive pulmonary disease - is a progressive disease that makes it harder to breathe. It can cause wheezing, coughing, shortness of breath and mucous production. Most cases of COPD can be prevented- don't smoke, avoid allergens, avoid toxic substances and pollutants. Keeping your lungs healthy will reduce the severity of COPD. Some people have a genetic mutation in their lungs which predisposes them to COPD. COPD is a major cause of disability in this country. Get your lungs checked.

November is also American Diabetes month- Diabetes is a leading cause of illness in this country. People who have diabetes have an increased risk of cardiovascular disease and potential for heart attack or stroke. Diabetes can be diagnosed with a simple blood test. There are many treatment options for diabetes, including diet changes, exercise, and medications which include pills and injections. Resources are available for assistance with meal planning and exercise plans. Make it a point to be screened for diabetes at your next physical.

Alzheimer's disease is a progressive decrease in mental function and memory. There are 10 signs of Alzheimer's disease that you and your family should be aware of: memory loss that disrupts daily life, challenges in planning or solving problems, difficulty completing familiar tasks, confusion with time or place, trouble understanding visual images and spatial relationships, new problems with words in speaking or writing, misplacing things and losing the ability to retrace steps, decreased or poor judgement, withdrawal from work or social activities, and changes in mood and personality. If you are concerned about any of these signs- please contact your health care provider for a screening. There are treatments available to slow the progression of this disease.

Thanksgiving- a day to be grateful for all we have in this world. Take a moment to reflect on all you have and you are grateful for

Stay safe

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### **WNYACIC Annual Business Meeting- Sunday November 7, 2020**

Western Association's Annual Business Meeting will once again be virtual. Meet and Greet starts at 12:30pm. Worship begins at 1pm. The Business Meeting will begin at 1:30pm.

# CHURCH COUNCIL

September 21, 2021

Meeting was called to order at 7:10 pm by President Marie Lowe. The following were present: Marie Lowe, Pastor Laurie, Marilyn Wilson, Deb Best, Laurie Bellucci, Lorraine Wolf, Tom Baker, Christine Kipfer and Eric Lovell. Absent: David Williman, Jeff Peters, and Chris Eddy

Pastor Laurie led us in prayer.

Motion to accept the agenda was made by Christine Kipfer, seconded by Lorraine Wolf, passed.

Motion to accept the August 2021 minutes was made by Christine Kipfer and seconded by Debbie Best, passed with corrections made.

## Reports:

**Deacons** - 50 yr. members were discussed. We went over working on licensing with sheet from Pastor Laurie and grid Lisa made. Christmas service was discussed regarding going outside like we did last year.

**Trustees** - The credenza was moved into the multi-purpose room. Also worked on chalk board being moved. It was mentioned that the lights in the parking lot are out.

**Treasurer's report** - Was reviewed.

**Christian Education** - Niki's tables are here - the class in the 4 yr. old's is less than anticipated. Installation was completed for pre school tv. The 3 yr. old room has been painted.

AED is available if needed.

**Pastor's Report** - Pastor Laurie, Laurie, the Pre School teaching staff along with substitute teacher (3) completed the Sexual Harassment Webinar. The certificate of completion is on site. Pastor got in most communion visits before places re-shut down. Arcade UCC installed a new Pastor, which Pastor was involved with. Pastor Laurie also was asked to be the Pastor for the 50<sup>th</sup> year riot and 911 ride. She is meeting with the Pre School on Wednesdays. Pastor will be on vacation Saturday, September 25 thru Friday September October 1 next week.

Motion to accept all reports was made by Eric Lovell and seconded by Lorraine Wolf, passed.

## Business:

Summer picnic was reviewed. Setup was well liked. Discussion on having a Winter picnic in February/March 2022.

AED Battery is here - Marie will install.

Service - Discussion was had about streaming, or just to tape the service. Presently in Need of a camera assistant. If we do not stream, we will not need an assistant. Marie Lowe will contact Becki Peters about high school kids needing hours at school for their help with this. We also need someone to ring the church bell. If certain pews are removed in balcony, we could open this back up.

Covid - uptick on numbers. CDC /UCC suggests voluntary masks while inside. We haven't gotten to that point yet.

Sauerkraut Supper - Marie has talked to Joanne Ripstein. She is recommending take out only. Joanne is stepping down from chairing this, we will need someone to step up and chair this dinner. Discussion at length.

Candlelight Service - Pastor Laurie asked if we would like to have this service. The consensus was yes. Laurie Bellucci asked about ordering new candles and she will take care of this.

Nominating Committee - we need some volunteers to take this on. Marie Lowe and Laurie Bellucci volunteered. We need two peo-

ple for Christian Ed which is a three-year term. One person for Local Mission which is a 2-year term. Two people each for Deacons and Trustees. One person each for Pastoral Relations, Investment and Memorial. Christine Kipfer said she would stay on Memorial Committee.

Budget Committee - We need to get this established. Usually, the Treasurer which is Susan McPherson is on this. In the past Lisa Neary and Justin Kipfer have also been on this.

Goals for 2022 - Marie Lowe asked that each of us think of ideas for this as we move forward into the next year.

Next meeting is October 19, 2021, at 7:00 pm. (Deacons and Trustees will meet at their individual meetings at 6:30 pm)

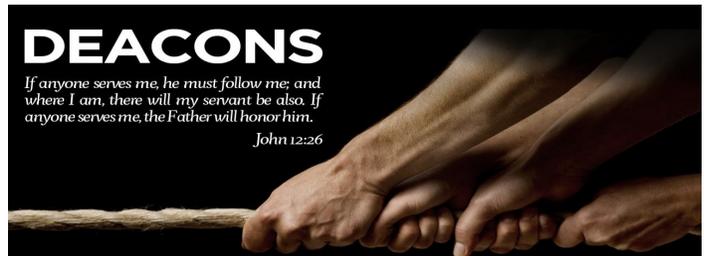
Eric Lovell made a motion to adjourn the meeting and seconded by Chris, passed.

Meeting adjourned at 8:03 pm with Pastor Laurie leading us in the Lord's Prayer.

Respectfully submitted,

Laurie Bellucci for

Lisa Neary Council Secretary



Sept. 21, 2021

Members present were Marie Lowe, Debbie Best, Laurie Bellucci, Marilyn Wilson and Lorraine Wolf.

Meeting was called to order at 6:33 pm.

Pastor Laurie led us in prayer.

Agenda was reviewed, motion to accept by Marie and seconded by Lorraine. Agenda was accepted.

August minutes were reviewed. Motion to accept by Lorraine and seconded by Marilyn. August minutes were accepted.

## OLD BUSINESS-

Discussed singing while streaming. Music licenses were discussed. We will continue to gather information. Fifty-year member pins are here. Certificates are completed by Pastor Laurie and Lorraine will order the cake.

## NEW BUSINESS-

Music license lists were distributed, discussed and assignments for researching were given. Christmas service/ candlelight service explored with last song being sung outside. Deacon's monthly duties discussed.

Pastor Laurie led us in a closing prayer.

Next meeting is Oct. 19, 2021 at 6:30 pm.

Meeting was adjourned at 7:06 pm.

Respectfully Submitted,  
Debbie Best

St. Paul's UCC Christian Education Committee  
Meeting Minutes Sept. 26, 2021



Susan opened the meeting with prayer.

Sunday School – rooms have been organized. We have sign up sheets for teaching and nursery coverage

Halloween Party will start during class time with games, crafts, and snacks.

Dunkirk – discussed fundraising ideas; possibly a Christmas ornament

Pre-School – There are 16 three year olds and 5 four year olds. All is going well with the new teacher

Advent Workshop - November 21<sup>st</sup> during Sunday School

Our next meeting will be October 31<sup>st</sup> after the Halloween party.

We closed the meeting with The Lord's Prayer

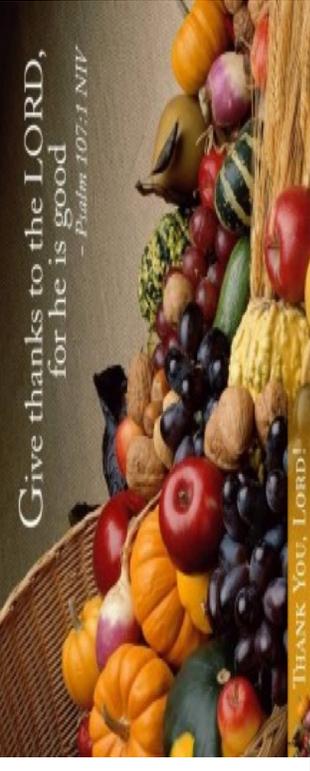
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Stephanie Silvernail received a Special honor at 4-H. She was recognized as Reserve High Point Rider Of the Wyoming County Fair.

Congratulations Stephanie. "Way to Go."



# NOVEMBER 2021



SUN	MON	TUE	WED	THU	FRI	SAT
	1 Bible Study 7pm All Saints Day	2	3 Bible Study 10 am	4 Bell choir 6 pm Chancel choir 7:15pm	5 Susan McPherson	6
7 Worship 10 am Communion WNYACIC Annual Meeting Lisa Neary	8 Bible Study 7pm Michael Hughes Elizabeth Mest	9 Rose Marie Moeller Briella Breedlove	10 Bible Study 10 am	11 Sisters In Faith 6pm Chancel choir 7:15pm Carl Wuest Emily Peters Margaret Mest Cris & Tom Mahoney	12 Jonathan Mest	13 Arlene Brandon Pat Nolan
14 Worship 10 am	15 Bible Study 7pm	16 Deacons/Trustees 6:30p/Council 7p Joan Embt	17 Bible Study 10 am Meg Baker	18 Bell choir 6 pm Chancel choir 7:15pm Madelyn Perry	19	20
21 Worship 10 am Newsletter Deadline Candlelight Service 7pm	22 Bible Study 7pm Roy Ticen	23	24 Bible Study 10 am Madison Eddy	25 Office Closed Jeff Peters Joshua Kipfer	26 Karen Beideck	27
28 Hanging of the Greens Worship 10am	29 Bible Study 7pm	30				

St. Paul's United Church of Christ  
11 Washington Street  
Attica, NY 14011

**SP The Spirit**

**Nov 2021**

of St. Paul's United Church of Christ, Village of Attica

**St. Paul's UCC, 11 Washington Street**

Just around the corner, first block down from Main Street.

**Join us for Sunday Worship at 10:00 am**

***Sunday School for children K-7th Grade - Nursery always open!***

"No matter who you are or where you are on life's journey, you are welcome at St. Paul's."

Reverend Lauran Heidenreich

Call the church at (585-591-2705), [stpaulunited@verizon.net](mailto:stpaulunited@verizon.net) or [pastorucc@verizon.net](mailto:pastorucc@verizon.net)

Website: [atticaucc.org](http://atticaucc.org)

**December Newsletter Deadline**  
**Nov. 21st**

**Please make sure all newsletter submissions are in by this date.** In the green folder on the office window or e-mailed to:  
**[stpaulunited@verizon.net](mailto:stpaulunited@verizon.net)**