



Maturing Well

(The following is adapted from essays on aging by Fr. Richard Rohr.)

Old age seems to be part of a plan that God has prepared as part of the school of life. It's an almost complete changing of gears from the first half of our lives. But aging gracefully doesn't happen without lots of inner resistance, denials, and eventual surrenders.

In our youth obsessed culture, it is difficult for us to accept the grace that aging brings. That's why God's Holy Spirit continually works with us and through us to deepen our sense of whose we are and what we really desire. The word "ripening" can help us move beyond our concerns with aging.

Ripening, at its best, is a slow, patient learning, and sometimes even a happy letting go. It's an emptying out to create readiness for a new kind of fullness. If we don't allow it to occur, an ever-increasing resistance and denial sets in which becomes an obstacle to further growth.

No one can keep us from the second half of our own lives except ourselves. Nothing can inhibit us except our own lack of courage, patience, and imagination. Some falling apart of our first half of life is necessary for this to happen. So, don't waste time lamenting poor parenting, lost jobs, physical challenges, failed relationships, or tragedies. If we live long enough, we all go to our graves with unresolved life agendas and personal concerns. This doesn't mean our life has been wasted.

In all we've been through, God's Love has been using us for its own purposes. It's been transforming us and maturing us to more closely align us with God's vision of us. It calls us to age well with spiritual depth and purpose. We're to embrace an increasing tolerance for ambiguity and a growing sense of subtlety. We're to adopt an ever-larger ability to include rather than exclude. We're to desire everything good, true, and beautiful. We're to desire God.

We're to learn how to truly hope. The hope of older years often tends to be less concrete and more like real hope. Our experiences are richer and more meaningful because we're less focused on a concrete goal and more focused on enjoying the event.

We learn to be present to God's mysterious, sustaining presence. Our hearts and minds ripen into holiness, spiritual fulfillment, and a capacity to live in trustful faith. This energizes and guides our efforts, bringing us to realms of grace that are way beyond anything we can achieve by our efforts alone.

Ripening into the spiritual maturity is ours to cultivate. We can ask ourselves what kind of person we've been becoming all these years. Do we like that person? Are we becoming more honest, more decent, more caring, and more merciful? Are we bearing witness to peace, love, joy, wisdom, and fearlessness. If not, what must we be doing about it now?

We are now Live Streaming to You Tube on 10 am on Sunday morning. [www.youtube.com](https://www.youtube.com/channel/UCi2hK62nkmeNAMJwMpchvJw)
in the box up on the top put in St. Paul's Attica or here is the direct link
<https://www.youtube.com/channel/UCi2hK62nkmeNAMJwMpchvJw>.
It will be also posted to Facebook after the broadcast.



On-Line Donations

Do you pay your bills on-line?

Consider adding your monthly church donation to that list.

Donations to the church can be set up as recurring transactions.

Checks are mailed from the bank to the church and clearly indicate the donor.

Pray for our Shut-ins



Carol Shreder

Larry Taylor

Bev West

Chuck Kellogg

...and others who are physically unable to join us.

Why not call or visit, to let them know they are missed?

Sauerkraut Supper

November 8, 2022

Serving take out at 3:30pm

Eat in 4:30 pm until sold out

Cost of ticket:

\$15.00



Attica Food Link Distribution:



Attica Presbyterian Church
November 2
10am-12pm

—1st come 1st served , Bring your own bags
This will be for the next six month period.
Sponsored by Attica Food Pantry

Attica Food Pantry
Requests for Thanksgiving Food Baskets:

Carrots, Peas, Canned Potatoes, Gravy, Cranberries, Macaroni (Pasta),
Mac & Cheese, and Soups.



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

Sunday Bible readings:

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

Nov 6

Psalms 98

Haggai 2.4-5

Nov 27

Hanging of the Greens

Nov 13

Luke 21.5-19

Isaiah 65.17-19, 24-25

Nov 20

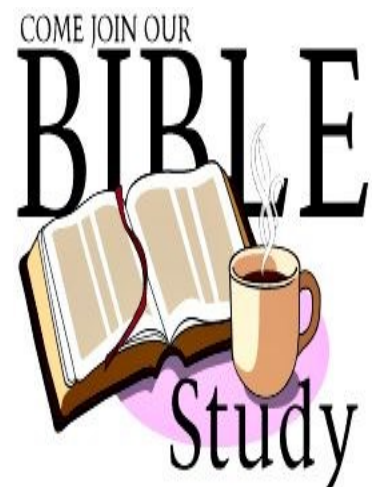
Colossians 1:15-20

Luke 1.68-75

Candlelight

1 Corinthians 13.12-13

*Hebrews 11.1-3, 5-6, 8, 11-16;
12.1-3*



WNYACIC Annual Business Meeting- Sunday November 6, 2022

Western Association's Annual Business Meeting will be held at First Congregational UCC, 132 N Main St., Angola. Lunch begins at 12:00pm. The meeting (approval of budget, election of new officers, committee members, etc.) begins at 1pm. Our Interim Conference Minister Rev. Dr. Marsha Williams will attend. Two delegates may represent St. Paul's UCC. Interested? See Council President Marie Lowe or Pastor Laurie.



Candlelight Service 7pm November 20

Bring pictures of those who are part of your
great cloud of witnesses.
We will surround ourselves with them
during worship.
Nursery Care will be provided.



Hanging of the Greens/ Advent Wreath

During worship on November 27,
we will celebrate with the Hanging of the Greens.
Please sign-up to help. The sign-up sheets are on the hallway bulletin board.
We also need Advent Wreath readers and lighters
for each Sunday during Advent.



John Brandon will be taking pictures
for a new church pictorial after church
on November 13th and 20th.
Please plan to get an updated picture.
Also please make sure we have
your correct address and phone number.



Church is looking for a wheel chair
to be placed near the door.

If you have one you would like to donate
contact a Trustee.



Basket Raffle

Christian Education will be holding a basket raffle in conjunction with the Pork and Sauerkraut dinner on November 8th. Proceeds will help fund scholarships for next summer's Dunkirk campers. If you can give, please leave donated baskets in the back of the narthex.



APPLESAUCE MAKING AFTERNOON

Committee helped make applesauce.



We want to continue to keep our congregation healthy. If you have been exposed to a suspected or confirmed case of Covid, please stay home and worship with St Paul's virtually for 2 weeks. If you are having any cold/flu symptoms please stay home. We want to have the option to stay mask-free as long as possible. As always our policies may change as local and state guidances change.

PANCAKE BREAKFAST

Dunkirk campers are hosting a pancake breakfast
on the 6th of November
after church
to thank the church
for helping send them to camp



CHURCH COUNCIL

September 20, 2022

Meeting called to order at 7:00 p.m. by President, Marie Lowe.

Present: Marie Lowe, Pastor Laurie, Marilyn Wilson, Deb Best, Laurie Bellucci, Lorraine Wolf, Lisa Neary, David Williman, Chris Eddy

Absent: Jeff Peters, Tom Baker, Mary West and Chris Kipfer

Pastor Laurie led us in Prayer

Deb Best made a motion to accept the agenda, seconded by Laurie Bellucci, passed.

Deb Best made a motion to accept the June 2022 minutes, seconded by Laurie Bellucci, passed.

Reports:

Deacons – The new music books are being worked on. October 2 will be the 50-year member celebration. Marie will order the cake and Lisa will supply the punch. Deacons list for obtaining Lay readers/ushers/greeters was reviewed. Candlelight service was discussed. Confirmands will light the cross, we will make sure enough candles are available and that all are lit. Deacons will usher and we will ask for nursery help. Reviewed Pastor Laurie's time off schedule for the rest of this and next year.

Trustees – Will be replacing the sink in the preschool room. It has been ordered. Preschool will pay for this. A request has been made for a hand-rail to the lectern. Trustees are going to start a light replacing project. The compressor on the refrigerator has died. Marie Lowe made a motion to purchase a new commercial grade refrigerator, seconded by Lorraine Wolf. This will be needed prior to the Sauerkraut supper.

Treasurer's report – was reviewed.

Christian Ed – No report.

Pastor's Report – 1) New York Conference is requiring Cultural Responsive Ministry Training. Pastor Laurie has completed Module 1. This training must be done every other year. Module 2 will be offered in 2024. 2)

Boundary Awareness Training is required every three years. Pastor Laurie will be taking this on October 27. 3) Sexual Harassment annual training is usually done in conjunction with Preschool. This will be done in December. 4) The conference has announced the annual meeting will be at the Niagara Falls Convention Center June 15 – 18, 2023 and Pastor Laurie would like to attend.

Laurie Bellucci made a motion to accept all reports, seconded by Lorraine Wolf, passed.

Business:

Danny Neary sent two letters to council over the summer about what has been happening with the media. He also spoke at the picnic and got a few people interested in the sound and the video camera. He talked about having an open house after church. Marilyn Wilson made a motion to buy a hand holder for the iPad used for sound to keep it protected in case it's dropped, seconded by Chris Eddy.

Sauerkraut supper update – Committee has been making decisions and changes – majority vote. Committee has decided to eliminate the cabbage salad. They are looking at simplifying the process. David has been inventorying take out supplies. Their next meeting will be after church Sunday, September 25.

Rally Day Picnic went very well. Maybe we'll do an indoor picnic in February or March.

John Brandon will take pictures for us for a new pictorial, starting in November, that way kids will be home from college or visiting from out of town areas for Thanksgiving. He will pick a few dates. Talked about the front cover and what information should appear on it. Perhaps it will be ready by Christmas or our annual meeting.

Organ man is coming on October 18th. John Brandon will meet him here at church.

Nomination committee will be needed to start asking people to volunteer for the many positions we will have open for 2023. Deb Best volunteered to be on the committee but two people will be needed.

Lisa Neary volunteered to serve on the budget committee. Justin Kipfer will be asked to serve as the congregation representative along with Susan McPherson, the church's treasurer. The Pulpit Supply budget (supply minister) was discussed. Lisa will bring this to the budget committee meeting for further discussion.

Next meeting is October 18th at 7:00 p.m. (Deacons and Trustees will meet at their individual meetings at 6:30 p.m.)

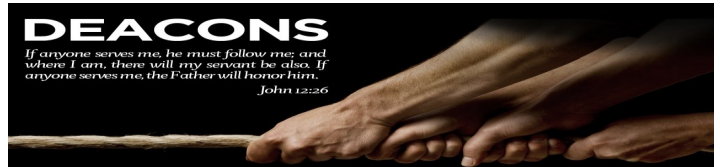
Meeting adjourned at 7:57 with a motion made by Lorraine Wolf and seconded by David Williman, passed.

Pastor Laurie led us in the Lord's Prayer.

Respectfully submitted,

Lisa Neary

Council Secretary



September 22, 2022

Members Present: Laurie Bellucci, Lisa Neary, Marilyn Wilson, Marie Lowe, Lorraine Wolf and Pastor Laurie.

Absent: Mary West

Meeting called to order at 6:31 p.m.

Pastor Laurie led us in prayer.

Agenda reviewed, motion made to accept by Lisa Neary and seconded by Marie Lowe. Motion carried.

June minutes reviewed, motion made to accept by Marie Lowe and seconded by Marilyn Wilson. Motion carried.

OLD BUSINESS

Laurie Bellucci working on new music book. Copying almost complete. Will be placed in binders as soon as they are received.

50 Year Membership recognition scheduled for October 2nd for John Brandon and Lorraine Wolf. Honorable mention for Russ Wackenheim and Carol Shreder for 75 Years Membership.

NEW BUSINESS

Marie Lowe responsible for October's Lay Readers, Ushers and Greeters.

Candlelight Service discussed. Confirmands will light candles. Deacons will be Ushers. Nursery care to be determined.

Meeting adjourned at 6:56 p.m. with Lord's Prayer.

Next meeting October 18th at 6:30 p.m.



November brings COPD awareness month. COPD - chronic obstructive pulmonary disease- is a chronic, progressive breathing disorder. Many times is caused by long term tobacco use or second hand smoke. It can also be caused from emissions from factories and vehicles. Air becomes trapped inside the lungs due to excess mucous and narrowing of the air passages. COPD affects 16.4 million diagnosed people. The first step to prevent problems is to not smoke or be around people who smoke. This also includes vaping. If you or a loved one smokes, encourage them to cut down and stop. There are many treatments that can help with this- contact your health care provider for help.

November 17th is the Great American Smokeout day- a day selected to stop smoking for 24 hours, and to make resolutions quit.

Along with COPD awareness, November is also Lung Cancer Awareness month. Lung cancer is the 2nd most common cancer and the leading cause of cancer deaths worldwide. Each year about 218,500 people in the USA are affected by lung cancer; about 142,000 die from this disease. Be alert to the following symptoms: new cough that doesn't go away, change in a chronic cough, coughing up blood, shortness of breath, chest pain, wheezing, loss of weight without trying, headache and bone pain. Avoid second hand smoke, avoid carcinogens, eat healthy, exercise. And see your health care provider if you have any symptoms or concerns.

Alzheimer's disease is a slow, progressive, neurodegenerative [disease.it](#) is the cause of 60-70% of cases of dementia. Early symptom is difficulty remembering recent events. This is followed by problems with language, disorientation, mood swings, loss of motivation and behavioral issues. There is no cure for this disease, but there are treatments that can slow progression. It's important to have a good neurological evaluation to track this disease.

Remember to take time to enjoy the beautiful fall weather we have here. Take a walk- dress warm! Eat healthy and get plenty of rest. Continue to wash your hands frequently. This is a good time to get your flu vaccine if you haven't already done so. Check on the status of your pneumonia accident also. Stay safe !

2022 CHRISTMAS FLOWERS



POINSETTIAS: Red ☐ Marble ☐ White ☐

6.5" pot with multi plants ~ cost: \$10.00

IN HONOR OF: _____

IN MEMORY OF: _____

NAME: _____

DEADLINE TO ORDER FLOWERS:

Order flowers by to ensure requests:

November 27th, money due December 4th


NOTE: Prices have gone up – so we are keeping same price but going to a smaller pot

Please make all checks payable to:

Laurie Bellucci

NOVEMBER 2022



SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 Bible Study 10 am Food Link 10am	3 Bell choir 6 pm Chancel choir 7:15pm	4	5 <i>Susan McPherson</i>
6 Worship & Communion 10 am Coffee Hour Daylight Savings	7 <i>Lisa Neary</i>	8 Sauerkraut Supper & Basket Raffle <i>Michael Hughes</i> <i>Elizabeth Mest</i>	9 Bible Study 10 am <i>Steve Ripstein</i> <i>Briella Breedlove</i>	10 Sisters In Faith 6 pm Chancel choir 7:15pm	11 <i>Carl Wuest</i> <i>Emily Peters</i> <i>Margaret Mest</i> <i>Cris & Tom</i> <i>Mahoney</i>	12 <i>Jonathan Mest</i>
13 Worship 10 am <i>Arlene Brandon</i>	14	15	16 Bible Study 10 am <i>Joan Embl</i>	17 Bell choir 6 pm Chancel choir 7:15pm <i>Meg Baker</i>	18 <i>Madehyn Perry</i> <i>Bill & Nancy</i> <i>Colvenbach</i>	19
20 Worship 10 am Deadline for newsletter	21	22 <i>Roy Tien</i>	23 Bible Study 10 am	24 Bell choir 6 pm Chancel choir 7:15pm <i>Madison Eddy</i>	25 <i>Jeff Peters</i> <i>Joshua Kipfer</i>	26 <i>Karen Beideck</i>
27 Worship 10 am Advent I 	28	29	30 Bible Study 10 am			

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



Nov 2022

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 or pastorucc@verizon.net

Website: atticaucc.org

**December Newsletter Deadline
November 20th**

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