



Veteran's Day

This month, we celebrate Veteran's Day. However, many citizens get it mixed up with other holidays. Armed Forces Day honors those currently serving in the United States Armed Forces. Not considered a federal holiday, it's celebrated on the third Saturday in May as part of Armed Forces Week.

Memorial Day is a federal holiday. It honors those who died while in military service to our nation. It's celebrated on the last Monday in May and is traditionally seen as the start of summer.

Labor Day is also a federal holiday. However, it celebrates not only military but all workers and their contributions to this country. It's held on the first Monday of September and traditionally marks the end of the summer season.

Veterans Day is most often confused with Memorial Day since its celebration on November 11 recognizes the day on which World War I ended at 11 a.m. (the 11th hour of the 11th day of the 11th month). It is a federal holiday and honors those who are still alive and formerly served in [the United States Armed Forces](#).

I'm proud to have served in the United States Air Force as both an Active Duty enlisted person and then during Seminary as a Chaplain Candidate officer in the Reserves. My enlisted military service was during the Cold War. I was stationed overseas and went on deployment. However, I never saw the horrors that many veterans of World War II, Korea, Vietnam, Iraq, and Afghanistan experienced. Some of this was due to the job I held. But some of it was due to the type of war we were fighting.

My reserve officer service occurred partially during Operation Desert Storm where I worked with a Catholic Chaplain to minister to troops being deployed overseas. I also served at duty stations in North Carolina and California. Upon ordination, my military service ceased due to conflict with civilian ministry.

Like most veterans, I'm proud of my military service. But some veterans are burdened by unhealed wounds of the body, mind and/or spirit. They deal with broken relationships, post-traumatic stress disorder, shame or guilt over what they did, and grief from what or whom they lost, along with any resulting mental illness and/or addictions. Some of our oldest veterans continue to deal with the fact that even as war heroes, they still face discrimination.

This Veteran's Day, when we thank veterans for their service, remember both their dedication and their sacrifice on our behalf. Also remember that we celebrate them and not the war they fought.

Because war always takes a toll- whether we come home with a win or a loss. That's why war should never be entered into lightly. Or in order to benefit the economy, as it always has.

War injures- and some wounds are so deep they never heal. War also always affects civilians as well as those in the military. On this Veteran's Day, may Christ's peace dwell in us and guide us as we remember and celebrate.

Stay Cyber Savvy!

Occasionally you may receive spammy, phishing-style emails (like everybody else). Never open any links from unverified accounts, Use block features. Neither St. Paul's UCC nor Pastor Laurie will ever ask for gift cards or any other type of financial requests in a random email. If you still are not sure, please contact us directly via a fresh email or give us a call!

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.

We are now Live Streaming to You Tube on 10 am on Sunday morning. www.youtube.com

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.

Looking for volunteers to learn and do the sound on a Sunday am. This can be done right at your seat. There is a sample bulletin for you to follow. This the easiest way to help without much training.



Pray for our Shut-ins



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?



SAVE THE DATE

November 4th at 10 a.m.
in the kitchen at the church.
Join Sisters in Faith
and help with making apple crisp
for the Sauerkraut supper.

Thanksgiving
blessings  Gatherings
GRATEFUL Family
Give Thanks Prayers  Blessed 
*Let us come before Him
with Thanksgiving*
Psalms 95:2



Attica Food Link Distribution:

Food Pantry parking lot
November 1st
10am-12pm

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

Hanging of the Greens/ Advent Wreath

During worship on December 3, 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. Please take the Readings that are hanging next to the Sign-Up Sheets when you make your choice. Thank you.



Bible Studies

Dig Deeper with Friends



Bible Study groups will meet in our respective areas.
If you have additional questions or concerns,
contact the Convener:

Lisa Knerr- Mon. evenings
Charles- Wed. mornings

Sunday Bible readings:

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

November 5

Joshua 3:1-17

Psalm 107:1-9

November 26

Ezekiel 34:11-22

Matthew 25:31-46

November 12

1 Thessalonians 4:1,11-18

Matthew 25:1-13

November 19

Matthew 25:14-30

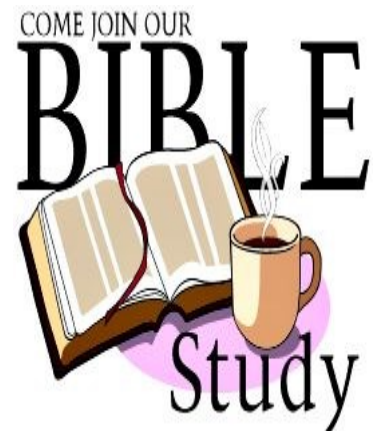
1 Thessalonians 5:1-2,6-11

November 19 Candlelight

1 Corinthians 13:12-13

John 13:34-35

Colossians 3:14-15



Basket Raffle



Christian Education will host a basket raffle in conjunction with the church's annual Pork and Sauerkraut Supper to help fund scholarships for our Dunkirk campers next summer. Although wrapped, themed baskets are preferred, donations of any NEW items would be greatly appreciated. Please leave donated baskets in the back of the narthex by Sunday November 5th.

HOLIDAY DESSERT/COOKIE EXCHANGE

When: November 19th, following Candlelight Service

Where: Fellowship hall at the church

Bring a dozen or more cookies to share.

Enjoy some hot cider and Fellowship and then take a few dozen cookies home.



Sponsored by Sisters In Faith

WNYACIC Annual Business Meeting- Sunday November 5, 2023

Western Association's Annual Business Meeting will be held at St. James UCC, 76 Main St., Hamburg. Lunch begins at 12:00pm. The meeting (approval of budget, elections, etc.) begins at 1pm. New York Conference Minister Rev. Dr. Marsha Willians will be the Guest Speaker. Two delegates may represent St. Paul's UCC. Interested? See Council President Mary West or Pastor Laurie.



Congratulations to our 50-yr Members.

Karen Beideck, Laurie Bellucci and Jean Wirth.

Confirmation class of 1973



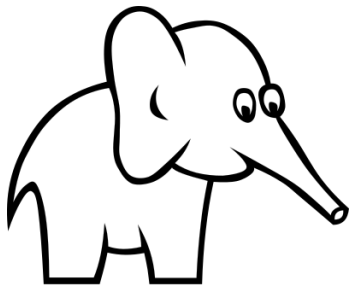
Candlelight Service 7pm November 19

Bring a Friend (or two)- and pictures of those who are part of your great cloud of witnesses. We will surround ourselves with them during worship.

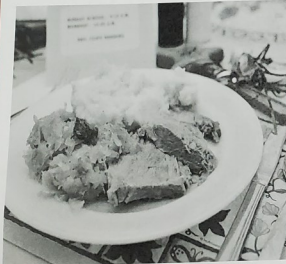
Its not too late to order your St. Paul's T Shirt

Sizes S-3XL. Cost is \$15.00

See Mary West to pay or for details



Reminder for our church dinner



**Sauerkraut Supper
Election day
St. Paul's UCC
Washington Street
Nov. 7, 2023**

**Serving:
Takeout - 3:30pm
Dining room - 4:00pm
Ticket cost: \$15**



New Address for the Lovell's and Ann Wilson:

905 Wood Branch Road
Effingham, SC 29541

Congratulations on your new home !

CHURCH COUNCIL

September 19, 2023

Meeting called to order at 6:51 p.m. by Mary West. Pastor Laurie led us in Prayer.

Present: Marilyn Wilson, Laurie Bellucci, John Brandon, Marie Lowe, Tom Baker, David Williman, Mary West, Lorraine Wolf, Debbie Best and Pastor Laurie. Absent: Lisa Neary and Chris Eddy.

Agenda reviewed and motion made to accept by Marie Lowe and seconded by Laurie Bellucci. Motion carried.

August 27th minutes reviewed and motion made to accept by Debbie Best and seconded by Marie Lowe. Motion carried.

REPORTS

Deacons: 50 Year Membership celebration to be held October 1st for Laurie Bellucci, Karen Beideck and Jean Wirth.

Pulpit supply will be by Jen Mazur on September 24th.

Trustees: Looking into fixing Pastor Laurie's lapel mic. Fire System Company suggested to flush out Sprinkler System. Reviewed request and not necessary at this time.

Refrigerator repairs will cost \$1100.00.

Treasurer: Advised Council to seriously consider cashing in another CD to help meet Church's financial obligations. September's income not enough to make payroll and other bills. OCWM and the dues to Western Area have not been paid for 2023. Motion made to cash in CD by Marie Lowe and seconded by David Williman. Motion carried.

Treasurer will be at November Council Meeting to discuss 2024 Budget.

Christian Ed: Halloween Party during Sunday School on October 29th. Preschoolers are also going to be invited.

Dunkirk Brunch scheduled for November 5th.

Advent Workshop to be on November 19th.

Pastor Laurie: On vacation from September 22nd thru 29th.

Motion made to accept all reports by Marie Lowe and seconded by Laurie Bellucci. Motion carried.

OLD BUSINESS

Yard Signs: David Williman will be making yard signs for events such as Sauerkraut Supper, Peach Social, etc. Instead of purchasing.

Tee-shirts: Mary West has been in contact with Backyard Creations in regards to Church members purchasing Church Tee-shirts. Information will be forthcoming.

Rally Day Picnic reviewed.

Counting Schedule: October dates filled in.

Sauerkraut Supper: David has Apple Sauce half made. Sisters in Faith will be making Apple Crisp. David will be delegating various duties for the Sauerkraut Supper.

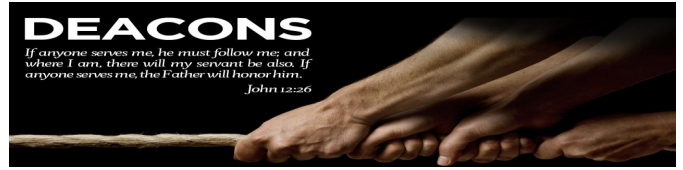
David Ramsey: This will be offered in the Spring.

NEW BUSINESS: None

Meeting adjourned at 7:45 p.m. with Lord's Prayer.

Next meeting will be October 17th, Tuesday evening, after Deacons' and Trustees' meetings at 6:30 p.m.

Respectfully submitted,
Lorraine Wolf, Substitute Secretary



September 19, 2023

Members Present: Laurie Bellucci, Mary West, Marilyn Wilson, John Brandon, Lorraine Wolf and Pastor Laurie. Members Absent: Lisa Neary

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

Pastor Laurie led us in prayer.

Agenda reviewed and motion made to accept by John Brandon and seconded by Marilyn Wilson. Motion carried.

August minutes reviewed and motion made to accept by Lorraine Wolf and seconded by John Brandon. Motion carried.

OLD BUSINESS

50 Year Membership celebration to be held on October 1st for Laurie Bellucci, Karen Biedeck and Jean Wirth. Jen Mazur will be filling Pulpit supply on Sunday, September 24th.

NEW BUSINESS

Lay Readers, Ushers and Greeters schedule reviewed.

Discussed Candlelight Service scheduled for November 19th at 7:00 p.m.

Meeting adjourned at 6:45 p.m. with Lord's Prayer.

Next meeting October 17th at 6:30 p.m.

Respectfully submitted,
Lorraine Wolf, Deacon's Secretary

TRUSTEE MEETING

September 19, 2023

Meeting was called to order at 6:34 pm.

Present Members; David, Debbie, Marie .

David got an estimate for fixing refrigerator. We decided to wait until after sauerkraut supper to explore further.

Lapel microphone needs to be fixed or replaced. We will check on warranty first.

Meeting adjourned at 6:50

Next meeting: October 17, 2023

Respectfully Submitted,
Debbie Best



November Parish Nurse Notes

Summer is over, clocks will change and daylight savings begins. This change can affect our sleep and health. Remember there are things you can control- try to accept the things you cannot control.

If you have problems sleeping, there are different options to try. Limit alcohol and caffeine 2 hours before bedtime. Try to set bedtime the same every day- even weekends. Don't exercise before bed. If you need a snack, make it a low fat snack. Keep the environment cool and dark- don't watch tv or use electronics when you go to bed. If you continue to struggle, talk to your PCP for help.

November is Alzheimer's awareness month. This disease robs our mind of memories, and can impact overall health. Be aware of memory changes in your family and get checked. There are medications that can slow the progress. Stay active, do mind exercises like puzzles, word search problems and crossword puzzles.

If you are a caregiver, remember to care for yourself. Make sure you eat regularly, get adequate sleep and exercise. Take a break to go for a walk, sit quietly by yourself, pray/ meditate or read a book. You need to refuel mentally and physically to better care for your loved ones. If you are struggling, there are resources for assistance. "Self-care is not selfish. You cannot serve from an empty vessel" -Eleanor Brown.

November 16 is Great American Smokeout. Use this day for you and/or loved ones to stop smoking for 24 hours. Then continue this pattern everyday. Stopping smoking is the best way to help prevent lung cancer, heart disease and pulmonary disease.

Thanksgiving is a day to give thanks for family, friends and all we have available here. Enjoy the day and reflect on the joys you have.

Stay safe, wash your hands, get good sleep and eat healthy. You are an important person in this world.



Food Pantry Requests for Thanksgiving Food Baskets

The Attica Food Pantry requests donations of:

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

2023 CHRISTMAS FLOWERS

POINSETTIAS: Red Marble White

6.5" pot with multi plants ~ cost \$11.00

IN HONOR OF:

IN MEMORY OF:

NAME: _____

DEADLINE TO ORDER FLOWERS:

Order flowers to ensure requests:
November 26th, money due December 3rd

Please make all checks payable to:
Laurie Bellucci



NOVEMBER 2023

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Bible Study 10 am Food Link All Saints Day	2 Bell Choir 6 pm Chancel Choir 7:15pm	3	4 Sisters In Faith Apple crisp making Turn Back Clocks
5 Worship and Communion 10 am Dunkirk Brunch Assoc. Mtg-12noon <i>Susan McPherson</i>	6 Bible Study 7pm	7 Election Day Sauerkraut Supper <i>Lisa Neary</i>	8 Bible Study 10 am <i>Michael Hughes</i> <i>Elizabeth Mest</i>	9 Sisters In Faith 6pm Chancel Choir 7:15 pm <i>Steve Ripstein</i> <i>Briella Breedlove</i>	10	11 Veteran's Day <i>Carl West</i> <i>Emily Peters</i> <i>Margaret Mest</i> <i>Cris & Tom</i>
12 Worship 10 am Pastoral Relations Mtg. <i>Jonathan Mest</i>	13 Bible Study 7 pm <i>Arlene Brandon</i>	14	15 Bible Study 10 am	16 Bell Choir 6pm Chancel Choir 7:15pm <i>Joan Embt</i>	17	18 <i>Madeyn Perry</i> <i>Bill & Nancy</i> <i>Cohenbach</i>
19 Worship 10 am Newsletter Deadline Advent Workshop Candlelight Service 7pm	20 Bible Study 7pm	21 Deacons/Trustees 6:30pm Council 7 pm	22 Bible Study 10 am <i>Roy Tricen</i>	23 Happy Thanksgiving Office Closed	24 <i>Madison Eddy</i>	25 <i>Jeff Peters</i> <i>Joshua Kipfer</i>
26 Worship Memorial Sunday 10 am <i>Karen Beideck</i>	27 Bible Study 7pm	28	29 Bible Study 10 am	30 Bell Choir 6pm Chancel Choir 7:15pm		

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

SP The Spirit

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

November 2023

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 19th

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