

Fellowship Informer

Stephens City Mennonite Church

Stephens City, Virginia

The body is a unit, though it is made up of many parts:
and though all its parts are many, they form one body.
So it is with Christ. I Corinthians 12:1

Worshiping: October

*Psalm 80:7 Restore us, O God Almighty;
make your face shine upon us, that we might be saved.*

Imagine God's face turned toward you with such shining tenderness. God's eyes are full of love for you; God smiles at you and sings to you gently.

Fall Worship: October–November 6, 2011
services will be from I John.

Many people think they know something when in reality they only know about it. They are limited by secondhand knowledge—a poor substitute for the real thing!

We know the love of Jesus Christ because he laid down his life for us. And John reminds us that the best way to experience that love is to express it. How might you demonstrate that love to God? How might you demonstrate love to those who are closest to you, to your friends or associates at work, school, church, to those who are in need, or maybe even to a person you don't particularly like? Create a symbol or reminder to encourage you to make love visible to others.

Upcoming Activities

October 16	Contemporary Song Service	6:00 PM
October 22	Harvest Party at Heishmans	3:00 PM
November 13	Hymn Sing	6:00 PM
December 10	Christgiving	6:30 PM

Looking ahead to November

- 13 – Ekklesia Sunday
- 20 – Thanksgiving Sunday
- 27 – First Sunday of Advent
“Awesome deeds we do not expect”



FRIENDS AND VISITORS ARE ALWAYS WELCOME.

From the Parish Nurse



Insight from the book *Body Talk* by Ingrid Friesen Moser

Chapter 4: Be in Your Body

I Corinthians 6:19: “Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you received from God?” This verse is often used when it comes to discussing health and faith. It is hard to glorify God with your body if you are disconnected and not in your body. Our fast, multi-tasking lifestyle keeps us from giving anything our full attention. Also our bodies could be disconnected by physical and emotional pain. In order to face that pain there may be a need for professional help to start healing.

Our culture promotes ways in which we stay disconnected to our bodies, with products, pills, diets, and even health plans which negatively alter our bodies. Jesus lived well in His body. He walked, taught, feasted, and fasted with others in intentional and meaningful ways. He took time to rest, pray, and he gave His body as a sacrifice for the good of all humanity.

Living in our bodies is an important part of living and thriving in this world. “Search me, O God, and know my heart, test me and know my anxious thoughts see if there is any offensive way in me, and lead me in the way everlasting” (Psalm 139:23-24).

We need to ask God to lead us to these deep parts of our being, so that we may become aware of what our bodies are saying to us. To engage in intentional acts of awareness related to our bodies means experiencing the five senses: tasting, touching, seeing, smelling, and hearing. Being in our bodies and glorifying God is like being a child, and using these five senses in awe and appreciation at the wonder of them. Our bodies will age and thrive as God designed them to.

Questions:

Imagine yourself spending a day with Jesus. What new awareness of your body would you gain during that day?

Which of your five senses do you think you pay the least attention to? How has this impacted your health?

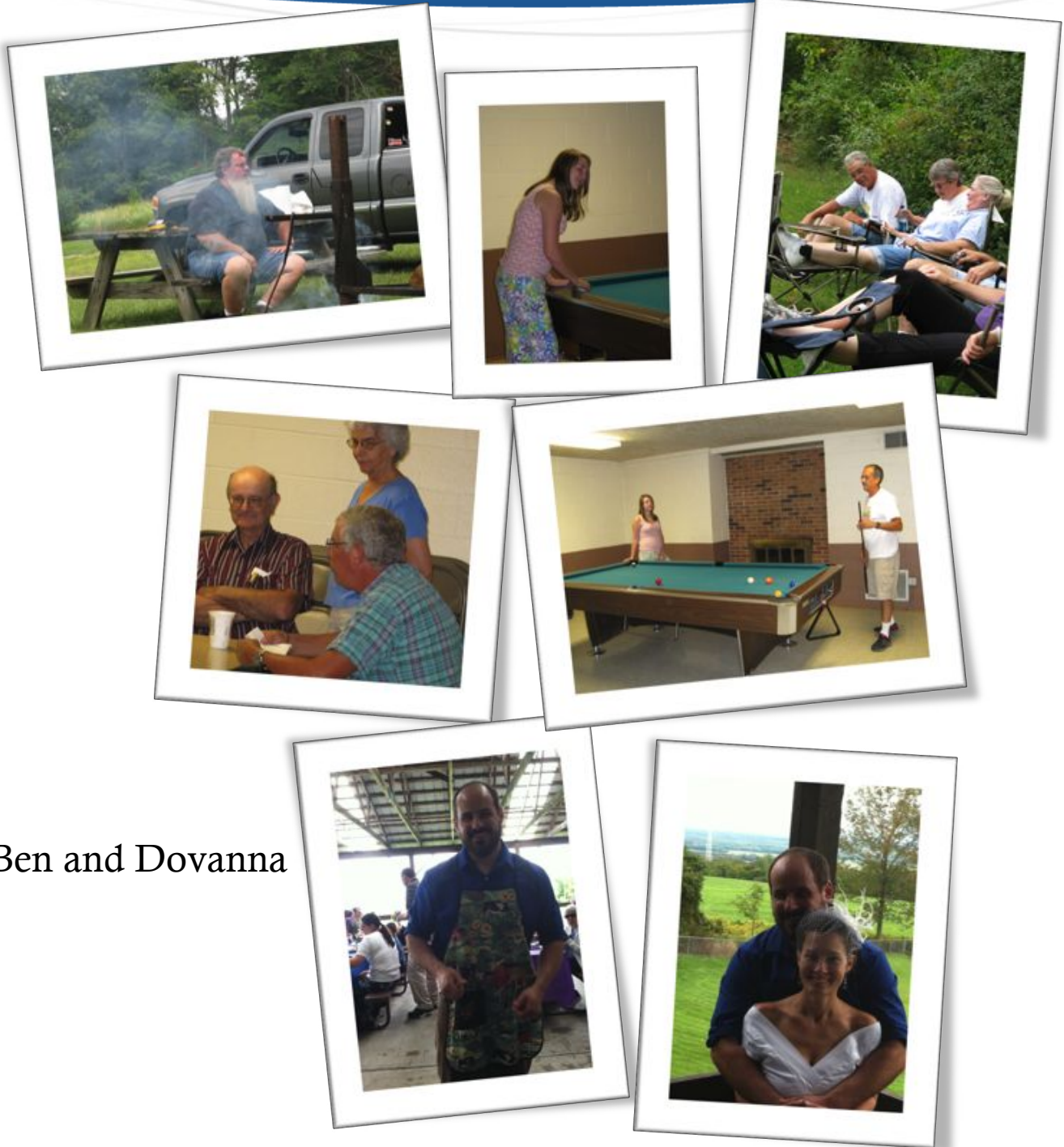
Blessings,

Joan Rosenberger, Parish Nurse



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Church Celebrations



Ben and Dovanna

And something
yummy from
Joan
Rosenberger!

Curried Chicken Salad Sandwiches

- 2 c cubed cooked chicken breast
- 3/4 c mayonnaise
- 2 tsp lemon juice
- 1 tsp curry powder

- 3/4 c chopped apple
- 1/2 c chopped walnuts
- 1 tbs chopped green onion
- 6 lettuce leaves
- 3/4 c dried cranberries
- 1/2 c chopped celery
- 6 croissants, split

Combine above ingredients, place lettuce on croissants, then top with chicken salad.

Creation Care

Reduce - Reuse - Recycle - Repair - Re-purpose - Rejoice! Submitted by Debbie Flemming

The Creation Care Council's Luke Gascho led three seminars at the MCUSA convention. "These were the best attended of the workshops that I've done in the last three assemblies," Gascho said. In fact, people were even turned away! All ages attended the seminars, and the amount of energy was inspiring.

In "**Greening the Church Experience**," Gascho focused on the connection between caring for creation and congregational life. Gascho explained that creation care practices in our congregations show respect for the Creator, and he suggested several practical applications. These included writing a creation care statement, conducting an energy audit, and seeking ways to practice ecojustice. Another seminar, also taught by Gascho, was entitled "**How Might the Church Respond to Climate Change?**" In this seminar, participants explored the impact of climate change on the church and discussed ways to respond. A special focus was on avoiding politically polarized responses. Instead, participants focused on living as passionate stewards of the earth and how we can actively care for God's creation.

In "**What Does 'Sustainable Living' Mean for People of Faith?**", participants examined the call to simple living as an expression of faith. The discussion explored the consumer-driven society and looked for ways to honor the call to live within the bounds of enough. The group worked to form a new definition of sustainable living for the church today. There is still work to be done. One seminar participant went up to Gascho at the end of the presentation and asked a question representative of many still: "What do I do when my congregation doesn't think this is important at all?" We keep listening and talking.

Courtesy of Mennonite Creation Care Network, August 2011 Newsletter

Report on MDS trip to Pulaski, Virginia

A team of three from SCMC—Denny Myers, Glenn Horst, and Ted Hagan—went to Pulaski, Virginia, the last week of July. We joined another team from the Charlottesville Mennonite Church and the MDS directors from Harrisonburg, Burnard Martin and Bob Alger, to work on a new house for a single mom whose house was severely damaged and somewhat moved off of its foundation. We formed an interior crew and an exterior crew. The exterior crew worked on the roofing in the morning and siding in the afternoon; it was too hot to work on the roof in the afternoon. The interior crew finished framing the interior walls, installed the windows and the doors, and did most of the electrical wiring. We stayed at a large Church of God in Pulaski. Two women cooked and hosted our meals, and we slept on mattresses in the classrooms. It was a very productive week, and we enjoyed the fellowship as well as very positive working relationships. We talked of going again because there are more houses to be built to replace those destroyed by the tornado. The photos were taken by Ted Hagan.

Respectively submitted, Glenn Horst

