



November 2009

From the Pastor's Pen...

Dear Friends:

The Annual Financial Stewardship Campaign has begun at Mount Jefferson Presbyterian Church. This year you will receive several mailings that will lift up the mission and ministry of our congregation. Our intention is to help us to understand how the gifts we give help to carry Christ's message of hope and healing into all the world.

As you read this month's newsletter, please take a few moments to consider the breadth and impact of our ministry here at home and abroad. Presbyterians are in mission throughout the world. Furthermore, each one of us is present wherever that mission takes place. For instance, were you aware that MJPC directly sponsors missionaries in Sudan and Iraq? Through your faithful giving, you have a missionary presence and witness to Christ in these war-torn regions.

The Finance Committee, the Stewardship Committee and the Session are proposing a 2010 budget reflecting a decrease in spending of approximately 17%. This decrease will be reflected in most of our line items and includes reductions in staff wages and salaries. While the dollar amount of our mission dollars will decrease, the percentage of our budget devoted to mission will remain essentially the same. This proposed budget for 2010 is based on 2009's giving patterns. Furthermore, we have not received donations for the re-roofing project at the pace we anticipated. Therefore, we may have to include debt repayment into our annual budget, which would necessitate further reductions from programming and staff. Please remember that we can accept gifts of stock and other capital. It would be wonderful if we could close 2009 without debt incurred for the roofing project.

In essence, informed by your level of giving, the leadership of the congregation understands that these are difficult financial times for most of us. Therefore, we are simply asking you to continue your faithful giving. Of course, we would welcome generous giving over and above our projections and would rejoice if these cuts were no longer necessary.

In the coming weeks, please take some time to prayerfully consider your financial commitment to the church. Feel free to call if you have questions or would like to discuss your commitment with us.

We will dedicate our commitments during worship on Sunday, November 22. You will receive a commitment card in a later mailing. We look forward to seeing you in worship that day as we join in celebrating our life together and dedicate ourselves to Christ's service.

Sincerely,

Billy

Check out our website! mjpc.org



Worship

1st Sunday
Carolyn Mock

Notes from the Worship Committee

- Communion will be served November 22 and the new elders will be installed.
- On Sunday, Nov. 22, the Worship Committee will assist the elementary age children and younger as they decorate the Christmas tree in the fellowship hall following the 11:00 worship service.
- The P.A.I.N group, their parents, and the Worship Committee will decorate the Chrismon tree, have a lesson on the meaning of some of the Chrismons and have supper together starting at 6:00 on Sunday, Nov. 22.
- Everyone is invited to see the Chrismon Tree at the Ashe County Arts Council beginning Nov. 23. Volunteers from our church have made new Chrismons and will decorate the tree. Thank you to Lee Eldreth for cutting out the patterns and to Renea Adams, Judy Dancy, Mannon Eldreth, Ann Farthing, Betty Horne, Freda McNeill, Carolyn Mock and Carolyn Owens for making the new Chrismons and for decorating the tree. It will be beautiful!
- The Christmas Eve candlelight service will be Thursday, Dec. 24 at 7:00.

Peace,
Carolyn Mock
Chairperson, Worship Committee

November Flower Calendar

- | | |
|----|-----------------------------|
| 1 | Robin Sexton & Melissa Barr |
| 8 | McNeill children |
| 15 | Steve & Pat Murphree |
| 22 | Wiley & Carolyn Mock |
| 29 | Rick & Kathi Price |

Sign up on the Flower list on the bulletin board, or call the church office.



Session Notes

Joe Blevins, Clerk of Session

The Session met in the church parlor on October 18.

We received the Treasurer's report which is posted on the bulletin board in the hall.

We received committee reports from:

- Personnel
- Fellowship
- Care
- Mission
- Worship

We are still working on the annual up-date of the church rolls.

Glendale Springs Presbyterian Church is a possible location for the October 2010 Presbytery meeting. They have asked for our help if the meeting is held there and we agreed to do so.

The next stated meeting is scheduled for November 15, 2009.

Please feel free to contact me or any Session member with your church concerns.

Grace be with you,
Joe





Mission

3rd Wednesday at 7:00
Brad McNeely

Mission Updates

Though it seems a ways off, the Thanksgiving and Christmas holidays are fast approaching.

Food Drive

The Mission Committee is conducting a food drive from Sunday, November 1 through Sunday, December 6 with the donations going to the Sharing Center. As we enter the holiday season please be mindful of those who are in need of assistance, especially at this time of year.

Christmas Project

Also, the Christmas Project will be kicking off shortly. In this project we are given the names of children who would otherwise not have a Christmas. The names will be made available around mid-November, we will announce as soon as they are, and gifts are due back by the end of November. We will make every effort to give as much notice as is possible. We will be in need of volunteers to help wrap presents at Family Central. Our assigned slot is Wednesday, December 2nd from noon-4:00 pm. More on this as it gets closer.

Jamaica Mission Trip

Looking ahead to 2010, we are still planning to have a Mission Trip to Jamaica. We will leave on Monday April 5 and return on Friday April 9. Please give this some thought as we will begin more detailed planning for this in January so look for details about this at the beginning of the year.

Best wishes for a Happy Thanksgiving.

Brad McNeely



Fellowship

4th Wednesday at 7:00
Wanda Gervasi

Joy Gift Dinner & Children's program

Sunday, December 6th 5:00 pm

Covered dish

A Presbyterian tradition for almost 70 years, the Joy Gift offering is one of the four special offerings designated by the General Assembly of the Presbyterian Church USA to provide congregations direct ways of supporting specific causes that help those in need.

The receipts from the offering are distributed equally to the Board of Pensions for assistance programs and to National Ministries of the General Assembly Council to support Presbyterian racial ethnic education.

November Fellowship Calendar

- 1 April & Matt Laney
- 8 Aimee Miller & Betty Horne
- 15 open
- 22 Wiley & Carolyn Mock
- 29 open

We encourage you to sign up to host Fellowship! The sign-up sheet is on the bulletin board above the water fountain, or call the church office. Remember, Keep It Simple!



Education

1st Sunday at 12:00
April Laney & David Meghoo

PW News

All women are invited to the PW Circle on Monday, November 2nd, at 7 p.m., in the church parlor. Bible study will be led by Ann Farthing.



Coat & Shoe Drive

The seasons are changing and it's time to clean out closets. Our children have outgrown what they had last year so we're getting new coats and shoes.

If you are in this situation please bring your old coats and shoes to church and the CKC children will take them to the Sharing Center. We will be collecting coats and shoes during November and December.

Thank you for helping us help others who have need of these items.

CKC Holiday Season Schedule

Nov 4	CKC meets
Nov 11	no CKC
Nov 13	CKC <u>practice</u> in F. Hall
Nov 18	CKC meets
Nov 25	no CKC
Dec 2	CKC plus <u>practice</u>
Dec 6	<u>Joy Gift Dinner/program!</u>
Dec 9	CKC meets
Dec 16	<u>Christmas party!</u>
Dec 23	no CKC
Dec 30	no CKC
Jan 6	no CKC
Jan 13	CKC meets

Yoga Group meets at MJPC led by Karen Brock (246-6725)

Yoga teaches core body strength, flexibility, balance, deep breathing and relaxation. Anyone can do yoga, because you begin with what your body can do now and *your* yoga will be your own personal response to the needs of your own body. Improvements are made over time -- some quickly and some gradually -- but whatever happens is what your body needs at this time. Many beginning students report that the first benefit they notice is an improvement in sleep quality!

You don't need to be flexible or strong or have great balance to do yoga -- just come as you are! Yoga can be modified to fit all physical conditions and body types. No prior experience is necessary, as this class is geared for beginner and intermediate students. All ages are welcome and there are both men and women in the class. Comfortable clothing that doesn't restrict movement is essential. A sticky mat is required but unfortunately our local Wal-Mart doesn't sell them. I usually keep several on hand that I order from the Internet at a reasonable price and I will be happy to sell you one at cost.

This yoga class is sponsored by the Bethany United Methodist Church's Health and Wellness Committee, which was formed to support the now defunct Congregational Nursing Program. The intent was to provide a church-based 6 week introductory yoga program so that members of the congregation could learn about yoga in a comfortable environment and hopefully overcome any fears or misconceptions they might have. The class was so successful that it continued long past those 6 weeks and has been going strong for several years now.

The class is free and will meet every Monday from 5:30 - 6:30 pm in the Fellowship Hall



Care

3rd Sunday at 12:00pm
Sherry McNeill



Kids & Hard Knocks

Have you been to a game, see a kids whacked in the head, just sit or lie there, temporarily stunned, then jump up after a few minutes & go right back into the game? Think most of us have.

That is a dangerous, risky move, as the kid has just had a brain trauma and should be evaluated by a doctor before playing again.

Awareness of symptoms of concussions is important. A concussion is a mild brain injury where it's sloshed around in a tight compartment (the skull). This means some brain cells have died—in severe injuries swelling, bleeds, or even death occurs.

Symptoms can be immediate, or hours or even days later. What to look for is...

- Confusion
- Dizziness
- Headaches
- Nausea & vomiting
- Vision problems
- Sensitivity to noise & light
- Balance problems
- A tingling feeling
- Glassy eyed or confused
- Unequal pupil size
- Coma/Unconsciousness

Once a person has suffered a concussion, he is four times more likely to sustain a second one... and with more damage than previously.

After a bad concussion, it takes less of a blow to cause another one.

It's also a good idea to have the child rest several days, miss a day of school (your doctor can make judgment of how long) and perhaps have teachers hold off on assignments for those days out, as well as first days back at school, to decrease stress of the student, and allow him time to "get his brain in gear again" slowly.

Albertine Blevins
Helen Hartzog
Mary Jones
Edna Miller
Reo & Clara Miller
Berniece Pennington
Ben & Mary Winters
Bill Underwood



The Care Committee visits our homebound members during the month. The Care members who are unable to visit in person call or send cards.

The homebound really appreciate being remembered in any of these ways. If there are any members that need to be added to the list please contact a Care Committee member or the office.

Emergency Number

For emergencies outside of office hours,
call the church's cell phone: **336-620-1100**





Looking Ahead...

December 2nd

Noon to 4:00 pm
at Family Central

Wrapping gifts for the Christmas Project

December 6th

5:00 pm

Joy Gift Dinner (covered dish)
& Children's program

December 13th

Joyous Sounds of Christmas
WJUMC

December 20th

Special guest
at Fellowship after Worship

December 24th

7:00 pm
Christmas Eve Service

Our Newsletter is Available...

...in the **literature rack** near the water fountain.

...on the **website**: go to mjpc.org, then go to the Events tab, and click on Newsletter.

...by **mail**: If you would like a newsletter mailed to you each month, call Doris at 846-7481 or email wjeffpres@skybest.com.

Weather Closings

In case of wintry weather, you can check our website (mjpc.org) for any schedule changes, which will be listed under Weather Closings on the Events tab, along with showing on the front page of the website, or check the church's answering machine for a message.



Finance

3rd Monday at 7:00
Chris Barr

September 2009

General Fund

Beginning balance		\$ 39,650.24
Income	\$17,617.34	
Expenses	\$21,656.63	
Ending balance		\$ 35,610.95

Two-Cents-a-Meal (received YTD) \$ 1,506.45

Pastor's Discretionary Fund

Assistance was given to individuals to help with various needs, as listed below:

BREMCO	\$	389.00
Water bill	\$	34.82

Church Directory

The church directory can be found on mjpc.org. Go to the Events tab, click on Newsletters; the log in area is below the list of newsletters.

Let Doris (846-7481 or wjeffpres@skybest.com) know if you don't have the log-in info or are having problems getting in.

Copies of the directory are also available on the table just outside the sanctuary for those who don't have internet access.

Church Staff

Billy Robinson	Pastor
Kermit Dancy	Pastor Emeritus
Carla Young	Youth Director
Jim Anderson	Music Director
Jeffrey Lazenby	Organist
Doris Facsko	Secretary/Bookkeeper

November 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 PAIN Food Drive	2 PW Circle 7:00 pm church parlor	3 Church breakfast, 8:30 am	4 CKC 3 to 5 pm Bible study 6:00	5 Wohlfahrt Haus Dinner Theatre trip	6 Younger Adults supper at Robin- son's	7 Soup for You at WJ Elementary 10:30-1:00
8 PAIN Food Drive	9	10	11 Shatley Springs lunch Bible study 6:00 Mission 7:00 pm	12	13	14 Soup for You at WJ Elementary 10:30-1:00
15 Care 12:00 pm Session 12:45 pm PAIN Food Drive	16	17	18 CKC 3 to 5 pm Bible study 6:00	19	20 Newsletter deadline	21 Adopt-a-Highway 9:30 am
22 Communion Fellowship 12:15pm PAIN Food Drive	23	24	25	26 THANKSGIVING Office closed	27	28
29 2 Cents a Meal Food Drive	30				Each Sunday: Handbells 9:00 Sunday School 9:45 Worship 11:00 Fellowship 12:00	Each Wednesday: Choir Practice 6:00