



Perry Christian Church Newsletter



The Crier—October 2020

From the Pastor's Desk

The season has changed, but we have been blessed even during these challenging times. Until circumstances with Covid give us a vaccine we will continue to do our social distancing. Even with the cooler weather, for those who still choose to not come inside for worship, we will continue to FM transmit Sunday worship services to your radios in the church parking lot and we will continue to stream services on Facebook. Remember to make connection by clicking on the Facebook icon on the church website.

God always looks after us, and this is what we celebrate in our worship services. Our ministry to each other is not as much person to person for now, but I give thanks to the leadership for keeping contact with the church family. I hope you will be ready to support ministry programs when they can be restarted.

The challenge before you is to prepare to welcome and support a new settled pastor, I hope you will make yourself available in participation in activities and by challenging yourself to continued and even increased financial support, so that you have the best opportunity to call someone to lead you on. I will continue to find ways to at least make our worship gathering and experience meaningful and inspiring. Our holidays are approaching, so I expect the way we celebrate will be different, as our worship time since March has been different. The meaning of what we celebrate is never diminished.

Come join us at church, or through FM in the parking lot or online. The online worship services are recorded and posted on the website. You can find them there if you want to re-watch or watch for the first time.

God bless you!
Pastor Norman

Nominating Committee

The nominating team will be meeting in October to set the board officers, Sacristans and Trustees. If you are interested in serving on the board, please let me know soon. Please call me if you have questions or want more information on the various opportunities. I can be reached at 440-259-2257 or on my cell at 440-897-2574.

Carol Martin, Team Leader

Elder's Spotlight

No Worries

And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints. Ephesians 6:18

I like to keep articles I find in the paper, the Upper Room booklet, or ones from online. I hope to use them as an elder and the worship leader for CWM. I try to keep them all together in a folder, but randomly I will find a scrap of paper that shows up at just the right time. I just found an article written by Charles Swindoll from his book *Laugh Again*. I would like to share it.

Give God Your Worries

Who is among you that fears the Lord,...let him trust in the name of the Lord and rely on his God. Isaiah 50:10

Let's get six words clearly fixed in our minds. These six words form the foundation of God's therapeutic process for all worrywarts.

WORRY ABOUT NOTHING,
PRAY ABOUT EVERYTHING.

What qualifies as a worry? Anything that drains your tank of joy - something you cannot change, something you are not responsible for, something you are unable to control, something (or someone) that frightens and torments you, agitates you, keeps you awake when you should be asleep. All of that now needs to be switched from your worry list to your prayer list. Give each worry - one by one - to God....Tell Him you will no longer keep your anxiety to yourself....

The more you practice giving your mental burdens to the Lord, the more exciting it gets to see how God will handle the things that are impossible for you to do anything about. —Charles Swindoll

Laugh Again

Sounds great. Sounds wonderful. It's hard. It's very, very hard. To truly give your worry completely over to God is one of the best things we can do for ourselves. And probably one of the most difficult. It won't be a onetime thing. It won't happen quickly. It will be an ongoing practice. The key is prayer. Pray for strength, pray for wisdom, hold onto hope, keep faithful, and give all the praise to God. Be joyful always, pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus. 1 Thessalonians 5:16. Let go of every worry you have. Be ready to receive God's blessings. God does the impossible every day.

Donna Van Boxel

Women's Bible Study

What happens when life looks very different from the reality we long for? In *It's Not Supposed to Be This Way*, Lysa TerKeurst offers a Biblical perspective and hard-won advice to encourage readers facing their own challenges. Find unexpected strength while wrestling between faith and feelings and learn how to stand through uncertainty and trust in God's goodness. This new study will begin on Thursday, October 1st at 6:30PM.



Mission Matters

Our church contributes the following products for the Perry Center: laundry detergent, dish soap, tooth paste, bar soap and shampoo. We will be collecting these items throughout the month of October & boxes will be placed underneath the cross for your convenience.



CWM will be providing shoeboxes again for Samaritans Purse Christmas for Every Child. This year, National Collection Week will be Nov. 16–23, 2020 so our dedication of the boxes will be Sunday, November 15th. Information fliers will be available soon.

Please consider supporting either or both of these projects as we reach out to the less fortunate in Christian love.

Look for a Reverse Advent Calendar in our December newsletter for yet another mission opportunity.

Project Hope

On October 15th at 6 p.m., we will prepare a side dish and sack lunches for Project Hope.

Here's what is needed to make our work successful! For the side dish we need:

3 loaves of French or Italian bread-not sliced, 1 lb. sliced ham, 1 lb. sliced salami, 1 lb. sliced turkey, 2 small bags of shredded lettuce, and a bottle of ranch dressing. **For the lunches we'll need:** 5 loaves of bread, 2 bags of 18 individual chips, and 3 boxes of fruit/granola bars.



The sign-up sheet is on the church bulletin board. Of course we will need to gather in the safest possible way to prepare these meals. Thank you for helping as we serve God, like Jesus, in our community.

Frankie Blanchard & Brenda Carr

CWM

At our next CWM meeting on October 4th, we will make a determination on our pending projects: Christmas luncheon, Christmas caroling, Christmas Tea, buckeye making and gifts for our church members 75 years old and older. We will also discuss officers for next year.

During this pandemic, many of us have assisted the Enrichment Team with the Teacher Survival Kits for Perry and Madison teachers and now Fairport Teachers,. We have remained quite busy. Many of us also volunteer for the Perry Center and Project Hope.

We remain concerned about the health and safety of all our members.

Carole Martin, Team Leader

A Special Note: Dear Friends at Perry Christian Church, Ralph and I used to visit the church every summer when we returned to visit relatives and friends. Ralph is **now in memory care, so we won't be making that trip anymore.** I appreciate receiving your monthly newsletter.

God's blessing on your ministry, Barbara Rockow



October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><i>If you can't be here on Sunday, watch the service on Facebook.</i> Please Note: For easy access to our Facebook page, go to the church website— www.perrychristianchurch.org and click on the Facebook icon.</p>			1 9:30a Prayer Team 6:30p Women's Bible Study	2	3
	4 9:30a Worship 10:45a CWM Meeting	5 7p Trustee Mtg.	6	7	8 9:30a Prayer Team 6:30p Women's Bible Study	9
11 9:30a Worship	12 <i>COLUMBUS DAY</i>	13	14	15 9:30a Prayer Team 6p Project Hope Food Prep 6:30p Women's Bible Study	16	17 6:45p Project Hope Food Delivery
18 9:30a Worship	19	20	21	22 9:30a Prayer Team 6:30p Women's Bible Study	23	24
25 9:30a Worship	26	27	28	29 9:30a Prayer Team 6:30p Women's Bible Study	30	31

October Service Schedules

	Elders	Worship Leaders	All Month
6	Earl Johnson Gayle Salsberry	Diane Lett	<u>Sacristan</u> Joyce McCrea
13	Penny Harrison Laurie Martin	Penny Harrison	<u>Counters</u> Vicki Wakelee Frankie Blanchard
20	Linda Warfield Joann Rombough	Judy Bartlett	
27	Don Bartlett Donna Van Boxel	Ben Pierce	

If you need any Norwex products, contact Jeray. She will be placing an order on October 1st.



October Birthdays

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 Penny Angeloro
4	5	6 Rod Collins	7 Doug Evans	8	9	10
11	12 Don Bartlett Pastor Norman	13 Susan Callahan	14 Judy Brewster	15 Jimmy Ray	16	17
18	19 Barb Head	20	21	22	23	24
25	26 Gayle Salsberry	27	28 Ellen Maier	29	30 Diane Lett	31 Darla Bartlett

Enrichment Team

The Enrichment Team has been very busy. During August and September, we put together 290 Teacher Survival Bags and distributed them to the teachers at Perry and Madison Schools. I hope you have enjoyed the pictures from this endeavor. We will be finishing this project with 40 bags for Fairport School Teachers.

Very soon you will see a cross with a locking mailbox on the East Side of the side parking lot. This will be the new Community Prayer Request box. We are reaching out to other churches and local media to encourage everyone to take advantage of the power of prayer. Additionally, we are hoping to expand the power of prayer by encouraging other churches to join us in establishing a Community Prayer Chain. Can you imagine the power of our Community praying together? Miracles ARE possible.

In addition to the Community Prayer Request box, we will be building a Community Prayer and Meditation garden come spring. This garden will be between the two trees on the far east side of the side parking area. We hope to be able to mulch a large area then furnish it with benches, chairs, plants, painted rocks and maybe a fountain to encourage all to seek a moment of peace and serenity with our Lord and Savior.



And now for a special invitation. If each of us could take some time over the winter season and paint some rocks to disperse in our Meditation Garden, for visitors to contemplate, the team would be very grateful. Information and inspiration can be found at <https://www.thekindnessrocksproject.com/> or on various Pinterest pages. **If you would like to gather together and paint rocks, that can be arranged, just let us know and we'll plan a rock painting party.**

We are having a great deal of fun while working to further Christ's mission in our community. If you would like to join us, we would love to have you. If you are interested in contributing for any of our projects, please just mark your donation for the Enrichment Team or the Meditation Garden. Your help is greatly appreciated.

Jeray, for the Enrichment Team

Thank You

Teachers at Perry Middle School would like to thank everyone from PUMC and Perry Christian Church for packing the Teacher Survival Kits for us. They were very clever, and the sentiment is greatly appreciated.

What a kind outreach, Pat Betteley and PMS Staff

We received 2 letters from Project Hope for the Homeless in the month of September. Here's the "Reader's Digest" version.

Dear Church Family,

On behalf Project Hope for the Homeless and Families Moving Forward, I would like to thank you for sharing your gift to empower our guests with hope and helping them to have the opportunity to achieve an abundant life. With resources limited during this time, we value your contribution even more so. Your contributions donated on 7/18/2020 and 8/15/2020 are greatly appreciated. Every gift we receive is critical for our guests and in the majority of cases, it is also life-saving and life-changing to them. We pray that you are blessed by your gift to the community. We look forward to a long-lasting partnership with you and your business as together, we continue to have a great impact on our community.

Respectfully, Judy Burr, Executive Director



The Herb & Spice Trail

contributed by: Linda Warfield

Mustard Seed



Matthew 13:31-32 **“The kingdom of heaven is like a grain of mustard seed, which a man took and planted in his field. Though it is the smallest of all your seeds, yet when it grows, it is the largest of garden plants and becomes a tree, so that the birds of the air come and perch in its branches.”**

A source of essential oil in Biblical times was mustard seed, used in medicinal ointments and also as a flavoring. Because of its strength and tendency to burn the skin, mustard oil was always diluted with a neutral base of fat or vegetable oil and used in poultices. In His story, Jesus used the fact that mustard seeds are among the tiniest of seeds and yet can grow as plants to heights of 12-14 feet. Mustard stalks grow so tall, in fact, that birds sometimes nest in the tops, a phenomena that can still be witnessed in the Holy land today. So, from small spiritual beginnings and a little faith, we can reach great heights and realize great blessings from God.

Loaded with vitamins and minerals, mustard seeds are a popular ingredient in Indian and American cuisine. The health benefits have been used for medicinal purposes for decades. The seeds are packed with magnesium that soothes our system of nerves and relieves pain and strain of different parts of the body including headache pain. They are also excellent for the digestive system. The seeds are packed with fiber and are helpful with indigestion. Packed with selenium, the mustard seeds are good for your bones and can make them stronger. They also help to strengthen your nails, hair, and teeth. They contain antioxidant and anti-inflammatory properties that help in relieving pain of the gum, bones, and teeth. Those anti-inflammatory properties also hydrate the skin and remove impurities. And finally, mustard seeds are packed with vitamins A, K, and C, which can help to reduce the signs of ageing. (Sounds like it is time for a mustard sandwich!)

The mustard industry has surely grown. Take a glance down the grocery aisle including pickles, sauces, dressings, powders and prepared mustard. Mustard has been around a long time. Cultivated for over 2000 years, this Mediterranean native comes from the species Brassica. Its name originated in Roman-occupied Britain where the seeds were processed by soaking them in grape juice, or “must”. Hence, the name **MUSTard seed**. In modern times there are three types of mustard; black, white and brown. The all time favorite, yellow mustard is often a hybrid of all three types. Today the oily seeds are also used for bird seed, cooking oil and tractor oil as well.

HONEY MUSTARD BRUSSELS SPROUTS WITH MANDARIN ORANGE

- 1 pound or 4 cups of Brussels Sprouts (or substitute another vegetable)
- 3 Tablespoons butter---2 Tablespoons Dijon mustard
- 1 Tablespoon honey—1 Cup mandarin orange segments

Steam vegetables until tender. Melt the butter in a medium saucepan, stir in the mustard and honey and mix well. Add the vegetables and toss to coat. Add the mandarin oranges and stir gently. Serve.

HOMEMADE HONEY MUSTARD SAUCE/DRESSING

- ¼ cup mayonnaise—2 Tablespoons mustard (any kind)
- 2 Tablespoons honey—1/2 Tablespoon apple cider vinegar (or lemon juice or other vinegars)

Whisk all ingredients together in a small bowl or jar. Serve with chicken nuggets, on sandwiches, or drizzled on salads, or use as a marinade. Store in an airtight container in the fridge for 2-3 weeks. (For a thicker and sweeter sauce, add more honey and use only ¼ teaspoon of vinegar. Enjoy!

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THE CRIER

October 2020 News



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Rev. Dr. Norman Wittuhn

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Online Worship

www.facebook.com/Perry-Christian-Church

Worship

9:30 a.m.

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