

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.

1 Corinthians 6:19-20

Dear Members and Friends of Union Presbyterian Church,

Do you know the phrase, “You are what you eat?” It was popularized for English speakers by Victor Lindlahr in the 1930’s. Lindlahr, an American nutritionist, developed a fad diet that became known as the Catabolic Diet. In 1942 he published a nutrition book entitled, “You are What You Eat: How to Win and Keep Health With Diet.” I can’t help but think about the phrase “you are what you eat,” every November. I always hope that all the stuff I end up eating on Thanksgiving doesn’t count as part of “becoming” what I eat!

This last month as I read through the book, “You Are Not Your Own,” by Alan Noble, I also found myself thinking about the phrase “you are what you eat.”

Noble’s premise is that it is challenging to be a Christian today because of the prominent message of individualism in our society. Our culture routinely reinforces the notion that we are each our own, that we belong to ourselves, and that we are responsible for our own lives. It is up to each of us to figure out who we are (our identity) and to express it, and it is our responsibility to subjectively figure out for ourselves what it means to be a good person and to live that truth.



Noble argues that the main problem with this way of thinking is the foundation itself. Scripture teaches us that we are not our own. We belong to Christ. Noble writes that the Christian ethic is very different from the prominent messages of our culture and can be summed up succinctly by the first question and answer of the Heidelberg Catechism:

Q: What is your only comfort in life and death?

A: That I am not my own, but belong with body and soul, both in life and in death, to my faithful Savior Jesus Christ. He has fully paid for all my sins with his precious blood, and has set me free from all the power of the devil. He also preserves me in such a way that without the will of my heavenly Father not a hair can fall from my head; indeed, all things must work together for my salvation. Therefore, by his Holy Spirit he also assures me of eternal life and makes me heartily willing and ready from now on to live for him.

Unfortunately, although we might KNOW that we belong to Christ, society continues to tell us otherwise. Noble writes:

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November Elders

Faye Harrell
Kim Lee
Frank Suggs

Dedication Sunday

November 14

Thanksgiving Service at

Sandy Plains
November 21

Church Office Closed

November 22-26

(continued from previous page)

[Even though you might believe otherwise] almost everyone else you meet will continue to believe that they are their own and so are you. Almost every institution will treat you like an autonomous individual, subject to instrumentalization and valued according to efficiency. Almost every store will still have self-checkout lines. Instagram will not suddenly disappear when you realize that you belong to Christ. There is no magic here, only a confused, desperate, anxious world, and God. There is only dehumanization, self-medication, and Christ's love... No matter how much we consciously affirm that our existence is already justified through God, virtually every other voice we interact with will tell us, "No. Keep striving. You haven't done enough. If you quit now, your life will be a waste. Do something else to make it worthwhile."

It's hard for a Christian to live as if we belong to Christ alone, because ultimately we are what we eat. And most of the tasty morsels of life around us want us to believe that we are our own and are solely responsible for ourselves.

But I wonder if the solution for this dilemma can also be found in the major holiday of this month. Thanksgiving is not only about eating food, it is also about family. I'm not talking about one's biological family. For some of us, Thanksgiving is a wonderful celebration in our families. For others of us, it is a reminder about how our biological family has only gotten smaller. But if we let it, Thanksgiving can also be a reminder about another family we are a part of... the adopted family we are part of in Christ. Because of Christ, we belong to God. He has become our Father and all of us in the church are adoptive brothers and sisters. We are part of his church not just here at Union, but part of the church universal that has existed since the resurrection; a family that spans the globe and extends to the heavens! That's a really big family!!

With all the Thanksgiving advertisements about family and togetherness, we have this clear reminder every November about how important our "Christian family" is. In the church universal we can find others who can remind us how we belong to Christ and how God's grace is all we need. When we serve one another we can remember how we are not our own. And when we come to the Communion Table we can take part of a very different meal... a much more fulfilling meal than what our society has to offer. We are what we eat after all. This November let us partake of the "food" that truly satisfies and is offered by God through belonging to his family.

Happy Thanksgiving.

Sincerely in Christ,
Psator James

Worship in November

Lectionary Series Continued: Jesus is Greater...

November 7: Hebrews 9:23-28, "Jesus is Greater... No More Crosses"

-All Saint's Day Sunday

November 14: Hebrews 10: 11-25, "Jesus is Greater... The Song in Our Heart"

-Veteran's Day Sunday; Dedication Sunday

New Advent Sermon Series: Fear Not

November 21: Proverbs 1:1-8, "Fear Not... The Fear of Wisdom/
The Wisdom of Fear"

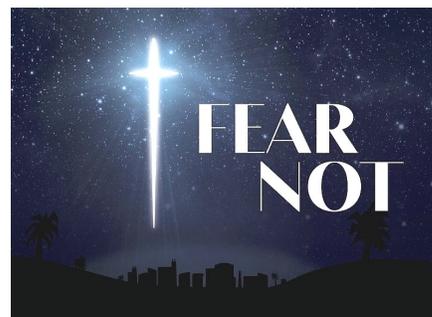
-Christ the King Sunday

November 28: Luke 1: 5-25, "Fear Not... The Fear of Disappointment"

-1st Sunday of Advent; Candle of Hope

December 5: Luke 1: 26-45, "Fear Not... The Fear of Revision"

-2nd Sunday of Advent; Candle of Love



Special Services in November

During the month of November there are a number of special Sunday services that we encourage you to join us for.

All Saints Day Remembrance Sunday: On November 7, time during prayer will be dedicated for the congregation to thank God for those who are now in the church triumphant who have influenced and encouraged our faith. We hope that you will come prepared to share your “saints” with the congregation in prayer.

Veterans Day Sunday: On November 14, we will take time during the Children’s Message and prayer to talk about how our country’s Veterans are a powerful example of what it means live a life of service to others.

Christ the King Sunday: November 21 marks the end of the church calendar. There will be a special time of singing songs of praise and prayers of thanksgiving that celebrate Jesus Christ as King.

It’s Beginning to Look A lot Like Christmas

Advent Devotion: The Advent Season begins on Sunday, November 28th this year and our theme for Union’s Advent Devotional is “When God Moved Into the Neighborhood.” Join us as we explore all of what it means to have God come into the world through the incarnation. You can pick up a paper copy of the devotion on November 28th, follow along online, or get a devotion sent to you daily by email.



Christmas Joy Program: We hope that you will put the date of December 12, at 4 pm on your calendar. It’s the date for this year’s Christmas Joy Program. There will be Christmas carols to sing, our children and youth will dramatize the nativity story, and a time of fellowship with one another will follow! We hope that you will be able to make it.



Christmas Eve: This year we will have a special “Christingle” Christmas Eve service on December 24th. The “christingle” originally comes from the Moravian church. It is a specially decorated orange and candle combination used in worship to tell the story of Christ’s birth in a special way for all ages. This year there will be opportunity for individuals to make their own “christingle” right before worship. The time and number of services we have Christmas Eve and whether it will be in the Sanctuary or Fellowship Hall will be determined by Covid numbers as we get closer to Christmas. Our bulletins as we get closer to Christmas and December newsletter will have more details!

Our Next Children’s Sunday School Rotation

Did you know that there is lots of ways to describe yourself?

Boys: I am a kid, a son, a brother, a grandson, a cousin, a nephew, a step-brother, a step-son, an uncle, a child of God

Girls: I am a kid, a daughter, a sister, a granddaughter, a cousin, a niece, a step-sister, a step daughter, an aunt, a child of God

.Jesus has some different ways to describe himself.



SON OF MAN

SON OF DAVID

SON OF JOSEPH

SON OF THE WORLD



During our next Sunday School rotation we will celebrate and renew our hope through God’s gift of Jesus who was born to be the Son of God, Son of Man, Son of David, Son of Joseph and the Son of the World. You won’t want to miss this!



Covid Relief Effort for Guatemala and Malawi

The impact of Covid on the people of Guatemala and Malawi has had physiological effect as well as devastating economic impact. Due to closures of schools in both nations, children are missing out on education for months at a time.

Unemployment has sky-rocketed and income has dropped precipitously, rendering many Presbyterian families, food insecure. As a result, the rate of hunger and malnutrition are on the rise in both nations.

Congregational members in both Guatemala and Malawi are unable to offer financial support to the operations of their local church and many churches are unable to pay their pastors their compensation. There is no immediate end in sight to the impact of Covid.

If you would like to help, here are some things you can do:

- Prayerfully lift these concerns in your private devotions
- Make a donation to:
 - PWNC Emergency Relief
 - C/O Lisa Pressley, Controller PWNC
 - 114 Silver Creek Road
 - Morganton, NC 28655
 All monies collected will be divided to address the needs of those in both nations.
- Sponsor a child in Malawi at the Ebenezer School
 - If you desire to sponsor a child, please contact the coordinator through Ebenezer website: <https://www.ebenezernkhoma.com>. The cost of sponsoring a child is \$300 per year. Individual sponsors receive a photo and picture/letter from their child each year. Ebenezer also sends out a quarterly newsletter with updates from the school. For sponsors wanting to send gifts, please email the Principal at ebenezerinstituteoflearning@gmail.com.
- Get involved in the Guatemalan Microloan Project
 - This project provides Guatemalan women opportunities to grow in self-esteem, hope, and freedom, by helping them develop sources of economic income for themselves and their families. For more information, see <http://www.guatemalamicroloanproject.org>.

Sponsoring a child at Ebenezer School or getting involved in the Guatemalan Microloan Project might also be a way to take care of gifts on your Christmas list. Simply designate your donation in honor of someone and they will receive an acknowledgment. Let us keep both countries in our prayers.



For Your Privacy

We are presently video taping our worship services and placing the video on the website each Sunday. During the children's message, we will move the camera so that children will not be seen as they come forward. But during the service sometimes the backs of the heads of those sitting in the front middle can be seen in the videos online. If you have concerns about your privacy, you may want to sit in the pews to either side.

Directory Update

It's time for a new church directory and we want to provide you with the most accurate information available. For your convenience, we are placing clip boards with the directory at each entrance into the Sanctuary. You may write any changes on these sheets. Also included in the newsletter and in the bulletins for the next few weeks are inserts which you can use to update any information. We plan to have these out the week of Thanksgiving.





NOVEMBER CHURCH NEWS

Church Wide Work Day

If you are able and available, we want you to join us for a church work day to beautify our premises on **Saturday, November 6** beginning at **8 AM**.

Women's Ministry

The Women's Council will meet on **Sunday, November 7** after the worship service and the Golden Girls and Soul Sisters will meet on **Monday November 8**.

Men's Fellowship

Calling all men! There will be a Men's Fellowship at **6:30 PM** on **Tuesday, November 9** at Amber Jack.

Youth Yard Sale

Come and support the Youth Ministry while finding new treasures at the Youth Yard Sale on **Saturday, November 13** from **7 AM** until **11 AM**.



Dedication Sunday

A few weeks ago, a letter and pledge card was mailed, challenging all of us to a year of

“Investing in Eternity: Laying Up Treasures in Heaven”

If you feel led of the Lord to make a commitment for the year **2022**, please fill this card out and mail it in to the church office or place it in one of the offering plates on Dedication Sunday which is on **November 14, 2021**.

Thanksgiving Service at Sandy Plains

This year we will celebrate Thanksgiving together with the congregation at Sandy Plains on **Sunday, November 21** at **6 PM**. Because of covid concerns, there will be light pre-made refreshments following the service. We also want you to be aware that Sandy Plains has made all their services mask optional. Please join us in offering our praise and thanksgiving unto the Lord.



Church Office Closed

The week of **Thanksgiving, November 22 through November 27**, the church office will be closed due to vacations & holidays. The church office is normally closed on Thanksgiving and the Friday after. Nancy will be on vacation that week and Pastor James will be on vacation from Wednesday through Saturday. Please contact a Session Elder if you have a need that week.

Thank You to Our Church Family,

Let me tell you what an incredible privilege it is for me to be your pastor. Each day, I'm reminded what a wonderful opportunity it has been for me to know you, serve with you, and encourage you. Not only that, but you have opened your arms up to all my family (including our two more recent additions) which truly touches my heart.

Thank you for the well wishes, cards, prayers, and gifts during Pastor Appreciation Month. They have meant so much to us. It is wonderful and humbling to be built up by so many of you in this way.

With Love in Christ,
Pastor James



FINANCIAL NEWS
September 30, 2021

	<u>September</u>	<u>Year to Date</u>
Revenue	\$12,938	\$184,692
Expenses	<u>16,799</u>	<u>192,125</u>
	-3,861	-7,433

Monthly Budget Requirements \$18,958

If you have any questions regarding the financial information of the Church, please feel free to contact Martha Simmons, Disbursing Treasurer, or any member of the Finance Committee. Martha is responsible for disbursements only. Questions regarding your financial giving to the Church should be directed to Jason Morrison, Treasurer.



PRESBYTERY
PRAYER
CALENDAR

November 7 Forest City First
 P.O. Box 181, Forest City, NC 28043
firstpresch.fc@fpc-franklin.org

November 14 Franklin First
 26 Church Street, Franklin, NC 28734
churchoffice@fpc-franklin.org

November 21 Gastonia First
 1621 East Garrison Boulevard
 Gastonia, NC 28054
jchilders@fpcgastonia.org

November 28 Glen Alpine
 101 Horse Shoe Lane, Morganton, NC 28065



SUN	MON	TUE	WED	THU	FRI	SAT
<p>Each Sunday</p> <p>9AM Sunday School</p> <p>10 AM Worship</p>	1	<p>2</p> <p>10 AM Bible Study</p> <p>6 PM B & G</p>	3	4	5	<p>6</p> <p>8 AM</p> 
<p>7</p> <p>After Service Women's Council</p> <p>2:30 PM SOC</p>	<p>8</p> <p>11 AM Golden Girls (Martha Simmons house)</p> <p>7 PM Soul Sisters</p>	<p>9</p> <p>10 AM Bible Study</p> <p>6 :30 PM Men's Fellowship Amber Jacks</p>	10	11	<p>12</p> <p>8AM B & G Garage Clean</p>	<p>13</p> <p>7 AM - 11 AM</p> 
<p>14</p> <p>Dedication Sunday</p> <p>After worship W & C</p> <p>2:30 PM W & S</p>	15	<p>16</p> <p>10 AM Bible Study</p>	17	18	19	20
<p>21</p> <p>2:30 PM Session</p> <p>6 PM Thanksgiving Service at Sandy Plains</p>	22	<p>23</p> <p>10 AM Bible Study</p>	24	25	26	27
<p>CHURCH OFFICE CLOSED Due to vacations & holidays</p>						
<p>28</p> <p>1st Sunday of Advent</p>	29	<p>30</p> <p>10 AM Bible Study</p>				

Union Presbyterian Church

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www.unionpresbyterianchurch.com

Non-Profit Organization
U.S. Postage Paid
Permit No. 8
Return Service Requested

Reverend James Holeman
Pastor

Nancy Newman
Administrative Assistant

Jieeun Ha
Accompanist

Church Hours
9:00 AM—1:00 PM
Tuesday—Friday
Office Closed Monday and Saturday

SAVE THE DATES

December 12 Christmas Program
December 24 Christmas Eve Service
December 24 - 31 Church Office Closed