

"Let your light so shine before men that they may see your good works and glorify your Father who is in heaven. ~ Matthew 5:16 **OUR MISSION STATEMENT: Sharing** the Love of Christ with All People

November 2016



Garrison Keillor, the great radio personality, author, and humorist is a Methodist. His tales from "A Prairie Home Companion" and his stories from Lake Wobegon are mainstays in National Radio broadcasts and on PBS stations. I thought it would be nice to have a few laughs in this newsletter so here are some of his observations about being Methodist!

- "Methodists believe in prayer, but would practically die if asked to pray out loud."
- "You know you are a Methodist if when you watch Star Wars and they say 'May the Force be with you,' you instinctively respond 'And also with you.'"
- "Methodists think that the Bible forbids them from crossing the aisle while passing the peace."
- "Methodists believe in miracles and even expect miracles, especially during their stewardship visitation programs."
- "Methodists believe their pastors will visit them in the hospital, even if they don't notify them that they are there!"
- "Methodists drink coffee as if it were the third Sacrament."
- "You will know you are a Methodist when its 100 degrees outside with 90% humidity and you still serve coffee after the service."



- "Methodists feel guilty if they don't stay to clean up after their own wedding reception in the Fellowship Hall."
- "You know you are a Methodist when doughnuts are a line item in the church budget, just like coffee." ---- (and let's not forget chicken!)
- "You know you are a Methodist when it takes at least ten minutes to say goodbye!"
- "We make fun of Methodists for their blandness, their excessive calm, their fear of giving offense, their lack of speed, and also for their secret fondness for macaroni and cheese. But nobody sings like them!!!
- "If you are dying, they will comfort you. If you are lonely, they will talk to you. And if you are hungry, they will give you tuna salad!"
- "You might be a Methodist if those cross and flame boxer shorts seemed just the perfect Christmas gift for you."

Thanks Garrison, we need a good laugh these days!

Pastor Steve

# Here's What's Happening Down the Road at Burnt Factory\_



- 11-6-16 **All Saints Sunday** 11-12-16 Meet our new Bishop @ Braddock Street 11-13-16 Veterans Recognition Sunday 11-20-16 **Christ the King Sunday** 11-21-16 **Charge Conference ---- BFUMC will host several** churches 11-23-16 Thanksgiving Eve Service @ 7:00 11-27-16 **First Sunday of Advent** 11-30-16 Healing Service @ 7:00 11-28-16 through 12-5-16 WATTS WEEK @ Ruritan
- 12-4-16 Second Sunday of Advent
- 12-11-16 Third Sunday of Advent
- 12-11-16 Children's Christmas Program @ 6:00
- 12-18-16 Fourth Sunday of Advent
- 12-18-16 Christmas Cantata @ 7:00
- 12-24-16 Christmas Eve Services @ 6:00 and 8:00
- 12-25-16 Christmas Day Service --- 1 service at 11:00







**Condolences to:** Harriett and Jay Hanke and Connie and Tom Ramsey and their families in the passing of Harriett and Connie's father Colonel Jim Dupler.

Dolores and Debbie Knight, Diana Smith and their families in the passing of Smith Dorsey and his wife, Winnie. Winnie was Dolores's sister-in-law. Winnie and Smith were Debbie and Diana's aunt and uncle.

It's sad to lose those we love, but it is also joyful to know they are with our Lord and in perfect health. Let us keep all the families in our prayers.

God's Promise Mission Team is ramping up our efforts this year to raise funds in support of WATTS (Winchester Area Temporary Thermal Shelter). We are looking for anyone interested in joining our group this year!

We sell Our Own Candle Company candles in multiple scents and colors. Currently we plan to begin selling them at the church on November 13<sup>th</sup>. We are looking for new members to help sell candles.



Please contact Angela Bland, Danette Ford Heinlein, or Amye Murphy if you are interested in helping.

## OUTREACH COMMITTEE

The Outreach Committee expresses our **THANKS** to Steve and Melanie for the mission booklet that is available on the table in the Social Hall. It is full of information regarding mission opportunities.

A big **THANK YOU** to Lindsey Perrault for designing and painting the Mission Tree that is displayed in the Social Hall.

Thanks to our Burnt Factory Family for the continued support of collections for CCAP, The Laurel Center, and the Food Pantry. The Food Pantry is well supplied at this time.

There will be plenty of mission opportunities in November and December. Please watch for more information in the bulletin or emails.

COLLECTION OF BLANKETS AND DIAPERS AT THE THANKSGIVING EVE SERVICE DONATION OF FOOD FOR THANKSGIVING GIVE-A-WAY AT CCAP COLLECTION FOR THE LAUREL CENTER SALVATION ARMY BELL RINGING CHRISTMAS MEALS FOR FAMILIES HELPING WITH WATTS NOVEMBER 28-DECEMBER 5



Thank you to the woman that knitted the 100 multi-colored hats. Each one is beautiful and special. They will be appreciated by the children at Freemont Nursery, CCAP, and WATTS.

The next Outreach Meeting will be November 3 at 7:00PM in the lower cottage.

Karen Willis, Outreach chair



If you were interested in getting a new picture taken for the church directory there will be a sign up in the fellowship hall this Sunday. The date will be **November 19, 10-4** and **November 20, 1-4.** <u>Times will be every 10 minutes</u>. We will be doing these down by the shelter. If you have any questions please contact Amye Murphy

amye.murphy@yahoo.com

2 4 7 1 1	<ul> <li><sup>st</sup> Debbie Knight</li> <li><sup>nd</sup> Linda Nicholson</li> <li><sup>th</sup> Emma Phillips</li> <li><sup>th</sup> Mark Taylor</li> <li>2<sup>th</sup> Robert Willis</li> <li>3<sup>th</sup> Cindy Miiller</li> <li>4<sup>th</sup> Roger Feight</li> </ul>	23 <sup>rd</sup> 25 <sup>th</sup> 26 <sup>th</sup> 29 <sup>th</sup>	Karen Willis Frances Taylor Patsy Hoffman Wilson Gilbert Mark Lentz Jo Anne Baker
Birthdays & Anniversarie This Month	0 <sup>th</sup> Dolores Knight Leslie Butcher	1 <sup>st</sup> 2 <sup>nd</sup> 4 <sup>th</sup> 13 <sup>th</sup> 14 <sup>th</sup> 19 <sup>th</sup>	John & Meta Platt Johnny & Darlene Morrison David & Laurie May Patrick & Vickie Thompson Charlie & Beth Beaver Jim & Jo Anna Grayson

#### Congratulations to the families of newborns born in September and October!

Carter Lynn Kerr (daughter of Cody & Leslie Kerr & granddaughter of David & Debbie Hardesty) Born 9-30-16 Blake Allison Leonard (granddaughter of Rick & Patty Leonard) Born 10-12-16 Robert Allen Hall, Jr. (son of Bobby Hall & Candice Swartz-Hall) Born 10-12-16 Hatty Justice Hoang (granddaughter of Jay & Harriett Hanke) Born 10-14-16 Carter and Caroline Bollenbeck (twins of Jason & Ann Elizabeth Bollenbeck) Born 10-15-16 Lillian Estelle Sutphin (daughter of Tim & Ashley Sutphin) Born 10-18-16

#### On Sunday, October 9<sup>th</sup>, we welcomed the following new members into the family of Burnt Factory:



Randy Cornwell Larry & Kathy Dick Jeff, Marcie & Cynthia Fairbanks Sue Ellen Gossard Jimmy & Jo Anna Grayson Maynard & Sandy Grove Mary Margaret Johnson Wade Johnson John & Winnie McCuan Vicki McFarland Bob & Judy McIntire Paige & Lander Manuel Sam & Rose Anna Puffenbarger Donna Rodgers Doug & Donna Rollison Ada & Naleah Seabright Lisa Shull Mallory Unger Micki White

On Sunday, October 16th, we welcomed the following new members into the family of Burnt Factory:Katie MonroeRick Praml & Nikki PramlJason Woods & Ashley Woods

We also celebrated the baptism of Katie Monroe, Paige Flinchum, Charlotte Goode and Eloise Woods.



The new Relay for Life website is up and ready for you to join "The Believers" of Burnt Factory UMC. If you haven't already joined, the online instructions are as follows:

LOG ONTO: WWW.RELAYFORLIFE.ORG CLICK ON "JOIN A RELAY" ENTER "22601" AS THE ZIP CODE CLICK ON "RELAY FOR LIFE OF WINCHESTER/FREDERICK COUNTY" CLICK ON "JOIN THIS RELAY" ENTER YOUR INFORMATION TO CREATE AN ACCOUNT CLICK ON "JOIN A TEAM" ENTER "THE BELIEVERS" AS THE NAME OF THE TEAM YOU WANT TO JOIN CLICK ON NEXT AND DONATE IF YOU WISH OR DONATE AT A LATER DATE YOU ARE NOW A TEAM MEMBER!

If you prefer to join the team without going online, see me for a paper application and I will add you to our team.

Everyone who raises \$50 by November 14<sup>th</sup> will receive a Hope Lives Here (HLH) short sleeve t-shirt. If you raise \$100 you will receive a long sleeve t-shirt and if you raise \$150 you will receive both HLH shirts.

The next Relay for Life meeting will take place at Calvary Baptist Church at 6:00pm on November 14<sup>th</sup>. We will be voting on the theme for 2017. If you would like to attend the meeting to learn more about Relay for Life, you are more than welcome. "The Believers" usually have several members in attendance.

We are looking forward to making a difference in the fight against cancer.

Brenda Drumheller Susan Williams Co-Chairmen



Kíd-Mín Connectíon!

## HAPPY THANKSLIVING!!!

October has passed and now we begin to look forward to the wonderful and cozy holidays ahead.

November leads us into a time of reflection and giving thanks. This year, make this a time of living out an attitude of gratitude for all the blessings in our lives and sharing with others a part of those blessings.

 $\mathcal{L}$ ---Look at others through God's eyes  $\mathcal{I}$ ---Invest in others  $\mathcal{V}$ ---Volunteer your time and talents

*I*---*Intentionality in serving* 

 $\mathcal{N}$ ---Notice the people around you

**G**---Gíve (tíme, money, service, smíles, hugs, flowers, notes, just gíve)

November is shaping up to be a busy month!!

**Nov 6:** Acolyte Training in the Sanctuary during Sunday School. This is for children in  $3^{rd}$  Grade and up.

*Nov13, Nov 20, Nov 27*: *Play Practice in the Sanctuary 4-5pm* 

\*There will be activity bags provided in the sanctuary for those who wish not to attend Children's Church during the services. They are in a basket by the Narthex entrance. Please help yourself!

Many Blessings, Carrie Fair Director of Children's Ministries

Worship Committee

The Worship Committee met Wednesday, October 26, with 14 members present. Pastor Steve said our average attendance for the first three services in October was 300. Approximately 30 joined the church on October 9 with a reception following each service. On the 16<sup>th</sup>, we had baptisms with both adults and babies and also took in two new members. October has been filled with very special services! We look forward to Confirmation Sunday on October 30<sup>th</sup> for 7 young people. Rob Moss will bring the message that day.

November will be filled with All Saints Sunday, Veterans Recognition Sunday, and Christ the King Sunday. We hope you have Monday, November 21<sup>st</sup> on your calendar for our Charge Conference at 7:00 p.m. We will be hosting six churches and there will be a worship service. Our District Superintendent, Rev. Larry Thompson, will be presiding.

A well-attended service will be the Thanksgiving Eve Service on Wednesday, November 23<sup>rd</sup> at 7:00 p.m. Blankets and diapers will be collected for CCAP. Monetary donations will be welcome, also.

November 28<sup>th</sup>-December 5<sup>th</sup> is WATTS Week at The Ruritan Building. On Wednesday evening of that week, we will have a Healing Service in the sanctuary.

When you enter the church on November 27<sup>th</sup>, the first Sunday in Advent, you will find our sanctuary has been beautifully decorated! Yes, the Christmas season is upon us. We will be celebrating this joyous time of the year as we look forward to the Children's Program the evening of Dec. 11<sup>th</sup> at 6:00 p.m. and a Cantata by our choir on the 18<sup>th</sup> at 7:00 p.m.

Christmas Eve will offer a program at 6:00 p.m. with a nursery offered and again at 8:00 p.m. with no nursery. On Christmas Day we will have a Service at 11:00 a.m. with nursery offered. There will be no Children's Church or Sunday School.

This schedule takes us to the end of the year. There are many opportunities for worship, activities, Bible Studies, and meetings. They offer special times to be with friends and family as we worship God and count our many blessings at this special time of year.

#### Polly Duvall, Worship Chair

The Laurel Center



November 13<sup>th</sup> is our next Collection Date for The Laurel Center. Below is the list of current needs. Your continuing generosity is greatly appreciated by the staff and all those the shelter serves.

DEODORANT, LAUNDRY DETERGENT, HOUSEHOLD CLEANERS, PAPER TOWELS AND TOILET PAPER

#### THEIR MISSION:

The Laurel Center empowers victims of domestic and sexual violence by providing emergency housing, advocacy, support services and education.

#### THEIR VISION:

Working together in our community to stop the cycle of domestic and sexual violence.

Have a blessed Thanksgiving and THANK YOU for being a blessing to The Laurel Center.

Donna Gallagher 540-955-4909



The Food Pantry at Burnt Factory UMC is up and running and ready to serve.

It is stocked with non-perishable food items.

#### OUR MISSION:

To feed the hungry. We do this on an as-needed basis.

We welcome anyone in need of food: (church members friends, neighbors co-workers, one and all)

Please contact Pastor Steve or Karen Willis if you have questions or know of a family in need.

Karen Willis, Outreach chair



**hodist** Nomen The United Methodist Women met in the Fellowship Hall on October 20, 2016 at 7:00 p.m. with 17 members present.

We welcomed Marc Jaccard, Executive Director of The Evans Home. He provided some very interesting facts about the Home. The Home is about 80% privately funded. The youngest resident is 8 years old and oldest is 16. He is very compassionate about his job and presented a very positive picture of The Evans Home. There are brochures on the table in the Fellowship Hall with more information. You can also visit Evanshome.org to review their wish list of items needed. Any and all help is greatly appreciated.

Cards were signed and will be sent to: Harriett Hanke, Roger Feight, Montague Avenue UMW, Aunt Bert Hughes, Kathryn Bowman, Pat Perry, Sonny Perry, Debbie Burke, Pastor Steve and Melanie Melester.

Diana, Martha and Polly attended the District Annual Meeting on September 25 at Market Street UMC. We received a Gold Level Unit Certificate for Living Into Our Purpose and also a 6 Star Unit Certificate for Mission Giving. We turned in our pledge of \$1,300 for 2017.

Project Esperanza – We discussed what we could do for Christmas for the children we are sponsoring in the Dominican Republic. Diana will ask Caitlin for some ideas as to what we could send. She has a friend in New York who owns a shipping company and would be willing to come and get anything we wanted to send and ship it for us. It would be nice to Skype her during our February meeting.

The Nominating Committee, consisting of Audrey Thomas, Norma Duvall and JoAnn Baker, presented the new slate of officers for 2017:

PRESIDENT: Polly Duvall VICE PRESIDENT: Diann Duvall SECRETARY: Sue Robinson TREASURER: Anne Perrault MEMBERSHIP, NURTURE AND OUTREACH: Karen Willis SPIRITUAL GROWTH: Doris Duvall SECRETARY OF PROGRAM RESOURCES: Martha Ludtke PRAYER PARTNER CHAIR: Sue Robinson SOCIAL ACTION CHAIR: Anne Kackley RESPONSE MOMENT: Janie Shope NOMINATING COMMITTEE: JOAnne Baker (Chair), Janie Shope and Susie Gerometta.

Thanks to all who will be leading our unit next year.

A UMW Christmas Banquet and Program will be held at Camp Overlook Blessings Lodge on December 5 at a cost of \$15. Make reservations by November 28, if interested in attending.

There were a total of 222 UMW readers who read 860 books for 2016.

A Prayer Brunch will be held at The Travelodge on November 19 at a cost of \$25/person; to be hosted by John Mann/Wesley UMW. Guest speaker will be Nancy Walsh and music by Susan Shields and Sheri Hummer.

On November 4 there will be an Empty Bowl soup meal to benefit The Laurel Center for \$35. Each attendee will choose a handmade pottery bowl and have it filled with soup. It will be held at Fellowship Bible Church. Becky Dennis will e-mail the information to Diana who will in turn forward on to the members of UMW.

Prayer Breakfast tickets go on sale January 16, 2017. There will be details at the zone meeting Sunday, November 6 at Front Royal UMC 2:00 - 5:00 p.m. Date for the breakfast is March 4, 2017 at the cost of \$13/person.

There's new life at VUMAC (Blackstone). It was sold and will accommodate trainees for the planned Foreign Affairs Security Training Center at Ft. Pickett. It will be converted into a 3 Star hotel called The Gables at Blackstone.

# Our next meeting will be December 15, 7:00pm in the Fellowship Hall.

Donna Gallagher and Janie Shope will be hostesses and Karen Willis will be program leader. There will be a gift exchange (\$10 limit). Prayer Partners will also be revealed and new ones selected.

Thanks to Harriett for asking Marc Jaccard to present the Program and also to Martha and Susie for providing refreshments. Polly thanked the 17 who attended our meeting and reminded everyone to tell the other 27 members that we missed them!

Respectfully submitted, Diana Smith, UMW President

CONTINUED ON THE NEXT PAGE IS AN ARTICLE SUBMITTED BY POLLY DUVALL ON UNITED METHODIST WOMEN MEMBERSHIP



# United Methodist Women Membership



We have <u>43</u> members on roll as of October, 2016. We meet 6 times each year. Meeting months are February, April, June, August, October and December – the third Thursday. Average attendance for the 5 meetings we have had in 2016 is 14. We vary from 13 to 17.

Many of our members haven't attended for a couple of years, some more than that. Our roll book needs to be updated and we are encouraging everyone to let Polly Duvall, Secretary, know if you plan to get back, get active, participate in activities, make a pledge, and be a part of this vital organization in the district, state and nation.

A small amount is taken out of our pledge for each member's part of the administration fee required. We do not do fundraisers. We depend on the pledge that each member makes, usually in October. The UMM have been very generous in giving us a portion of the profits from apple butter. Without this gift, we could not be as generous to the six organizations that we give to in December. We have also taken on being a part of supporting Project Esperanza in the Dominican Republic. This is a two-year commitment where we support 16 children. We also support some of our local youth in their activities.

The pledge that we send in to the district helps with mission projects. According to our PURPOSE,

"WE ARE A CREATIVE, SUPPORTIVE FELLOWSHIP, TO EXPAND CONCEPTS OF MISSION THROUGH PARTICIPATION IN THE GLOBAL MINISTRIES OF THE CHURCH."

We want to increase the attendance at the meetings. We need the input of all our members, not just the 16 or 17 that attend the meetings every other month.

If you haven't been to a meeting in a while, try to get back in the groove. If it just isn't going to be a part of your schedule, please let Polly know and your name can be omitted from the roll until you can jump back in at a more convenient time in your life.

Thanks for your consideration in helping us get our records up to date. Blessings, Polly Duvall, Secretary

#### WATTS (Winchester Area Temporary Thermal Shelter) November 28-December 5

Burnt Factory has chosen to support the WATTS mission. WATTS stands for (Winchester Area Temporary Thermal Shelter). If you are not familiar with WATTS, they provide overnight housing to homeless individuals in our community. A warm meal is provided for dinner, a cot is provided for overnight rest, breakfast is served and they are offered a bagged lunch for the daytime.

We support this in two different ways. For one week of the season, we host the shelter at the Stonewall Ruritan grounds. Our dates this year are November 28<sup>th</sup> - December 5<sup>th</sup>. We are providing WATTS training on Tuesday, November 15<sup>th</sup> at 7:00pm in the Social Hall. All who plan to volunteer are encouraged to attend. If you would like to volunteer, but are unable to attend the training, please contact Angie Rudolph or Becky Dennis.

The second way we support the mission is that the God's Promise Mission team raises funds (see article for selling candles in this newsletter) to be given to WATTS to support ongoing shelter operations. The cost to house each guest at the shelter is \$17 per night. For 20 weeks, this is over \$83,000 required just to have the doors open. Fundraisers of the past include Color Runs, Color Luncheons, Candle Sales and A Night Out. If you are interested to know more about God's Promise Team and would like to become a part of this church mission, we would love to have you join us for an informational meeting on Wednesday night, November 2<sup>nd</sup> at the church at 7:00 P.M. If you want to know more, we encourage you to come out! Please email me if you have questions in advance. Angie Rudolph <u>alrudolph78@gmail.com</u>.

# From a Branch on the Vine

November is Forgiveness month. It's not. I made that up; at least Hallmark has not certified it for the sale of greeting cards. Think, would there really be a certain month set aside to focus on reestablishing relationships that have become broken? It should be every month, every week, every day that we ask and grant forgiveness with the purpose to free ourselves and others from the burden of hate and guilt.



It is a fact of humanity that we will hurt others and they will hurt us. Whenever we invest in relationships, we open ourselves up to be wounded.

How do we move forward? How do we release the chains that bind us to our transgressions and the wrongs done to us? Lewis Smedes, in his book <u>Forgive and Forget</u>, shares these words, "Forgiveness is God's invention for coming to terms with a world in which, despite their best intentions, people are unfair to each other and hurt each other deeply. He began by forgiving us. And He invites us all to forgive each other."

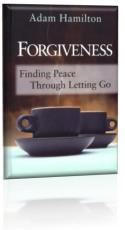
Forgiveness is needed TO all of us and BY all of us. It is the character of God. Jesus was born in Bethlehem so we may experience the grace of His forgiveness on the cross. When He prayed on the cross, "*Father forgive them;*" we are the "them" who need forgiveness. What occurred at the Place of the Skull was redemption that reached back in time and forward to right now. With the acceptance of Jesus' sacrifice, we ARE forgiven. We live as those God has pardoned. No action on our part can pay the price for our sins against God and His creation. Jesus did that. We have forgiveness.

When we share the Lord's Supper at His table, we confess and are forgiven. It is not simply the words we say, but the power of the Spirit of God to heal our wounds. We are made whole in the image of Jesus and set free from the prisons of guilt and pain. Will you receive His forgiveness? Will you forgive others?

The Advent Study beginning in November will be focusing on forgiveness. In honesty, I need the study to help me find my peace. Yes, I have hurt others – many whom I love, and I have suffered due to the actions and words of others. However, my most difficult struggle is forgiving myself. By the grace of God, He is making His forgiveness real to me.

I said, "I will confess my transgressions to the Lord," and you forgave the guilt of my sin. Psalm 32

In Christ, Rob



ADVENT STUDY ~

Based on Adam Hamilton's book, <u>Forgiveness, Finding Peace Through Letting Go</u>, the study will explore how to receive the freedom that comes with forgiving – even if the person needing forgiving is ourselves.

The study will be offered in the Fellowship Hall on......

MONDAY EVENINGS AT 7:00PM, BEGINNING NOVEMBER 14<sup>TH</sup>

AND WEDNESDAY MORNINGS AT **10:00**AM, BEGINNING NOVEMBER **16**<sup>TH</sup>

A sign-up sheet, with books, will be located in the Fellowship Hall.

 $\mathcal{N}$ ovember – the Turkey month – is here already. Before we get there, October was a great month for Burnt Factory and our Youth. Thanks to all who helped at the Beef-Bar-B-Q to make it a great success.

 $\mathcal{A}$ t our Regular Meeting, October 9<sup>th</sup>, we discussed the commitment each of us has to the groups we belong to – teams, friends, family, the church. It was chaotic at times, but from chaos came the truth that others depend on us, and we have an obligation to do our best for them. Do nothing out of selfish ambition or vain conceit. Rather, in

humility value others above yourselves, not looking to your own interests but each of you to the interests of the others. **Philippians 2:3-4.** 

*327* gallons later, we did it! Apple Butter was a big undertaking for our church. It all sounds fun to stay up late, but the kettles don't stir themselves. Good job, guys, for hanging in there from orchard to jars and helping your church.



Upcoming Youth Events: Saturday November 5<sup>th</sup>

Stop Hunger UMC 9:30am ~ 12:30pm Stonewall Ruritan

**November 11-13<sup>th</sup>** Middle School Retreat at Eagle Eyrie Deadline to register with payment (\$40) is no later than October 23<sup>rd</sup>

**November 19<sup>th</sup>** Building 429 Concert at Handley HS Deadline to register with payment (\$15) is no later than October 30<sup>th</sup>

December 9 -11<sup>th</sup> High School Retreat at Camp Overlook Deadline to register with payment (\$40) is no later than November 20th

Contact Mr. Rob: ram288@comcast.net, 540-303-7161









Contact Mr. Bob: ram288@comcast not 540



#### Faith and Health Corner November 2016

#### **National Diabetes Awareness Month**

Diabetes is a medical condition that has reached epic proportions in the U.S. There are more than 25 million people living with diabetes according to the American Diabetes Association, and about one third of those people are unaware that they are diabetic. Another 70 million people are pre-diabetic, meaning if they don't make some healthy changes in their lives, they will develop diabetes. Diabetes affects how your body uses blood sugar (glucose). Glucose is vital to your health because it's an important source of energy for the cells that make up your muscles and tissues. It is also the brain's main source of fuel.

Knowing the symptoms of diabetes is important for your health. Although you can have diabetes without any symptoms, typically people will notice a few of them before being diagnosed. If you notice any of the following early warning signs, discuss them with your primary care doctor.

- 1. **EXCESSIVE THIRST** Those who suffer from diabetes have extra sugar in their blood, forcing the kidneys to work harder to filter the sugar from the blood. This causes increased urination and then increased thirst when dehydration results.
- TINGLING HANDS AND FEET Excess sugar plays a major role in nerve damage, a condition called Diabetic Neuropathy. If you notice tingling in your hands or feet, or a burning sensation for an extended period of time, you should definitely see your doctor. The nerve damage is not reversible in most cases.
- 3. WEIGHT LOSS Diabetes is considered a metabolic condition and it affects the way the body uses energy. Because excess sugar builds up in the blood and is excreted in the urine, this can lead to weight loss because the loss of sugar also means loss of calories.
- 4. **FREQUENT URINATION** The excess sugar in the body forces the kidneys to work overtime to rid the body of that sugar. The harder the kidneys work, the more the person will have to urinate.
- 5. **SLOW HEALING SORE** It has been observed that people who are diabetic don't heal as quickly. One theory is that the excess sugar in the blood interferes with the body's ability to heal.
- 6. **BLURRED VISION** Diabetes pulls fluids from tissues, causing dehydration. When fluid is pulled from the eye, the result is an inability to focus. Over time, if the diabetes is not well controlled, it can affect the blood vessels in the eye leading to partial vision loss or total blindness. If you notice that your vision suddenly changes and becomes blurry, visit your doctor immediately.
- FEELING VERY HUNGRY The excess sugar that causes frequent urination also causes the excessive loss of sugar, which means that the body is also losing calories which accounts for a sudden drop in weight. This loss of calories also leaves the body feeling very hungry, leading to more eating, thus perpetuation the cycle.

#### Our Faith Community Health Nurse's Diabetes Article continues on the next page.....

#### Our Faith Community Health Nurse's Diabetes Article continues.....

- 8. **SWOLLEN GUMS** Diabetes weakens the body's ability to fight off germs, many of which enter the body through the mouth. This can cause painful swollen gums, the erosion of jaw bone, and over time, tooth loss. Abscesses in the mouth are also possible.
- 9. **FREQUENT INFECTIONS** Diabetes affects the body's ability to fight off infections. Because of this, those with diabetes may find themselves ill frequently. For diabetic women, the most common types of infections are urinary tract infections and vaginal infections.
- 10. **FATIGUE** When the body isn't working right, fatigue will almost always be an issue. While fatigue alone isn't a definitive sign of diabetes, when it is combined with other warning signs on this list, it becomes significant. Fatigue is caused by a number of factors including the extra workload placed on the kidneys and the loss of sugar, which provides less fuel for the body.

Diabetes is a serious medical condition that, if left untreated, can be fatal. But this doesn't have to be the case. The earlier diabetes is diagnosed, the earlier treatment can begin. Be on the lookout for these early warning signs, and be sure to visit your doctor regularly.

If you have already been diagnosed with Type II diabetes and would be interested in learning about all of the new and amazing treatments being researched at this time, please let me know.

Heal me LORD, and I will be healed; save me, and I will be saved for you are the one I praise.

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Jeremiah 17:14
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Until the next time ... Blessings to you and yours, Theresa

You can reach me at any time by e-mail at <u>theresa.h.seddon@gmail.com</u> or <u>tseddon@afpdocs.com</u> or by phone at (540) 247-5612.

As your Faith Community Nurse, I am here to serve as a bridge to better health, by meeting the wholistic healing mission of the church by partnering with the Pastor as a healer of the spirit, mind and body.

**BLOOD PRESSURE CLINIC**: I will begin the Blood Pressure Clinic on Sunday, November 13<sup>th</sup> after the 11:00am Service, but if anyone from the 8:30am Service would like their blood pressure checked, please contact me directly so I can make arrangements for you. *Theresa* 



# Have you given Keith Roberts your e-mail address, yet?

Pastor Steve has special notices he needs to send to those who attend Burnt Factory. The notices will include not only prayer concerns, but also schedule changes during bad weather. Keith will also let us know where meetings will be held during the church expansion.

Keith keeps an e-mail list in his computer for just such purposes. Your e-mail address is protected and e-mails are sent, recipients not disclosed, to protect your privacy.

Kindly send your e-mail address to Keith Roberts at <u>john.k.roberts@comcast.net</u> with the message:



CCAP, the Congregational-Community Action Project, is a cooperative ministry of 45 area churches and one synagogue serving Winchester and Frederick County that have joined together to provide financial, material and supportive assistance to people in need. CCAP is located at 112 and 106 S. Kent Street.

OCTOBER CCAP DAY THANK YOU! We collected 23 men's T-shirts, 56 pair of men's socks, 14 pair of men's underwear, 29 pair of women's socks, and 18 women's bras. These items will be of great use to our CCAP clients and will help fill the bins at the Clothing House. On behalf of the Outreach Committee, CCAP and those receiving these gifts, *THANK YOU*!!!

October 20<sup>th</sup> was the 4<sup>th</sup> quarter business meeting for CCAP. Following are a few notes that may be of interest:

- CCAP is always in need of men's clothing, especially jeans, underwear, socks, and t-shirts.
- There is still a huge need for drivers to pick up donated food from stores. And the office can always use 8 ½ x 11 white paper and welcomes any Staples coupons.
- The **RED WAGON MINISTRY** is currently giving out 4360 diapers A WEEK. Jody recently started supplying Layettes for the new babies of our clients.
- There are still people dropping off items that CCAP cannot accept. The acceptable list of items is posted at the drop off site. If you have any questions on what is acceptable, you can check with me. We would love to take all items, but are constrained by the space available.
- **THANKSGIVING FOOD GIVEAWAY** is on **Saturday, November 19<sup>th</sup>, 8:30 to Noon.** Volunteers are needed to help guests take food to their cars.
- CHRISTMAS GIVEAWAY is on Monday, December 12<sup>th</sup>, from 8:30 to noon with set-up on December 9<sup>th</sup>, 10<sup>th</sup>, and 11<sup>th</sup> at Mt. Carmel Baptist Church. Lots and lots of volunteers are needed! The hours on all days are 8:30 12.
- The **DENNY'S FUNDRAISER** will be held on Tuesday, November 15<sup>th</sup>. Come and enjoy a meal and remember to turn in your receipt at the register. It's an all day event and CCAP will receive 10% from each receipt turned in.

**Collections for CCAP at Burnt Factory UMC – November is a busy month for CCAP collections!** We will continue our traditional giving to CCAP as follows:

- **THANKSGIVING FOOD** for the giveaway on November 19<sup>th</sup>. Sign-up sheets for non-perishable food and turkeys will be on the Welcome/Sign-up Table October 30<sup>th</sup> November 13<sup>th</sup>.
- We will collect Blankets and Diapers for CCAP at the **THANKSGIVING EVE SERVICE** this year. The service is on Wednesday, November 23<sup>rd</sup>, at 7:00pm.

If you are able to join me, **the next CCAP meeting is Thursday, January 19**<sup>th</sup>, **10 am, at Christ Episcopal Church on Boscawen Street. I can be reached at** <u>ricpat5@gmail.com</u> **or by cell at 540-664-6973** if you have questions about CCAP, need help with picking up a donation or if you would like to learn more on how to volunteer.

I continue to be in awe of our church and how we give so much, so lovingly.

Thank you,

Patty Leonard



# BENEFIT



PAINT WITH KATE!

Bake Sale

50/50 Raffle

Silent Auction

Sunday, November 20<sup>th</sup> @ 2pm

## **Stonewall District Ruritan**

Ruritan Ln., Clear Brook, VA 22624 (Beside Frederick County Fairgrounds)

Tickets - \$45.00 ea. Each participant will receive a canvas and step by step guidance on how to create their very own masterpiece. All painting supplies are provided and no painting experience is required!



Appetizers & Beverages will be provided \*To reserve your spot, fill out a reservation paper and remit along with your \$45.00 by mail to, Stonewall District Ruritan. P.O. Box 245. Clear Brook. VA 22645.

Contact Judy with any questions. EmaiL <u>Jttdo</u>877 a gmail.com Phone, 540-771-4 34G

# November 2016 Church Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
God's Promis Mission Tear	ie i		2 10:00am-Bible Study Social Hall	3	4.	5 9:30am-12:30pm-Youth Stop Hunger UMC Stonewall Ruritan
		7:00pm-Trustees 6:00pm-Choir 7:30pm-SONrise Singers	7:00pm-God's Promise Team Informational Mtg. Social Hall	7:00pm-Outreach (Lower Cottage)		DON"T FORGET to set your clocks back 1 hour tonight so you'll get to church on time tomorrow!
6 ALL SAINTS DAY 8:30am-Worship 9:45am-Sunday School Acolyte Training-Sanctuary 11:00am-Worship 11:00am-Children's Church BF Pantry Collection	7 7:00pm-Nurture Ministries 7:00pm-UMM	8 6:00pm-Choir 7:30pm-SONrise Singers	9 1:30pm-BF Singers to Evergreen Nursing Home 7:00pm-Church Council	10	11 YOUTH <mark>11<sup>th</sup>–13<sup>th</sup>-Middle School Retreat at Eagle Eyrie</mark>	12 Our New Bishop, Rev. Sharma Lewis, visits our district at Braddock Street UMC. There will be worship and communion
13 VETERAN'S DAY SUNDAY 8:30am-Worship 9:45am-Sunday School 11:00am-Worship 11:00am-Children's Church The Laurel Center Collection Day	14 6:00pm-Relay for Life Captain's Mtg	HandsSmall Group at Jani Shope's ALL DAY Denny's Fundraiser	16 10:00am-Advent Study Fellowship Hall	17	18	19 10:00am-4:00pm today - pictures taken for BF Directory and tomorrow (Sunday) from 1:00pm-4:00pm
Blood Pressure Clinic 1:00pm-Singles Group Meet 4:00pm-5:00pm-Christmas Program Practice	at Calvary Baptist 7:00pm-Advent	Benefit CCAP 7:00pm-WATTS Training Social Hall 6:00pm-Choir 7:30pm-SONrise Singers				YOUTH attend Building 429 Concert at Handley High Schoo
20 CHRIST THE KING SUNDAY 8:30am-Worship 9:45am-Sunday School 11:00am-Worship 11:00am-Children's Church	21 No Advent Study This evening		23 NO ADVENT STUDY THIS MORNING	24 Manksqiving	25	26
4:00pm-5:00pm-Christmas Program Practice	Ċonference	7:30pm-SONrise Singers	7:00pm-Thanksgiving Eve Service			
27 1 <sup>st</sup> SUNDAY OF ADVENT 8:30am-Worship 9:45am-Sunday School 11:00am-Worship 11:00am-Children's Church	28 WATTS Mission Project at Ruritan	29 WATTS Mission Project at Ruritan	30 WATTS Mission Project at Ruritan 10:00am-Advent Study Fellowship Hall	<ul> <li>WATTS Mission Project at Ruritan continues to December 5<sup>th</sup>.</li> <li>DECEMBER NEWSLETTER ARTICLES TO CHARLY BY 3:00PM, WEDNESDAY, NOVEMBER 30<sup>th</sup>!</li> </ul>		
4:00pm-5:00pm-Christmas Program Practice Decorate Church for Christmas		6:00pm-Choir 7:30pm-SONrise Singers		PRINTING DECEMBER NEWSLETTER FRIDAY, DECEMBER 2 <sup>nd</sup>		

C. Steven Melester, Pastor Burnt Factory United Methodist Church 1943 Jordan Springs Road P. O. Box 399 Stephenson, VA 22656 Tele. (540) 667-4993 www.burntfactory.org

BURNT FACTORY UNITED METHODIST CHURCH NEWSLETTER



2015

Sharma Lewis, Resident Bishop Virginia Conference Richmond, Virginia

Larry R. Thompson, Jr., District Superintendent Winchester, VA 22601 www.winchesterdistrictumc.org



Thanksgiving is Thursday, November 24<sup>th</sup>