

Smoke Signal

BURNT FACTORY
UNITED METHODIST CHURCH

1943 Jordan Springs Road
P. O. Box 399
Stephenson, Virginia 22656

C. Steven Melester, Pastor



Autumn

OUR MISSION STATEMENT:

Sharing the Love of Christ with ALL People!

OCTOBER 2020
NEWSLETTER

"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



Friends, with all the challenges we are facing today in our churches, our country, our schools, and our private lives, just to name a few, I thought it appropriate to share the complete and original version of Reinhold Niebuhr's (1892-1971) "Serenity Prayer."

It has served millions over the years by providing peace to troubled souls and direction to the lost! It has served me well to keep me focused when in doubt and strong in times of disillusionment. I challenge you to discover this simple prayer once again or perhaps embrace it for the first time and to read it every day for the month of October. When you rise in the morning or when you go to bed at night or maybe at lunch time, take the time and read it. Let it saturate your soul and strengthen your spirit!

*God, give us grace to accept with serenity
the things that cannot be changed,
courage to change the things
which should be changed,
and the wisdom to distinguish
the one from the other.*

*Living one day at a time,
enjoying one moment at a time,
accepting hardship as a pathway to peace,
taking, as Jesus did,
this sinful world as it is,
not as I would have it.*

*Trusting that you will make all things right
if I surrender to your will,
so that I may be reasonably
happy in this life, and supremely happy with
you forever in the next.
Amen.*



May God grant you peace and serenity today, tomorrow, and forever.

Pastor Steve



- 1st Josh Jenkins
Serenity Buddenhagen
- 2nd Donna Willis
Martha Pool
- 5th Kathy Dick
- 8th Nancy Hulver
Jill Crowe
Asher Dennis
- 9th Doris Duvall
- 11th Etta Miller
- 12th Bubba Hall
- 14th Jim Shepley
- 18th Mike Young
Lillian Sutphin
Jack Jenkins
Ramona DeLaFe
Kathy Dixon
- 19th Helen Shriver
- 20th Savanna Lee
- 21st Tiffany Smith
- 22nd Edna Melester
- 23rd Darlene Morrison
- 24th Ryan Swisher
- 25th Sean Everhart
- 26th Nathan Thompson
Ayda Rodgers
- 27th Anne Kackley



- 3rd Tom & Cindy Miiller
- 7th Scott & Ruth Ann Snyder
Jason & Angela Wiseman
- 8th Kenny & Christina Rohrbach
- 11th Mike & Allie Goode
- 12th Buddy & Margie Willis
- 14th Duane & Karen Swisher
- 21st Tim & Jennifer Stinnette
- 24th Larry & Kathy Dick
- 29th Wilson & Theresa Gilbert

Have you given your email address to Keith Roberts, yet?



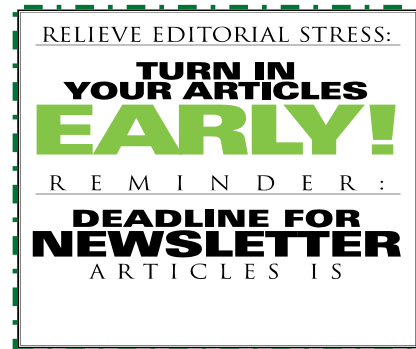
Pastor Steve has special notices he needs to send to those who attend Burnt Factory.

The notices will include not only prayer concerns, but also schedule changes during bad weather.

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

Kindly send your email address to Keith Roberts at john.k.roberts@comcast.net with the message:

“ADD ME TO THE CHURCH EMAIL LIST”
Thank You



Here’s your Newsletter “Friendly Reminder” for those who regularly send me their articles and for anyone who may have an article for the November newsletter, I will be needing your November articles by.....

3:00pm on Wednesday, October 28th.

I will be sending the November newsletter on **Friday, October 30th.**

Thanks, Charly



COVID really has thrown us for a loop in 2020. Our Apple Butter project has been cancelled; we have not held a meeting in a while; everyone is wearing masks and keeping a safe distance from one another.....but one thing has not changed God still loves each and every one of us.

Burnt Factory United Methodist Men



We have continued to feed the hungry at CCAP on our designated Sundays; we have done some smaller projects that were able to be done in a socially distance manner; we have gleaned some corn and recently begun gleaning apples; we were able to harvest our potato crop recently.

UPCOMING SOCIALLY DISTANCED OPPORTUNITIES TO BE IN MISSION INCLUDE:

Fall Cleanup at the Saratoga House near Kernstown Battlefield. I have a list of tasks that need to be done during the week of October 5 – 10th if you have time available. The tasks are outdoors and can be done in small teams.

Gleaning every Saturday in October. Most likely the events will be at Marker-Miller Orchard and begin at 9:00 AM each Saturday.

WATTS will be a little different this year as they will be staying the entire season at the former First UMC building in downtown Winchester and will be utilizing fewer volunteers. The District UMMen has moved up to serve the WATTS guests during Thanksgiving week which will be the week before our week for Burnt Factory UMC. If you would like to participate in the District UMMen's week of Thanksgiving, please let me know.

Even in the throes of COVID there are ways in which we can serve others and be safe doing it. Please look for opportunities that you feel safe in doing and do what you can to be of help to others. COVID cannot stop us from doing God's work.

If anyone has any questions feel free to contact me (540) 207-7404; tamtut@comcast.net

Steve Cunningham
President, Burnt Factory UMMen



BUDDY WILLIS
IS SHARING SOME
FISHING JOKES
THIS MONTH!

Let's Go
Fishing!

Question: What do you call a fish that won't stop talking?
Answer: A Large-Mouth Bass!



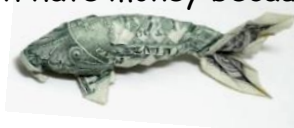
Buddy's own thought relating to a large mouth bass. My Friend, Jack Duvall, said to me a time or two that I have a large enough mouth to fit two sets of teeth!

Question: Why is it so easy to weigh fish?
Answer: Because they have their own scales!



Question: Where do fishermen get their hair cut?
Answer: At the "BOBBER" Shop!

I know fish have money because I see them at the bank when I go fishing!





Hearts of Grace
Caregiver Support Group
Contact: Debbie Walker
Email: dswalker1@yahoo.com
(540)664-0908 Cell / (540)667-6711 Home
Monthly/Second Tuesday @ 7:00

Blessings Friends –

The September meeting agenda was put aside for another time. God had other plans and knew we needed to spend more of our time sharing with one another. Someone asked the question, “how have you been.” This started the ball rolling and before we knew it, an hour had passed. We laughed about how I had a topic prepared and we didn’t get to discuss it. It was okay, I will use the topic a different time.

Our meetings, just like life, are not always as planned. This is how it should be. God is in control. He knew there was more important things to discuss, share, seek advice and in relationship with Him.

I regretfully will need to cancel our October meeting. I will be having eye surgery the day before, so we will join back together in November. Always remember if you need me, I’m as near as a text, email, phone call or cup of coffee.

I would like to share a prayer given to me by Theresa Gilbert for our group.

The Caregiver’s Prayer

(The Thoughtful Caregiver by James Miller)

Lord, make me an instrument of healing care this day.

Where there is sorrow, let me incline my heart in empathy. Where there is fear, let me speak quiet assurance.

Where there is anxiety, let me breathe calm.

Where there is despair, let me bring promise of hope.

Where there is doubt, let me hold gentle certainty.

Where there is pain, let my presence be like soothing balm.

Divine Spirit, grant me energy sufficient to do what is required of me.

Grant me wisdom with the moment and endurance with the need.

Make me a steady source of compassion, enfolding the other, enfolding myself.

May my caregiving be rooted less in control and more in surrender,

less in contact doing and more in resolute being,

less in pride and more in humility.

May I embrace whatever joys come my way; many or few, may they be enough.

May I find meaning in this role I serve, and fulfillment in how I serve it.

May I always remember that healing means becoming more whole, whatever the form.

May I never forget that healing is ultimately always a gift.

For you, Lord, are the source of it all.

And for that reason I make this prayer humbly, gratefully, hopefully, confidently.

Amen

Our next meeting will be: Tuesday, November 10th, 2020 @ 7:00 pm Fellowship Hall

Grace and Blessings
Debbie



A Special Message from Miss Carrie

Hello Church Family,

It has been a very challenging time for ministry. The perils this pandemic has brought would bring an average person to their knees, and that is exactly what has happened for me. Although, I don't consider myself average, I consider myself unique, because that is the way The Father has made me, I have been driven to my knees regularly. I am truly blessed to know my Savior and have that intimate relationship with Him that has gotten me this far. I said I consider myself unique because I have had to do some major quick thinking, creative on the spot planning, and think way outside the box to keep my ministries going. Yet, not I but, Christ has done this. My knees may be skinned, rashy, raw and bleeding, but my soul is not. One of my most favorite songs right now is by Hillsong United, "Another in the Fire." I feel like this pandemic is the fire and though it tries to scorch and burn, there is another in there with me, holding back the flames. I walk around unscathed and free thanks to the Father. Take a moment, think about what is getting you through right now. If it is not already Jesus, then perhaps it's time to reach out to Him. There is no better time to reach out to Jesus.

Love,

Miss Carrie

Children's



Ministries

Our Wednesday evening Bible Study "Friend of God" is going great! I am so proud of the four students I have for committing to such a study and enjoying getting closer to God. To not just see Him as some entity far away, but a loving God who desires to be a part of all the parts of their lives.

PARKING LOT PUMPKIN PARABLE DAY!!

Saturday, October 31, from 9-2 we will have an open parking lot to drive through 7 stations and pick up a goody bag that tells a story from each station. Your kids can dress up in their costumes and collect their items. We will have a picture station set up for the kids to hop out and get a picture taken, then hop back into their vehicles. I would love to have a head count of this event so I can plan accordingly! Please text/message me your confirmation and the number of kids participating! Thanks!

Youth



Ministries

We have been busy! We started a project making blankets for Camp Fantastic and initiated in some new members! Welcome Gavin Tran! We have an awesome "secret" planned for a mission/ministry project in October! You will soon find out!

In case you haven't heard this lately, I LOVE MY JOB AND MY KIDS AND YOUTH!! We are so very blessed here at Burnt Factory and I can't thank YOU, the congregation, enough for your support and prayers to the Church Leadership. We will PERSEVERE!

Peace and Blessings,

Carrie Fair—Minister of Youth and Children



October 2020 Faith Community Nurse Health Corner

KNOW THE SIGNS: RECOGNIZING MENTAL HEALTH CONCERNS IN KIDS AND TEENS

Life during a pandemic is complicated. Along with new safety protocols and restrictions, kids and teens are dealing with changes to routines, school, and socializing. It's normal for kids and teens to have some difficulty getting used to a "new normal." In fact, the majority of young people who took a screen at mhascreening.org between April and July of 2020 mentioned loneliness and isolation as the main things contributing to their struggles. If your child seems to be struggling, something more might be going on.

DID YOU KNOW?

50%

**OF ALL PEOPLE WHO WILL
HAVE A MENTAL HEALTH
DISORDER IN THEIR LIFETIME
START TO EXPERIENCE
SYMPTOMS BY AGE 14.**

**THE MEDIAN AGE OF
ONSET FOR ANXIETY
DISORDERS IS
6 YEARS OLD**

**OF 11-TO-17 YEAR OLDS WHO TOOK A SCREEN AT [MHASCREENING.ORG](https://mhascreening.org)
SINCE MARCH 2020**

83% (11,000) Screened Positive or
At-Risk for Anxiety.

91% (23,000) Screened Positive or
At-Risk for Depression.

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SIGNS AND SYMPTOMS TO LOOK OUT FOR

Symptoms that happen across multiple conditions:

- Problems with concentration, memory, or ability to think clearly
- Changes in appetite
- Feeling sad, empty, hopeless, or worthless
- Loss of interest in things that they used to enjoy
- Excessive worry
- Irritability or restlessness
- Changes in sleep
- Angry outbursts
- Not wanting to be around people or take part in activities

Other things to look out for:

- Hearing or seeing things that other people don't
- Extreme panic
- Onset of new behaviors or rituals that are repeated
- Mood swings or frequent shifts in energy
- Changes in how they dress - if your child is wearing long pants and sleeves in hot weather, or hats all of a sudden, they could be hiding signs of self-injury like cutting or hair pulling

WHERE CAN YOU GET MORE HELP?

If you notice these symptoms in your child, you may want to consider a mental health screening. A screening is a free, anonymous, and confidential way to see if a person is showing signs of a mental health condition. Screening tools for young people and parents are available at MHAScreening.org. Once completed, screeners are given information about the next steps to take based on results. Screening results can be a helpful tool for starting a conversation with your child's primary health care provider.

WHEN IS EMERGENCY ACTION NEEDED?

If you notice the following signs in your child, take immediate action as they may be thinking about suicide:

- Giving away possessions for no logical reason
- Risky or self-destructive actions
- Increased drug or alcohol use
- Obsession with death
- Withdrawing from life
- Indirect or direct threats of suicide
- Drastic personality change
- Lack of interest in future plans

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If you think your child or teen is in immediate danger of taking suicidal action, call the national suicide hotline at 1-800-273-TALK. Their trained crisis counselors can help you find local resources or suggest next steps. You can also look up information for a local mobile crisis team or psychiatric unit.

"In this world, you will have trouble, BUT TAKE HEART! I have overcome the world."

Mark 16:33

Continually **praying** for your health and well-being.

Theresa

You can reach me at any time by e-mail at tgilbert@afpdocs.com or theresahgilbert@gmail.com or by phone at (540) 247-5612.

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



United Methodist Women



Since we haven't met as a group since February, we will no longer let the coronavirus keep us apart!

Let's have an October meeting in the Sanctuary at 7:00 p.m. on Thursday, October 15th! Instead of peeling apples all day at the shelter in preparation for our big apple butter project, which has been canceled, we will go back to our original date for a meeting, which normally is the third Thursday every other month. The Sanctuary is set up for social distancing regulations. We will wear masks, and go about our meeting. We will miss the delicious refreshments this time, but it will be good to see friends we haven't seen for months!

This will be our annual Pledge meeting, which is always held in October. In order to make the donations to the groups that we usually support, we will rely on our own treasury contributions this year. If you are not able to attend our meeting and would like to make a pledge for 2021, you may send it to our treasurer, Anne Perrault. We have appreciated the generous donations that the UMM have passed on from the apple butter profits in the past. We will have an update on Project Esperanza and how we can continue to support them. We will make every effort to be as generous as possible to those groups we support in December.

Continue to support your prayer partner with prayers and concerns. There have been a few gifts on the table in the Fellowship Hall for members. If you see one, let the recipient know.

Hope to see all who feel comfortable in attending our meeting Thursday, October 15th.

Blessings, Polly Duvall, president



CCAP, the Congregational-Community Action Project, is a cooperative ministry of 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.

CCAP LUNCH: In September we served chicken dinners to over 45 clients. Thanks so much to Hope Owens and Savannah for leading/coordinating this meal and for opening your home so we could prepare the food trays. Thanks to all who donated food and helped serve. Because of Covid-19 restrictions, we are serving outside at CCAP and preparing the meals off-site. It was a beautiful Sunday of sharing with those in need. Our next Sunday Lunch will be served on October 18th. Karen Willis will be the team lead for this meal. We would love to have more volunteers preparing food and serving. If you would like to be part of the October meal at CCAP, please contact Karen at 540-539-6989 or krwillis1@comcast.net.

VOLUNTEERS NEEDED: The CCAP buildings remain closed to clients; but all services are being provided to current clients plus many new clients. CCAP is constantly adapting how we are operating in order to meet the needs. Food distribution is now on Mondays and Thursdays from 10am to 1pm and also Thursday evenings from 5 to 7pm. Clothing giveaways are now being offered Mondays and Thursdays from 9 to 11:30am. Many volunteers are needed to offer all these services. Volunteers are needed in the following areas:

PANTRY: Help is needed to pack food boxes; our church is now packing food bags every **Tuesday from 9-12**. Please let me know if you can be part of our team.

Mondays and Thursdays 10am-1pm: We need 6 volunteers in the pantry handing out food and one volunteer to learn computer applications to register clients.

Thursday evenings 5-7pm: We need 8 volunteers for the pantry and 1 volunteer to register clients.

Thursdays and Fridays from 10am to 1pm: A volunteer is needed to answer the telephone at the main CCAP building.

DRIVERS: Van drivers are needed daily. It is helpful if you have a team of 2---you will be driving to local stores to pick up donated food, bring it back to CCAP, weigh it and put it away. You will drive a CCAP van. The runs start around 8am and take up to 2 hours. You must have a valid driver's license. This would be a running commitment of one day a week.

DONATIONS CURRENTLY NEEDED: Men's jeans, belts, T-shirts and sweatshirts. Linens including bedsheets, pillowcases, blankets and towels. Men, Women and Children's winter and fall coats, boots, winter hats, scarves and gloves. Diaper sizes 4, 5, and 6, and Non-perishable Food items, Cleaning Supplies, Toiletry items – soaps, shampoos, deodorant, toothpaste, and razors. All donations can be dropped off Monday – Friday from 11am-1pm at CCAP.

LOOKING AHEAD - Thanksgiving giveaway on November 21st. Sign-up sheets for non-perishable food and turkeys will be on the Sign-up Table beginning the end of October.

CCAP DOES ACCEPT ON-LINE DONATIONS. If you would like to make a donation, please go to ccapwinc.org.

Thanks so much to our loyal volunteers from Burnt Factory that are providing meals, packing bags, doing pickups and drop-offs, taking the recycling weekly and helping out in many other ways. This organization could not run without the Volunteers.

Thank you for your continued prayers and donations of items and time.

Patty Leonard 



October 2020 Relay for Life Newsletter Article

**WE STAND TOGETHER,
EVEN WHEN WE'RE APART
COVID-19**



October is Breast Cancer Awareness Month, an annual campaign to increase awareness of the disease. 2020 has been a powerful reminder that we are all in this together, and our choices and actions have the power to protect the most vulnerable among us in a big way. **The same holds true when it comes to breast cancer. By uniting as a community that recognizes the value of all women, we can work ToGetHer to make sure every woman has access to education, screening, treatment, support, and hope, regardless of her circumstances.**

That little pink ribbon. We have seen it every year in October, and most people are aware that it is associated with Breast Cancer Awareness Month. However, not many of us are aware of its roots and its goals.

Breast cancer Awareness month began in 1985 as a partnership between the American Cancer Society and the pharmaceutical division of Imperial Chemical industries. Betty Ford helped kick off the week-long event, as she herself was a survivor of breast cancer.

The early goal of Breast Cancer Awareness Month was to educate women about breast cancer and early detection tests so that they could take charge of their breast health. One of their key goals was to promote mammograms as an important tool to be used in the fight against breast cancer.

The Pink Ribbon The first nation-wide campaign that utilized the pink ribbon was back in 1992 by Estee' Lauder cosmetics. They handed out an impressive 1.5 million of them and ushered in the **pink ribbon** as the premiere visual reminder of Breast Cancer Awareness Month.

Breast Cancer Awareness Month is a chance for all Americans to take time to acknowledge those men and women whose lives have been affected by breast cancer.

*This month, I will be walking **35 miles in 31 days** to raise money for breast cancer awareness.*

*Lisa and I will also be participating in the **Blue Ridge Hospice virtual Butterfly 5K.***

What could you do to support these efforts and our team until we can meet together again?

Please go on line to join our Believers team.

Let either of us know if you have any questions.

theresahgilbert@gmail.com or (540) 247-5612

lispatterson423@gmail.com or (540) 664-4169

***Our mission is to save lives, celebrate lives,
and lead the fight for a world without cancer.***

We thank you for your support!

Theresa Gilbert and Lisa Patterson, Co-Captains

The Laurel Center Story ~ Sept. 28, 2018

Founded in 1983 on the premise that no one (male or female) should live with violence or the fear of violence. The L.C., formerly the Shelter for Abused Women, empowers and supports victims of domestic violence by providing emergency housing, advocacy, support services and education.

We reach out to our community through education and awareness programs. Services for victims of sexual assault were added in 1989. Today over 200 women and children stay at the Shelter each year and often as many as 3000 people receive help and support.

Our Laurel Center collection day is Sunday, October 18 and 25. Also the evening of Thursday, October 15, 6 to 8 p.m. Donations should be placed in the Red Bins in the Narthex.

WISH LIST: The elusive LYSOL disinfecting spray and wipes, Glade air freshener, all paper products, Juice boxes and individual snacks for children.

***Thank you for sharing your blessings.
Peace & Joy, Donna Gallagher***



OKAY, GOOD PEOPLE.

HERE ARE A FEW MORE CHUCKLES FOR TODAY or ANY DAY FOR THAT MATTER!

AN INSURANCE AGENT was writing a policy for a zookeeper:

"Have you ever had any accidents?" she asked.

"No," the zookeeper said, "but a rattlesnake once bit me, and an elephant stepped on my foot."

"Wouldn't you call those accidents?"

"Oh, no. They did it on purpose."



I HAVE A NEW IDEA. There's a fortune in it. It's an alarm clock that emits the delicious odors of frying bacon and fragrant coffee.



(P.S. This reminds me to remind you to set your clocks back 1 hour on OCTOBER 31st.
DAYLIGHT SAVING TIME ENDS on NOVEMBER 1st.)



A MAN took up tennis in a new attempt to lose weight and was telling his friend about it.

"My brain gives the commands; Stretch out for that serve! Charge the net! Use your whole body for this swing!

Race back into position!" "And then what?" the friend asked. "My body says, 'Are you talking to me?'"

HERE ARE A FEW QUESTIONS WITH ANSWERS SENT TO ME BY SUE SWIMLEY.

This is a quiz for people who know everything! I found out in a hurry that I didn't.

These are not trick questions. They are straight questions with straight answers.

QUESTIONS:

1. Of all vegetables, only two can live to produce on their own for several or more growing seasons. All other vegetables must be replanted every year. What are the only two perennial vegetables?
2. What fruit has its seeds on the outside?
3. Only three words in standard English begin with the letters "dw" and they are all common words. Name two of them.
4. There are 14 punctuation marks in English grammar. Can you name at least half of them?
5. Name the only vegetable or fruit that is never sold frozen, canned, processed, cooked, or in any other form except fresh.

ANSWERS:

1. Only two vegetables that can live to produce on their own for several growing seasons: **Asparagus** and **Rhubarb**.
2. The fruit with its seeds on the outside: **Strawberry**.
3. Three words beginning with the letters "dw": **Dwarf, dwell, and dwindle**.
4. Fourteen punctuation marks in English grammar: **Period, comma, colon, semicolon, dash, hyphen, apostrophe, question mark, exclamation point, quotation mark, brackets, parenthesis, braces and ellipses**.
5. The only vegetable or fruit never sold frozen, canned, processed, cooked, or in any other form but fresh: **Lettuce**.



Hope you surprised yourself and answered all of the questions without looking at the answers!



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BURNT FACTORY
UNITED METHODIST CHURCH
NEWSLETTER

October

2020



First Day of Autumn was September 22