

Bethany United Church of Christ

Embracing the Community

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Fall News 2016



Turn Off the Heat and the TV by Pastor Colleen

It has been a long, hot summer. Don't get me wrong. I like summer, but this summer feels longer and hotter than most. It won't be long until it is cooler and the days are shorter; the later which many of us do not look forward to. There are other parts of life that could also use a little less flame. Social media at times feels ugly and divisive. The election season in our country is filled with name calling and polarization. Clashes, outbursts, and violence take center stage too often. What's a Christian to do? How are we to respond?

I have heard several people say they stopped watching TV, at least the news. Watching twenty-four hour cable news, the repetition of the same stories over and over again, and the analysis of everything said by politicians affects our mental health. In a recent article "What Constant Exposure To Negative News Is Doing To Our Mental Health" by Carolyn Gregoire Senior Writer, The Huffington Post, the work of British psychologist Dr. Graham Davey, who specializes in the psychological effects of media violence, suggests that violent media exposure can exacerbate or contribute to the development of stress, anxiety, depression and even post-traumatic stress disorder (PTSD).

Yes, I think the referenced statement by Dr. Davey is true, but I would add that it does something to our spiritual health. It can make us feel hopeless and convinced that the world is a bad place and getting worse. We forget that God is available to us 24/7. God has given us a heart to help change the world, making us not helpless, but empowering us through the Spirit to move the world to be a better place. Small acts or words of kindness can change someone's day. Taking time to listen, being sensitive to and aware of people's feelings can improve their outlook and change their mood. Sharing a story, pictures, or a meal can create bonds in a world where some feel isolated. What if you watched the Hallmark channel? What if you called an old friend? What if you volunteered at the church or other organization? What if you adopted a new friend? There are so many "what ifs." Take one "what if" this month and turn it into an "I will." It will improve your spiritual health. Who knows, you may find God in the process.

Bethany is a community of justice and peace serving the needs of people on their spiritual journey.

NO MATTER WHO YOU ARE OR WHERE YOU ARE ON LIFE'S JOURNEY, YOU ARE WELCOME HERE.

Every Sunday Morning

Adult Faith Formation 9:30
Worship Service 10:30

Birthdays

September

10 Bill Cline
12 Donna Ervin
21 Kenneth Reed
24 Elizabeth Cline

October

1 Lisa Goins
4 Megan Vann
12 Eric Ervin
30 Ruth Sanders

November

10 Norma Boggs
17 Scott Laney

What's Coming Up?

Sept. 11 - New Life Celebration Sunday followed by a "Louisiana Feast"

Sept. 20 - Deacons meet at 5:30 p.m. followed by Council at 6:00 p.m.

Sept. 23 - Women's Retreat at Riverbend Clubhouse in Granite Falls, 10:00 a.m. - 3:00 p.m.

Oct. 1 - Western North Carolina Association of the Southern Conference Annual Meeting at Abernethy Laurels, registration at 9:00 a.m.

Oct. 7 - Meet and Eat at Western Steer in Newton, 6:00 p.m.

Oct. 16 - Laity/Youth Sunday; Carol Williams Swoope, Speaking

Oct. 16 - ECCCM Hunger Walk in Newton, 2:00 p.m.

Oct. 31 - Halloween Trunk or Treat, 6:00 p.m. - 7:30 p.m.

Nov. 6 - Daylight Saving Time ends

Nov. 20 - Thanksgiving Sunday followed by Harvest Refreshments

Nov. 27 - Advent begins. Decorate the sanctuary at 1:30 p.m.



Assistant Choir Director

Jeremy Whitener is serving as our assistant choir director. Jeremy is a graduate of Bandy's High School and graduated with a degree in music education from the University of North Carolina at Greensboro. Jeremy is employed with the Catawba County Schools as the music teacher at Sherrill's Ford Elementary. He is involved in community theater and currently has a role in the Green Room's production of West Side Story. We are so blessed to have Jeremy share his musical talents with us at Bethany!



New Life Celebration Sunday

Our New Life Celebration Sunday will be held on September 11, 2016. M. Katherine Grimes, Ph. D. and daughter of Edith Grimes and the late Rev. Van Grimes, former pastor here at Bethany, will be our guest speaker. Katherine is an Associate Professor of English at Ferrum College in Virginia. There will be a Louisiana style lunch in the fellowship hall following the service. Donations taken for the meal will go to the UCC Disaster Ministries Supporting Louisiana Flood Recovery. See Sarah Bostian if you are willing to make a dish or dessert for our lunch.

After School All Stars

Summer Camp has ended for the children enrolled in the After School All Stars summer program. It was both fun and educational with bowling, movies, trips to parks, splash pads, swimming, and Vacation Bible School. They really liked Vacation Bible School and asked for another week of it. A new school year started Monday, August 29, and the children were ready to get back into a routine, see old friends, and get out of the heat! We have six new faces in our group and are looking forward to a great new school year and fall weather. Ms Lee and Ms Jeannine



Women's Retreat



Bethany Women are gathering together at the Riverbend Clubhouse (north on 321 toward Granite Falls) to "Celebrate Friendship." We will carpool leaving the church parking lot on Friday, September 23, at 9:15 a.m. Beginning at 10:00 a.m., a comfortable conversation will center on the concept of friendship. The plan is to have lunch at a nearby restaurant around 12:30 p.m. and return to the clubhouse for another short session before heading back to the church. This is a casual event that requires no preparation. You are encouraged to invite a friend. We will be back at the church by 3:45 p.m. or earlier.

Scriptures



Sept 4	Luke 14: 25-33
Sept 11	Ezekiel 37: 1-14
Sept 18	Luke 16: 1-13
Sept 25	Luke 16: 19-31
Oct 2	Luke 17: 5-10
Oct 9	Luke 17: 11-19
Oct 16	Psalms 121
Oct 23	Psalms 65
Oct 30	Psalms 32: 1-7
Nov 6	Luke 20: 27-38
Nov 13	Luke 21: 5-19
Nov 20	Luke 23: 33-43
Nov 27	Isaiah 2: 1-5

ECCCM Hunger Walk

The Eastern Catawba County Hunger Walk will be Sunday, October 16, 2016, beginning in downtown Newton. Registration begins at 1:00 p.m. This event benefits the Eastern Catawba Cooperative Christian Ministry and The Corner Table. Money raised provides meals to the 20% of homes facing food insecurity in eastern Catawba County. This year our LINC churches will participate together as a team. What steps will you take to end hunger where we live?

WNCA Annual Meeting

The 49th Annual Gathering of the Western North Carolina Association of the Southern Conference will be held on Saturday, October 1, 2016, at Abernethy Laurels. Registration begins at 9:00 a.m. This year's conference focuses on pertinent issues facing healthy churches. Please see Pastor Colleen if you plan to attend.

Meet and Eat

October 7
6:00 p.m.
Western Steer
Newton NC

