

Elmwood West Methodist Church



Elmwood West News November 2023

Stress

Anyone having any stress these days? A more accurate question might be: Is anyone out there alive?

High prices, high interest rates, crime, politics. And what about wars and rumors of wars? It's enough to keep you awake at night. We are all under higher and higher pressure these days.

And what about: How will I pay the mortgage this week? How can I afford this week's groceries? Do I have money to fill the gas tank?

Stress. The engineer in me would define "Stress" as "P/A" or "Pressure" divided by "Area". Thus, high pressure obviously produces high stress.

But a small area under pressure can also generate high stress. A small area, like one single person; like you, or like me. We can't take the world on our shoulders by ourselves. We weren't designed for that. The high pressure of the world's worries and problems, balanced on one person's shoulders, produces way too much stress. And high stress will kill you.

Anxiety, depression, digestive issues, headaches, muscle aches, heart disease, high blood pressure. The list goes on and on. All these are indicators that your body cannot handle such a high stress level.

Therefore, I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear... ..Can any one of you by worrying add a single hour to your life?

The words of Jesus as quoted in Matthew 6:24. He tells us that taking on stress will not help us live a good life. In fact, quite the opposite is true. For we cannot add to our life through stress; but stress sure can shorten it.

So how do we reduce our stress today, in a world that seems so full of chaos? One way is to look to Jesus as our model. What did He do when He had the stress of his ministry, the stress of doubting disciples, and the salvation of all believers squarely on his two shoulders?

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Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. – Mark 1:35

Jesus knew the high pressure of life. But He also knew how to reduce stress by spreading this pressure over a larger area. He didn't take the load by himself, He shared his burden with His Father.

We should do likewise. Stop and pray when life's stress gets to be too much to bear. Share your burden with the one who created you.

Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you.

I'll see you in Church!

- Chris

Circle of Faith Update

Circle of Faith will meet Thursday, November 10 at noon.

We will have a quick pot luck luncheon then we will continue making handmade cards for our shut-ins and refurbishing Chrismons for the tree in the sanctuary.

There is always room for anyone who wants to join us. The more the merrier.

Wednesday Bible Study

Wednesday, 6:30

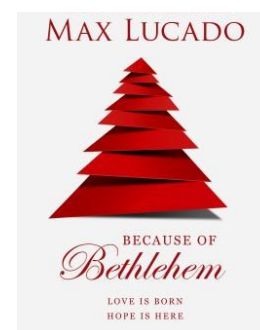
In Hebrews

4 week Advent Study

Mac Lucado

Because of Bethlehem

Start Wed. Nov 4



Everyone Welcome

Wednesday Night Meals

We start serving at 5:30 and will continue to serve until 6:15.

Everyone is welcome to come and fellowship with us.

FOOD AND FELLOWSHIP

Nov 1—Chicken noodle Soup with Crackers, Salad, and dessert

Nov 8—Beef Stroganoff with Buttered Noodles, Vegetable and Dessert

Nov 15—Chicken Pot Pie, Salad and Dessert

Nov 22—No Meal

Nov 28—We can't decide. We'll let you know later.

\$5 adult

\$4 Children and college students

Children 3 and under free

\$15 family maximum



Annual Thanksgiving Meal

Thanksgiving Meal will be on Sunday, Nov 19. The turkey haters have banded together and decided to do a brisket meal instead of turkey. As always the church will provide the meal if the congregation brings desserts. Pumpkin pie is acceptable.



Romans 12:12 NIV

Be joyful in hope, patient in affliction, faithful in prayer.

Church Council Report

The Church Council Meet on Oct . 26. Some of the items discussed were:

- Roof should be finished this week. Fund raising will be on going to cover the loan payments.
- We will be looking at getting a new projector and screen to put in the sanctuary.
- We have subscribe to RightNow Media. It is a Streaming Video Library of Bible Studies for all ages. It will be paid for by a generous donor. It will be available for all. They have so much to offer.
- We have set a subcommittee to update and rewrite job descriptions.

News from the Pantry

Number for October are not available yet. But it has been a busy month at the pantry.

Numbers of people served continues to rise, building repairs need to be done, donations are down and grants are getting harder to get. Continued financial support and prayers appreciated.

Food Pantry Thanksgiving Meal

One Frozen Turkey

Green Beans (2 cans)

Stuffing Mix (1 14-16 oz bag or box)

Instant Mashed Potatoes
(1 box 14 oz or larger)

Cranberry Sauce (1 can)

Brownie Mix 1(box)

Instant Gravy Mix (2 packets)

Canned Fruit (2 can)

It is time for Turkey Thanksgiving Meal. You can donate a meal, some items or cash.

Please put the food in a paper grocery bag and turkey in a separate bag. We will accept donations Tuesday, November 21 from 8:30 am to 8 pm.

Prayer Request

Continued prayer for:

- | | |
|----------------|--------------|
| Shirley Davila | Lena Moore |
| Mary Steed | Martha Davis |
| Carol Myers | Ava Howard |
| Bill Temple | Doris Harp |
| David Jackson | Marge Vargas |
| Chyrsti Martin | Reva Turner |
| Bev Ridgway | Jose Garcia |

*Our prayer group meet on Tuesdays at 1:00.
All are invited to join.*

*You can call 692-1173 with prayer concerns or
email*

*ewmc@elmwoodwest.com
slsabilene@outlook.com*

Hanging of the Greens

The Holiday Season is here. We will be Hanging the Green on Monday, November 26. Everyone is invited to help with this project. I bet we can find some coffee and donuts to enjoy while we work. LeNell is heading up decorating this year. You can contact her if you have any questions.



Attendance and Giving

October 1			
Sunday School	22	Worship	In Person 32 Online 3
Tithe and Offering	\$5,109	Memorials	
October 8			
Sunday School	17	Worship	In Person 36 Online 3
Tithe and Offering	\$1,807	Memorials	
October 15			
Sunday School	26	Worship	In Person 36 Online 3
Tithe and Offering	\$569	Memorials	
October 22			
Sunday School	18	Worship	In Person 33 Online 2
Tithe and Offering	\$3,787	Memorials	
October 29			
Sunday School	12	Worship	In Person 24 Online 4
Tithe and Offering	\$1.10	Memorials	

HAPPY BIRTHDAY!

Gail Fitzpatrick 11/7

Grayson Kennedy 11-10

Peggy Kirkpatrick 11-10

Liz Moore 11-16

Carlene Markham 11-19

Shirley Davila 11-19

Mary Steed 11-28

Elmwood West Methodist Church

November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 5:30 Fellowship Meal 6:30 Bible Study	2	3	4
5 9:00 Sunday School 10:00 Worship	6	7 1:00 Prayer Group	8 5:30 Fellowship Meal 6:30 Bible Study	9 Noon –Circle of Faith	10	11
12 9:00 Sunday School 10:00 Worship	13	14 1:00 Prayer Group	15 5:30 Fellowship Meal 6:30 Bible Study	16	17	18
19 9:00 Sunday School 10:00 Worship Luncheon After service	20	21 1:00 Prayer Group 4-6 Food Pantry	22	23 	24	25
26 9:00 Sunday School 10:00 Worship	27	28 1:00 Prayer Group 4-6 Food Pantry	29 5:30 Fellowship Meal 6:30 Bible Study	30		

Worship Service
Sunday 10:00am



In Person and
Facebook Live

