

Intersections

October 2009

All are welcome

Sunday school at 9:15,
fellowship time at 10am
& worship at 10:30



A newsletter for the Richmond
Church of the Brethren

Matthew McKimmy, Pastor
pastormatt@richmondcob.org
Adrienne Lowe, Office Manager
office@richmondcob.org

1 SW 17th Street • www.richmondcob.org • 765.966.1930

October Calendar

all events at the Richmond CoB
unless otherwise noted

- 4 Pastor Matt preaches
Bring food for the Community
Food Pantry
New Sunday Class, "Spiritual
Snapshots: Stories from our
Journeys of Faith", begins
9:15am, fellowship hall
Love Feast, 6pm
- 5 Community yoga class, 5:30-
7pm, fellowship hall
- 5-11 Pastor Matt away for
Spiritual Renewal
- 6 Senior Breakfast, 8:30am
Loops of Love at Unwind Yarn
Shop (921 E. Main), 5-7pm
- 11 Laura Ellis preaches
Qi-gong, 2-4pm
- 14 Ministry team meeting, 6:30pm
- 18 "Prayer" worship series begins
12pm potluck & conversation
with Tom Devore
- 19 Community yoga class, 5:30-
7pm, fellowship hall
- 20 Loops of Love at Unwind Yarn
Shop (921 E. Main), 5-7pm
- 29 Soup Kitchen, St. Paul's
Episcopal, 10:00am

Taking Care: Managing Stress

90% of people who come to the ER at Reid Hospital have a physical problem related to stress, according to Pat Murrah, Director of Health Education. She considers stress to be the most prevalent medical malady in Richmond. Nearly everyone leads a very stressful life. Many people are unemployed because of the recession. Single parent families have even more stress because she (sometimes he) must be both wage-maker and care-taker, if she or he is able to find a job. Everyone seems to be over-worked, over-scheduled, over-committed, and physically exhasuted. Stress can both *cause* and *worsen* medical conditions.

When we turn to the Bible for help with our stress, we find Jesus saying in the Sermon on the Mount, "I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear," (Matthew 7:25). What can Jesus possibly mean? How is it possible not to worry in the time in which we live? Consider meditation, as the most recent Mayo Clinic Health Letter (10/27/09), does. "Meditation programs," the article begins, "have been shown to enhance memory & learning, decrease feelings of stress & anxiety, improve sleep quality, help control blood pressure, improve back pain and fatigue, decrease anger, & improve overall well-being."

Recently I attended a meditation session in which for 30 minutes we focused only upon breathing in & out. I found myself relaxing, the tightness in my neck disappearing, & thoughts about tomorrow gone. For the moment I felt only the goodness of the living breath of life. Could Jesus have meant that if we meditate daily in God's living presence, our worries will diminish and our health will improve? --Donald Miller

Living Simply, Living Green...

Take the Fright Out of "Phantom Power"!

Here's a simple tip that could reduce your home power consumption by about 10%! The goal: eliminate the "phantom load" (AKA "vampire power") of electrical devices in your house by unplugging appliances when not in use.

"Phantom" or "vampire" power refers to electricity that is actively consumed by devices when they are in Off or standby modes. Devices like DVD players, TVs, game consoles, & coffee makers use electricity to display clocks, status lights or to support "instant on" features with remotes.

What's so scary about phantom power is how easily you can lose 10% or more of your money each month without even realizing it! You may think you're doing the right thing by turning off devices—but if they're still plugged in, they're still drawing power! As a rule of thumb, remember, if there's a light *on*, then power is being *used* to light it.

An easy way to manage these devices is to plug several of them into an electrical strip and then turn the strip off when they are not in use. We have our office computer set up this way so that when we shut it down we can also switch it completely off without having to deal with a tangle of cords. You can get power strips cheaply—for example, Big Lots has them for 2/\$5.

In these hard economic times, 10% of your power bill isn't something to scoff at. Look at it this way—if your power bill is \$50 a month, then using a power strip and unplugging devices at the wall will save you \$5 a month and \$60 a year! Don't burn a 5-spot every month—unplug it!!

--Adrienne Lowe & Mark Stosberg

CONGREGATIONAL UPDATES

Love Feast October 4th

On Sunday October 4th at 6pm we will recognize World Communion Sunday as we gather for Love Feast. The Love Feast is our tradition's expression of communion, and is a lived-out remembering of the last supper Jesus shared with his disciples. All are welcome to come and participate in this deep, authentic, embodied expression of community and faith.

Happy October Birthdays and Anniversaries!

- | | |
|-----------------------|-----------------------------------|
| 1 Mark Stocksdale | 21 Ron Itnyre |
| 3 Todd Miller | 21 Janet & Murray Wagner |
| 4 Phyllis Miller | 22 Mark Pickens |
| 11 Nathaniel Smith | 29 Matt McKimmy |
| 12 Rachel Ulrich | 31 Brian Schleeper |
| 15 Amy Gall Ritchie | Doug Veal Ruth & Elwood Skillings |
| 20 Helen & Tom Shultz | |

Biking the USA the Hard Way

On October 18th we will be welcoming a cross-country bicyclist who is passing through Richmond. Tom Devore, a Church of the Brethren minister, started in Illinois and is zig-zagging his way across the nation, visiting Brethren, Mennonites, and anyone else who wants to hear more of his remarkable story.

If you're interested in meeting and talking with him, stick around after worship on the 18th for a pot luck lunch and time of conversation. Tom is also raising funds for Heifer International throughout his trip. You can read more at www.biking-usa.org.

Matt's Musings Embodied, Incarnational Faith

We recently finished a 4-week worship series on the book of James, a book that emphasizes over and over that faith is not simply something in our heads and hearts, but something that is reflected by the way we live. So it seems appropriate that now we find ourselves in the midst of several weeks of special worship services that reflect this approach to faith.

We've prayed for peace and considered the ways we work towards God's shalom in our own lives. We've celebrated several people's decisions to join as members of our fellowship and Aidan's commitment to Christ through baptism. In the coming weeks we'll come together on World Communion Sunday for Love Feast (Oct. 4, 6pm) where we will embody our commitments to Christ and one another as we share in fellowship, feetwashing, and the bread and cup of communion; we'll hear from Laura Ellis about how our faithful passions fit into our everyday lives (Oct. 11), and then begin our next worship series on prayer (Oct. 18) that will explore the many different ways we can make prayer part of our lives.

Just as Christ walked among us as God incarnate, we are called to an incarnational faith as the living body of Christ. Through our worship, through our prayers, through our daily work and service, we are a congregation that supports and challenges one another to be the hands and feet of Christ to a broken and hurting world. How will you embody your faith? How might our congregation support, challenge, nurture, and empower you?

Grace and peace, *Pastor Matt*

Pastor Matt Away October 5-11th

For spiritual renewal purposes, Pastor Matt will be away October 5th through the 11th. During this time, you may contact Amy Ritchie (ritcham@bethanyseminary; (765)939-9819) for leadership-related issues and Enten Eller (enten@peacebe.com; (717)598-1818) for pastoral care needs.



We celebrate the call and ordination of our Sister, Christina Singh! Christina was ordained on Sept. 20th and is now the pastor of the Panora Church of the Brethren in Iowa. Congratulations, Christina!

Food Pantry Update

Good news from the Food Pantry! Wayne County Foundation provided the Pantry with an \$8,800+ grant towards the rear delivery area of the Pantry building. The forthcoming work, which this grant has enabled, will make unloading supplies much easier and will allow disabled persons and volunteers easier access. The hope is that this work will be completed before the winter weather sets in.

The Treasurer has reported to Marilyn Adams, Board Secretary, that this has been an outstanding year of monetary donations in particular. She adds that church sponsors and community members have been very giving of both food and money. In a recent note, Adams concluded: "Our prayers have been answered this year."

CONGREGATIONAL NEWS

Welcome, New Members!

During worship on Sunday, September 27th, we welcomed into our Church community six new members. After a brief service and meditations led by the Pastor, we left the sanctuary for the Nicholson's nearby pond, where Aidan Ottoni Wilhelm was baptised in the company of family and friends. Check out the biographies below for more information about our wonderful new members!

Adrienne Lowe: Though Adrienne Lowe was raised in Southern Baptist congregations and "escaped" fundamentalism by way of unprogrammed Friends, she has come to find her spiritual home and faith community at the Richmond Church of the Brethren. She has long been an admirer of the Brethren emphasis on the integration of head, heart, and hands in following Jesus and is pleased to join this body as someone who seeks to do the same.

Aidan Ottoni Wilhelm: Growing up in the Church of the Brethren, Aidan has experienced the Richmond Church of the Brethren as her home and feels a close connection with its people and its commitment to the greater Richmond community. She began considering baptism while deepening her faith at her family's regular Saturday evening Sabbath services. After much prayer, she decided to make the move, at age 12, towards baptism. She was baptised by Pastor Matt McKimmy in the company of her family and friends at the Nicholson's pond on Sunday, Sept. 27, in the afternoon.

Nathaniel Smith: Nathaniel spent the bulk of his life un-churched. He was initially surprised to find himself singing hymns and listening to sermons every Sunday but has grown to love being among the amazing community at RCoB. As a member he is excited to continue seeking ways to live the lessons of Jesus using his talents and knowledge.

Susan Wible: Originally from the Cleveland area, Susan graduated from the University of Dayton and Wright State University. Having taught young children for many years, she was blessed with a precious daughter of her own. Anna has grown into a precocious second grader who attends school in

Eaton, Ohio, where the Wibles have settled into an 1895 schoolhouse. They are happy to have found a family of friends at Richmond Church of the Brethren.

Jenny Williams: Jenny is a lifelong member of the COB, having grown up in the Mt. Morris (Ill.) Church of the Brethren and having most recently attended the McPherson (Kan.) Church of the Brethren. A deep-rootedness in the Brethren faith has been a dominant influence in her life's path: where to attend school, to live, to work, and to build relationships. In coming to Bethany Seminary, she has been able to gain new life experiences while maintaining church connections. She has appreciated being welcomed into the Richmond COB, finding it to be a congregation of many talents and deep faith that enjoys being together and growing together. Jenny enjoys observing and participating in the performing arts, history and travel, dogs, humor, and close friendships.

Matt Wollam-Berrens: From the first day, Bethany Theological Seminary and the COB has felt like my true spiritual home regardless of what church denomination I was attending on Sundays. Joining Richmond COB is a natural step toward reinforcing and strengthening my commitment to the "home" to which I know that I am surely called. Peter Abelard wrote "Often the hearts of men and women are stirred, as likewise they are soothed in their sorrows, more by example than by words." I think Alexander Mack would agree with that. I know that my heart has been stirred and soothed by the Christ-like example I have seen in the women, men and children of Richmond COB.

New Adult Sunday Class, "Spiritual Snapshots: Stories from Our Journeys of Faith", begins October 4

Please join us Sunday, October 4th at 9:15 in the fellowship hall for an exciting new adult Sunday class series entitled "Spiritual Snapshots: Stories from Our Journeys of Faith"! Each Sunday a different member or attendee of our congregation will give an approximately 30-min talk, sharing pivotal moments from her or his faith journey & leaving time for questions at the close. A great opportunity to get to know folks & deepen existing friendships, we hope you'll consider joining us! *Note: This is a nine-week series that will continue through the end of November. Please contact Adrienne Lowe at the Church Office for more info.*

Church Finances Update

The total offerings and contributions for September were \$5287.55. As of September 27, the total amount given this year from all contributions is \$60,038.24. If we extend the monthly average through December, we can anticipate total offerings for the year to be approximately \$80,051. The annual budget for the year is approximately \$90,000. We need an increase in giving of approximately 9% to meet the budget for the year.

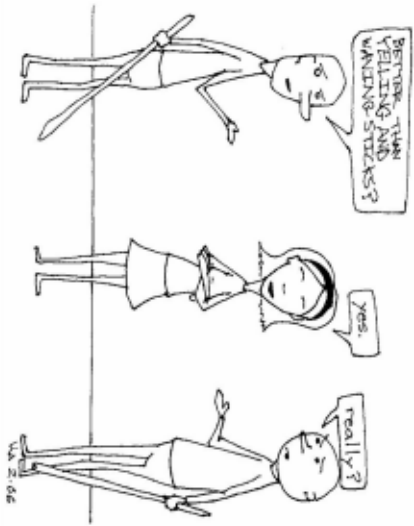
We are continually grateful for the support of our Richmond Church of the Brethren community, so giving as it is of its time, talents, and resources.

COMMUNITY UPDATES



Richmond Church of the Brethren
1 SW 17th Street
Richmond, Indiana 47374

Need a better way
to work it out?



Conflict Resolution Center

www.conflictresolutioncenter.org

973.8511 • IU East, Springwood Hall

*Photographs
from
Worship
In The Park*

*September
20, 2009*



don't forget! Yoga @ Richmond CoB 1st & 3rd Mondays in the Fellowship Hall!



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