

The Pastor's Notebook

One of Jesus' great teaching parables involves a sower who cast seed along the ground. The sower hoped the seeds would sprout, grow, and bear good fruit. Some seeds did just that, producing a great harvest. But others, Jesus said, fell among thorns and, though they began to grow, these good plants were quickly choked out. Jesus said the thorns were "the cares of the world and the lure of wealth" (Matthew 13:22).

In a culture where having "enough" seems to have become a never-ending pursuit, Jesus' parable remains incredibly relevant. Many of us are chasing the American dream in ways that lead to stress, anxiety, and fear—thorns that can rob us of the ability to enjoy the abundant lives of purpose that God intended for us.



All of us have struggled with these issues at one time or another. They are important issues that we cannot ignore. This is why, over the 4 Sundays of October, we will be having a Sunday worship emphasis called ***Enough: Discovering Joy Through Simplicity and Generosity***. During this time we will explore what the Bible teaches us about financial management. We'll hear Biblical guidance and stories about what others have learned by working through financial challenges. Each week we will provide you with some practical tools you can use to assess your financial situation and develop a financial plan with a biblical foundation.

At the conclusion of the emphasis, we will have the opportunity to make personal commitments of our offerings to God through our church in the coming year. We will consecrate these commitments in one worship service on Sunday November 4 at 10 a.m. followed by an all-church luncheon! (See the schedule that follows for our weekly themes.)

In addition, during Advent, we will offer small-group study opportunities on Wednesday night and Thursday mornings to explore more deeply how the Bible helps us live a more content lifestyle.

I hope you will join us in the coming weeks as we look at how we can manage our financial resources and truly experience simplicity, generosity, and joy.

Schedule of Topics

- Sunday Oct. 7 “When Dreams Become Nightmares”
- Sunday Oct. 14 “Wisdom and Finance”
- Sunday Oct. 21 “Cultivating Contentment”
- Sunday Oct. 28 “Defined by Generosity”
- Sunday Nov. 4 “First Bethel Celebrates!”
- Wed/Thurs. Nov.28/29 Advent Bible Study Begins

I look forward to growing together in simplicity and generosity!
God bless you!

- Pastor Tom

Thank you Shepherds!

We wish to thank all those who work so hard to prepare gifts for our homebound members. You give so much joy and love to our shut-ins and your work is much appreciated. Those people are: Marilyn Kebe, Charlene Phillips, Lynda Pore (and King School Kids), Andrea Swift, Doris Woll, and Martha Circle.

Our Shepherds, who take time each month to deliver these gifts and a double-dose of hospitality are: Donna Hennen, Lem Irick, Kathy and Rick Rickenbach, Lorna Schultz, Terry Snead and Dorrie Walter. Your devotion is much cherished.

If you would like volunteer as a shepherd and offer the ministry of kindness to a member of the church, please see Barb Dillon today!

QPR Training Begins this Month!

Most individuals want to help save lives, but avoid talking about suicide because they are unsure of how to identify someone at risk or they are concerned about saying the wrong things or making a situation worse. Saving lives begins with learning what to do.



We will be offering QPR Training at First Bethel Church beginning on Wednesday, October 3 from 7:00 – 8:00 pm and you are invited to attend. **QPR stands for Question, Persuade, and Refer**—the 3 simple steps anyone can learn to help prevent suicide. The most widely taught gatekeeper training in the world, QPR is designed to help everyone learn how to recognize the warning signs of suicide, offer hope, and help save lives. Participants will learn how to intervene with an individual who is at-risk, persuade them to get help, and guide them to the appropriate resources.

For more information please call Pastor Tom at 412-722-8316 or see the group facilitator, Jane Black, at church.

Martha Circle

Our prayers will be with Regan Gray when she leaves on the Mission of Peace trip in December. She spoke at our September meeting and answered questions about the upcoming experience. They are happy we can support her in a small way.

Our group waits for opportunities to serve our Lord. Something always comes along for us.

Our next meeting will be Wednesday, October 10 at 7 PM in the Susanna Wesley room. All women of the church are welcome to join us and discover the joy of service as well.

- Donna Hennen



That Won't Work!

by Gloria Stephan

Fifty years ago, a Christian named Tex Evans had an idea that changed the world. Gather some college students with a passion for building relationships, raise money to buy construction supplies, add volunteers from around the country to provide the labor, and set out to Central Appalachia one week at a time to eradicate substandard housing. That won't work! Or will it?

Every year since, ASP has done just that. If you've heard testimonials of folks that have participated in ASP, you've probably heard some of them say the same thing. It sure doesn't seem like it should work, but it does. The program has evolved over the years, but the principle idea has remained.

Along the way lives are transformed as people connect with each other, homes are repaired, hope is restored, and faith is deepened. I believe one of the keys to the success of the program is that we first need to give up control, and trust that God will work in us and through us in ways we cannot imagine.

This quote is from *The Secret Garden* by Frances Hodgson Burnett: "At first people refuse to believe that a strange new thing can be done, then they begin to hope it can be done, then they see it can be done – then it is done and all the world wonders why it was not done centuries ago."

If you want to experience ASP, please consider joining us next June. Youth ages 14 and up (or age 13 going into 9th grade next fall) are invited to participate along with Adult Group Leaders. Clearances are required for everyone 18 and older. Registration for First Bethel's trip is required by February and space is limited, so don't miss out.

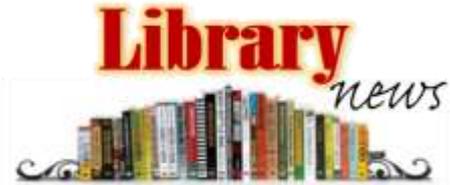
For more information, see the ASP website at www.ASPHome.org or contact me at gstephan57@gmail.com. It does work, you'll see!

Library News – Looking Depression in the Eye

“Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest ...it affects how you feel, think and behave and can lead to a variety of emotional and physical problems ...” - Mayo Clinic.

We are pleased to have these two books for our readers:

PRESCRIPTIONS WITHOUT PILLS – This popular trade paperback offers techniques to cope with depression, anger, anxiety and relationship difficulties. The author is internationally recognized clinical psychologist *Susan Heitler*, who says she strives to help people “feel happier and live more gratifying lives.” This easy-to-read 251-page book has received much praise. The magazine *Psychology Today* said the author offers “warm, kindly and effective guidance.” A physician called the book “a terrific addition” to her library and for her patients. A pharmacist wrote: “I have for some time been concerned about the rising rates of antidepressant and anti-anxiety prescriptions. This book has very practical advice for anyone struggling with negative emotions ... I highly recommend it to those who need help and their family members as well.” Dr. Heitler, who practices in Denver, has written several self-help books.



THE NOONDAY DEMON: An Atlas of Depression. The author, *Andrew Solomon*, has struggled with depression, which he says “destroys not only connection to others but also the ability to be peacefully alone with oneself.” He details the complexities and pain of depression – and gives reasons for hope. Working on this award-winner for five years, the author interviewed fellow sufferers, doctors, scientists, policymakers and drug designers. A *Time* magazine review said this is a meticulously researched book that is “empathetic and enlightening, scholarly and useful.” Solomon, sharing his lifetime story with readers, discusses various treatments, including drugs, and his own trials with them. Chapter titles in this 510-page volume include *Addiction*, *Breakdowns* and

Treatments. A publisher's note says "this is not a book to be skimmed." Solomon is a professor of clinical psychology at *Columbia University Medical Center* in New York.

- Your Library Staff

A Note From Amy

Hello First Bethel Family. I would like to Thank all of you who have been praying and continuing to pray for me from the beginning of my dialysis treatments to my recent kidney transplant surgery. I also like to thank everyone who have sent various cards, get well wished, flowers and gifts. It has been greatly appreciated to have the love and support you all have given me and it helped me to get through a difficult situation in my life. Thank you again.



Take Care and Peace,
Amy Scott

Women's Retreat and Renewal

Our annual Women's Retreat is Nov 9-11, 2018. It will take place at Olmsted Manor near Kane, PA. The leader this year will be Rev Lisa Grant. The study topic will be "Embracing Wholeness".

The cost will be \$122.00 each for a double room. Single Rooms are limited for \$144.00 and you may need to share if needed. A \$15.00 deposit will hold your space. Brochures will be available in the Narthex in the coming Sundays. Any questions call Amy Scott 412-874-0250 or ask any of the women who have gone in the past. Thank you.



Church Conference on October 1st!

It's time for the gathering of all members of the congregation, along with the District Superintendent, to carry out necessary church business for the coming year. It's also a time to review our progress and thank God for being our strength and hope through all of life's ups and downs.



Please put **Monday Oct. 1 at 7 pm** on your calendar for our 2018 Church Conference! Plan to welcome DS Dawn Hand to First Bethel Church!

Taize Experiences Reformation!

First Bethel Church, as a member of the Protestant community, has renewal and reformation in its blood. As we enter the month which celebrates the Reformation which began with Martin Luther in



1517, we continue to reform our worship experiences. While essential elements of Taize remain, such as candlelight, music, scripture and opportunities for quiet, reflective prayer, we have added some things, too.

Our music is more melodic with songs such as *God is My All in All*, *Amazing Grace (My Chains are Gone)* and *Blessed Assurance* being added. Our silent time is given shape by guided meditations which tie into the evening's theme.

With these revisions, we believe Taize Prayer will become even more accessible to those seeking the peace and hope of God.

Join us and experience the power of God's redeeming and renewing Spirit!

Meadowcrest Nursing Center Ministry

Bring the good news of Jesus to our neighbors at Meadowcrest on Braun Road in Bethel Park!

Our next visit for worship and singing will be October 12th at 3:00 pm. Join us for a meaningful time with our neighbors. No experience necessary, just a caring heart and a willing spirit! See Pastor Tom today!

Outreach News!

The Outreach Committee had its first meeting of the fall and has many projects coming up. We hope you will be able to find something that interests you to help make the world a better place.

We are going to find a family in the Carolina's to try and adopt. There was so much destruction and so many people lost everything that I think we will be able to lend a helping hand to help them get back to some sense of normalcy. We will ask them what their needs are and see where we can help. Watch for more details in the bulletin or next month's King's Light. You can always give to UMCOR and 100% of the monies go to the people and not to administration expenses.



Our next Daily Bread is Sunday Nov 11 and if your would like to help cook or serve please call the Church office or Sally Irick at 412-833-9324. We will be signing up to have 6 more dates for next year.

We are going to try to implement a new project starting in January that will give a "well call" to our seniors or anyone who lives by themselves. Stay tuned for more details later Our next Outreach meeting will be Monday October 15 at 6:30 PM.

- Sally Irick

Book Club – A Tradition of Great Reading!

The Book Club of First Bethel Church has a long history of reading and discussing timely and interesting books every month. Recent selections have included: *Just Mercy*, *A Gentleman in Moscow*, and *Ella Minnow Pea : A Novel in Letters*.

The next book club meeting and book is:

Friday, October 19 – ***“The Great Alone”*** by Kristin Hannah was published on February 6, 2018 and became an instant New York Times #1 bestseller. The novel, an epic love story and intimate family drama set in Alaska in the turbulent 1970's is a daring, stay-up-all-night story about love and loss, the fight for survival and the wildness that lives in both nature and man.

Join the club which meets the third Friday of the month at Panera Bread in South Park Shops

Sunday School Is Back!

All children from Preschool through High School are invited to a time of discovery, fun, and faith in First Bethel's Sunday School. Join us in the Education Center at 10 a.m.

- Pre-K with Amy Zeminski
- Grades 1 & 2 with Doris Woll
- Grades 3 & 4 with Lisa McDermot
- Grades 5 to 8 with Brenda Sullivan
- Grades 9 to 12 – Shauna Bowser
- Adults – FaithLink with Mike
Stephan



Sunday Adult Bible Study?

Interested in an adult Bible study during the Sunday school hour between services? Please come to a meeting to help discuss and plan! We will gather in the Susanna Wesley Room on Sunday, Oct. 14 following the 9:00 service.

Youth Group Activities



It's clear that our youth and their leaders have been doing some serious planning lately and they've come up with some awesome events for all young people in Grades 6-12!

- Oct 7(Sun) 4:30-6:00 Youth Group @church
Oct 20(Sat) 5:30-8:30 Hayride/Pumpkin Patch (meet at church)
Oct 21(Sun) 12:00-5:00 FBUMC - Jumonville Day
Nov 4 (Sun) TBD SkyZone/Escape Room (meet at church)
Nov 18 (Sun) 4:30-6:00 Thanksgiving Dinner @ church
Dec 2 (Sun) 4:30 FBUMC Advent Dinner/Crafts
Dec 15 (Sat) 5:30-10:00 Progressive Dinner (3 hosts needed, see Charlene Pauline if interested)
Jan 6 (Sun) 4:30-6:00 Youth Group @ church
Jan 19 (Fri) 7pm-8am Winter Lock-In
Feb 3 (Sun) 4:30-6:00 Super Bowl Youth Group @ church
Feb 15-17 Jumonville Weekend

Stay tuned for additions to the schedule! One common theme from the youth is MORE TIME TOGETHER!

Beat the Flu this Year!

Tired of feeling sick and tired every winter? Who needs to be sick when Walgreens will be at First Bethel on Sunday October 7 from



10 a.m. to 12:30 p.m. for a flu shot clinic! Plan to join your friends who are going to beat the misery of the flu this year.

Mark your calendar and bring your insurance card(s)
Please sign up in the narthex

The love of money may be the root of all evil, but greed is the fertilizer.

**A Worship Service in
Celebration of God's Creation of Animals
will be held at First Bethel Church**

Sunday October 14th at 4:30 p.m.

We will come together in appreciation of the animals in our lives and give thanks for the love we receive from our pets. Through them we are drawn more deeply into the larger circle of life with our creator.

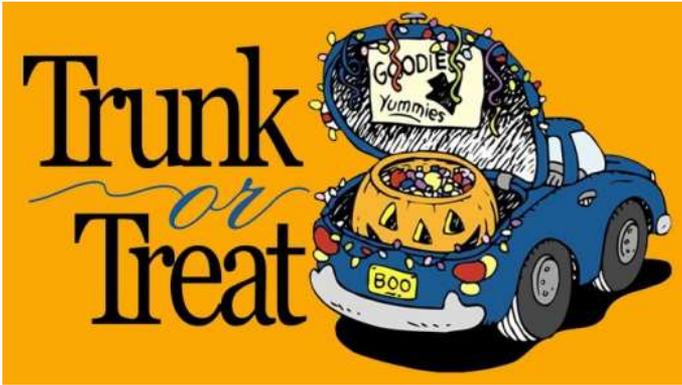
Bring your well-socialized pets to be blessed, (dogs on leash, cats, birds, and other small critters in crates), or bring photos or stuffed animals as representation of home-loving animals.



Pet treats and human treats will be provided

Donations of pet food, treats and supplies will be collected for SHIM.

Please sign up in the narthex!



Join in on all the fun!

Sunday October 28th from 6 to 7 pm

***Costume Contests * Trunk Decorating
Contests * Crafts* Games ***

Please bring Treats to distribute to all our friends and
a non-perishable food item to donate to SHIM

**Please RSVP to the Kings School Kids Office
by October 21st at 412-835-6141**

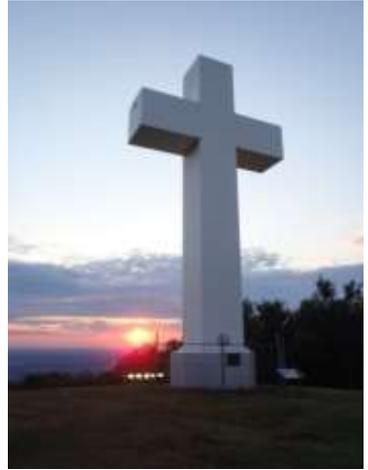
If you are interested in being a helper please see
Miss. Lynda

Church Family Get Together At Jumonville!

If you have been to the historic Jumonville Camp & Retreat Center you certainly know about its ability to draw people closer to God.

We'll save the date because on **Sunday October 21** we're going to the cross at Jumonville!

We will leave the church right after the second service, stop for lunch, enjoy the beauty of fall in the Laurel Highlands and make our way to the top of the mountain and the cross for a time of communion and fellowship.



Please look for a sign up sheet in the narthex so we can make lunch plans.

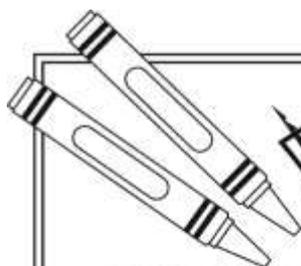
Keeping Score



Baseball purists often delight in keeping detailed scorecards. So do many Christians — often unknowingly. Do you give yourself “credit” for your years in the faith? for the number of services or studies you attend? for the good deeds you perform? for the Bible verses and creeds you know by heart?

In Philippians 3:4-6, Paul recites his impressive scorecard, yet despite those credentials, he couldn't earn God's favor. Neither can we. Our tallies are all “loss” (v. 7) when compared to the righteousness that comes through faith in Christ (v. 9).

Attending church, serving and memorizing Scripture are good things. But we do them not to *get* right with God but because we *are* right with God — through Jesus.

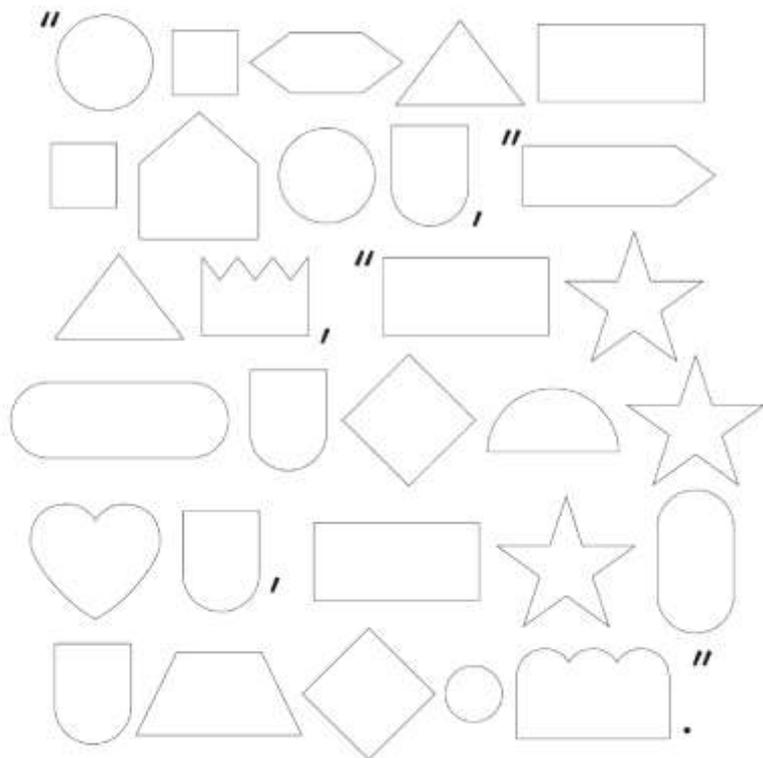


PUZZLE

GOD'S PLAN

When we ask God for guidance, he will show us his perfect plan for our lives.

Directions: Use the shape code to the right to write out Jeremiah 29:11, NIV.



Answers: "For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future." (Jeremiah 29:11, NIV)