



/Corner of Beaver & Burrowes

A-B NEWSLETTER

• ALBRIGHT-BETHUNE UNITED METHODIST CHURCH •

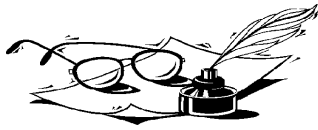
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Blannie Bowen, Editor; Volume 26, Number 11, November 2019



From the Pastor's Desk



Change is coming!

This time of the year, many people including my wife, Kadie, and I look forward to the beauty of God's creation as changes occur in nature. The beauty of God's handiwork is clearly visible in the trees and leaves around us.

Summer is full of activities and events. It is the time when humanity goes crazy with travels, celebrations, and you name it. It's the season when people are full of life.

With all of the events and activities that go on during summer, we are never to forget that there are other seasons. The Hebrew scripture clearly reminds us that everything has its season and time. The bible emphasizes that: *"Everything on earth has its own time and its own season."* Ecclesiastes 3:1.

As Kadie and I sit at home and watch nature evolve, we see little yellow leaves from the trees in our yard dance as they fall off the branches. It seems they fall almost as quickly as they change from green to yellow. I love the season of summer affectionately and part of me always longs to whisper to the trees, "Hold on for a little longer. Come on; you got this. Think green!" But graciously, the trees listen to their maker rather than my longings. In order to flourish in the new season, the trees must let go of its decayed leaves. They have performed well for their term, but their time has drawn to a close.

Fall is a wonderful time to observe nature. As I watch the swirling leaves stirred by the wind, I am reminded that they display an important lesson for all of us to follow suit in a way. Just as the trees don't stubbornly hold onto their dead leaves, so we shouldn't hold on to any unnecessary weight in our lives. When we long to enter a new season, the old can easily inhibit the new if we allow it. God's word reminds us to: *"Get rid of bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."* Ephesians 4:31-32.

As Christians, we are better off when we get rid of negativity and allow the power of the Holy Spirit to take charge of our lives. Oh how the Lord longs to empower and strengthen us for the new season ahead.

As the seasons change, we should be reminded that even with seasonal change, God's love for us will never change. What has to change is what we carry in our lives. Like the trees, we need to get rid of the burdens in our lives. God's promise to us in scripture is always to be remembered: *"Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland."* Isaiah 43:18-19.

As you watch the seasons change and enjoy the beauty of nature and God's wonders of creation, what are you holding on to that is preventing a freshness to the season ahead and newness of your heart? Are you ready to let go and let God in? Could it be that the decayed and dead leaves are piling up and your heart needs to discard them for good?

As you watch the leaves fall this season, my prayer for you is that you are reminded to let go of anything that hinders your relationship with God and your relationship with other people. Make a positive change in your life and the lives of others. Change can come and it can begin with you!

- **P**EANUT BUTTER EXPRESS – During November, we will be collecting jars of peanut butter during our worship service for the Annual Terrell Jones Memorial Peanut Butter Drive. Let's see how many times we can fill our Peanut Butter Express Wagon! All peanut butter will be donated to the Food Bank. Terrell created and led this popular drive before his death in 2014.
- **P**ECAN PIES - Albright-Bethune is again selling a limited number of genuine Southern pecan pies that you can enjoy with your Thanksgiving dinner or eat for a special dessert. The price is still only \$20, but please also consider making a contribution to our church. The pies will be baked by B. Evans Kitchen (aka Blannie) and will be available starting Monday, November 18, until Sunday, November 24. Contact Blannie Bowen if you want to order a pie or have questions. You can reach Blannie at (814) 777-6550, (814) 237-5131, or at blanniebowen@gmail.com.
- **B**IRTHDAYS & ANNIVERSARIES - - Congratulations to these individuals who celebrate special days this month: November 2 – **Jennifer Saunders'** Birthday; November 4 – **Andrew Jackson's** Birthday; November 4 – **Keisha Johnson's** Birthday; November 11 – **Victoria Jackson's** Birthday; November 14 - **Jadon Isaiah Wilson's** Birthday; and November 16 - **Michelle Torregano's** Birthday. Give Blannie your special dates so we can honor you (call 237-5131 or email blanniebowen@gmail.com).
- **E**MMY AWARD - Congratulations to **Cheraine Stanford** and Kristian Berg of WPSU who last month won a Mid-Atlantic Emmy award for episode eight of "[Finding Your Roots: The Seedlings](#)" which earned recognition in the education/schools – program/special category. This web series followed 13 young people at a new genetics and genealogy camp as they used science to answer the question "Who am I?" In the program that was inspired by the popular PBS series "Finding Your Roots with Henry Louis Gates, Jr." and shot on Penn State's campus, campers explored their own family history and DNA ancestry with techniques never before used in an educational setting. Cheraine was the producer for the episode and Kristian was the producer/director/writer (From Penn State News).
- **P**RESENTATION - On October 14, **Blannie Bowen** made a presentation to the X-Club which is a Penn State faculty organization. The title of his presentation was *The Big 10 Conference (And Big Time Academics)*. See Blannie if you have questions or want to learn more about the presentation that focused on the Big 10 Academic Alliance which includes everything but the conference's sports teams.

- **BOOK STUDY** - Feel free to join a discussion of the book, *White Fragility: Why It's So Hard for White People to Talk about Racism*, by Robin J. DiAngelo. The group will meet on Thursdays (November 7, 14, and 21) from noon-1:30 pm at the University Baptist and Brethren Church which is located at 411 South Burrowes Street in the Fireside Room. Please read this book in advance of the group discussions. Also you may want to watch a short video: Why "I'm not racist" is only half the story: <https://www.youtube.com/watch?v=kzLT54QjclA>. The discussions will be facilitated by Pastor Bonnie Kline Smeltzer and Karen Moser. If you plan to attend, RSVP to Karen Moser at karen@ubbcwelcome.org.
- **CHURCH CONFERENCE** - The annual Albright-Bethune Church Conference was held on October 24 at the Mount Nittany UMC. Other churches within the State College "cluster" met at the same time. The Church Conference is the annual meeting where our leaders are elected and annual reports given. During this year's conference, each church was asked to prepare a poster and give a 2-3 minute presentation about the church's history and major activities. Thanks to **Lisa Warren** for preparing our poster and giving a report about our church. See Jackie Peagler or Pastor Amara if you have any questions.
- **THANKSGIVING** – On November 28, we will celebrate Thanksgiving Day. Please use this time to live the purpose behind the day by inviting friends, family, students, and some worshippers. Several of our worshippers are from other states and countries and cannot return home for Thanksgiving. So, include them in your big meal. Also, invite your guests to take some of the left-overs so they do not clog your freezer until next Thanksgiving.
- **OFFICE HOURS** – Pastor Amara has office hours here at Albright-Bethune on Wednesdays and Fridays from 11-2. You can stop by to visit with him during these hours. Also, you can reach him by email at pamara@susumc.org or via his cell phone at (585) 797-4466.
- **LITURGIST & TEACHERS NEEDED** - Please consider playing a more active role in our congregation. Volunteers are sought to be Sunday School teachers and our liturgist during worship. Contact **Carla Roser-Jones** if you are interested in these opportunities. You can reach Carla at (814) 880-9302 if you do not catch her at our worship service.
- **STRESS REDUCERS** - With the Thanksgiving and Christmas holidays approaching, now is a good time to reflect on an issue of A Christian Perspective newsletter that offered 7 ways to reduce stress and make your life more enjoyable. **(1)** Allow time everyday for privacy, quiet, and introspection. **(2)** When you face an unpleasant task, do it early in the day. **(3)** Delegate responsibility to capable individuals. **(4)** Take a lunch break to get away from your problems. **(5)** Count to 1,000 (not 10) before doing or saying something to make matters worse. **(6)** Have a forgiving view of events and people because we live in an imperfect world. **(7)** Have an optimistic outlook because most people do the best they can.
- **ADVENT** - How much do you know about Advent which celebrates Christ's birth 2,019 years ago? Advent is derived from the Latin word *Adventus* which means coming. It begins on Sunday, December 1, and ends at sunset on Christmas Eve. Advent always includes four Sundays. The 1st Sunday marks the start of the Christian year and the final victory. The 2nd and 3rd Sundays represent John the Baptist while the 4th represents events preceding Jesus' birth. Traditional colors include purple which means royalty and is linked to penitence and Mary, Jesus' mother. Blue represents hope and white and gold represent joy and festivity. Christmas Eve is not part of Advent, but is the beginning of Christmas.

- **FALL OPTIONS** - Try the following to make your transition from summer to fall more enjoyable. Go outdoors to experience God's creation and watch the leaves change colors. Have a class outside, take a hike, go on a picnic, or pick-up litter in a park or along a roadside. Try a weekend of camping at nearby sites such as Shaver's Creek or Black Moshannon. Also, volunteer to take children to recreational areas. These are excellent opportunities to teach children about the creation stories in Genesis or other Biblical texts.
- **PARKING** - Monday-Friday from 6:30 am to 6:30 pm individuals rent some of our church's parking spaces. Please **do not** park in the spaces during these hours. Also, to stop students from using the spaces 24 hours a day, the parking lot is being patrolled and unauthorized vehicles will be ticketed. During Sunday worship, the lot **is not** patrolled and nobody is ticketed. If church activities require you to park for extended periods **other than during worship**, contact Cathy Bowen to get a **free** parking sticker for your vehicle.
- **EACH ONE, BRING ONE!** - Some individuals are seeking a church home to have a fulfilling religious experience. Take the time to share your worship experiences and then bring one of these individuals to church with you. Next, nurture and keep that person involved in our church. Don't underestimate the impact that you can have if each one of us brings only one new person into our congregation. If each Albright-Bethune member and worshipper brings only one new person into our church family, we can begin a serious growth mode. See Pastor Amara for ideas that you can share with an un-churched person.
- **CHRISTMAS GIVING** – You should now start thinking about making Christ a bigger part of your Christmas celebration. The *Christian Financial Concepts* newsletter recommends that we do some soul searching. This newsletter suggests that you decide the amount you plan to spend on gifts and then contribute 10% to Christ-like causes. For example, use the 10% to support food banks, orphans, and missions that spread the gospel in other nations.
- **YOUR ITEMS** – Send, email to blanniebowen@gmail.com or give your items to **Blannie** by the **20th** of the month. Send your birthday, awards, church presentations, writings, etc.

Calendar

November 3	Daylight Savings Time Ends
November 5	Albright-Bethune Administrative Council Meets, 7 p.m.
November 10	Organ and Tissue Donor Sunday (Give Life)
November 24	United Methodist Student Sunday
November 24-30	Penn State Thanksgiving Holiday Break
November 28	Thanksgiving Day
December 1-24	The Season of Advent
December 3	Albright-Bethune Administrative Council Meets, 7 p.m.
December 13	Penn State Classes End
December 21	Penn State Fall Commencement
December 24	Christmas Eve Service
December 25	Christmas – Celebrate the Birth of Jesus
January 1	Welcome 2020
January 7	Albright-Bethune Administrative Council Meets, 7 p.m.