



Corner of Beaver & Burrowes



From Pastor Paul's Desk.....

A-B NEWSLETTER

• ALBRIGHT-BETHUNE UNITED METHODIST CHURCH •

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Blannie Bowen, Editor; Volume 30, Number 10; October 2023

Greetings in the name of Jesus Christ, the Prince of Peace, the Healer of the Soul, and our Everlasting Redeemer. I am filled with excitement about the divine plans that the Lord has instore for us at Albright-Bethune. We have been blessed with a remarkable opportunity to be a bridge in our community, mending souls through the power of the Word and engaging hearts in stewardship and prayer. Together, as a Beloved Community, we can sow the seeds of Jesus Christ, our eternal Hope.

Starting on October 3 and concluding on October 23, I will be leading a bible study on the book of Colossians. We will not have study the week of the 9th. I will be out of town and we will continue the next Monday. This study will serve as the foundation for an upcoming sermon series that we will be embarking on in the book of Colossians. During the month of November, our series will focus on introspection, encouraging each of us to assess our lives and explore if there is a better way forward.

One pinnacle event this month is the financial planning series spearheaded by Dr. Cathy Bowen on October 12 & 26. Please come on out. The information is impactful as well as necessary in the climate we live in. From understanding power of attorney to estate planning, these are important topics for seasoned saints to young adults. For any questions, please reach out to Dr. Bowen (cbowen2015@gmail.com).

Father, I pray that our church family would be filled with Your Holy Spirit. That they would speak the bold truth of Your Word without fear. I pray that their passion for You would be evident to all who see them. Stir the church's faith up. Use them as a powerful witness for Your kingdom, Lord! In Jesus' name, Amen. Be Blessed, **Pastor Paul**

• **COLORFUL MUMS** - Please take time to visit or drive by our garden that **Zan Dyreson** created on the corner of Beaver and Burrowes for her Eagle Scout project. Zan has extended the growing season by planting several colorful mums to enhance the garden for fall since many of the plants are fading as the season ends.

• **NEW STAFF ASSISTANT** - On October 1, **Ariel McReynolds** will become our church's new staff assistant. She will also serve in the same role for the Fairbrook congregation. Please take the time to welcome Ariel to this new role. Also, please offer thanks to **Jason Adams** for his service as he leaves the position.

- **P**LANNING FOR FINANCIAL LIFE EVENTS PROGRAM - Congratulations to **Cathy Bowen** who received a grant (\$600) to fund a program entitled "*Planning for Probable Financial Life Events*" from the United Methodist Foundation. The plan is to deliver a program this fall over a series of three sessions that will be held at our church. All dates are on Thursday nights from 7-8:30 p.m. You can register at <https://forms.gle/JsbewNNy9KSLVHRt9>. Session #1 was held on September 21 and was titled *Estate Planning Essentials: Get Your Ducks in A Row Before It's Too Late*. Session #2 will be held on October 12 and is titled *Financial Missteps to Avoid or Be Aware Of*. Session #3 will be held October 26 and is titled *Aging and Caregiving Resources in Centre County. Know About Them Before You Need Them*.
- **D**ISTINGUISHED LECTURE - On September 27, **Mark Dyreson**, the 2022 recipient of the [Pauline Schmitt Russell Distinguished Research Achievement Award](#), presented a lecture entitled "*The Curious Case of the Rarámuri Foot-Runners: Unlikely Avatars of Modern Health and Wellness*." Each year, this lecture is presented by the most recent recipient of the Pauline Schmitt Russell Distinguished Research Achievement Award that recognizes the contributions of a distinguished faculty member whose career-long research has had a profound impact on a specific field of study. Mark studies how sport shapes modern societies and impacts ideas about health and human development. His most recent book is *Black Mercuries: African American Athletes, Race, and the Modern Olympic Games*. Mark joined Penn State's Department of Kinesiology in 1998.
- **B**IRTHDAYS & ANNIVERSARIES - Congratulations to these individuals who celebrate a special day this month: October 2 – **Juliet Jones**' Birthday; October 10 – **Kareem Weaver**'s Birthday; October 18 – **Campbell Jones**' Birthday; October 18 - **JoDee Dyreson**'s Birthday; and October 28 - **Darrin Ferrell**'s Birthday. Give Blannie your special dates (call/text 814-777-6550 or email blanniebowen@gmail.com) so we can honor you.
- **F**OOTBALL PARKING - During Penn State home football games this fall, our church is again making its parking spaces available to individuals attending the games. Volunteers are needed to help with this activity that will generate funds to support our congregation's programs and activities. If you are interested and available to assist, please contact Pastor Paul.
- **L**AITY SUNDAY - Our congregation will celebrate Laity Sunday on October 15. On this day, members of the congregation will play increased roles in our worship service. Laity Sunday is an invitation for the whole church to remember that all of the baptized, lay, and clergy together are the people of God. Our English word "laity" comes from the Greek word "laos" meaning, "people." Laity Sunday celebrates the ministry of *all* Christians to love God and neighbor.
- **C**HURCH CONFERENCE - The Annual Albright-Bethune Church Conference will be held on November 5 at 6 pm at Mount Nittany UMC. Brenda Leigey, our district superintendent, will conduct the conference jointly with the leaders of our congregation and the leaders of Mount Nittany, Fairbrook, Park Forest, and St Paul's UMC. See Pastor McReynolds or Jackie Peagler if you have questions about the conference or the business affairs of the church. All members and worshippers are encouraged to participate in this important meeting where our leaders for next year will be formally appointed and other important business is conducted.
- **J**OINT WORSHIP SERVICE & PICNIC - On September 17, our Albright-Bethune church held a joint worship service with Fairbrook UMC in its building during its 9:15 service and then joined them for lunch. Thanks to everyone who participated in the worship service and brought food items and participated in the lunch.

- **RACIAL ETHNIC SUMMIT** - The 2023 Racial Ethnic Summit was held September 22-24 at the Seven Springs Mountain Resort. Bishop Cynthia Moore-Koikoi and Bishop Sandra Steiner Ball co-hosted this event with the UMC's Strengthening the Black Church for the 21st Century. In addition to clergy, the bishops invited the SPRC chair, Administrative Board/Church Council chair, and Lay Leader from each racial-ethnic congregation or church served by a racial-ethnic pastor. **Jackie Peagler**, the chair of our Administrative Council and our Pastor-Parish Relations Committee, and **Blannie Bowen** as Lay Leader, represented our congregation. They made several excellent connections and secured information and insights that will be incorporated into our congregation.
- **T-SHIRTS** – The Bethune Society, our church's Penn State student affiliate group, is planning to design and sell a t-shirt to help publicize our church. Details and specific information about the shirt will be shared after they are finalized. Thanks to **Zan Dyreson** for leading this effort. Please contact her if you have any questions. You can reach Zan at dyresonzoop@gmail.com.
- **NEW QUARTER** - United Methodists and others gathered in San Antonio on September 14 to celebrate the minting of a US coin bearing the image of [Jovita Idár](#), a Methodist, journalist, and activist who worked to empower Mexican American women and others in the early 20th century. The US Mint [included Idár](#) (1885-1946) as part of its American Women Quarters series. Other honorees include Eleanor Roosevelt, Maya Angelou, and Sally Ride. Representatives of the Mint joined members of Idár's family and retired UMC Bishop Joel Martinez in a [roundtable discussion](#) about Idár during the celebration at the University of Texas at San Antonio (From UM News Article by Robert Lopez and Austin Newton).
- **ECONOMIC IMPACT OF RURAL CHURCHES** - [A new study](#) suggests that there are many valuable things going on in rural churches and small congregations beyond Sunday morning worship. In North Carolina, a rural church contributes between \$488,598 to \$735,000 of value to its local economy each year, according to a new study from [Partners for Sacred Places](#) and the [UNC Charlotte Urban Institute](#) prepared for [The Duke Endowment](#). Eighty-seven churches in North Carolina were surveyed for the study entitled "The Economic Halo Effect of Rural United Methodist Churches of North Carolina." In this study, "rural" was defined as "counties with a population density of less than 500 people-per-square-mile." Rural churches support local businesses and provide community meeting space, early childhood education and more. The economic contributions of rural churches suggest they should be measured by more than the length of their membership rolls (From UM News).
- **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 begin to 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.
- **THANKSGIVING** – On November 23, we will celebrate Thanksgiving. Please use this time to live the purpose behind the day by helping a few friends, family members, students, and some worshippers. Several of our worshippers are from other states and countries and cannot return home for Thanksgiving. So, please include them in your big meal. One possibility is to deliver or have your guests pick-up the meal. Also, invite your guests to take some of the leftovers so they do not clog your freezer until Thanksgiving 2024.

- **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.
- **ANNUAL CONFERENCE REPORT** - Reports for annual conferences held across the United Methodist Church are now available online. Our Susquehanna Annual Conference was held May 18-20 in Williamsport. You can review the report from our conference at <https://www.umnews.org/en/news/2023-susquehanna-annual-conference>.
- **EACH ONE, BRING ONE!** - Many individuals recently moved to the area when classes started at Penn State and in the schools. Some individuals are now seeking a church home to have a fulfilling religious experience. Take 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. See Pastor McReynolds for ideas that you can share with an un-churched person.
- **FINANCE CORNER** - Each month the amount our church collects via offerings is posted in this section of the newsletter. Our collections for September totaled \$5,547. See **Wally Richardson** if you have questions about our church's finances.
- **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

October 1	World Communion Sunday
October 10	Albright-Bethune Administrative Council Meets, 7 p.m.
October 12	Financial Life Events Session #2, 7-8:30 p.m.
October 15	Laity Sunday
October 26	Financial Life Events Session #3, 7-8:30 p.m.
Nov. 5	Daylight Savings Time Ends
Nov. 12	Organ & Tissue Donor Sunday (Give Life)
Nov. 14	Albright-Bethune Administrative Council Meets, 7 p.m.
Nov. 19-25	Penn State Thanksgiving Holiday Break
Nov. 23	Thanksgiving Day
Nov. 26	United Methodist Student Sunday
Dec. 3-24	The Season of Advent
Dec. 8	Penn State Classes End
Dec. 12	Albright-Bethune Administrative Council Meets, 7 p.m.
Dec. 16	Penn State Fall Commencement
Dec. 25	Christmas Day – Celebrate the Birth of Jesus
January 1	Welcome 2024