

Mt. Carmel UMC News and Encouraging Word

October 23, 2024

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<https://www.facebook.com/mtcarmelumcconnection/> AND <https://www.instagram.com/mcumc21122/>

Thank you...

To our Liturgists who read each Sunday. Our October schedule is...
10/27 – Warren Magruder

To our Narthex Greeters that greet you each Sunday along with Fran of course. Our October schedule is... 10/27 – Jen Harris

To our Coffee Hour Teams, The Fauconnet Family, The Johnson Family and Faith Hope Circle

IMPORTANT DATES

We are preparing for our celebration of All Saints Sunday on November 3rd. If you have lost someone dear to you over the past year and would like them remembered during the worship service that day, please contact the church office with details. Our email address is mtcarmel21122@gmail.com or you can call Mon – Wed 9-2pm. We would also like to share a picture which you can forward to the church as well. Then please plan to be present when that person is remembered.

TABLES ARE GOING FAST!! Let's get real...we all need to clean out one or two nooks in our homes! Why not make some cash from doing so. Bring your unwanted items to our first Flea Market fundraiser that will be held on Saturday, November 9th, 9-3. This is the same day as the very well attended Chesapeake High School Craft Event so we are expecting a lot of drive by traffic!!

We are selling spaces NOW!!

Our church members will be able to set up on the Friday before our event!!

Rentals:

Space only \$15.00

Space with a 6 ft round or rectangular table \$20.00

Space with an 8 ft rectangular table \$25.00 (only 3 left!)

Spaces with tables available until sold out

Indoor and outdoor spaces available on first come first serve basis

Please see our flyer in the Church Hall. Take some to hand out! ***We have purposely scheduled this on the same day as the CHS Craft Fair to maximize traffic.*** If you would like to rent a space/table or need more information, you can contact Jen in the office.

We are selling Apple Pies again this year!! The pies will be on a first come, first serve basis! You won't want to miss getting yours because they are *DELICIOUS!* Flyers can be picked up in the Church Hall.

This year we will be ushering in the holiday season with our first Christmas Tea, Saturday, December 7th, 3-5pm. Tickets are on sale now!! Only \$12 a ticket. Please contact the office if you would like to purchase one, or two, or a whole table!

Other events around town...

Galilee Lutheran Church will be having a TRUNK OR TREAT event on Saturday, October 26th from noon to 11:30. Please see the flyer located in the Church Hall for more details.

Stallings Funeral Home will be hosting a FREE Lunch & Learn event on Wednesday, November 6th at 11am at Stallings. During the informative session you will learn advance funeral planning options, how pre-planning provides peace of mind, how to protect your family from doubt and conflict during a time of loss, how to avoid mistakes, and more. RSVP by October 30th by calling 410-360-1770.

❄️ Outreach News

There is widespread devastation in several states after Hurricane Helene and Milton. Many times after a disaster we don't know how to help. The United Methodist Church has a way we all can lend a hand. **UMCOR**, The **U**nited **M**ethodist **C**ommittee **o**n **R**elief has set up a special offering that will go directly to help those affected by those hurricanes. If you choose to help, please drop a donation in the collection on Sunday or send a check to the church. **Please mark your donation as US Hurricanes.** We will see that it goes directly to the fund at UMCOR. Thank you.

An Encouraging Word from Pastor Mike

You've probably all heard the expression, "you are what you eat". The idea behind the expression is that our diet and lifestyle choices affect our physical health and well-being. If our diets consist of junk food, then we're not going to be healthy or feel healthy. There are some obvious examples of this. For instance, if we consume cigarette smoke (a lifestyle choice) it will eventually kill us. A six-pack of beer a day (another lifestyle choice) DOES NOT result in six-pack abs. Obviously most of us try to eat well and consume those things that will improve our health and physical well-being, not an easy thing to do considering most of what's available is genetically modified or chemically enhanced. These days many of us are extremely health conscious and try to avoid or at least cut back on foods that might harm us.

"You are what you eat" applies to other areas of our life, not just diet. A steady diet of social media, reality T.V., or certain news outlets can, for example, have a negative effect on our situational perspectives and emotional health. I'll use myself as an example here. One of my favorite holidays is

approaching. That's right – it's Halloween. Of course, Christmas and Easter are my favorites, but Halloween is right up there. I have a wide assortment of Halloween themed movies in my DVD collection and my family loves making fun of me when, even before the beginning of October, I begin watching them. But this year, for some reason, they're not as much fun to watch. A couple of weeks ago I started having nightmares – Halloween themed nightmares – featuring scenes from my movie collection. You are what you eat, right? It didn't take a rocket scientist to figure out what was going on. I was consuming Halloween horror, and it was invading my subconscious! So, the more sinister ones have been put away. All I'm watching these days is Disney Halloween fare. I'm dreaming much better.

Our lives are under constant assault by things that could destroy us if we let them. Temptations to consume things that could harm us are on every hand. The food we eat, what we drink, what and who we listen to, what we read, what we watch on T.V., what we "like" and "follow" on social media; much of it has the potential to harm us. We need to be vigilant and remember that we really are what we consume. What we consume can alter us in positive or negative ways. The key is to remember that we are in control of what we consume. We're not forced to consume any of it. When we make good choices, we will find greater emotional, spiritual, and physical health.

A very wise man named Paul of Tarsus put forward some really good advice concerning this in his letter to the Philippians. I've sighted this scripture before, and I think it's becoming one of my favorites.

*"Finally, believers, whatever is true, whatever is honorable and worthy of respect, whatever is right and confirmed by God's word, whatever is pure and wholesome, whatever is lovely and brings peace, whatever is admirable and of good repute; if there is any excellence, if there is anything worthy of praise, think continually on these things [center your mind on them, and implant them in your heart].
(Philippians 4:8 – The Amplified Bible).*

We can choose to consume a diet of negative and hurtful things, or we can follow Paul's advice. I encourage you to do that later. I'll try to do the same. It can only improve our outlook on life and our emotional well-being.

That's all for today. Be well. Stay safe. I hope to see you Sunday either in person or on Zoom. Blessings and Peace – Mike

Weekly Reminders

If you have prayer requests, even if you plan to share them at Sunday worship, please forward them ahead of time to Jen at the church office and she will compile a list to be used on Sunday morning. The church email is mtcarmel21122@gmail.com and our phone number is 410-255-8887.

Prayer Cards are also available in the Narthex on Sunday morning. If you have a prayer or concern, we encourage you to fill out a card and it will be collected and read that morning.

We want to remind you that we are still using Zoom for our Sunday Services. (Join us in your pj's with a morning cup of coffee) I open the Zoom meeting at 9 a.m. to give people time to sign on.

The earlier you sign on the easier it is for me to attend to the greeting responsibilities. It also gives us a chance to chat and share prayer requests. **If you should have any problems logging in, please alert Jennifer in the office.**

Mt. Carmel United Methodist Church

4760 Mountain Road, Pasadena, MD 21122, 410-255-8887, mtcarmel21122@gmail.com

Office Hours – Monday, Tuesday and Wednesday 9-2