

Coraopolis United Methodist Church

Circuit Rider

www.coraopolisumc.org

Advent Edition



Letter from the Pastor — “Storytellers”

“My mouth will tell of your righteous acts, of your deeds of salvation all day long.” —Ps 71:15

“sing to the Lord, all the earth. Tell of his salvation from day to day. Declare his glory among the nations, his marvelous works among all the peoples.” —1 Chronicles 16:23-24

“How can they call on the one they have not believed in? And how can they believe in the one of whom they have not heard? And how can they hear without someone telling them?” —Romans 10:14

As the Thanksgiving and Christmas holidays approach, I think of all the stories we tell our children around the holidays. We tell them about Pilgrims and Santa and Rudolph; we tell them about Great Aunt Helen’s Thanksgiving dinners; we tell them about decorating the Christmas tree when we were young. We tell them about holiday traditions in other times and places.

And we tell them, I hope, about a good and loving God from whom all blessings flow. We tell them about angels and shepherds and wise men and a baby born in Bethlehem. But how is it that *this* story becomes more than just another story? How is it that *this* story shapes who we are and how we live?

One way, I think, is to follow the example of the angels and shepherds and wise men. It is through them that we know the Christmas story. We know about the birth of Jesus because the angels sang out praise to God, and the shepherds spread the word about what they had seen, and the wise men told where they were going. We know that God “took on flesh and dwelt among us” because they told their story!

We all — children and adults alike — encounter the story of God best when other people are courageous enough to tell their *own* stories of faith alongside the stories of Scripture. We hear the story of Mary and Joseph traveling to Bethlehem best when the storytellers also share times when they were alone and far from home (literally or figuratively), and God showed up there. We learn the story of wise men following a star (continued on last page)

The Music Department — Alastair Stout, Director



Advent & Christmas are approaching fast! All the Choirs have been very busy preparing all the seasonal music.

The **Celebration Kids Choir**, meeting on Wednesday evenings, are busy making Christmas decorations & learning *O Come Emmanuel* on the handbells. The **Mary K. Kennedy Chorale** & the **Robert E. Harper Men’s Chorus** are learning new Christmas Carols while the **Chancel Choir** are putting the finishing touches to the Christmas Cantata, which this year is *The Messiah* by George Frederick Handel.

As always there are lots of festive services & concerts both in & outside our Church. On **December 1st**, the Chancel Choir will be participating in a Christmas Concert at St. Stephens Episcopal Church, Sewickley. The concert, (see next page)



The Music Department

(con't from page 1)

'Joy — *An Irish Christmas Celebration*, involves a number of local choirs who will be singing with international performers, Keith & Kristyn Getty, in festive seasonal music with a Celtic flare.

On **December 10th**, the Chancel Choir will be joining the choir of Sharon Community Church in Moon Township to give a concert of Advent & Christmas music including a performance of Handel's *Messiah*.

December 11th is Cantata Sunday at Coraopolis UMC at both the 8:30 and 11:00 am services.

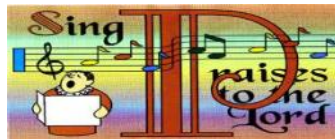
Alastair will be giving an organ recital on Wednesday, **December 14th**, at noon at the Sharon Community Presbyterian Church. The program will focus on reflective Advent music & will be followed by a light lunch. The recital & lunch are free of charge.

December 18th will be a Sunday of Christmas handbell celebrations at Coraopolis UMC, when both the **adult & children's bell choirs** play seasonal pieces at both the 8:30 & 11:00 am services.

On **Christmas Eve**, soloists will lead the music at an afternoon service at 3:00 pm. All the choirs will lead worship at the 7:30 pm candlelight service, and the Robert E. Harper & soloists will sing at the beautiful & reflective 11:00 pm communion service.

On **Christmas Day** morning, our worship service at 10:00 am will have soloists singing of the joy of the Birth of Christ!

Christmas



Schedule

November 26	10:00 a.m.	Hanging of the Greens — Lunch Provided
November 27	8:30 & 11:00 Services	1st Sunday of Advent
December 1	6:00 p.m.	<i>Joy — An Irish Christmas Celebration</i>
December 4	8:30 & 11:00 Services	2nd Sunday of Advent
December 10	7:00 p.m.	Christmas Concert
December 11	8:30 & 11:00 Services	3rd Sunday of Advent — Christmas Cantata
December 14	Noon	Organ Recital — Alastair Stout
December 18	8:30 & 11:00 Services	4th Sunday of Advent — Handbell Celebration
December 24	3:00, 7:30, & 11 p.m.	Christmas Eve Services
December 25	10:00 a.m.	Celebrating the Joy of the Birth of Christ!
January 1	10:00 a.m.	Epiphany Sunday & New Year's Day

Lay Reader Schedule

November 20	8:30 a.m. 11:00 a.m.	Bonnie Swenson Bonnie Swenson
November 27	8:30 a.m. 11:00 a.m.	Sandy Huling Sandy Huling
December 4	8:30 a.m. 11:00 a.m.	Reid Harper Reid Harper
December 11	8:30 a.m. 11:00 a.m..	Kathy Ricketts Andrea Frank
December 18	8:30 a.m. 11:00 a.m.	Crystal Strager Lynn Ogden
December 25	10:00 a.m.	Bonnie Swenson

Acolyte Schedule

November 20	Frankie Readshaw
November 27	Liam Pritchard
December 4	Anela Brown
December 11	Liam Pritchard
December 18	Delaney Taylor
December 25	Jeremy McMonigal

The Boy Scouts, Troop 358

The Scouts also do other things besides being "outside". On December 11th, at 2 pm, they will be participating in caroling at the Coraopolis Towers.

On November 25th, the day after Thanksgiving, the scouts & their families will be touring the churches in the Oakland area. At each church, a presentation will be given describing basic theological tenets of their religion, and pointing out interesting architectural & historical aspects of their house of worship.

This is the Troop that meets in our Church on Tuesday evenings. And on **Tuesday, November 29th**, at 7 pm, they will be hosting an **Open House** for youth and their parents who might be thinking about joining the Scouting Program. They'll be having a mock campsite and demonstrations.

Christmas Party

United Methodist Women

Cordially Invite the Ladies of Coraopolis UMC

To a Christmas Party

Wednesday, December 7th, at Noon

At the Montour Heights Country Club

Cost: \$25

RSVP by November 29th to:

Veryl Springer

412- 264-9486

(Make checks payable to United Methodist Women & include with reservations)



Did You Know?



That **Amy (Peterson) Lenosky** was inducted into IUP Athletic Hall of Fame. She graduated in 1995. Amy was a three-time letter winner in women's soccer and was part of two double-digit winning squads at IUP. She led the team in points in 1994 with 18 goals & 5 assists. Her 41 total points were more than double anyone else on the team. She was named the PSAC Player of the Year in 1994 & 1995, and to the NSCAA All-American team in 1994. In addition, she was named a PSAC & ECAC Scholar Athlete in 1995. Well done Amy! We congratulate your accomplishment.

What is the Covenant Group?

It is a group of men & women “having the form, and seeking the power of godliness”, (2 Timothy 3:5) united in order to pray together, to receive a word of exhortation, and to watch over one another in love so that they can help each other to work out their salvation. (Phil. 2:12). The Coraopolis UMC Covenant Discipleship Group helps the church fulfill its mission: “To make disciples of Jesus Christ”. (Discipline Parag. 121). Disciples are formed as Christ & His teachings guide our daily lives.

There are 3 groups that meet regularly. Perhaps one of them will fit into your schedule. If you have any questions, see or call Bill Moyer, 412-264-7769.

Totally Tuesday Book Club

If you enjoy reading and then discussing what you’ve read, then our Tuesday Book Club is for you!! We meet on the 1st Tuesday of the month at 7:00 p.m. at the church. Here’s our schedule for December & January.

December 6	A Basket of Biographies (choose a biography & come to share)
January 3	The Story of Edgar Sawtelle , by David Wroblewski



We pray that you your holiday is overflowing with gratitude and thanks to our Heavenly Father for His great bounty & blessings in our lives.

Gift Cards from Scrips

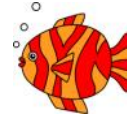
When in doubt, gift cards can make wonderful and thoughtful gifts. And purchasing them through Scrips is even better because it also support our Church!

Scrips Order Sundays are the 1st & 3rd Sunday with delivery of the cards on the 2nd & 4th Sunday.

Order forms are on the table just outside the Church Office. Once filled out & a check attached, they can be put in Bonnie Swenson’s mailbox.

Wellness Corner

by
Keith H. Wharton, MD



Fish Oil

Omega fatty acids are a group of fats that are important to your health. They belong to a class of fats called essential fatty acids. They are considered essential fatty acids because they cannot be manufactured by the human body and must be eaten. Two important types of fatty acids are the omega-3 fatty acids and the omega-6 fatty acids.

Omega-3 fatty acids help combat inflammation in the body, improve cardiovascular health, aid in proper brain function, and also help lower cholesterol and triglyceride levels.

Omega-6 fatty acids primarily function to help your body better fight infections and cancer, help moderate blood flow throughout your body, and help stop bleeding. It is important to have a balance of the omega-3 and the omega-6 fatty acids. The standard American diet, however, has an excess of the omega-6 fatty acids. To balance this, it is recommended that you include omega-3 fatty acids in your diet.

Fish oil is the most convenient and easiest way to provide the necessary omega-3 fatty acids. Heart research has shown that the heart beats more regularly and stronger with 2000 to 4000 mg. of omega-3 fatty acids every day. The Eskimos have an average intake of 9000 mg. of fish oil in their diet. They have a very low risk of cardiovascular disease. I recommend that you supplement with a pharmaceutical grade of fish oil. This will limit the heavy metals, such as mercury, that can be present in the lesser grades of fish oil supplements.

Here’s to your health!

A Note of Encouragement — from Gregory Vaughn Palmer, UMC

On Wednesday, Oct. 5, there were 2 deaths of famous people that changed our life. I was struck by both. Those deaths of famous people whose lives were within hours of each other — **Steve Jobs** and **Fred Shuttlesworth** — One a California whiz kid, **tech giant**, and the other a **pastor and civil rights leader**. Both rightfully laid claim to the label “co-founder”. One co-founded **Apple Computer**, and the other the **Southern Christian Leadership Conference (SCLC)**. Both were visionaries. They each saw a world others could not see. Each labored to bring vision to reality. They both succeeded. The world changed as a result of their vision, genius, creativity and determination.

Steve Wozniak, co-founder of Apple Computer, said on the occasion of the death of his friend and Apple co-founder, “*we’ve lost something we won’t get back*”. He is right. And his insight applies not only to Steve Jobs, his friend and business partner. It applies also to Rev. Fred Shuttlesworth. For that matter, it applies to every one who has lived. One could say that what we all share in common is that we are each unique creations of God. And I might add, we should be. At one and the same time, we are both alike and un-alike. Thanks be to God for both realities.

“We’ve lost something we won’t get back.”

None of us will taste the grief of the loss of Jobs and Shuttlesworth as their families and close personal friends will. This is true no matter how connected we feel to them and their legacies. Beyond the intimate grieving of a family and circle of friends, the tender quote of Mr. Wozniak ought to haunt us. He is right. What we have lost “*we won’t get back*.”

But each one of us is called every day to be every bit the visionaries they were. Ours must be a vision of a new world in which peace, justice, inclusion, and abundance reign because violence, oppression, injustice and scarcity have been put to flight by the work that brings the vision to reality.

Jobs & Shuttlesworth have completed their earthly course. We’re still on duty. **God will use us beyond our wildest imaginations** to see and assist God to bring to pass God’s new world. But first we’ve got to see the new world.



Letter from the Pastor — “Storytellers”

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best when it is told alongside stories of other people walking by the light of faith through dark times in their lives. We relate best to the story of God’s presence in that little baby born in a stable when someone tells us about the unexpected ways that God has shown up in their own life. We learn the story of God when we hear the stories of Scripture alongside stories of faith from those we know and love.

God’s people — from the time of Moses through the centuries to today — affirm that telling the story of God matters. Telling *our* story, as it has been shaped by and woven into God’s story, matters too! Our lives are transformed by God’s story when we hear the ways that others’ have encountered that story, and the ways it changed them. We are messengers of the good news for one another. We are all storytellers!

This advent, find a way to share your story of faith with another. If you’d like to share it in Sunday worship, or in a written word in the bulletin or newsletter, give the church office a call and we’ll find a time and place to do so. Or maybe you will share it around the dinner table — or in the lunchroom at work — or over the phone with a long-distance friend. Tell your story however and whenever you feel God’s Spirit leading you. But don’t stay quiet — God’s story needs to be told! And we are the storytellers!



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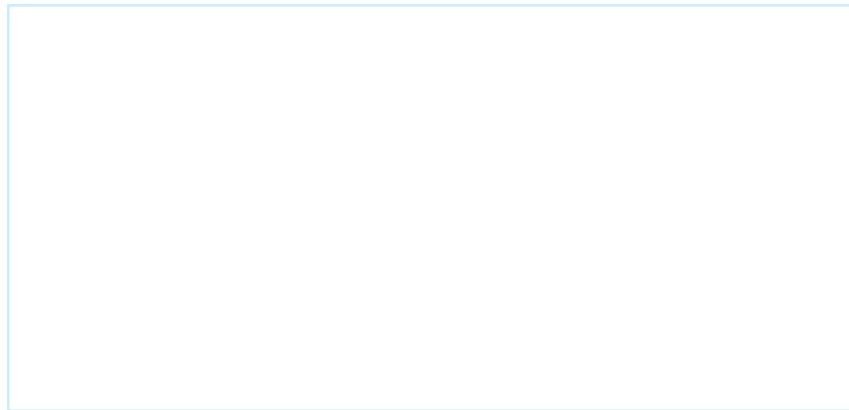
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