



The Grapevine

Clarksbury United Methodist Church

15924 General Puller Highway, Hardyville, Virginia November 2020

www.clarksburyumc.com

Our Mission:

To receive and share God's love through worship, education, service and outreach.

Pastor Ken's Corner

Psalm 100:1-5 (NRSV) "A Psalm of Thanksgiving"

¹ Make a joyful noise to the LORD, all the earth.

² Worship the LORD with gladness; come into his presence with singing.

³ Know that the LORD is God. It is he that made us, and we are his; we are his people, and the sheep of his pasture.

⁴ Enter his gates with thanksgiving, and his courts with praise. Give thanks to him, bless his name.

⁵ For the LORD is good; his steadfast love endures forever, and his faithfulness to all generations.

November is upon us! There are many attributes to this time of the year: the foliage is changed to a raiment of browns, reds, and yellows; the temperatures are cooler and there may be some snow on the ground; jackets, coats and sweaters are back as staple clothes to wear.

For me though, this is the season where I give thanks for health, family, friends, this country, and my Lord and Savior. Some celebrate on one Thursday in the month with turkey and ham, wonderful pastries and pies...a real cornucopia of flavor and taste. There is nothing at all wrong with any of that revelry, but sometimes I think we miss the reason for this season. It should be one of thanksgiving, a month **before** everyone is focused on the tree and their presents awaiting them under that tree.

¹ Make a joyful noise to the LORD, all the earth.

² Worship the LORD with gladness; come into his presence with singing.

Let us slow down the hubbub of our world for a bit; we've survived isolation and solitude and found new ways to connect and learned new technologies. Let us pause and make a **joyful** noise to the Lord; let us worship Him with **gladness**. I can hardly wait until we are able to come into His presence with **singing!!!** Let us take time to count our many blessings and give heartfelt thanks to the one who gives and gives.

³ Know that the LORD is God. It is he that made us, and we are his; we are his people, and the sheep of his pasture. ⁴ Enter his gates with thanksgiving, and his courts with praise. Give thanks to him, bless his name.

We were made by Him and for Him and we are His and He cares for us. Let us go into the world and the rest of our days with praise and give thanks to God and bless the name of Jesus.

⁵ For the LORD is good; his steadfast love endures forever, and his faithfulness to all generations.

Let us really pause, take a deep breath and ponder on this thought. His steadfast love endures forever. He is faithful to all generations and people. Our God is an awesome God and He reigns forever and ever.

Keep up the great work, **Prayer Warriors/Prayer Partners**, in keeping our church deployed throughout the community. Keep the small groups and gatherings in your prayers as weather is changing and we are finding new locations to enjoy some safe, socially distant conversations and wonderful music. Thank you, Randy, Eileen and Jim, and now Sandy, for such great music which adds so much to the joy and the nurturing aspect of these groups for us all as we continue the **social distancing and semi-isolation**. Thank you, Linda Bartz, for spearheading this project. Anyone interested in more information about this, please contact Linda or Warren. **It is so good to see each other and be with friends and brothers and sisters "in person" again.**

Our online services, both Facebook and YouTube, are continuing to garner over 300 views each week. Becky is the one who gets credit for the quality and the varied participation in these worship services. If you would like to help in some way, contact Becky. Thank you, Lucy, for the lovely flowers. Thank you, members of the congregation, who participate as soloists, singers and readers in the production of these weekly services. All of you have contributed so much to each service, even you at home when you give us such uplifting feedback. **We are a Church**, in the truest sense of the word...**together**, through the power of our Lord Jesus, through the grace of God and the presence of the Holy Spirit.

I pray that we continue to get some comfort and joy from these online services. Until the time we can be together in person, we will continue to hold each other close through the **common connection** we have amid our **bonds of worship, service, and prayer**.

I am very proud, beyond words, with how **faithful and loyal** you all have been in supporting the church with **prayers, tithes, gifts, talents and witness** in spite of our inability to be able to support with our presence.

We will be continuing with **social distancing and masks in buildings, etc.** We pray for a time when we can soon get back to **in-person services**.

The **Cryer Center Mobile Food Pantry** is scheduled to be at Clarksbury on **Saturday, November 7**. Our church has the lead again. The Food Pantry and the Soup Ministry have modified the way these ministries are conducted to be in compliance with the CDC and Virginia COVID-19 requirements. Warren and Kathy Wright will supply additional directions to the participants. For the rest of you...we always need prayers; so even if you can't be here to work the Food Pantry, pray for us and the people we serve.

Our **Healthy Church Team (HCT)** (Pastor Ken Cleveland; Warren Wright, Lay Leader; Suzanne Ramsburg, Financial Secretary; David Dobson, Worship Committee Chair; Eileen Crittenden, Medical; Cheryl Teagle, Nominations and Leadership; Jerry Dant, Nurture Chair; Lee White, Trustees; Becky Wilhite, Trustees, Worship; Betty Tate, SPPRC Chair) has met several times to look at the COVID protocols for resuming in-person services. **We will continue to meet as there are changes in guidance or other changes.**

Based on inputs from other churches and the composition of our congregation and the restrictions in the protocols which are MANDATORY for each Phase/Stage per Bishop Lewis's direction, Clarksbury's HCT has determined that we still see our best avenue is to continue **on-line services** until we are moved into Phase/Stage 3, which is the closest to normal worship. If you have questions or would like any more information on our move to resume in-person services, contact me or any of the other HCT members.

If you have entered the church lately you will have seen the new Health Acknowledgment forms for **single person** entries, the Health Acknowledgment poster, and the excel sign-up sheet for **group gatherings and meetings**. Fill them out as appropriate and put them in the box on the counter.

We have purchased 4 UVC lights that cleanse the social hall and sanctuary using ultraviolet light. Ask Warren, Lee or Don Bartz if you have a question about them and their operation.

God works wonders where we see challenges. Keep the conversations flowing.

Our ultimate spiritual obedience is owed to Jesus. He is the Way, He is the Truth, and He is the Life. We give to the world that which is the world's, and give to God the things that are His.

Who is the one YOU count on for strength and reassurance in times of turmoil and fear? Who do you owe your praise and worship to? God the Father, Jesus the Son, and the Holy Spirit are who we can depend upon even in these perilous times... **Jesus** is here with us always...to the end of the age!

How dangerous and perilous are our times? In the country? In the county? From COVID-19? From the social unrest? Even in times such as these we can count on **Jesus** to be a calming and PRESENT presence in our lives and in the world around us.

Help me keep the Prayer Warrior/Partners e-mails updated as information and changes become available. Let us continue in faith and hope to be children of God infused with the Holy Spirit throughout all the travails and trials of life in this world.

Let us resolve to not let COVID-19 define who we are...let us be defined by the words, the example and the glory of our **Lord and Savior Jesus the Christ!** I take great joy in how each of you, as a congregation, has reacted to this ever changing situation.

When you and your family gather for **Thanksgiving**, give praise and thanks to the Lord for His bounty and love. May his GRACE, MERCY and LOVE be with you every day, and may every day your awareness of HIS presence through HIS unbreakable gifts to YOU grow.

Peace & Grace, Pastor Ken



A Message from Your Lay Leader

"A Proper Perspective On Thanksgiving

Warren Wright



The following proclamation was made by Governor Bradford in 1623, 3 years after the Pilgrims settled at Plymouth;

To all ye Pilgrims,

Inasmuch as the great father has given us this year an abundant harvest of Indian corn, wheat, peas, squashes and garden vegetables, and has made the forests to abound with game and the sea with fish and clams, and inasmuch as he has protected us from the raids of the savages, has spared us from pestilence and disease, has granted us freedom to worship God according to the dictates of our own conscience; now I, your magistrate, do proclaim that all ye Pilgrims, with your wives and ye little ones, do gather at ye meeting house, on ye hill, between the hours of 9 and 12 in the day time, on Thursday November ye 29th of the year of our Lord one thousand six hundred and twenty three, and the third year since ye Pilgrims landed on ye Plymouth rock, there to listen to ye pastor and render thanksgiving to ye Almighty God for all His blessings. So, can you see the parallels in today's world?

Thursday November 26th is Thanksgiving Day. One day in which we like those early Pilgrims set aside time in our busy schedules to give thanks to God. Now, there is nothing wrong with that but the word of God tells us that this should be a continual, daily, attitude. You say thank you to God when you;

- 1) Spend time with Him (not just 1 hr a week)
- 2) When you forgive others
- 3) When you serve in His church
- 4) When you share His Plan of salvation
- 5) When you reach out to hurting people
- 6) When you give God the best of yourself
- 7) When you praise Him enthusiastically from the heart



Eph. 5:19-20 tells Christians to "Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord, ALWAYS giving thanks to God the Father for everything, in the name of our Lord Jesus Christ."

I Thes. 5:16-18 says, "Be joyful always; pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus."

United Methodist Men News

Warren Wright-UMM President



The UMM will meet on Monday November 23rd at 7 PM.
Remember that there are no membership or dues requirements to be a part of the United Methodist Men of Clarksbury, just a willingness to serve Jesus Christ within your church and community.

Mission-To Help Men Grow In Christ, So Others May Know Christ.

Soup Ministry

Kathy Wright; Lucy Blevins, Val Bradley, and Diane Faulkner



Since the COVID-19 pandemic, the soup ministry has continued to distribute soup to our recipients, but only the third Monday of each month. This is because we now deliver groceries from the Cryer Center Mobile food pantry the first Saturday of each month to our recipients.

Warming Tree and Coat Rack Ministry

Kathy Wright; Lucy Blevins, Val Bradley, and Diane Faulkner



Our warming tree ministry and coat rack ministry will not be available as in previous years because of the COVID-19 pandemic. Restrictions will not allow use of the church for these ministries, therefore; we will not be putting up our warming tree or put out our coat rack. We DO HAVE some warming articles and coats if needed. You just need to contact Pastor Ken and he will be able to help you out.

THANK YOU for supporting these very important ministries of your church. If you would like to help in any way, just contact one of the committee members listed above, or myself, Kathy Wright (757-373-9166) or email kdwright@va.metrocast.net. God Bless.

*If you pause to think--you'll have cause to
thank!*

HAPPY THANKSGIVING

Annual Budget for 2020 Operating Funds:	\$118,339.00
Total Received for Operating Funds as of October 31:	92,701.69
Total Income Needed to Meet Budget by end of October:	98,615.83



NURTURE & Outreach

Jerry Dant



NURTURE

Fall is here and the holidays are coming fast. Let's keep the cards, notes and calls going until we can visit and return to church. You will have as much fun writing a note to someone as they do when they open and read the message. Don't forget Thanksgiving is coming soon and family might not be coming for the holidays and a cheerful card and note can brighten their holiday.

OUTREACH

It has been a long time since any of us have been to Dockside for the Sunday service or to visit the residents. However, our church has provided treats for all residents for the Pumpkin Patch event they are having the end of the month. Candy was provided for residents on regular diets, sugar free diets and soft diets. Stuffed bunnies and pudding was provided for those on NPO diets and soft diets. Just think about the smiles on their faces when they receive the goodies from the Pumpkin Patch from our church. We are looking forward until the day we can return with the services and visit the residents.

Don't forget Sydney and Sierra are away in college and would love to see a note from a church member to brighten their day after a day in class or studying for a test. Their addresses are in the N/L. Let's make them smile until we see them home again.

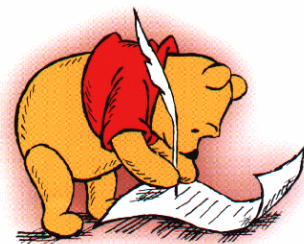


Mail a letter or card of happiness to our home bound members!

If your last name starts with the letter listed below, please send a card or note to the shut-ins listed.

Why not make a home bound member smile by sending them a card often as well as on their birthday.

If we all participate, our home bound members will get a card frequently from church members, and will have more great memories of Clarksbury.



A-C		
Roegean Speight 09/10 James River Convalescent ctr Aberthaw AVE Room 118 Newport News, VA 23601-4199		Jane Crittenden 8/22 P.O. 30 Hardyville, VA 23070
D-G		
	Reggie Jackson 7/12 672 Gloucester Road Saluda, VA 23149	
H-L		
	Myrtle Clark 10/2 P.O. Box 302 Deltaville, VA 23043	Pastor Jim Salmon 5/24 26306 Mattaponi Trail Milford, VA 22524
M-Z		

College Student Addresses

Sierra Funk 226 Norris A2 Charlottesville, VA 22904	Sydney Funk c/o James Madison University JMU Box 6404 Harrisonburg, VA 22807	Natalie Nichols (Jerry's Grand) 734 Sterling Drive Winchester, VA 22601
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NOVEMBER POP

The Power of Positivity, Gratitude, and Prayer During the Pandemic

Jul 27, 2020

Because the situation surrounding COVID-19 is constantly evolving, some information may not be up to date. Stay informed by visiting the [CDC website](#).

At [CHI St. Luke's Health](#), we believe in caring for the whole person — mind, body, and spirit. And in times like these, it's especially important to foster hope.

So we spoke with Tyler Whipkey, Director of Mission and Spiritual Care at [CHI St. Luke's Health-The Woodlands Hospital](#), and asked him to share his thoughts about how we can lift our spirits during the [COVID-19 pandemic](#).

"One thing that I'm always quick to remind people of is that our spiritual health is just as important as our physical and mental health," he says. "When we practice positivity, gratitude, and prayer, we are taking steps to become more spiritually healthy."

Let's dive deeper into the benefits of these mindful practices.

Positivity: A Source of Light in Dark Times

Positive thinking can increase confidence, reduce stress, and promote healthy behaviors. These benefits then translate into better outcomes in people with chronic conditions, like [diabetes](#), and general [longevity](#).

"Staying positive during dark times can be a challenge," shares Whipkey. "I often start by asking myself the question, 'Where have I found hope in the past?' Then, I intentionally connect with people with whom I have meaningful relationships. I make phone calls, send emails, and make video calls. By surrounding myself with a community of people who have my best interest at heart, I draw upon their strength."

Whipkey also suggests taking it easy on your screen time. "I also make it a point to limit my social media and news consumption. While they both have a place in the world, too much of either one can be a bad thing."

Gratitude: Celebrating the Good in Every Day

"When we choose to be positive, we become aware of the things in our lives that are good. That naturally leads us into opportunities to express gratitude for the things that we do have," he continues.

Gratitude has been linked to [improved psychological and physical health](#). It also works wonders for our [relationships](#).

According to Whipkey, "Gratitude is something that's best expressed, not kept inside of our minds."

Here are a few ideas he offered for practicing gratitude:

- Keep a gratitude journal. Each day, jot down three or four things that you're grateful for.
- Send a thank-you note to someone who has made a difference in your life.
- Say thank you to those individuals who are helping you throughout the day — grocery store employees, restaurant servers (Be sure to tip well!), plumbers, mechanics, etc.

Prayer: A Powerful Connection

"How do we express gratitude? Prayer. Of course, prayer is for more than just saying 'thank you' to God or our Higher Power. Prayer is also an opportunity to lift up our concerns, hopes, and needs to someone who genuinely cares about us."

Researchers have analyzed the power of prayer on physical and mental wellness. A [2015 study](#) of patients with [congestive heart failure](#) found that experiencing spiritual peace was a better predictor of mortality risk than even comorbidities and functional health. [Another study](#) found that religiosity increased optimism in people with [major depressive disorder](#) and chronic conditions.

"Prayer is a powerful opportunity to talk to God," explains Whipkey. "While most people know that prayer is our opportunity to ask God for help, we often forget that it is meant to be a transforming experience for us as well. When we take time to sit back and listen for a response from God, we are attempting to make prayer into a two-way conversation instead of a one-way monologue."

So how can we listen for what God wants to speak into our lives?

"I've found that I can hear God best when I intentionally slow down, escape the noise of everyday life, and focus on what God might want to say to me."

We invite you to join us as we lift our thoughts to God with this prayer provided by Whipkey:

Creator God, be near to me. When I'm uncertain, offer me comfort. When I'm afraid, give me courage. I give you thanks for all of the good things in my life. I ask for help with the things that aren't so good. I pray for my community in the midst of this pandemic, that everyone would stay safe and healthy. Be with our leaders, and help them to make good decisions. Thank you for your love. Amen

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Scriptures of Thankfulness

1. Psalm 107:1
2. 1 Chron. 29:13
3. Daniel 2:23
4. Psalm 95:2-3
5. Phil. 4:6
6. Philemon 1:4
7. Psalm 100:4
8. Isaiah 12:4
9. 1 Thess. 5:18
10. Psalm 106:1
11. Colossians 3:16
12. Hebrews 12:28
13. Psalm 118-1-8
14. Psalm 69:30
15. Psalm 105:1
16. Colossians 4:2
17. Psalm 28:7
18. Revelation 7:12
19. Jeremiah 33:11
20. Ephesians 5:20
21. Colossians 3:15
22. Jonah 2:9
23. Rev. 4:9-11
24. Luke 22:19
25. Psalm 75:1
26. Daniel 6:10
27. Psalm 136:1-3
28. 2 Cor. 1:11
29. Psalm 30:12
30. Rev. 11:17

SpirituallyHungry.com



The Grapevine

November 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 Fran Miller Noon Prayer	5 Phil Smith David Moore Noon Prayer	6 Carol Jones Noon Prayer	7 Mobile Food Pantry Clarksbury Noon Prayer
8 Noon Prayer	9 Noon Prayer	10 Noon Prayer	11 Noon Prayer	12 Noon Prayer	13 Noon Prayer	14 Noon Prayer
15 Noon Prayer	16 Soup Ministry Noon Prayer	17 Don Bartz Noon Prayer	18 Ken Cleveland Noon Prayer	19 Noon Prayer	20 Noon Prayer	21 Noon Prayer
22 Noon Prayer	23 LMM Meeting 7pm Noon Prayer	24 Dawn Wilt Noon Prayer	25 Noon Prayer	26 Noon Prayer	27 Jay Moore Noon Prayer	28 Noon Prayer
29 Noon Prayer	30 Matthew Duke Noon Prayer					

The deadline for the **December 2020** Grapevine will be Friday, October 23

Send items to: pwalian2@gmail.com

November Birthdays (If you know of any additions, deletions or corrections that should be made to the birthday calendar, please let the newsletter editor know.)