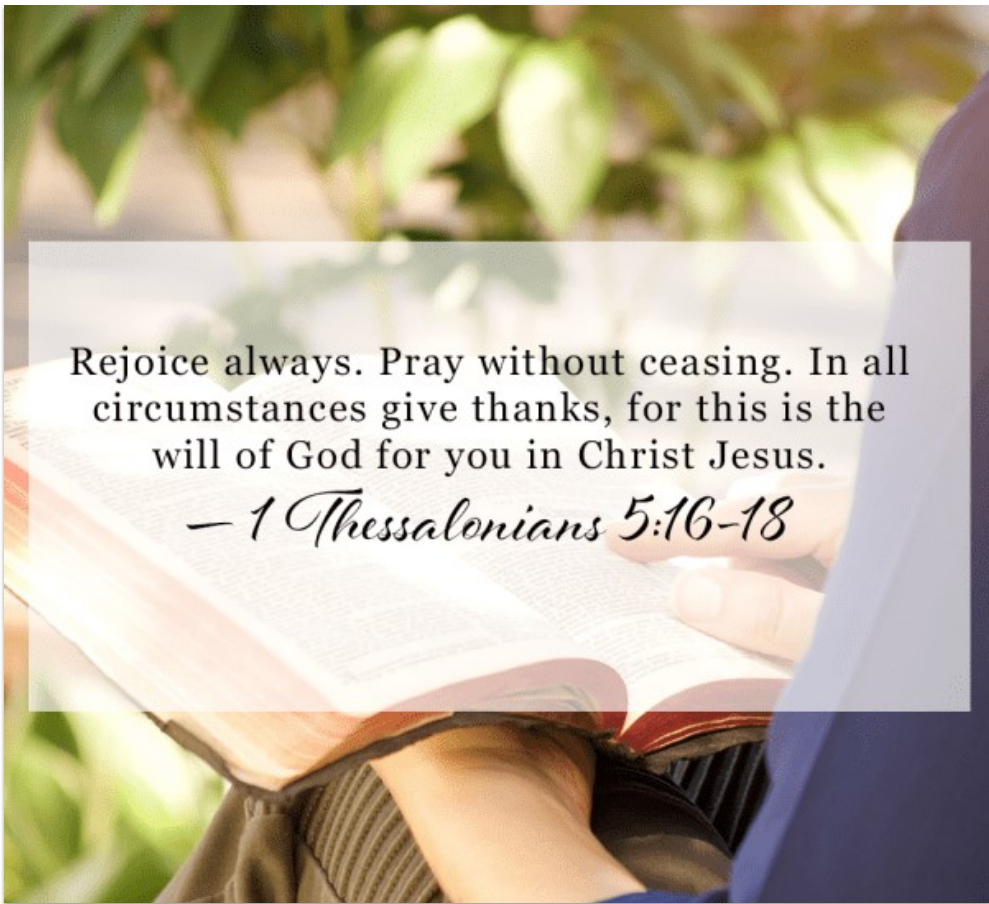




# *The Main Street* MESSENGER

VOLUME 66 | NO. 11 | NOVEMBER 2020



Rejoice always. Pray without ceasing. In all circumstances give thanks, for this is the will of God for you in Christ Jesus.

— 1 Thessalonians 5:16-18

It seems appropriate that in the annual cycle of our Stewardship Committee, November's theme is "Gratitude". It is the month that, as a nation, we pause to give thanks. I wonder though how much more our nation and world would be impacted if gratitude were celebrated, not just one month or even one day a year, but all year long. In his first letter to the church at Thessalonica, Paul reminds the early church of the marks of a healthy congregation. He says in chapter 5:16-18 that we are to "*Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus.*" As we enter November, will we enter with these traits in our lives?

Joy and rejoicing are common themes

throughout both the Old and New Testaments. The Passover feast celebrated the Israelites' deliverance from slavery in Egypt, and it was a time of rejoicing. When the angel announced to Mary that she would have a child, it was announced with rejoicing (Luke 1:14). From the beginning of Jesus' life to his resurrection appearances (Matthew 28:8; Luke 24:41, 52), rejoicing was an important response. It is easy to rejoice when things are going well, but does Paul really expect us to rejoice always? Paul proved it could be done. Even in the midst of imprisonment, beatings, and terrible misfortune, he continued to rejoice for the blessing of his salvation, for the faithfulness of others, and for the Love of

God in Christ Jesus. All these are things for which we can rejoice!

Paul also believed we could pray without ceasing. I'm sure Paul doesn't expect us to have our heads bowed day and night. When he talks about this type of prayer, he means that we can live every moment in the confidence that we are connected to God's love. We can look to God for guidance when we need to make a decision, and we can live our lives in a way that honors God daily. These are ways we can pray without ceasing.

Finally, "in everything give thanks" is Paul's expectation. I love the distinction Paul makes in this statement. He says give thanks *IN* everything not *FOR* everything. Obviously, there are things that happen in our lives for which we should not give thanks; but it is still possible *IN* the midst of those things to give thanks. This is what an attitude of gratitude looks like. Giving thanks no matter what our situation may be. I have learned this hard lesson during my bout with cancer. Obviously, I have not been thankful for my cancer, but I have tried to be grateful for the many good things in my life. My faith, my family, my church family and the many friends I have – these are the things that have caused me to pause and give thanks. Giving thanks *IN* everything, even cancer.

As we move through the month of November and beyond, give thanks *IN* everything, my friends. But don't be satisfied with status quo. Work to bring about a more just and loving world. Don't allow yourself to be a part of the problems that plague our society – injustice, racism, and intolerance. But know what the Lord requires of you: "*to do justice, and love kindness, and walk humbly with your God.*" Micah 6:8b

Grace and peace,

Pastor Rich

# HELPING OUR KIDS TROUGH STRESSFUL TIMES

I was attending our online Sunday School class for first through fifth graders. The kids got on the conference call happy, waving hello to each other with smiles on their faces! As usual, their energy was great and it took us a few minutes to help them settle and focus! I thought to myself, "My, these kids have really adjusted so well to [COVID-19](#), the [racial tensions](#), the upcoming election stresses, [home school](#) and wearing masks!" Outwardly, these kids looked as happy and carefree as ever!

The teacher, Janet, invited the kids to take a deep breath, and another and another and as she lit a small candle, she invited them to type into the chat box anything they needed prayers for. The scroll of prayer concerns began: COVID, getting sick, COVID, my grandmother getting ill, COVID. We were all reminded that kids are good at masking their feelings under smiles, play and silliness.

How can we help our kids through this time? I invite you to begin using a simple healing ritual at least once a week at home with your child. This healing ritual will help them acknowledge their stress and discover positive ways to express themselves followed by a time of stillness in the presence of God.

You will need a few items for this ritual: A can of unopened soda pop, a candle and lighter and your finger!

## The Healing Ritual

### Part One: Acknowledging our stress

Sit down with your child and start shaking the pop can! This will definitely "get their attention! And when they ask you about it, say, "This pop can is you and this pop can is me! And we have been shaken! Each bubble in this can is a feeling we are having. Let's see if we can name the bubbles in our pop can! Because, do

you know what will happen if we don't let our bubbles out? This can will explode! When we don't let our feelings out, they grow and we explode (we say things we wish we hadn't, we yell at the people we love, and we might even hit someone or throw something and hurt someone!). So, let's name our feelings right now and get them out of our can.

Spend some time naming your feelings. And then you and your child should spend a few minutes thinking of some ways you might get your bubbles out of your cans. Things like: kick a ball, go for a walk, dance, sing, write in a journal, paint or draw a picture. Choose one activity to do regularly for the next week. Promise each other that you will do this activity during the coming week.

### Part Two: Be still

After your child and you share time together identifying your feelings, and coming up with ways to express them, light the candle. Candle light is calming and kids are universally drawn to it. Light the candle and ask your child to sit with you in its light, breathing in and out the love of God for 1 minute. After a minute, invite your child to blow out the candle, and hug them!

### Part Three: Bless them

"For where two or three gather in my name, there am I with them." Jesus, Matthew 18:20 (NIV)

A blessing is a time where you look your child in the eye and tell them that they are strong, that they are resilient, that you know that they are trying their best and that God is always with them! Then, using your finger, make a symbol (a heart or cross) on your child's hand or forehead as a reminder of God's love for them!



Does this sound too easy?

It is a very simple ritual and an extremely healing ritual for children. The only difficult part of this ritual is that the adult who is guiding it must also share their authentic feelings. It is a shared ritual between adults and children.

Let's face it, we are all stressed out right now and none of us wants to be interrogated about how we are doing. Kids resist being quizzed or pushed to share their deepest feelings as much as adults do. So instead, let's gather, share, light a candle, breath together, bless each other and trust, that where two or more are gathered, there God and God's healing touch will be!

Ritual is a gift. It is my prayer that this healing ritual will become a regular part of your home prayer life and that, through it, you will find the strength and hope only God can truly bring us in uncertain times!

*\*The Rev. Leanne Hadley has spent her career working in children's ministry in a variety of settings. She is the founder of A Time for Children. [Learn more](#). Or contact [Joe Iovino](#) at United Methodist Communications.*



# MISSIONS [SECOND MILE GIVING]



## *Our Second Mile Giving Supports -*

- Friends of Barnabas Community Partnership
- Friends of Barnabas Mission Team
- Suffolk Christian Fellowship Ministries
- Rise Against Hunger
- Salvation Army Soup Kitchen
- Coalition Against Poverty in Suffolk (CAPS)
- Kits for Conference
- Pastor's Discretionary Fund
- Prison Fellowship Ministry/Angel Tree Children



## *What is Second Mile Giving?*

In addition to the financial commitment we make to support the day to day ministries of Main Street Church, did you realize that for many years most of us have also become second mile givers? When we fill up the food baskets in the Atrium for **Suffolk Christian Fellowship Ministry**, support the **Chile** cook-off and waffle breakfasts, give to **Rise Against Hunger** and package the food, leave a communion offering that goes to the **Pastor's Discretionary Fund**, buy tickets for the **CAPS** fundraisers or provide financial assistance to our **Friends of Barnabas** medical mission team, these are all examples of second mile giving.

Main Street Church members are always ready and willing to lend a hand and serve when and where needed. We can't always contribute to everything, but we **have a wide variety of Second Mile Giving opportunities from which to choose. Our Second Mile Giving leads to meaningful and life changing service. God blesses others through our generosity.**

## *November Mission Opportunities*

- November 21 - Suffolk United Food Give Away
- November 22 - Friends of Barnabas Medical Mission Sunday
- During the month of November Food drop for Suffolk Christian Fellowship Ministries

- Make Community Care Packages and deliver to agencies serving those in need.

Galatians 6:2 *"Bear one another's burdens, and in this way you will fulfill the law of Christ."*

Jesus says it this way, *"You shall love your neighbor as yourself."* Matthew 19:19b

**NOVEMBER 14**

# Gratitude Saturday

Celebrating All  
That We Have



## ***Come by from 10 am until noon***

Are you looking for ways to help others, see your Main Street friends and family and come to the church? If so, we have planned a special day for you to do all three. We will set up outside so you can drive by to drop off your food donations, put together care packages or make gratitude signs. Here is what you can do to help.

1. "Make and take" gratitude yard signs to express our appreciation for police, fire and rescue workers and others of your choosing. Come to the church and we will supply the materials that you need to make the signs. It will be a great time to get the family involved.
2. Package community care packages for Friends of

Barnabas and CAPS that will include washcloths, mild soap, hand sanitizer, nail clippers, large comb. Toothbrushes and toothpaste will be provided.

3. Drop off food for Suffolk Christian Fellowship Ministries to include non-perishable food, cleaning supplies, etc.
4. Suffolk United Thanksgiving Food giveaway November 21 at 9:00 am behind Kroger - We need **250** cans of cake frosting! Any flavor will do!



We have much to be grateful for, as a church and as individuals. We challenge you to develop the habit of gratitude and experience joy by writing down one thing you are grateful for each day and putting it in a "Gratitude Jar." Get the whole family involved and plan to share all the gratitude messages that were placed in the jar during November on Thanksgiving Day.



# NOVEMBER 2020 [BIRTHDAYS & ANNIVERSARIES]

## [BIRTHDAYS]

11/1 Chris Porter  
 11/1 Richard Meiser  
 11/2 Jimmy Holland  
 11/2 Charles Shotton  
 11/2 Aaron Mizelle  
 11/4 Laura Holshouser  
 11/4 Brenda Swann  
 11/4 Ron Williams  
 11/5 Midge Callis  
 11/5 Elaine Davis  
 11/6 Carl Hardee  
 11/6 Tracey Medeiros  
 11/7 Bo Browne  
 11/8 George Birdsong  
 11/8 Michele Pettway  
 11/8 Sara Harp  
 11/9 Kristi Hicks  
 11/9 Wes Hill

11/10 Grace Van Orden  
 11/10 Phillip Maybery  
 11/11 Jonah Jordan  
 11/11 Greg Johnson  
 11/12 Meredith Webb  
 11/13 Karen Savage  
 11/14 Nicole Duke  
 11/15 Troy Barnes  
 11/15 Lexie Redd  
 11/15 Darrell Hurst  
 11/15 Lu Bowman  
 11/17 Bob Funkhouser  
 11/17 Kelly Drewnowski  
 11/18 Steve Huber  
 11/18 John Wagner  
 11/19 August Astorga  
 11/19 Toppy Palmer  
 11/20 Cole Russell  
 11/24 Kelly Franklin

11/24 Kristi Kilborn  
 11/25 Steve Webb  
 11/25 Cheri Anthony  
 11/26 Cross Birdsong  
 11/26 Calvin Caron  
 11/26 Iker Vega  
 11/26 Michele Bossick  
 11/28 Jackson Ray  
 11/28 Janice Harper  
 11/29 Trey Parker  
 11/29 Riane Smith  
 11/29 Anne Higinbotham  
 11/29 Karen Scott  
 11/29 Kellen Cary  
 11/29 Robbie Barnhill  
 11/29 Ken Johnson  
 11/30 Betty Michael  
 11/30 Thomas Beale  
 11/30 Michaelle Smith

## [ANNIVERSARIES]

11/1 Chris & Lynne Porter  
 11/2 Ryan & Mary Beth Johnson  
 11/3 Steve & Karen Gunter  
 11/3 Carey & Meredith Michael  
 11/4 Bo & Jodi Browne  
 11/4 Edward & Martha Trapani  
 11/10 Michael & Robin Casey  
 11/12 Tom & Jackie Williams  
 11/13 Danny & Pamla Andrews  
 11/16 Andrew & Maggie McCauley  
 11/21 Mark & Cindy Garner  
 11/22 Daniel & Elizabeth Totten  
 11/23 Steven & Brenda Beck  
 11/29 William & Nancy O'Berry  
 11/30 Scott & Karen Graham

## PRAYER LIST UPDATE

**RECENT PRAYER:** 10/25/20: Cheri Harrell Anthony, Larry and Betty Hudson, Rebecca Musser, William Murphy, Robin Decker, Brenda Cox, Matthew Agnese, Tom Buxton, Lydia Duke, Bob Callis, Adrian and Stormy Fisher and family; our Youth; Paul and Winnie Robinson; all who are affected by the hurricanes and fires; Annette Bailey; Andy Petras; Doctors tending to Liam Grant; Pastor Rich and Colleen; Sandra Wilson; the Prag family in the loss of their son; Rev. Sylvia Meadows

**SYMPATHY:** The Family of Lee Bowman, The Family of Jay Dorschel

**ONGOING:** Steve Clark, Sylvia Funkhouser, Heather Lawrence, Leila & Bob Tompert, Michael McPherson and Family, Lucas Lawrence, Joseph Medeiros, Stan Waterfield, Trenton Bishop, Carolyn Davis, Bobby Cullop, Pamela Edwards-Jones; Christi Bastion; Melissa Bencosme

**CANCER:** Betty Sowell, Kate Rhoads, Brenda Atkins, Ralph Knapp, Nick Cleary, Wilma Babich, Ed Barber, Pam Askew, Linda Argust, Ray Holland, Midge Sanchez, Judy Duonela Vicars, Johnny Hardy, Thomas Burnett, Cheri Lane, Al Bremer, Diane Liles, Linda Harper, Faye Askew, Lois Barker, Angela Seed, Dave O'Neill, David Holloway, Judy Calfee, David Hollowell, Craig Holland, Christine Duran, Rod Rodrigues, Melaine Medeiros, Carol Coleman, Mary Lou Hedgepeth, Judy Holland, Kelly Grier (Ferguson) Coston, Fran Holland, Anita Nelson, June Adcock, Heather Carr, Dolores Farrero, Susan Shea, Jessica Chamberlain, Julie Nance, Michael McClung, Marshall Thomas, Jill Harris, John Nodeen, Michael Barrett, Richard J. Peko, Nancy Pike, Bill Pollock, Roland Word, Thelma Johnson, Shannon Rivera, Juel Carr, Nancy Spring Parker, Anita McLemore

**SKILLED CARE:** Bill Gallant, Doug McPhail

**HOMEBOUND:** Melanie French

**ASSISTED LIVING:** Colette Ballard, Susan Rivenbark, Ray Shamburger, Frances Kelly

**OUR NATION AND WORLD:** Military Troops & Families: Chris Smith, Anthony Hickler, Hunter Pietrowski, Adam Waddell, Kent Brooks, Bryanna Grant, James Russell III, Kristi Kilborn, Wesley Linder, Duncan Bevan, Hayley Burton, Jonathan Burton, TJ Argust; First Responders; CAPS (Coalition Against Poverty in Suffolk); Main Street Day Care & Preschool; social justice, unity and peace; students, parents, teachers and administrators in local schools; safety and well being of our college students and professors; CAPS Night Stay Program; our President and national leaders; all those affected by COVID-19

## Church Staff & Contact Information

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#### DAY CARE/PRESCHOOL DIRECTOR

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## The Main Street MESSENGER

OF MAIN STREET UNITED METHODIST CHURCH



## 2020 STEWARDSHIP REPORT

*Friends, thank you for your faithful stewardship of God's gifts! Great is the faithfulness of God!*

### OCTOBER 2020 [1-28]

Average Worship Attendance: - 115 Facebook  
Live and website viewers; 21 In-Person 8:30  
Average Sunday School Attendance: 40+  
Zoom participants  
2020 Operating Budget: \$530,971  
Received YTD Tithes & Offerings: \$376,679  
YTD Expenses: \$383,790

### SEPTEMBER 2020

Average Worship Attendance: - 115 Facebook  
Live and website viewers; 21 In-Person 8:30  
Average Sunday School Attendance: 40+ Zoom  
participants  
2020 Operating Budget: \$530,971  
Received YTD Tithes & Offerings: \$330,336  
YTD Expenses: \$350,642

### AUGUST 2020

Average Worship Attendance: - 115 Facebook  
Live and website viewers; 21 In-Person 8:30  
Average Sunday School Attendance: 40+  
Zoom participants  
2020 Operating Budget: \$530,971  
Received YTD Tithes & Offerings: \$301,515  
YTD Expenses: \$315,634

## 4 WAYS TO GIVE



ONLINE



SMART  
PHONE



SUNDAY



MAIL