

GRAPEVINE

November 8, 2022

For All the Saints

The great hymn, *For All the Saints* – scaffolds our grief in faith and hope:

For all the saints
who from their labors rest,
Who Thee by faith
before the world confessed,
Thy name, O Jesus, be forever blest.

Thou wast their rock,
Their fortress, and their might;
Thou, Lord, their captain
In the well-fought fight;
Thou, in the darkness drear,
Their one true light.

O blest communion,
Fellowship divine!
We feebly struggle,
they in glory shine;
Yet all are one in Thee,
For all are Thine.

On October 30th, we remembered in worship the saints from within our faith community who entered the church triumphant since last All Saints Sunday. We recalled all in them that was good and kind and faithful – the grace shown to them by God and the grace shown to us by them – giving thanks to God for their living testimonies of faith. We remembered:

Ken Mott
Doris Corbin
Dianne Albin
Helen Maitland
Paul Wilson
Charlotte Winsheimer
Mary Camlin
Dolores "Dee" Yakencheck
Marilyn Rishell
Harry "Dick" Small
John Reber
Niles Grimm
Julia "JO" Rice
Hugh Ferguson

In the stillness of grieving moments, we ask God to speak to us of eternal things which remind us of the joy we will inherit in the life to come as we put our faith in the promises of Scripture and take comfort that these siblings in Christ heard the Master say to each of them, "Well done my good and faithful servant..."

Amen.

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WELCOME
new members

Jacque & Donna Curl
86 Cedarfield Dr.
Gettysburg, PA 17325
724-335-3975

Steve Kinsey
142 N. Stratton St. Apt. 310
Gettysburg, PA 17325
717-337-2476

Pat & Kathy Mellott
50 Greenbriar Lane
Gettysburg, PA 17325
301-706-4122

James & Lori Francesconi
94 Walker Ave.
Gettysburg, PA 17325
609-805-6586

Nicole Roy
111 Laura Lane
Gettysburg, PA 17325
717-778-8800
Children: Casey, Hope,
Bryant, Hudson, Charles, Tobin

Christa Williams
1050 Belmont Rd.
Gettysburg, PA 17325
717-334-1058

Richard & Linda Hagee
241 Lane Ave.
Gettysburg, PA 17325
717-337-0746

Victoria Yeager
94 Walker Ave.
Gettysburg, PA 17325

BUDGET QUESTIONS?

Elder of Finance, Hank Har will be available between services on Sundays, Nov. 13 & 20 to answer questions about the 2023 Asking Budget.



The Presbyterian Women Committee and all GPC Presbyterian Women (and Men) had another successful Rummage and Bake sale, October 21 and 22, 2022 in Fellowship Hall. The proceeds were \$2744 from the Rummage Sale and \$356 from the Bake/Lunch Sale, bringing the total to \$3100 which will be distributed, along with additional proceeds from the Spring '22 sale, to local non-profits through the Gettysburg Giving Spree. Thank you to everyone who baked and donated their treasures for sale and especially to all of the volunteers below who worked so hard all week to make it a success.

VOLUNTEERS:

Lucy Breighner, Lori Bridel, Sonja Brown, Suzanne Casteel, Ann Cook, Nancy Cook, Amy Deitch, Jackie Duty, Kathy Eppley, Cathy Faloon, Debbie Farnsworth, Beth and Bill Fitzpatrick, Cathy Gardner, Jane Gwyn, Sue Hain, Hank and Margo Har, Katharine Hawkins, Mandi Holler, Merida Hurkett, Mary K. Johnson, Betty and Bryan Jones, Melanie Keller, Kathy Kircher, Sarah Kirk, Susan Kolmer, Lambda Chi Alpha Fraternity – Tom Cassara, Caden Giordano, Aiden Kiernan, Joe Kressen, Eric Mougalian, Terry Lambert, Melany LaRochelle, Deb Litten, Sharon Martin, Janet McCoy, Marilyn McQuaide, Deb Meckley, Penny Messinger, Helen Miley, Laurel Minns, Andy and Mary Miner, Ben Moroz, Pam Musselman, Rachel Parmentier, Pam Phillips, Robin Robertson, Barb Roy, Tammi and Stephen Swartzbaugh, Carole Simon, Becky Stabler, Bunny Toddes, Larry Wagner, Bev Weber, Christa Williams, Bonnie Wright.

Stewardship Campaign 2023

“Growing Back Together”

How We Spend Our Time

From the very beginning, God created the concept of time. He created earth and all that lived upon it in six days and rested on the seventh. As man developed through the ages, he found more and more ways to fill the time provided as he evolved from hunter-gatherer hunting for food to laborers working for landowners and later factory owners. In the late 19th Century, it was not uncommon for factory workers, including children, to work 12-hour shifts for six days per week. With the advent of labor laws and automation in the US, the forty-hour work week for adults became standard and more time became available to families. With more time and affluence, American families sought ways to use this time; more leisure time, more activities and youth sports. Families today sometimes feel that they are too busy and have too little time, especially true for families with both parents working. Time management becomes essential. Christian time management means learning to use time as God wants us to use it.

The first chapter of Genesis tells us that we were created in God's image. To become more like God, we need to learn to have His priorities. In his article, “Christian Time Management” by Mike Bennett, the author discusses tips for achieving it. “God reveals to us what is truly most important in life. In the Sermon on the Mount Jesus said, ‘But seek first the kingdom of God and His righteousness, and all these things shall be added to you’ (Matthew 6:33). But if we put money and things as equal to or higher priority than God's Kingdom, in the long run we will have neither. We can't take charge of our time without clearly defining our priorities. We must schedule what matters most first, or it will be pushed out by the hundreds of urgent and persistent things.”

To make the most of our time, we must consider our priorities and plan carefully or we will never have enough of it. As we plan for the use of our time (work, school, house and lawn maintenance, vacation, kids' sports and activities, etc.), we cannot forget to plan time for God. This includes time for prayer and congregational worship but also time for good works (Ephesians 2:10). These good works include giving time to any of GPC's ministries or missions. It also includes simple acts of kindness:

- spending time with an ailing relative or friend,
- providing a ride to church for someone,
- comforting a grieving widow,
- shoveling snow from an aging neighbor's sidewalk,
- or anything done as a way of sharing Christ's love.

It's not how much time you have but how you choose to spend it that is important.

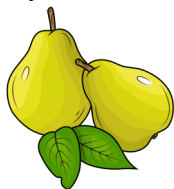
Bill Sterrett



Growing Back Together in Stewardship and Fellowship!

Our 2022 Stewardship Campaign theme uses fruits to symbolize our ministry commitments: Pears=Time, Apples=Talents, and Grapes=Treasure. Give some of your time, talent, and treasure to bring GPC together on Sunday, November 13th by creating or providing a treat or baked good using those fruits. Perhaps you have a delicious recipe for Pear Tarts, Apple Crisp, or Cinnamon Raisin Bread that you could prepare, or even bring in a bunch of grapes to share.

Tables will be set up in Fellowship Hall all morning for your contributions, giving us a wonderful opportunity to fellowship together in stewardship.





CHILDREN'S CHOIR SCHEDULE

In order to make it possible for our Preschool-5th grade children to both sing in the choir and participate in worship, this is our monthly schedule:

1st Sunday of the month

– Rehearse downstairs, 9:15-9:45.

2nd Sunday of the month

– Children in 9:30 worship thru the children's sermon. Children may sit with their parents or meet their teachers downstairs any time after 9:15 to go upstairs with their classes.

3rd Sunday of the month

– Rehearse downstairs, 9:15-9:45

4th Sunday of the month

– Rehearse downstairs, 9:15-9:30, then go up to worship thru the children's sermon with their classes.

[5th Sunday of the month

– Rehearse downstairs, 9:15-9:45.]

If you don't want to keep track of all this, you can simply drop off your children downstairs at 9:15 every week and we'll do the rest.

The children will sing at our Annual Christmas Pageant at the 9:30 service on December 18th.

Thrilled to have the children back together again,

Bonnie Wright

"Calendar of Giving"

The Calendar of Giving is an opportunity for our congregation to support numerous local organizations. Through this program, we identify local organizations that are in need of smaller donations. Each month, we will be collecting specific items for the identified organization. Please put your donations in the bin by the elevator.

For the month of:

November

We will be collecting items for

Gettysburg C.A.R.E.S.

Instant coffee and hot chocolate, tea bags, hot beverage cups, anti-bacterial wipes, Soft Soap/hand sanitizer, laundry detergent, dryer sheets, multi-purpose cleaner, toothpaste, deodorant, canned soup, pudding cups, cookies, crackers and granola bars.

MISSION **PRAYER LIST**

On Sunday mornings we will be praying for the following people/groups that we support:

11/13 Accion Ministries

Rev. Oscar Dorantes coordinates this ministry which hosts groups (like ours!) in the Yucatan, and runs three homes for youth, so they can continue their education.

11/20 Mission Bright Star

Our gift-giving ministry to children of Incarcerated parents.

11/27 Ben & Emily Okello

Ben & Emily are in Kenya overseeing an orphanage with many children. Ben also plants churches through Kenya.

Please consider including them in your own prayers!

**Community
Thanksgiving
Service**



**Tuesday, November 22
at 7:00 p.m.**

at Trinity United Church of Christ
60 East High St. - Gettysburg, PA

Rev. Caleb McClure will preach.

Come and express your
gratitude to God!

**We would welcome
your help
decorating the church
for Advent on**

**Wednesday,
November 30
10:00 a.m.**



Please contact Margo Har if you would like to
volunteer 978-807-3750.



**Female
Hygiene Drive**

Girl Scout Troop 80102 is looking
for donations to supply female
hygiene bags at the Gettysburg
Area High School.

Please consider donating...

- Mini Deodorant
- Regular Pads
- Regular Tampons

Thank you!

**Drop off location: Gettysburg
Presbyterian Church- 208
Baltimore St, Gettysburg, PA
17325**

For more information
email Lily at
ljorgensen25@gasd-pa.org



Mission Bright Star



On **Sunday, November 20th** you will have an opportunity to participate in our church's annual Mission Bright Star program. Mission Bright Star is a ministry in which members of our congregation purchase gifts for children whose father or mother is a resident in the Adams County Correctional Facility during the Christmas season. Our church has been involved with this local ministry since 1993.

Details regarding participation in Mission Bright Star will be announced during the church services on November 20th. The sign-up for the program will occur immediately after each service in Fellowship Hall.

As in the past, your willingness to share the love and compassion of Christ with others is greatly appreciated. Thank You



NEED A RIDE?

If you are having trouble attending church services and/or church functions due to not having transportation, let the Deacons help you.



We are only a phone call away.

October 10 - Nov. 13 please contact Ellie Bilz at 201-739-8774.

Nov. 14 - Dec. 11 please contact Ross Brownley at 717-873-5395

HIGH SCHOOL FELLOWSHIP November / December

| | | |
|-------------|------------------|--------------------------|
| November 13 | 5:00 - 6:00 p.m. | Dinner & Fire Pit at GPC |
| November 20 | 5:00 - 6:00 p.m. | Fellowship & Games |
| November 27 | NO SHIP | Thanksgiving Break |
| December 4 | 4:30 - 7:00 p.m. | Christmas Fair |

MidSHIP Schedule November / December

| | | |
|-------------|------------------|--------------------------|
| November 13 | 5:00 - 6:00 p.m. | Dinner & Fire Pit at GPC |
| November 20 | 5:00 - 6:00 p.m. | Fellowship & Games |
| November 27 | NO MidSHIP | Thanksgiving Break |
| December 4 | 4:30 - 7:00 p.m. | Christmas Fair |

Middle and High School FellowSHIP News

Join us for the campfire on 11/13/22 - and - Let your adult leaders know where we can see you shine (work, sports, band, drama, mowing the lawn)...wherever it is we want to support you, so let us know by returning the "Come and See Me" form to Libby or Lou and if schedules align we'll be there!

Come & See Me



I want you to come to one of my top three activities

What Where When

- 1.
- 2.
- 3.

Name
Contact Information

Save the Date for a Fellowship Campfire

November 13th at 5pm in the Church parking lot



Hope to see you there!

Christmas Mission Fair 2022

Ho, Ho,... Oh, No? How about Ha, Ha,... Oh, Yes!

Having trouble finding that elusive gift for the person who has everything? No need to fear, we have the perfect thing at the Christmas Mission Fair! On November 20th, 27th and December 4th between services you will have the opportunity to shop the great selection of Craft Items, and Presbyterian Coffee Project offerings, and to participate in the fantastic Silent Auction at GPC! Plan some time to browse all the gifts on display in Fellowship Hall on these dates! It is sure to turn any old grinch into a Jolly Elf...just in time for the holidays!

Half-Baked Ideas Welcome!

The Missions Team is ready to help you with any thoughts you have for the Silent Auction or Craft Sale! Our team of experts will assist you to think through offering your unique skill, craft, or gift of service to make someone's Christmas really special! Yard clean up? Cookies of the quarter? Handyman work? Vacation home for a week? Garden preparation? Snow shoveling? Babysitting? The possibilities are endless! Remember that all funds raised during Christmas Mission Fair go directly to supporting GPC Mission opportunities in Adams County and around the world! We are accepting your donations of high-quality items and crafts through November 18th, so please don't delay! Items may be dropped in the church office at your convenience.

Contact Tom Kolmer at 717-634-0258 or tomkolmer@gmail.com to talk about your ideas!

On your Mark, Get Set, Go to the Christmas Mission Fair!

Mark your calendars now and plan to bring your family and friends to the GPC Christmas Mission Fair on December 4th from 4:30 – 7:00pm! Delicious food, baked goods, craft sales, the Silent Auction, penny games for the kids, entertainment and wonderful fellowship await on this magical evening of Christmas fun! All are welcome! Come hungry and bring your gift list and fill those stockings with unique gifts for everyone! It just wouldn't be the same without you,

See You At The Fair!

GPC Hiking Club

Mark your calendars! The GPC Hiking Club has several fun hikes planned for the fall.

November 19th - Washington Monument State Park in Middletown, MD. We will leave the church parking lot at 8:30am.

December 17th - Our Annual Christmas Hike around Culp's Hill and Spangler Spring. We will end our hike at the church with cookies and hot chocolate. We will leave at 9am.

As always, be sure to dress in layers, wear comfortable hiking shoes, bring a snack and water. We will take a break for devotions.

If you are interested in joining us or would like to be added to our list, please email JenniferMaueClark@gmail.com

We look forward to seeing you! Happy Hiking!



Stephen Ministry

HOW DOES STEPHEN MINISTRY WORK?



When someone requests a Stephen Minister, our Stephen Ministry Referrals Coordinator will contact that person, explain what Stephen Ministry is, and help determine whether Stephen Ministry is the kind of care that person needs. Our Referrals Coordinator then matches that person with one of our available Stephen Ministers. The Stephen Minister will then call that person and begin meeting with him or her for about an hour each week as long as the need is there. Everything a care receiver says to his or her Stephen Minister is kept confidential. The Stephen Minister doesn't try to solve problems; rather, he or she listens, cares, prays, and helps the care receiver find his or her path to healing and wholeness.

For more information call Rev. Lou Nyiri at the church office 717-334-1235, ext. 4.

Poinsettias

Help us decorate the sanctuary at Christmas by ordering a poinsettia in honor or memory of someone. The flowers will be used in the sanctuary December 24th & 25th. You may pick up your plant(s) following evening worship on the 24th or Tuesday the 27th 9:00 a.m to 3:00 p.m. **Those not picked up by noon on Wednesday, Dec. 28th will be delivered to shut-ins.** The 5-6 bloom 6 1/2" pot will cost \$10.00.

Please fill in the following form & send it with your check made payable to Gettysburg Presbyterian Church to:

Mary Flinner
1360 Tract Rd.
Fairfield, PA 17320

Orders MUST be in by Sunday, December 2nd .
We cannot accept orders after that date—No extensions.

Christmas Poinsettias 2022

Given by: _____

Phone #: _____

In Memory of: _____

In Honor of: _____

of plants you will pick up _____ # of plants to be delivered to shut-ins _____



Spring forward, Fall back

Act of 1966 established **Daylight saving time (DST)** in the United States. Daylight Savings time is setting the clock forward by one hour so there is longer daylight during the day. The evenings are lighter longer and the mornings are darker. Most areas of the United States observe DST, *but* did you know that there are areas that do not participate? Arizona (except for the Navajo), Hawaii, and the US territories of Guam, Puerto Rico, Virgin Islands, and Samoa. *The Sunshine Protection Act is a proposed US Federal law that would make DST permanent. This has not been approved by the House as of this writing.*

Everyone feels sad, or down, at times. There is a difference between being sad, especially during an unhappy or difficult time in our life, and being clinically depressed. Most of us have experienced bleak times when we couldn't see the light at the end of the tunnel. This type of depression is miserable, but usually temporary, because it has a cause that we can identify. *Clinical depression* has no identifiable cause or explanation. It is a condition that is long term and serious. The causes are not well understood but may be related to a chemical imbalance or genetic factors. Help is available with psychotherapy and anti-depressant medications. Depression can affect anyone regardless of age.

Seasonal Affective Disorder (SAD) occurs when DST happens. SAD is a mood disorder. It is better known as depression that occurs during the winter months. Factors that are thought to influence SAD are: disturbance in our circadian rhythms, reduced levels of serotonin, an imbalance of melatonin, and Vit D insufficiency. Risk factors include familial history, gender (women have a higher incidence), personal history of bipolar or clinical depression. SAD is very common. It can last several months or years.

Symptoms: Decreased concentration, decrease in energy levels, feelings of hopelessness, weight gain or loss, change in sleeping habits, suicidal thoughts, social withdrawal.

Prevention tips:

- Brighten up your environment: Open your blinds and allow the sunlight in.
- Move your favorite chair closer to the window.
- Turn the lights on inside your home on dreary days.
- Follow a nutritious diet, decrease carbohydrate intake.
- Establish a bedtime and wake up schedule. Reduce napping or oversleeping.
- Avoid excess alcohol.
- Join an exercise class (try something new, like Chair Yoga, or Swimming).
Exercise reduces stress and anxiety.
- Get outside and take a long walk (even on cold days).
- Engage in social activities (Join GPC Choir, Bible studies, Mission activities at GPC, Hiking club, Invite others out to dinner, Presbyterian Women's group, Men's Interfaith Lunch, Young at Heart, etc.)
- Travel to warmer locations in the winter months.

*My phone is always on, and I am always available to meet to chat.
Reach out to me if you need a friend!*

**“Take Care of yourself first or you will have nothing left to give others.
Self-care is not selfishness. You cannot serve from an empty vessel.”**



Pam Phillips, RN FCN 410-596-0777


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RETURN SERVICE REQUESTED

Gettysburg Presbyterian Church Mission Statement

Gettysburg Presbyterian Church believes that God calls us to invite people to faith in Jesus Christ, and equip them to grow as His fully devoted followers. As disciples we:

- * study regularly
- * pray daily
- * witness boldly
- * live faithfully
- * serve passionately
- * give generously
- * worship weekly



**Next Newsletter Deadline:
Noon, Thursday, November 17, 2022**

**November 2022
GPC WORSHIP SCHEDULE**

Traditional Worship @ 8:15 & 11:00 a.m.
Contemporary Worship @ 9:30 a.m.

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|--------------------|--|
| November 13 | <i>"You've Got Mail"</i> Rev. Lou Nyiri Preaching |
| November 20 | Thanksgiving Sunday Pledge Sunday |
| November 27 | Rev. Caleb McClure Preaching |

To view live stream, go to: www.gettysburgpresbyterian.org
Click "View Services" on the top right hand corner