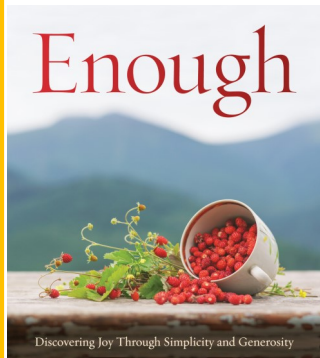


November 2024

The Pulse

Rocky River Presbyterian Church



One of Jesus's great teaching parables involves a sower who cast seed along the ground. The sower hoped the seeds would sprout, grow, and bear good fruit. Some seeds did just that, producing a great harvest. But others, Jesus said, fell among

thorns and, though they began to grow, these good plants were quickly choked out. Jesus said the thorns were "the cares of the world and the lure of wealth" (Matthew 13:22).

In a culture where having "enough" seems to have become a never-ending pursuit, Jesus's parable remains incredibly relevant. There are many who are chasing the American dream in ways that lead to stress, anxiety, and fear—thorns that can rob us of the ability to enjoy the abundant lives of purpose that God desires for us.

All of us have struggled with these issues at various moments in life. The troubles in our communities and in our world can prompt us to hunker down and clutch hold of what we have because we fear there won't be enough to take care of ourselves. Uncertainty can lead to a mindset of scarcity. Yet, the God we worship compels us to have faith and lead a life of abundance in the face of it all. We affirm that God has been abundantly good to us, and therefore, in faith, we respond with abundance.

Our stewardship theme for the Fall and coming year is called **Enough**. *It is a reminder that, despite the troubles of our time and the uncertainties we experience, God continues to provide for us.* As we consider the financial costs of Rocky River's ministry for 2025, we are also given the opportunity to ponder the many blessings we have received and to appreciate what we have.

Please be on the lookout for a mailing from the church the first week of November. These mailings will also be available for pick up at the November 3 worship service, which is our All-Saints Commemoration Sunday. **Our Commitment Sunday is November 17**, which is the day we dedicate ourselves to supporting the ministry of Rocky River Church for the upcoming year. May it be a day we experience the joy of generosity.

Pastor Peter

NOVEMBER 3: ALL SAINTS SUNDAY

On this day we will be remembering the gift of the lives of members and those associated with our congregation who have passed since the previous All Saints Sunday last year. During the worship service there will be a reading of the names of the deceased and the date of their passing. The text for the sermon on this day of remembrance is Matthew 6:19-21, and the message is called "Letting Treasures Go." We will also be celebrating the Sacrament of the Lord's Supper on this day.

NOVEMBER 10: TWENTY-THIRD SUNDAY AFTER PENTECOST

On this Sunday we will reflect on the parable of Jesus referenced in Luke 12:13-21. In this parable we see the actions of a successful farmer whose land produced an abundance of crops, so much so that he has run out of room to store what the land has produced. In response to this abundance, he tears down his barns and builds bigger ones. The message for this day is called "Storing Wrongly."

NOVEMBER 17: COMMITMENT SUNDAY

The text for this Sunday when we offer our financial commitments to the church, is Luke 12:38-44 and the sermon message is called "An Honorable Woman." Please remember to bring your pledge form for the Stewardship Dedication portion of the worship service. We encourage you to join us following our worship in Fellowship Hall for an "enhanced" coffee hour time.

NOVEMBER 24: CHRIST THE KING SUNDAY/HARVEST SUNDAY

This day marks the last day of the liturgical calendar before the new liturgical year begins with the First Sunday of Advent in December. This is referred to as *Christ the King Sunday*, and as the title implies, it is a celebration of the Lordship and Kingship of Christ. The text for this day is Luke 4:14-21 and the message is called "Disturbing Words." This is also our Harvest Sunday, the Sunday before Thanksgiving, and is a time for us to acknowledge the abundance we have received.

NOVEMBER BIRTHDAYS

Bonnie Erickson	11/01
Marion Good	11/01
Kevin Watts	11/01
Henry Ward	11/01
Grace Ward	11/01
Chloe Alvis	11/03
Lee Sabolich	11/05
Marshall Zinda	11/05
Kenneth Grady	11/06
Lynn Stohr	11/06
Lisa Mach	11/06
Chase Prudhoe	11/09
Megan Smith	11/10
Karen Jones	11/14
Marion McBride	11/16
Tatiana Kisilewicz	11/16
Scarlet Stavole	11/16
Hannah Heierding	11/20
Sue Hustek	11/22
Janice Brochhagen	11/24
Jonathan Sakai	11/24
Phil Schickel	11/26
Josephine Sweet	11/27
Audra Costello	11/29
Michael Esdon	11/29
Matthew Esdon	11/29
Mary Schulz	11/30
Kamryn Wilson	11/30



YOU ARE INVITED!

Join us Saturday, November 9
from 10:00 am - 12:00 pm

Are you able & willing to make
short fabric cuts or tie knots?
Then this time of fellowship and
service is for you.
ALL AGES WELCOME :)

We will assemble approximately 20
twin size fleece blankets for veterans
in hospice.

Hospice Chaplain, Kathy Hartzell,
works for Traditions Health Hospice
which provides hospice care to
veterans in Cuyahoga, Lorain and
Medina counties.

This event is sponsored by the
Rocky River Presbyterian Women

Light refreshments will be served.

Sign up on poster board near the
church parlor OR call/text

Ellen Schickel: 440-724-7056
Email: peschickel@hotmail.com



NOVEMBER 2024 LIBRARY LINGO



Mary Schulz, Librarian

DISPLAYS:

Thanksgiving books
New books

NEW ITEMS FOR CHILDREN:



THANKS and THANKSGIVING!

A Charlie Brown Thanksgiving DVD

Grateful: A Song of Giving Thanks

j782.421 BUC

An illustrated version of John Buccino's song, with a CD of the song performed by Art Garfunkel. This book was donated by Jon and Mary Fancher.

God Gave Us Thankful Hearts

E BER

Thanks & Giving: All Year Long

j810.8 THA

Marlo Thomas & Friends bring us a collection of stories, poems, and songs celebrating the best things in life-- friendship, thankfulness, family, giving, and love. The "friends" include: Maurice Sendak, Shel Silverstein, Deepak Chopra, Tiger Woods, Mo Willems, Mel Brooks, Avi, Ray Romano, Whoopi Goldberg, Kevin Bacon, Marc Brown, and many more.

Young Children's Fiction Picture Books

Bless Our Gramps & Gran (Berenstain Bears)

E BER

Grandparents are Great! (Berenstain Bears)

E BER

My Grandpa Is Great

E GOL

Grandma's Girl

E HIL

Nana Needs a Nap

E WAL

Bedtime Blessings (Berenstain Bears)

E BER

Bless Our Pets (Berenstain Bears)

E BER

School Time Blessings (Berenstain Bears)

E BER

Words to Love By (Rick Warren)

E WAR

We Are Water Protectors

E LIN

This book is inspired by many Indigenous-led movements across North America, issuing an urgent rallying cry to safeguard the Earth's water from harm and corruption. When a black snake threatens to destroy the Earth and poison her people's water, a young water protector takes a stand to defend the Earth's most sacred resource.

Children's Fiction

Criss Cross

jFIC PER

Teenagers in a small town in the 1960s experience new thoughts and feelings, question their identities, connect, and disconnect as they search for the meaning of life and love.

Children's Nonfiction

Climate Warriors: 25 Tales of Women Who Protect the Earth

j333.72 CLI

This collection features 25 empowering tales of girls and women who are dedicated to fighting for the planet—by saving endangered storks, ending plastic pollution, building the cities of the future, etc. Be inspired by them to join the cause in any way you can.

HAPPY READING AND VIEWING!!

(All descriptions have been taken from book jacket, title page verso, or review article)

Christian Education Corner

Christian Education, Facilitator, Brenda Peterson

bpeterson@riverpres.org



Sunday School:

We are all enjoying Sunday School. The curriculum being used is, *Following Jesus*. If you have a Sunday that you are available to assist the teacher, we welcome you in. We are looking for someone to join us either the first or fourth Sunday of the month. You can do this monthly or be a floater for us. It is wonderful when the children can get to know other adults from their church family.

Please reach out to Brenda Peterson, bpeterson@riverpres.org or 216-798-2365.

Adult Education: Sunday 9:00-10:00 AM

ALL ARE WELCOME. You can attend every Sunday or a Sunday that works for you! Hal Mitcheltree is spectacular with his programs he designs. Please come and share in his newest presentation, *In Nature's Realm - Explore Nature's Biblical Roles*. The program runs for 4 weeks and will cover Mother Natures many roles throughout the Bible. Amazing photos, videos, biblical text, music and conversation will be educational and inspiring. We look forward to having you join us and experiencing the dynamic presentation that Hal has developed for us.

Sundays, October 27, November 3, 10 and 17. Coffee and tea are provided.

Youth Fellowship: We meet 2nd and 4th Sunday - 6:00-7:30 PM (at the church)

We are using a Matthew 25 curriculum. This Youth group engages in conversation and shares their thoughts well. It is uplifting to hear their comments and how they believe that even the smallest of kind gestures can have a positive impact on someone's well-being.

This may seem early, but it also gives you time to begin planning. The Youth will be setting up the "Mitten" Tree the end of November. We will be looking for cold weather accessories (hats, scarfs, gloves, mittens, socks, etc). These items will be donated to a mission that the Youth decide they would like to assist. Last year, we donated to, **A Place 4 for Me**. A non-profit mission doing their best to end youth homelessness in Cuyahoga County. Last year we were able to provide them with 348 warm items! Let's see what we can do this year.





Parish Advisor Thoughts...

The list for Awareness of the month is many. As I reviewed them, several if not all are about medical and brain issues. In giving this thought I wonder what the root cause is? We are a world of busyness, maybe not all productive busyness. We are over stimulated with our environment. Our environment is just not outside, but it is what we choose to listen to, people we are around, our homes, our work environment and obligations. While some of these may flow smoothly for us there are times when all we feel from this is stress.

How Stress Affects The Body?

HEAD: Issues with mood, anger, depression, irritability, lack of energy, concentration problems, anxiety and panic attacks.

HEART: Increased blood pressure, fast heart-beat, increased risk of heart attack and stroke and higher cholesterol.

INTESTINES: Decreased nutrient absorption, reduced metabolism, decreased enzymatic output, increased risk for inflammatory bowel diseases, diabetes and more.

REPRODUCTION SYSTEM: Decreased testosterone and estradiol production leading to reduced fertility.

JOINTS & MUSCLES: Aches and pains, inflammation, tension, lowered bone density (propensity for osteoporosis), tightness in the shoulders and back.

SKIN: Skin problems like acne, psoriasis, eczema, dermatitis, random breakouts and skin rashes.

STOMACH: Can cause peptic ulcer disease, IBD, food allergies, stomach cramps, reflux, nausea and weight fluctuations.

PANCREAS: Results in elevated secretions of insulin, which if chronic could lead to diabetes, damaged arteries and obesity.

IMMUNE SYSTEM: Suppressed effectiveness of the immune system to battle and recover from illness. Leads to high levels of inflammation in the body, which causes a variety of chronic health conditions.

TIPS TO TAME STRESS - www.mayoclinic.org

Get Active, Eat a healthy diet, Avoid unhealthy habits, Meditate, Laugh more, Connect with others, Assert yourself, Try yoga, Get enough sleep, Keep a journal, Get musical and be creative, Seek counseling.



The Alternative Christmas Charity Bazaar at Rocky River Presbyterian Church



Who needs another ugly sweater? Make a donation to a charity to honor your loved one or friend. What a wonderful gift to give.

The 16th Annual Alternative Christmas Charity Bazaar will be held on **Sunday, November 24, 2024 from 11:30 a.m.—12:30 p.m. at Rocky River Presbyterian Church**. Come visit over 11 charities and 1 Fair Trade business all in one place. Donations to the charities at the Alternative Christmas Charity Bazaar are financial contributions to non-profit missions given as “Christmas presents” in honor of family and friends.

How does it work? Visit booths where representatives for each charity will be present to explain their services. Select one or several charities to make your cash (or check) donation to and receive a custom-designed greeting postcard with a description of the gift’s ministry. Donate to one charity or to all 17. The cards can then be given to your family, or friends telling about the charitable gift selected by you and given in their honor! 100% of all donations go directly to the charity and your gifts will be tax deductible.

Visit more than 11 missions and 1 Fair Trade Business include: Cuyahoga Co. Habitat for Humanity, Cuyahoga Co. Animal Shelter, The Gathering Place, Shriners Children’s Hospital, Presbyterian Disaster Assistance, Sleep in Heavenly Peace, Fisher House, Dougbe River School, National Assoc. of Mental Illness, and the One World Shop. You can be “God’s hands and heart” as you honor loved ones in meaningful ways.

If you have any questions, please call us at 440-333-4888.
We are located at 21750 Detroit Road in Rocky River, OH.

Preschool News:



Butter Braids: Orders are due by November 4th.

Delivery will be the week of November 18th. RRPP will earn 35%-40% of sales. Checks can be made payable to RRPP. You can also order online; fliers will be available in the church office.

The Preschool will have a Pizza and Bake Sale on Election Day

November 5th during polling hours at the Church.

Please come by and show your support.



The preschool would like to extend an invitation to our Christmas programs. We have 3 different dates and times, they are December 18th at 10:30, December 19th at 11:30 and December 20th at 10:30. Each Christmas program will last about 15-20 minutes. The children will sing a couple of songs and then everyone will sing some songs. The programs are in the church.

RRPP has a fundraiser, it is Mitchell's ice cream gift cards. Order forms will be available in November and due the first week of December. These make great stocking stuffers! The preschool makes 25% on each gift card.

Enrollment for the next preschool year will begin in December. if you would like to tour the school or have any questions, please contact: Kathleen Winters, Director at 440-895-5437.

Please join us on November 22nd at 7:30 p.m. for Blue Water.

Rocky River Presbyterian Church (RRPC) is excited to announced that our Artist Concert Series is back! The series offers free concerts that are open to the public. This program is an opportunity for all to enjoy a variety of professional musicians in a comfortable, intimate setting. All who appreciate music

are welcome, including children. Admission and parking are free. Handicapped accessible. Goodwill donations encouraged and accepted.



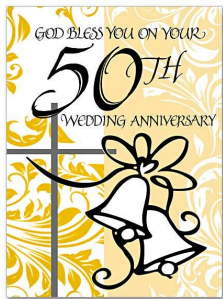
Thank you so much for all of the lovely cards, gifts and kind words! My time at RRPC will always be a happy memory and it has been a joy to serve there. I appreciate and love my RRPC family, you are the best

Love to you all,
Crystal Duffield

Friendly Faces Needed

Greeters are a vital part of a church's hospitality ministry.

Please use the sign up sheet posted on the bulletin board.



Happy 50th Wedding Anniversary to Jim and Susan Pierce.

They would like to, praise and thank God for their children, grand children, and for all the many blessings that he gave has given them over the past 50 years.

MARK YOUR CALENDARS - SAVE THE DATE

The holidays are sneaking up and will be upon us before we know it! Please plan to be at church on Sunday, December 8th when we will “Deck the Halls” following worship that day. Many hands make light work so we will need “All Hands on Deck” to decorate the church for Advent and Christmas.



Daylight Savings Time Ends!

Reminder the clocks fall back on November the 3rd.



More Information to follow! Keep an eye out in the Pulse and look for an email coming with more information.

A word from a grateful member of the church:

A big thank you goes out to Rich and Melanie Fredrickson for the wonderful invite to their home. Boy was it fun with good food; you would of love to see how much, and live music. Mexican theme was so great and they even had Mexican hats to add to the fun! We also had the chance to get to know our church friends better. Soooo thank you Rich and Melaine, Marion McBride



Who's Who in the Pew

Wally and Holly have been members of RRPC for approximately 30 years. We were married at Grace Presbyterian Church in Lakewood and began attending RRPC when we moved to Rocky River. Wally grew up in Bay Village, attending St. Raphael's and Holly grew up in Lakewood attending the United Methodist Church. We had many happy, busy years raising our two sons and juggling working and family life. Our sons live on opposite sides of the country and we enjoy frequent visits to see the grandchildren. Holly's mother also lives nearby and we both help to care for her. We are fortunate to live in such a wonderful community that provides so many activities for seniors. Since retirement, Wally from industrial sales and Holly from banking, we have enjoyed being involved at the Rocky River Senior Center. Wally as a part time driver and organizer of the senior men's golf league and Holly in dance lessons and various volunteer opportunities, classes, and community gardening. Our church and church family is an anchor in our lives and just as God handles the beginning and the end, he is also our guide for all the years in between.



****Please have all articles submitted for the PULSE newsletter before the 24th of the month.**

November 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 7:00 am Friday Morning Men's Bible Study (Zoom)	2 7:00 pm Altered Attitudes Mtg.
3 Communion/Food Sunday 9:00 am Adult Education 10:30 am Worship 11:30 am Coffee Hour 11:35 Mission Committee Mtg.	4 7:00 pm Women's AA (Fellowship Hall) 8:00 pm Christian Education Mtg.	5 6:45 pm Worship Committee	6 7:30 pm Men's AA Mtg.	7	8 7:00 am Friday Morning Men's Bible Study (Zoom)	9 10:00 PW Blanket Project (West Room) 7:00 pm Altered Attitudes Mtg.
10 9:00 am Adult Education 10:30 am Worship 11:30 am Coffee Hour 11:45 E&M Committee Mtg. 6:00 pm - 7:30 pm Youth Fellowship	11 12:00 PW Semi Circle Luncheon 7:00 pm Women's AA (Fellowship Hall) 7:00 Deacon's Mtg.	12 9:30 am Expressions of Faith 9:30 am RRP Preschool Committee 4:30 HR Committee 6:30 pm Finance Committee	13 7:30 pm Men's AA Mtg.	14	15 7:00 am Friday Morning Men's Bible Study (Zoom) 9:00 am Senior Men's Mtg.	16 7:00 pm Altered Attitudes Mtg.
17 9:00 am Adult Education 10:30 am Worship 11:30 am Coffee Hour 6:00 pm - 7:30 pm Youth Fellowship	18 7:00 pm Women's AA (Fellowship Hall) 7:30 pm Session Mtg.	19	20 7:30 pm Men's AA Mtg.	21 7:00 pm Priscilla Circle	22 7:00 am Friday Morning Men's Bible Study (Zoom) 7:30 pm Blue Water	23 7:00 pm Altered Attitudes Mtg.
24 9:00 am Adult Education 10:30 am Worship 11:30 am Coffee Hour 11:30 am Alternative Christmas Bazaar 6:00 pm - 7:30 pm Youth Fellowship	25 7:00 pm Women's AA (Fellowship Hall)	26 9:30 am Expressions of Faith	27 7:30 pm Men's AA Mtg.	28	29 7:00 am Friday Morning Men's Bible Study (Zoom)	

“The Pulse”

the monthly newsletter of

Rocky River Presbyterian Church

November 2024



****Please note: Submissions for the monthly Pulse need to be in to the church office no later than the 24th of each month. Thank you!**

Rocky River Presbyterian Church
Rev. Peter Lawson, Pastor
21750 Detroit Road
Rocky River, OH 44116-2220