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RALLY DAY

Rally Day at St. James, Sun. Sept. 8th
Come out and celebrate the beginning of the New Church Year and Welcome our new pastor, Rev. John Steitz. Following worship everyone is invited to stay for a picnic lunch and meet Pastor John.

After lunch there will be a conversation with parents and other interested adults on building a vibrant Sunday school program for 2013-2014. at St. James. Pastor John will facilitate this conversation. There will be games for the children during this time.

CULTIVATING A SPIRIT OF OPTIMISM:

A PRAYER EXERCISE

There is a simple, practical, prayer exercise that can help us cultivate a spirit of optimism.

The Prayer Exercise involves writing for about twenty minutes, four days a week, for four weeks.

First, each day before writing you read Philippians 4:8

"...whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence, and if there is anything worthy of praise, think about these things."

Then enter into twenty minutes of writing on your "Best Possible Future Self."

To think about your Best Possible Future Self means that you imagine yourself in the future after everything has gone as well as it possibly could. You have worked hard and have succeeded at accomplishing all of your life goals. Think of this as the realization of your life dreams, and of your own best potentials.

By committing our Best Possible Future Selves to writing we recognize that we can work toward valued goals and we realize we have the ability to be transformed by prayer.

Writing is key. In this Prayer Exercise writing is the prayer. Writing about our goals helps us put our thoughts together in a cohesive way.

Each day, as you write and pray you can go deeper into specific aspects of your goals. You can also use this Prayer Exercise to focus on a specific goal, or to focus on a limited timeframe. (Article continues on p. 4...)

CONTACT THE CHURCH

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2013 CONSISTORY

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Rugene Caldwell, VP
Kristen Serina, Secretary
Nancy Ewing, Treasurer
Tom Mogel, Financial Sec.
Ruth Borneman, Historian
Betty Lou Wilson, Sexton

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General Synod at
www.ucc.org/synod

Worship & Faith Formation

QUIET DAYS

Sep 3 at New Goshenhoppen UCC, 1070 Church Rd., East Greenville 18041. (Mark these additional dates on your calendar: **October 1, November 5, and December 3.**)

Do you long for peace and quiet? An opportunity to just breathe and be? A chance to enjoy God's creation and listen for God's voice away from the usual noise of everyday life - but not so far away, that you can't get there easily in the middle of the week? Then Quiet Days might be just be for you.

On the first Tuesday of the month from from 9:30 am to 1 pm, a wonderful variety of folks - lay people and clergy, young, older and in between - gather to reflect, journal, worship, commune, rest, pray and fellowship together. If you've been to Quiet Days before, consider going again, and take a car full of others with you. If you have never experienced this oasis in the desert, the next time a first Tuesday comes around. You'll be glad you did!

Each participant is asked to bring a Bible, journal, pen and a bag lunch. Come and see what God has in store for you! There is no formal registration, but a minimum donation of \$5 is requested on Quiet Day.

TAVERN TALKS

Tavern Talks is sponsored by St. Luke's UCC and Ursinus College at 7 pm on the third Monday of the month from September to May. To learn more, contact: Rev. Ann Few: pas-torann@atlukestrappe.org . The upcoming schedule includes:

September 19 - Rev. Ed Neiderhiser, Chaplain Graterford Prison

October 17 - Dr. Lee Barrett, Lancaster Theological Seminary

November 21 - Ms. Tommy Wilkins, Director of Community Education, Laurel House, "No Place to Hide: Domestic Violence and Children"

SPIRIT ON TAP

Spirit on Tap's purpose is to encourage theological discussion, explore alternative views, and stimulate dialogue around issues of faith and spirituality. Spirit on Tap is held on the fourth Tuesday of the month, September through May, at the Crowne Plaza Hotel Goodnites Lounge, 1741 Papermill Road in Reading, PA 19610 at 7 pm. There is no charge and all are welcome. To learn more, contact Dr. Harry L. Serio (HLSerio@aol.com or 610-944-7032); or Dr. Robert A. Stewart (rastheo1951@msn.com or 610-775-2836).

Sep 24 - Dr. Carol Lytch, President, Lancaster Theological Seminary, "The Opportunities and Challenges of the Mainline Protestant Witness in These Times"

CELTIC, GOSPEL, AND OLD TIME MUSIC

QUADAS, a twenty-four member club of hammered dulcimer, mountain dulcimer and autoharp, will present an afternoon of lively music at 2 pm at Zwingli United Church of Christ, 350 Wile Ave, Souderton, 18964. Special guest appearance by popular local group, Daybreak. Free public concert followed by refreshments. An offering for the benefit of Zwingli will be accepted. For information contact Bobbie and Obie at obediahbreadboard@verizon.net or 215-234-8036. Directions on Zwingli.org

VENTURES AT MARIAWALD RENEWAL CENTER

Register online now for the next *Ventures* retreat, Sept. 24-26, 2013. Ventures is offered by our UCC Conference, for adults who want to explore meaningful ideas and issues in a retreat setting, along with fun, fellowship, and personal reflection. The retreat is held at the beautiful and peaceful grounds of the Mariawald Center in Reading, PA. For more information and to register, go to www.psec.org/psec-events.

Calendar

SEPTEMBER 2013

SUN	MON	TUE	WED	THU	FRI	SAT
1 22nd Sunday in Ordinary Time Service of the Word Worship Team #5	2	3 Missions 7:00 pm	4 Prayer Shawl 6:30 pm	5	6	7
8 23rd Sunday in Ordinary Time Service of the Word Rally Day Worship Team #6	9	10 Consistory 7:00 pm	11	12 Property 7:00 pm	13	14
15 24nd Sunday in Ordinary Time Service of the Word Worship Team #7	16	17	18 Fellowship Dinner 5:30 pm	19 Pantry 9:00 am	20	21
22 25nd Sunday in Ordinary Time Service of the Word Worship Team #1	23	24 Women's Fellowship 7:00 pm	25	26	27	28
29 26nd Sunday in Ordinary Time Service of the Word Worship Team #2	30					

Congregational Life

CULTIVATING A SPIRIT OF OPTIMISM: (Continued from front cover)

The Best Possible Future Self Prayer Exercise helps us see the “big picture” of our lives anew. The Prayer Exercise gives us an opportunity to learn about ourselves, to better understand our priorities, our motives, our emotions, and our identity. We learn what is in our hearts, who we really are, and discern meaning from life as we engage in this Prayer Exercise.

- Begin with Philippians 4:8
- Write for twenty minutes on your Best Possible Future Self.
- Close with the Serenity Prayer!

God, grant me the serenity to accept the things I can not change, the courage to change the things I can, and the wisdom to know the difference.

FELLOWSHIP DINNERS

Hope everyone enjoyed their summer!! The time to begin our dinners has arrived too soon. Come out and join us for an enjoyable evening of good conversation and good food. The sign up sheet is posted on the board in the Narthex. Our first dinner is set for September 18th. Please join us !!!!!

COFFEE HOUR

Fall is coming and so begins our Coffee Hour. We all seem to enjoy the time after services to chat for a few minutes. We are always in need of volunteers to bring in some goodies for sharing. The new sign up sheet is posted on the board in the Narthex.

BIRTHDAYS

September

1....Peter Cibulsky	20....Patricia Earnshaw
2....Kenneth Raspen, Sr.	20....Kerry Ann Koons
6....Paula Coseo	20....Tony Nuccitelli
10....Kelley Williams	20....Evan Myers
10....Millie Alderfer	22....Jessica Casey
11....Doris Frain	23....Jennifer Clarke
11....Teresa Russell	23....Betty Lou Wilson
12....Amanda Kincaid	24....Dorothy DeWane
12....Jefferey Kincaid	25....Kathleen Stengel
13....Graham Heath	26....Donna Serina
15....Arthur Gelwicks	27....Frank Donofrio
17....Janice Moore	27....Rebecca Mogel
19....Joyce Clarke	27....Joyce Heuer
19....Hannah Laub	28....Patricia Morris
20....Alayne Frymoyer	29....Jody Williams

ANNIVERSARIES

September

4....Vincent & Pamela Marino
7....Scott & Sue Swinehart
8....Brendan & Staci Fink
12....Mark & Jodi Williams
15....Mike & Kate Cifelli
20....Frank & Eleanor Donofrio
23....Larry & Ellen Hennessy
23....Jim & Colleen Tursi
26....Walt & Rhonda Rusinski
27....William & Barbara Waltz

PRAYER CONCERNS

For our friends Shirley Major, Melissa Moore *and others who are a long-term care residence, we pray for comfort and peace.*

For our friends Steve & Mary Barnaik, Earl Ziegler, Betty Wines, Doris Frain, Pat McFarland *and others who are not easily able to leave their residence, we pray for companionship, healing, and respite from pain.*

For our friends Pat, DaYung, Kevin, Charlotte Fiedler, Cindy Valerio, Donna *and others with ongoing health concerns and challenging life circumstances, we pray for caring hands, hope to live each new day, and the reassurance of God's presence through the support of our congregation.*

For our friends Richard, Tony Hillegas, Alfreda *and all cancer survivors, we pray for treatment where it is possible and release from suffering where it is needed.*

Hear our prayers, and guide us in our healing and in our Christian discipleship. Amen.

Please note that we will remove names on the prayer list after one month, except for homebound and hospitalized members. Let us know if you would like to add or renew a request by office phone or email.

From the Pastor's Desk...

WHO IS THIS THE NEW PASTOR GUY?

So who is this new pastor? I have an ecumenical background. Raised in the Episcopal Church, I became a Quaker in my twenties, graduated from Earlham School of Religion (MDiv, 1989), a Quaker seminary, and joined the United Church of Christ in the early 1990's.

I was raised in New York State, both in the Hudson Valley and on Long Island. My parents live in the Catskills. I'm the oldest of four: My brother Jim lives with his family in Rhode Island. He has his own plumbing business. One sister is a teacher and lives on Long Island and one sister is a nurse and lives in the Catskills. My nephew and four nieces range in age from 14 to 20.

My wife Catherine is also a minister. She served as a United Methodist pastor for about a dozen years. She is now in the process of becoming an ordained UCC Minister. She is also a storyteller. To the degree when storytelling finds its way into my sermons, it will be due to Catherine's influence.

Catherine has two children from her first marriage. David is a chef in Brooklyn and is in his mid-30's. Annie is studying to be a nurse. Lisa, Annie's firstborn is now 11. Annie's second child, a girl, is due in October. After living with us for the past eight years Annie and Lisa are moving to Topton, PA this month. Also in Topton will be Annie's partner Garrett and her father Gary. It is unclear how many cats they will take with them. We however are keeping Mica our German Shepherd.

Since 1995 I have served some ten congregations. Most of my ministry has been as an intentional interim. The two areas of interim ministry that I have especially focused on are leadership development and relationship building/healing.

Over the past two decades I have taken many continuing education courses and workshops. What stands out in the training I've had in congregation-based community organizing, and in appreciative inquiry.

I enjoy reading and have way too many books. I also like to garden. My garden is primarily fruits and berries although I am in the process of constructing a rock garden for Catherine.

Finally, I am thankful to be with you at St. James UCC. -Pastor John

St. James United Church of Christ
321 South Limerick Road
Limerick, PA 19468

SEPTEMBER 2013 NEWSLETTER

Notes & Reminders

Materials for the September newsletter are due September 15.

RALLY SUNDAY
Rally Sunday Picnic discussion of having a vibrant Sunday School program for 2013-2014

FELLOWSHIP DINNER

All are welcome to the **Fellowship Dinner** Wednesday September 18th at 5:30pm! Come out and enjoy a meal prepared by our Hospitality Ministry, along with some great conversation. Dessert donations are welcome. Please sign up today in the narthex so we can prepare enough food!

SAVE THE DATE

Many thanks for the 19 donations of blood at the summer Miller Keystone Blood Drive on July 21. According to the thank you we received from M-K, 57 lives were saved with the gifts from St James.

The next blood drive will be held in the Fellowship Hall on Friday, December 27, 2013 from 2 to 7 pm.