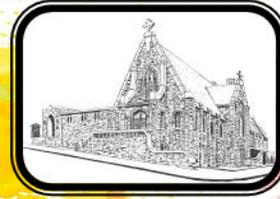


The Rainbow



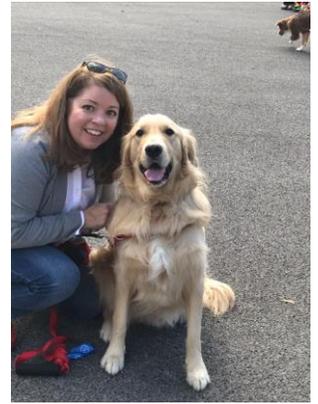
Pet Blessing

By Dee Puckett

In Proverbs 12:10 it is noted that the righteous and Godly people care for their animals. On Sunday, October 13th, the Christ Church Annual Pet Blessing shared in the care of our family pets with a blessing for each pet and family offered by Father Chad. The service was held in the abundant October sunshine in the parking lot west of Christ Church. This year over 20

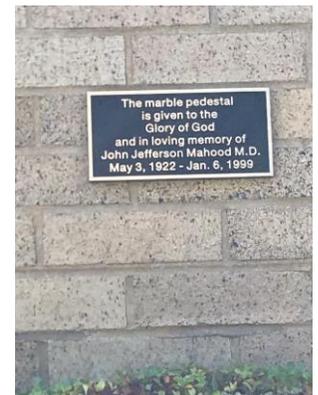


dogs and a small number of cats were blessed, provided a tasty treat, and given a medal for their collar remembering St. Francis and other appropriate Saints. Several Christ Church members and their pets attended the Pet Blessing and were joined by other community members and their pets. Additionally, the K-9 Unit of the Bluefield Police Department brought two shepherds to be blessed. Plans have been made to extend the blessing to the City arson dogs, too. These special animals who serve Bluefield, West Virginia, have been given special medals representing their area of service.



The service was one full of love for our furry family members and was celebrated as dogs barked and cats purred their delight.

Bruce, Dee, and Will Puckett presented Bishop Curry with a Christ Episcopal Church sweatshirt at the 200th Celebration of St. Matthews in Wheeling, West Virginia



This marble pedestal is given to the Glory of God and in loving memory of John Jefferson Mahood, M.D.

Daughters of the King News *by Mary Catherine Williams*

The October meeting was cancelled. Our next meeting will be November 19 at 10:30. Our study will be on Rhoda and Mary Magdalene. Anyone interested in becoming a member can contact any member. They are listed in the Church directory or you can contact Mary Catherine Williams at mkw@dlwco.com or call me at 276-326-2411. Hope to see you there next month.

ECW News *By Patty Richardson*

The Christ Church ECW held their fall meeting on September 4 with a dinner meeting in Rowley Hall. Wanda Myers provided a devotional for the group. The fall ingathering of the United Thank Offering was discussed and various members were assigned passages to read during the Sunday services in September. Upcoming projects for the group were discussed with plans being made to aid the Food Pantry in soliciting extra items to be given out on Food Pantry days. Extra items being collected are as follows:

NOVEMBER Blankets (new or used) and Christmas decorations

DECEMBER Hats, gloves and scarves

The December ECW meeting will be held in Rowley Hall on Wednesday, December 11 at 5:30 p.m. All members are asked to bring an appetizer or dessert to be shared with the group. Members should also bring a copy of the recipe they bring to be compiled and distributed at the next meeting in the Spring.

Food Pantry Report

October's groceries for the food pantry were ordered by Donald Kersey and bagged by various members of the congregation. Those who worked the Food Pantry were Donald Kersey, Victor Bowman, John and Becky Beckett, Linda Thomas, Peter Taylor, Tom Coughlin, Patty Richardson, Betty Nash, and Charlie Blevins. Sixty bags of groceries were distributed along with 35 kerosene vouchers. Members of the community also received personal care items.

Union Mission Report *By Art Mead*

Episcopal outreach resulted in the serving of 282 meals at the Union Mission on the 2nd & 4th Wednesdays in October 2019. Participants on the 2nd Wednesday were: Sheila Brooks, Wendy Harris, Art Mead, Betty Nash, Shirley Ofsa and Stephanie Smith from Christ Church, Bluefield, WV, and Charlie Helmandollar and Sammy Moore of Christ Church, Pocahontas, Virginia.

Participants on the 4th Wednesday were: John & Becky Beckett, Sheila Brooks, Jim & Chris Justice, Art Mead, Rev. Slater and Jennifer and Emma Slater, Allen Spiegel of the Congregation Ahavath Sholom and Tyler Watson, a Bonner Scholar from Concord University (also a member of the Bluefield High School 2017 State Champion Football Team).

An Oct. 9 menu of hot BBQ on a bun, coleslaw, baked beans, a brownie and milk was served. Approximately 85 meals were served directly by the volunteers. Another 19 were served by Mission staff by closing time. The remaining 37 meals were served by lunch time the following Thursday.

An Oct. 23 menu of hot chili with crackers, Oreos and a drink was served. 101 meals were served directly by the volunteers. Another 40 were served by staff before closing time. (The 6 gallons of chili was depleted with the first 60 meals. The remainder included a pre-wrapped sandwich.)

Letter from the Rector

As you know, I love word studies. I love them because I feel that we can learn so much more about what the authors of Scripture are trying to tell us by delving into their language, culture, and history. It may also be because I'm a nerd. Since the month of November brings us Thanksgiving, I thought I'd share a favorite word study of mine.

Countless times throughout Scripture the word "thanks" is used. While certainly used throughout the Old Testament, particularly in the Psalms, it is even more prevalent in the New Testament. "Give thanks in everything," Paul exhorts several times in his letters. "Give thanks to His Name," the writer of Hebrews declares. "We give thanks to God for you," Paul states in First Thessalonians 5:18 "Give thanks in all circumstances; for this is the will of God in Christ Jesus for you." Paul, again in First Thessalonians, (a really thank-filled letter) "Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God for you in Christ Jesus." A careful reader of Scripture would be lead to believe there is an obsession with thankfulness in the Bible—and they'd be right.

But did you know the word "thanks" used throughout the New Testament is the Greek word "eucharisteo" – which is where we get our word "Eucharist?" Christ Himself uses this word repeatedly in the institution of the Lord's Supper. Literally every service of Holy Communion is a Thanksgiving Meal. Just like at Thanksgiving we gather with friends and family and share a meal. Only at the Holy Eucharist we feast around a table meant to fill our souls and not our bellies—one laden with the Bread of Angels and not turkey and stuffing.

When you come to the Lord's Table, do so with a thankful heart. You won't find turkey, but you will find grace. Amen.



THANKSGIVING AT THE FELLOWSHIP HOME

By Linda Ammar



A Thanksgiving dinner, to be delivered on Sunday, November 24th, will be prepared for the men at the Fellowship Home. If you are interested in helping to prepare this meal please look for the sign-up sheet placed in the front hall. Thanks for making their holiday full of turkey and stuffing!



Favorite Hymn Sing on Sunday, November 10 at 4:00 p.m. at the home of Jim and Bea Paine, 2120 Mountain View, Bluefield, West Virginia. All voices are welcome! Just bring your joy for singing. Light refreshments provided.

Minutes of the Vestry of Christ Episcopal Church
Bluefield, West Virginia
October 16, 2019

Present: Becky Beckett, Alyson Bowling, Elizabeth Clement, Frank Dragotto, Delia Kersey, Tom Coughlin, Don Kersey, Susanne Pulse, Mary Catherine Williams, Father Chad Slater
Becky Beckett who declared a quorum called the October meeting of the Christ Episcopal Church Vestry to order on October 16, 2019.

Alyson Bowling led the vestry in a short devotion.

Frank Dragotto gave the treasurer's report. The financial reports were reviewed. Our income is low at the present time. We expect more money by the end of the quarter. We have had the roof and radiators repaired. Mary Catherine Williams made the motion to accept the September 2019 financial report. Delia Kersey seconded the motion. The motion passed unanimously.

Senior Warden's Report: Delia Kersey will close up the church for the month of November. During Father Chad's sabbatical, his replacement will stay at Bluefield College. The annual congregational meeting will be changed to the second Sunday in January. The Committee Chairpersons should submit request for additional budget funding to either Frank Dragotto or Father Chad by November 30.

Junior Warden's Report: American Electric Power came to review the electrical service at the Church. The electrical system coming into the Church needs to be upgraded. Mangus Electric came and will give us an estimate on what it costs to upgrade the system coming into the Church. Solar panels were discussed as an alternate source. Tom Coughlin called a landscaper but has not heard back.

Communications: A discussion was held on how and when to alert the news outlets to Father Chad's Sabbatical.

Education: Nursery is going well. What should go in the children's activity bags were discussed. There are children's worship bulletins.

Evangelism: Name tags for the congregation were discussed.

Finance: Guidelines for the use and administration of the Rector's Discretionary Fund was handed out for review.

Outreach: Kerosene vouchers are being given out at the food pantry in October.

Parish Life: There is a baptism on December 1, 2019. Canterbury Club will be December 8, 2019. A reception will be held after the late service on Christmas Eve. The 100th anniversary reception will be on December 29, 2019.

Worship and Spirituality: The Lay Eucharistic Ministry needs to be revisited. A discussion was held on starting a divorce care group to reach out to the community.

Rector's Report: The Bluefield College Choir will perform on November 23, 2019, at Christ Church. The West Virginia Council of Churches retreat at Huttonsville was very nice. There are grants available to set up support groups. There will be no service this year for All Saints Day since it is on a Friday.

There being no further business, Father Chad dismissed the meeting with a prayer.

Respectfully submitted: Susanne Pulse, Secretary



November is Diabetes Awareness Month. There are 30 million Americans diagnosed with diabetes. Type 1 diabetes usually occurs in children and teenagers (old name was juvenile onset diabetes). It is the most severe form of the disease and occurs when the body's immune system attacks its own insulin-producing islet cells and destroys them. Those with Type I must take daily injections of insulin or use an insulin pump. Type 2 diabetes is known as non-insulin dependent diabetes. Those with Type 2 produce some of their own insulin but develop insulin resistance resulting in the inability to use their insulin to control blood sugar levels. This results in taking oral medications and even supplementing with insulin injections when blood sugars elevate.

Elevated blood sugars lead to blurred vision and poor wound healing. When your blood sugar is elevated, you are very thirsty. Water from your cells and interstitial tissues is pulled into the vascular system by the excess sugar. This results in increased urination and dehydration. The dehydration leads to extreme weakness/fatigue, low blood pressure and confusion. Diabetics produce ketones for energy since the glucose cannot enter the cells due to lack of insulin. These ketones result in nausea, vomiting, and abdominal pain. It is important to go to the closest Emergency Room if you have these symptoms. If left untreated, you can develop diabetic ketoacidosis which can lead to coma and death.

Everyone should have an annual physical when your blood sugar can be evaluated. If you have diabetes, a lab test, A1C, can evaluate your treatment plan. A normal A1C is below 5.7%.

Diabetes is a risk factor for cardiovascular disease and stroke. The good news is that if you take steps to manage your diabetes and if you are not a diabetic, if you take steps to manage your health, you lower your chance of heart disease and/or stroke. Important steps are to stop smoking, eat healthy 3 times a day (focus on fruits/vegetables, small portions, avoid junk food), be active 30 minutes a day (walk/dance) and manage your stress through meditation, being with friends, and deciding what you can/cannot control.

An excellent website <https://beyondtype1.org/diabetes-awareness-month/> has lots of activities for Diabetes Awareness Month. The webpage for the National Institute of Diabetes and Digestive and Kidney Disease contains lots of great information at <https://www.niddk.nih.gov/health-information>

PRAYER LIST



Dorene Dimes, Wanda Myers, Bonnie Taylor, Joe Sanders, Lee Puckett, Sr., Kerrigan Farmer, Mabeline & Elton Robinson, Bea Paine, Charlotte Woolwine, Lynn Burney, Marilyn Denney, Michelle Parks, Shirley Weaver, Will Calfee, Doug Bloomfield, Paul Anderson, Deane Family, Donna Fortune, Deanna Edwards, Elizabeth Kane, Jerry and Debbie, Nina

and family, Marlene, Amy Melvin, Bob and Peggy Walk, Susan Jewell, John Kersey, Judy Anderson, Michelle Coleman, Hilendorf Family, Martha Linkous, and Hazel Railey

Christ Episcopal Church Awarded Major Lilly Endowment Grant for Fr. Chad's Sabbatical Project Next Year

Christ Episcopal Church has received a grant of more than \$40,000 to enable its minister, the Rev. Chad Slater, to participate in the 2019 National Clergy Renewal Program. Christ Episcopal Church is one of 150 congregations across the United States selected to participate in this competitive grant program, which is funded by Lilly Endowment Inc. and administered by Christian Theological Seminary in Indianapolis. Established by the Endowment in 2000, the program's grants allow Christian congregations to support their pastors with the gift of extended time away from their ministerial duties and responsibilities.

The grant to Christ Episcopal Church will send Rev. Slater and his family to study community development models used by churches in England and South Africa. The idea of developing our communities—by both economic empowerment and interpersonal relationships—was inspired by the concept of “Ubuntu.” “Ubuntu” is a Nguni Bantu word that means “humanity” but is often translated “I am because we are.” Archbishop Desmond Tutu, during the Apartheid era of South Africa, developed “Ubuntu Theology” where human dignity and identity are drawn from humanity's creation in the Image of God and through right relationship with other humans. This relational way of thinking, doing ministry, and empowering people changed the course of South African history, and it is Christ Episcopal Church's hope it can do the same for Appalachia.

After his sabbatical ends, Rev. Slater will help facilitate conversations on community development and connectivity with the church as well as local civic leaders. Members of the church will also take training courses in community development and relational building programs with funding from the grant. Ultimately, Christ Episcopal Church hopes that this will become a ministry with long lasting impact.

“I am happy and excited for Father Slater, as well as for the people of Christ Church,” said Rt. Rev. W. Michie Klusmeyer, Bishop of the Episcopal Diocese of W.Va. “Such experiences directly translate into renewed energy and vision for the ministry and mission of a local congregation. Father Slater's and his family's time of exploration and formation will help Christ Church as it continues to provide valuable ministry in the Bluefield region.”

“Pastors play an important role in nourishing the spiritual lives of individuals and in guiding the work of the Christian congregations they serve,” said Christopher L. Coble, Lilly Endowment's vice president for religion. “Through these grants, we seek to honor pastors for their extraordinary service and enable them to engage in a brief period of rest and renewal. We have learned that such experiences invigorate the leadership of pastors and bring new vitality to their congregations as well.”

The Rev. Dr. Robert Saler, research fellow and director of the Lilly Endowment Clergy Renewal Programs, noted that the National Clergy Renewal Program integrates key attributes of healthy congregations, including a mutual respect for the renewal needs of both ministers and the congregations they serve. “The program provides an opportunity for congregations to express appreciation for their ministers' service and leadership,” Saler said. “At a time when leaders are often praised for their pace of innovation and productivity, the National Clergy Renewal Program pays homage to the timeless wisdom embedded in the practice of reflection and renewal.”

November 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 All Saints Day	2 All Souls Day
3 Twenty-First Sunday after Pentecost 10:00 Holy Eucharist	4	5	6	7	8	9
10 Twenty-Second Sunday after Pentecost 10:00 Holy Eucharist	11 Veterans Day	12	13 3:00 Serve dinner at the Union Mission	14	15	16
17 Twenty-Third Sunday after Pentecost 10:00 Liturgy of the Word	18	19 10:30 DOK Meeting	20 6:00 ECM Dinner 7:00 Vestry Meeting	21 9:00 Food Pantry	22	23
24 Last Sunday after Pentecost Christ the King Sunday 10:00 Holy Eucharist	25	26	27 4:30 Serve dinner at the Union Mission	28 Thanksgiving	29	30 Saint Andrew the Apostle

Birthdays:

11-1 Eleazer Resurreccion 11-9 Frank Dragotto 11-18 Debbie Faber 11-24 Patrick Paine
 11-3 Charlie Blevins 11-10 Kathy Burge 11-19 Jaret Taylor 11-28 Grey Kiser
 11-3 Chas Davis 11-14 Rob Merritt 11-22 Linda Ammar 11-30 Elizabeth Burton
 11- 4 Kate Faber Tombillo 11- 15 Art Mead 11-23 Bill Denney

The following people have graciously offered to donate flowers for the month of November:

- November 3** Becky Steorts
- November 10** Peter and Patricia Taylor
- November 17** Dr. Teresa Paine
- November 24** Rebecca and Paul Broyles

Altar Guild for November:

Sandy Moir and Linda Thomas



CHRIST EPISCOPAL CHURCH
200 DUHRING STREET
BLUEFIELD, WEST VIRGINIA 24701

To our friends and family:



November 2019

Rainbow 1911

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**Don't forget to bring in your
Estimate of Giving Cards for 2020
during the month of November!**