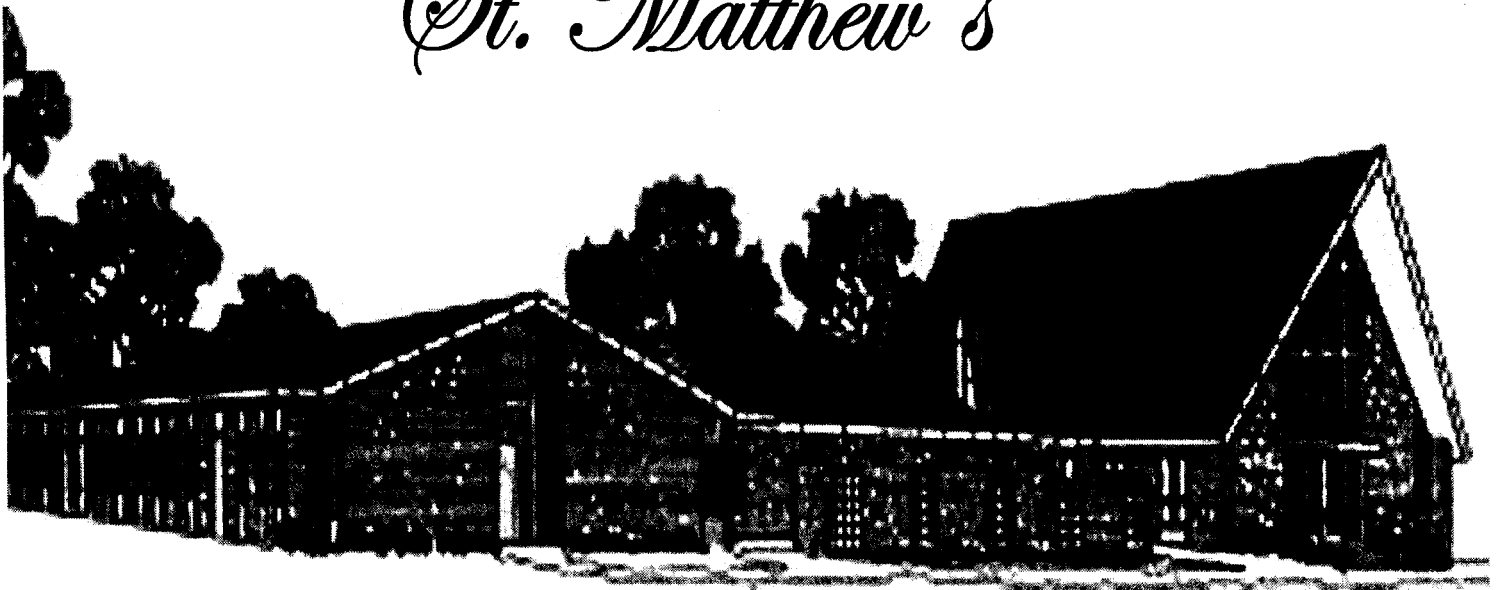


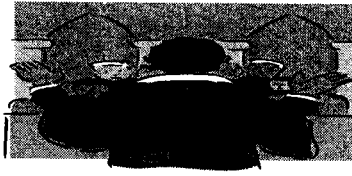
*St. Matthew's*  
United Methodist Church  
202 Hope Mills Road  
Fayetteville, NC 28304  
910-425-0401



# *St. Matthew's*



*A Place to Belong.... A Place to Become....  
A Place to Belong... A Place to Become..*



“Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord, always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.” (Ephesians 5:19-20)

Especially in November, we are reminded that we have much to be thankful for. At the beginning of our country’s history, the Pilgrims stopped their daily activity on one special day to express thankfulness for the blessings of the year. This year, as we pause from our daily activity, we have a special feeling of thankfulness. We have been blessed with much; not many we know go hungry or live on the street. It is not likely that anyone we know must choose between buying fuel for heat instead of buying food for the family. But there have been events that have touched each and every one of us in a close and personal way. But even in sadness, misfortune, or raw tragedy, we have much to be thankful for.

Our challenge in every day is to be so strong in our relationship with God that we see him working in our life every day. Where has God been at work in your life? How has God blessed you? Take time to reflect on these two questions. Write down a response. Get up each day intent on recognizing God at work in your life. Take time each day to thank God for what he has done for you and yours.

Share Christ’s love with others by speaking to one another with peace and grace in your heart. Look for those divine opportunities to share what you have with others. Be responsible for someone being able to smile. Tell someone each day that Jesus loves them and watch their face light up and break out in a smile. You might be the reason someone can be thankful this day.

Know God’s love, and the special joy of sharing that love with others.

*Marc*

## KNOW THE GOD YOU PRAY TO

Before you begin each day's reading of the Word, begin with prayer. You may find it necessary to read verses before and or after the selected verses so that you can understand what the scripture is saying. Ask questions of the text, i.e. "What does this say about God? What does it say about me? What does it say about my relationship with God?"

### November 1-8

Psalm 19  
Deuteronomy 6.1-9  
Ezekiel 36.22-32  
Ephesians 5.1-20  
John 9  
Luke 19.1-10  
Acts 26. 2-29  
Colossians 3.1-17

### November 9-15

Psalm 90  
Luke 12.35-59  
Hebrews 11.32-12.2  
1 Peter 1.3-9  
Acts 17.16-34  
John 11.1-44  
1 Corinthians 15.51-56

### November 16-22

Psalm 16  
Matthew 25.1-13  
Colossians 4.2-18  
1 Thessalonians 5  
2 Thessalonians 2  
2 Thessalonians 3  
John 4.31-38

### November 23-30

Psalm 44  
John 1.43-51  
Luke 8.22-56  
Acts 17.1-9  
Luke 19.28-40  
1 Corinthians 15.1-28  
Matthew 26.1-29  
Jeremiah 23.1-6

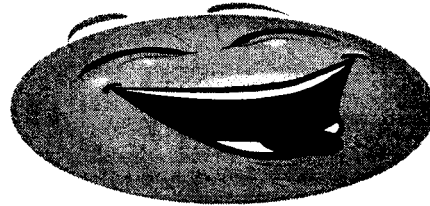
# Happy November Birthday to You



- 2- Alixus Call
- 3- Elaine Everts
- 5- Justin Cole
- 6- Lynwood Griffin
- 8- Lynn Hiner
- 10-Jack Byrne
- 11-Bob Pray
- 12-Gudrun Arnold
  - Glyndetta Hubbard
  - Brittany Watkins
- 15-Hank Zielinski
- 17-Kristen Royal
- 19-Jessica Powell
- 20-Kimberly Haggerty
- 23-Irma Evans
- 25-Mary Sue Grady
- 28-Christopher Rome

---

## Anatomy of a Laugh



Your whole body gets a kick out of a good chuckle. Here's what happens when you laugh, according to research.

- Your heart and lungs are stimulated.
- Your heart beats faster and your blood pressure rises temporarily.
- You breathe deeper and oxygenate more blood.
- Your body releases endorphins, your own natural pain killers, and you produce more immune cells.
- You burn seventy-eight times as many calories as you would in a resting state.
- Your diaphragm, facial muscles and internal organs all get bounced around in a
- Message sometimes called "internal jogging."

After you've laughed, your muscles and arteries relax. That's great for easing pain. Also, your blood pressure lowers and your pulse drops below normal. Some Researchers think all this aids digestion.

*A merry heart doeth good like a medicine: but a broken spirit drieth the bones.*

-Proverbs 17:22

Happy November everyone! Turkey Day is right around the corner and it the season to be thankful. What are you thankful for? Are you thankful for your family, your friends, or your dog? How about your church or your church family? Or, the fact that we can do Gods 'will without being persecuted. I know I am thankful for our church and my church family. I am thankful for our congregation, and how everyone pulls together to reach out to our community and others less fortunate than us.

This year's Trunk-or-Treat was a huge success. We were able to reach out to the children of our community and provide a safe place for them to Trick-or-Treat. I would like to thank everyone who participated in Trunk-or-Treat. Thank you to everyone who donated candy and who participated in decorating their cars and handing out candy. A big thanks to the FFF for purchasing, preparing, and serving hot dogs, chips, and drinks to the Trunk-or-Treaters. I am thankful that I have a safe place to take my own children on Halloween night!

Another way our church reached out to the community and less fortunate this past month was through the FEED Fayetteville/Cumberland project. I would like to give a huge thanks to the youth group for taking on this project as their service project. I would also like to thank the congregation for all the donated items and coats you provided. The youth were able to make 34 hygiene bags with your donations. I am thankful that my church and the youth group are such an outreaching group of individuals.

Another month has quickly gone by and yet again our church and congregation has successfully reached out to others! I am thankful for all your caring and sharing! As I asked before, what are you thankful for?

In God's Love,  
Amanda Call



Another month has gone by already and the holiday seasons will soon be here. Time really fly's when you keep busy. We have had a great turnout at our meetings on Sunday afternoons and we feel we are really getting some stuff accomplished.

First of all we would like to give a giant " THANKS" to the congregation for making our outreach mission a success. We managed to collect around 50 coats and received enough donations to make 34 personal hygiene packets for the 7th Annual F.E.E.D. Fayetteville-Cumberland. We know these items will be used where they are best needed. Thanks again for your support.

We Are currently kicking off a fundraiser to help raise money for a church van (which is greatly needed). We have decided to sell cookbooks, they are very inexpensive and will make great gift ideas. So if you happen to be approached by a mob of annoying youth just give in and buy a book or maybe two. More will be announced at worship service.

During our last meeting we walked through the neighborhood delivering pamphlets about Matt's Kitchen. Besides the dogs it was a good time and gave us a chance to burn off the Pizza lunch we had. If there are ideas that you would like to invite the youth to help out with you can get up with our Youth Leaders at 3:30 on Sunday prior to our meeting.

YOUTH DIRECTOR  
DOUG STONE

**The UMM met 0830 am on Sunday 19 Oct 08.** Pastor Marc gave the invocation and thanked everyone for joining in for Breakfast and being involved in such a great part of ministry at St. Matthews'. (there were 27 men present) Thanks Guys (Ike, Jack, Raymond, Troy, Lee for a great breakfast, thanks it was very delicious. Jimmy, Jay S. Dave E. and Jay T. have volunteered to be the chefs for November. Thanks to all those that volunteer to make the UMM breakfast, it is always delicious and plentiful. Your time and talent is appreciated from all.

We invite ALL men of the church to come join us for the UMM meeting, even if it is been awhile since you were there, you needed a break, etc...,new ideas and actions are happening with the UMM and we need your help in bringing these ideas together and growing together.

After our great and plentiful breakfast, President Dave Norris opened the meeting by welcoming everyone. To our visitors, Jordan Etthington and Demitries Webb, thanks for coming, it was great having you here.

Prayers go out to Andy Hewitt and all who could not make it this month, Get Well Soon. We miss you and pray God gives you the strength/wellness to re-join us soon.

Calvin gave the devotion: "HEROES & CELEBRITIES" , thanks for the devotion, Calvin.

The minutes were read and approved from last month. The treasurer, Troy Willoughby gave the financial report and went over the income/expenditures regarding the UMM account. The report was approved.

#### **OLD BUSINESS:**

UMM Members officially are sworn in the following positions:

President:	Dave Norris
Vice -President:	Charles Lucas
Treasurer:	* Troy Willoughby
Secretary:	* Bill Stackhouse
Devotional Leader:	Calvin Rome

\*Currently serving in position

Lynwood Griffin stated that the "Angel Food Ministry", a wonderful program that has been helping people/families with food for over 14 years has been well received within St. Matthews and thanks everyone for helping make this "ministry" a success. Volunteers are needed to help prepare these food boxes to hand out in the community, if you would like to assist in any capacity, please contact Lynwood as soon as possible, if it is to late for this month, perhaps you can help next month, please get with Mr. Griffin for all the details.

The Church wide Picnic, 27 Sep 08 was a great day. The food was great and the fellowship was wonderful. The turn-out was good and there are a good many people to thank, I don't want to forget anyone so we, the UMM say thanks to everyone who helped, we appreciate all the effort to ensure this event went so well. Hope to see everyone (and more) next year as well.

The annual men's Bar-B-Q- went very well, to date the approx number of plates sold was 682 (WOW) We have had a great deal of positive feedback and hope that next year will be even better. A very special THANKS to all who helped cook, set-up/tear-down, sell tickets, deliver plates, etc. THANK YOU!!!!!!!!!!!!, without your help we could not have done it.

**NEW BUSINESS:**

Raymond made a motion to purchase 2 new gas grills, our old grill needs to be retired to "grill heaven"  
Troy 2nd the motion, motion passed.

The youth/outreach committees requested assistance from the UMM in preparing a haunted room for trunk or treat, 31 October, in the church. If you would like to help in any way, please see Amanda or Doug. Bodies/Funds are needed to help "scare" halloween treaters. BOO

REMEMBER: A great ABILITY we all have to offer GOD - is availABILITY!!!

**REMINDERS:**

November Communion Members: Bob Lambert            Jay Sessoms            Santos Pena  
   James DeBruhl        Dave Norris            Hilda Pena  
   \*Alts: Bill & Maria S.

Great feedback is being received on the communion ministry. More communion teams may be needed real soon as this ministry continues to grow, so if you haven't tried this ministry, give it a try, you will enjoy the spiritual feeling it bestows upon you. Who knows, you might like it.  
If you know of anyone who would like to take part in this ministry, please contact Calvin Rome or the church office.

November Ushers:                            \*Dave Norris            Bill Stackhouse  
   Cliff Morgan            Raymond Gray  
   Lee Mayle

\*Head Usher. also responsible for attending nurture meeting of the month

We realize that the Holiday season is here and people will be traveling and have visitors, we hope everyone has safe travel and a wonderful holiday season, if you know in advance that you will not be able to fulfill your commitment, please notify Dave or Charles so that arrangements can be made for someone to fill in for you, thanks.

We hope to see all the men of the church at our next meeting, which will be Sunday, 16 November 2008 at 0830 am. We are trying to fill the fellowship hall (or at least five tables with men for our UMM meetings so, bring a friend, neighbor, co-worker or even a stranger to share in a great breakfast and fun fellowship. Just a reminder, we welcome the men of the church (member or not) to join us for United Methodist Men each month, even if it has been awhile since we have seen you, come, fellowship and break bread (or biscuit) with the other men of the church.

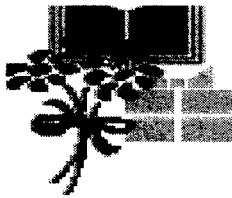
Please check out the UMM Board located in the front hallway for valuable information, upcoming events and member information.

Pastor Marc gave the benediction and wished everyone a great week.

REMEMBER: Even a mosquito doesn't get a pat on the back until he begins to work.  
As always - God Loves You and he doesn't make junk.

**Respectfully submitted by Bill Stackhouse, UMM Secretary**

## FLOWERS FOR NOVEMBER



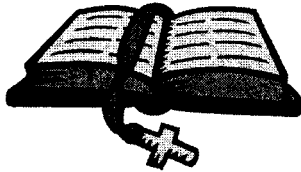
- 2— In honor of Alixus Call's 8th Birthday
- 9— In honor of Lynwood and Lynn's Birthday  
by the Griffin family
- 16— In honor of James and Joyce Debruhl's 55th Wedding  
Anniversary
- 23— **Open**
- 30— In honor of Adella and Bob Pray's  
34th Wedding Anniversary

## USHERS FOR NOVEMBER

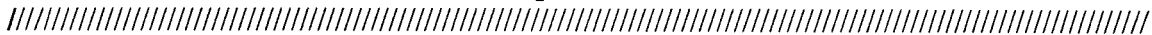
- Dave Norris
- Cliff Morgan
- Lee Mayle
- Bill Stackhouse
- Raymond Gray



## LAY READERS FOR NOVEMBER



- 2— Julie Griffin
- 9— Ruby Lucas
- 16— Reena Stone
- 23— **Open**
- 30— **Open**



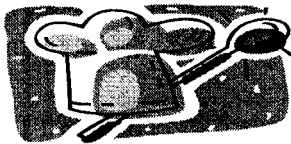
**To the Methodist Men of St. Matthew's,**

It's hard for me to believe that a year has passed since I became president of the UMM here at St. Matthew's. The last six months since I became ill have been especially frustrating as I have not been able to join you at our monthly meetings or other activities and share in our fellowship. I can't say enough how much I appreciate your notes, calls, and visits during this challenging time.

We UMM have done much in this year to grow our fellowship, our church, and our community--the church Homecoming picnic and barbeque; providing hot dogs and buns to the Frayed and Frazzled Flock for Halloween Trunk or Treat (many thanks Troy!); providing financial assistance for Monasia to attend the Junior Leadership Conference in Washington, DC; purchasing copies of Strength for Service for our Service-men and -women at Fort Bragg; providing funds to help pay for the new roof on the sanctuary and educational wing of the church; working at the Thrift Shop on Saturdays; ushering at Sunday worship; and continuing to grow our first Sundays ministry, providing the sacrament of the Lord's Supper to the sick and shut-ins. There are countless other things you as individuals have done in outreach and to maintain the church and grounds, and to make St. Matthew's the place it is to worship. These are things of which you should be justifiably proud, but there is much, much more we can do

Now as the baton is passed to Dave Norris we should ask ourselves how we can better support the church's mission of making disciples of all men. Closest to home we need to continue to work at increasing our fellowship's membership and attendance. Our organization can grow--even as we grow older--provided we "do something" rather than furthering the perception that the only thing we do is meet for breakfast one Sunday each month. Clearly we do more than that, but getting the word out on projects and spreading our ministry from the church community to the community at large are also important. Let's start with where we worship and extend ourselves and our service into where we live. I'd still like to see us support projects such as Operation In As Much, even if it's flipping burgers and dogs for a day, something we've already proven we are good at! We have tremendous talent in our fellowship; I challenge us to put it to full use fulfilling our mission. There are so many out there we can reach with God's love, and so many that need Him in their lives through us. Again, my sincerest thanks for your support over the past year.

**Your brother in Christ.... Andy Hewitt**



**RUTH/ETHEL SMITH CIRCLE**

Thank you so much for all the help and providing the **Bake Goods** for our sale.

Our next meeting is scheduled for 12 Nov, at 11:00. Our mission, Matt's Kitchen, needs volunteers to help.

It is time again to sign up for Host-Program and Kitchen Clean Up for 2009. Hope to see all of you soon.

Your Chairperson  
Lola Smith

\* Since disciple means "learner" or "student", what have you been learning during the last year?

Christians aren't perfect -- just forgiven

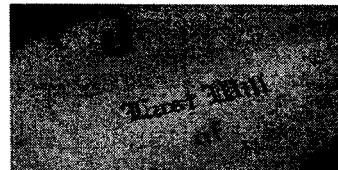
**EVENING HYMN**

I hear no voice, I feel no touch,  
I see no glory bright;  
But yet I know that God is near, In darkness as in light.

He watches ever by my side,  
And hears my whispered prayer:  
The Father for His little child  
Both night and day doth care.

---Author unknown

**HOW TO PUT  
ST. MATTHEWS UMC  
IN YOUR WILL**



After providing for your family and loved ones, you may want to put St. Matthews UMC in your will, thus helping to assure the long-term future of Christ's work. Bequests are free of estate tax, and can substantially reduce the amount of your assets claimed by the government. You can give needed support for St. Matthews UMC by simply including the following words in your will: "I give, devise, and bequeath to St. Matthews United Methodist Church, 202 Hope Mills Road, Fayetteville, NC 28304 (insert amount being given) to be used to support the operation, upkeep, and ministry of St. Matthews United Methodist Church." A bequest can be a specific dollar amount, a specific piece of property, a percentage of an estate, or all or part of the residue of an estate. You can also name St. Matthews UMC as a contingency beneficiary in the event someone named in your will is no longer living.

It is recommended that a lawyer help in drafting or amending a will.

.....  
**.....I don't know the key to success, but the key to failure is trying to  
Please everybody.....Bill Cosby.....**

North Carolina Conference Vision Statement

**“Healthy Congregations  
and Effective Leaders  
in Every Place  
Making Disciples of Jesus Christ  
for the Transformation  
of the World.”**

**Approved conference structure changes  
simplify language, address new ministry needs**

By Bill Norton \*

A modification of the conference structure from five circles of ministry to four teams of ministry was approved at the 2008 NC Annual Conference meeting in June.

The task force which studied the structure said the adjustments were needed to help clarify language, better empower the local church, address the Council of Bishop’s Seven Pathways of ministry, and to improve communication between conference groups and local congregations.

The previous structure of five circles and the Conference Connectional Table (CCT) was adopted before the Council of Bishops announced The Seven Pathways.

Conference groups were related to a circle, and the circles to the CCT.

With the new structure, “we moved from circles, a word that could convey silos or territory, to teams—teams of people moving out to empower the local church to make disciples of Jesus Christ for the transformation of the world. Teams of people enhancing our connectedness,” said Emily Innes, conference lay leader and chair of the task force on Structure Review.

With the new structure, the teams are: Christian Formation, Leadership, Outreach Ministry, and Stewardship.

On a diagram of the proposal, Communications is shown circling the structure.

A member of the Conference Communications Committee will be on each team to support interpretation and communications within and outside each team.

Designated groups from each team will have a representative on the CCT, and there will also be three at-large members of

the CCT on each team.

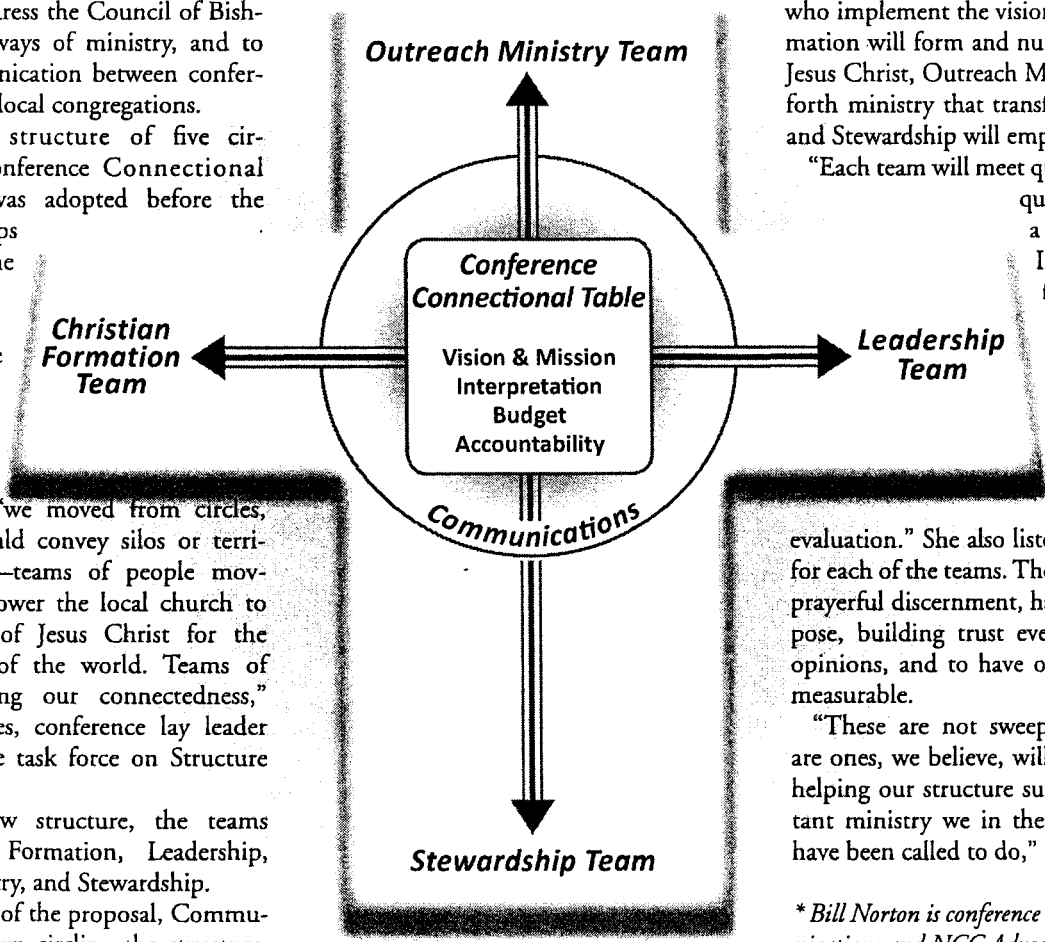
“The functions of the CCT are to state, cast forth, and implement the vision; interpret the mission; prioritize the budget; and hold the church accountable to the vision with measurable results,” Innes said.

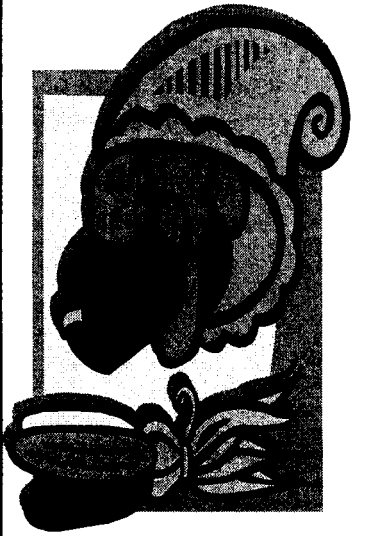
Each team’s purpose has been defined: The Leadership team will equip leaders who implement the vision, Christian Formation will form and nurture disciples of Jesus Christ, Outreach Ministry will carry forth ministry that transforms the world, and Stewardship will empower ministry.

“Each team will meet quarterly and each quarter will have a specific focus,” Innes said. “The first quarter will be visioning, the second will be strategic planning, the third will be budget, and the fourth will be evaluation.” She also listed six core values for each of the teams. These values include prayerful discernment, having a clear purpose, building trust even with different opinions, and to have outcomes that are measurable.

“These are not sweeping changes but are ones, we believe, will be important in helping our structure support the important ministry we in the NC Conference have been called to do,” Innes said.

\* Bill Norton is conference director of communications and NCC Advocate Editor.






# NOVEMBER 2008

ST. MATTHEW'S UMC  
A place to Belong...

202 Hope Mills Road  
Fayetteville, NC 28304

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>2 Children's Choir 9:30AM Confirmation Classes 2:30PM UMYT 4PM Witness 5PM Kia Walker &amp; Fellowship Dinner</p>	<p>3 UMW 6:15PM</p>	<p>4 Prayer Ministry 6PM Worship Service 6:30PM Bible Study 7:15PM The Bible Jesus Read 7:30PM</p>	<p>5 Card Ministry 5PM Choir Practice 7:30PM</p>	<p>6</p>	<p>7</p>	<p>8 1</p>
<p>9 Children's Choir 9:30AM Choir Practice 12:15PM Confirmation Classes 2:30PM UMYT 4PM</p>	<p>10 Outreach 6:30PM</p>	<p>11 Prayer Ministry 6PM Worship Service 6:30PM Bible Study 7:15PM The Bible Jesus Read 7:30PM</p>	<p>12 Ruth/Ethel Smith Circle 11AM Card Ministry 5PM Choir Practice 7:30PM</p>	<p>13 Night Owls 7PM</p>	<p>14</p>	<p>15</p>
<p>16 UMM 8:30AM Children's Choir 12:15PM Confirmation Classes 2:30PM UMYT 4PM Auction 4PM &amp; Harvest Dinner 5PM</p>	<p>17 Finance 6PM Nurture 7PM</p>	<p>18 Prayer Ministry 6PM Worship Service 6:30PM Bible Study 7:15PM The Bible Jesus Read 7:30PM</p>	<p>19 Card Ministry 5PM Choir Practice 7:30PM</p>	<p>20</p>	<p>21</p>	<p>22 FFF Book Club 8:30</p>
<p>23/30 Children's Choir 9:30AM Choir Practice 12:15PM Confirmation Classes 2:30PM UMYT 4:00PM</p>	<p>24 Council 6PM</p>	<p>25 Prayer Ministry 6PM Bible Study 7:15PM The Bible Jesus Read 7:30PM</p>	<p>26 Help-Hands 11AM Matt's Kitchen 11AM Card Ministry 5PM Thanksgiving Eye Services 7PM</p>	<p>27 Happy Thanksgiving </p>	<p>28</p>	<p>29 Hanging of the Greens 5PM</p>

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