

NOVEMBER

Open Door 2022

Anxiety fills our lives. Some of us worry that we don't know where our next meal will come from. Others worry about the effects of too much food and drink. Some of us have family drama that swirls around us every day. Others have families that are broken or missing. Some of us might be paralyzed by grief or depression and can't get out of bed. Others wish they had a moment to sit down and relax.

Adele Ahlberg Calhoun writes that "Breath prayer reminds us that just as we can't live on one breath of air, we can't live on one breath of God. God is the oxygen of our soul, and we need to breathe [God] in all day long. After all, it is in [God] that "we live and move and have our being" (Acts 17:28). Breath prayer reminds us that each breath we are given is God's gift and that God's Spirit is nearer to us than our own breath. . . .

To practice breath prayer, ponder the nearness of God. Settle deeply into the truth that Christ is in you. Deeply breathe in, repeating any name of God that is dear to you. . . . As you exhale, voice a deep desire of your heart. When you exhale, offer up the desire of your heart. The brevity of the prayer allows it to be repeated over and over throughout the day.

Examples of breath prayers are:

- breathe in "Abba," breathe out "I belong to you."
- breathe in "Healer," breathe out "speak the word and I shall be healed."
- breathe in "Shepherd," breathe out "bring home my lost [ones]."
- breathe in "Holy One," breathe out "keep me true."
- breathe in "Lord," breathe out "here I am."
- breathe in "Jesus," breathe out "have mercy on me."

May God grant you quiet and peace in the midst of every moment.

Pastor Ray



Happy Birthday Pastor Ray!

We couldn't think of a better way to wish you a happy 65th birthday and put your new enrollment in Medicare to better use, than to fix you a chocolate cake, with chocolate butter cream icing, covered with chocolate candies!

Happy Diabetic Coma Cake!

And Happy 65 Ray!!

May it be a blessed year!!



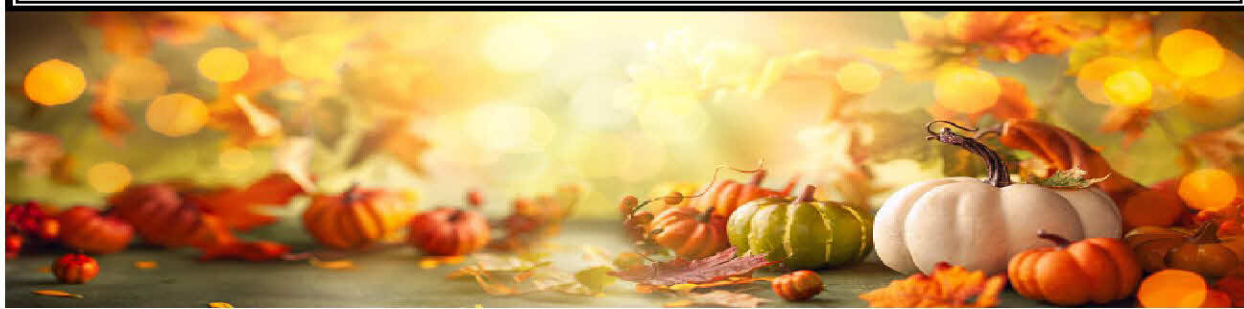


November 6 Don't Sweat the Small Stuff

November 13 Still Waiting

November 20 The Servant king

November 27 "Wake up!"



Kum Ba Yah aka Kum Ba Zoom

We meet every Wednesday on ZOOM for fellowship, study and prayer. 7:00 PM. The link to the Zoom Meeting is sent in the Wednesday eMail each week.

Kum Ba Yah topics:

November 2 Red Words Matthew 4: 1-10

November 9 Red Words Matthew 5: 1-12

November 16 Red Words Matthew 5: 13-20

November 23 No KBZ

November 30 Red Words Matthew 5: 21-34

Adult Sunday School

Sundays at 9:30am on Zoom and in Person!

November 6 Malawi Presentation

November 13 "For a Dime I'd Quit This Committee"

November 20 Gratitude

November 27 Peace

BACKPACK PROGRAM

We are grateful for the leadership of Dave Foster and Janice Johnson who organize our weekly food program with children at Roosevelt Elementary School. We are currently serving 45 students by providing weekend “backpacks” of simple, nutritious food.

Since the beginning of September 2022, we have given out 315 backpacks.

We would like to thank all the volunteers for their hard work and dedication. From helping pack the backpacks, to their generous donations. Without you, we couldn't make this ministry what it is today.



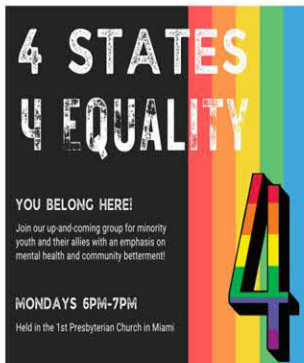
God Bless You All!

The Mission Committee met on October 19, 2022. Those present discussed some different places and organizations that may benefit from our donations. This month the committee decided to donate \$1000.00 To Eastern Oklahoma Presbytery to go to Malawi. \$500.00 Was allocated to go to Medical supplies and another \$500.00 was allocated to go toward famine relief in Malawi. Other issues discussed this month were Austin City Children's Home, Presbytery 1K gift Ideas, and a Church dinner for NEO minority students.

For the entire year, the Mission Committee has made gifts of \$2,100.00 to Global Missions and \$900.00 to Local Missions. In addition to a founding bequest from the Meyers Sisters, other church members supplement these gifts each year. Consider a gift to the Mission giving of your local congregation!

FPC Miami Church ministries of the Backpack program and the food pantry have been a blessing to our community. 245 food pantry bags and 916 backpacks have been handed out so far this year.





4-State Youth 4 Equality

A group has formed to provide a safe place for area teens to explore their uniqueness as created and loved by God. First Presbyterian is happy to offer space for this group. The first vision for this group came from the story of a young gay man who has experienced bullying in an area school and rejection by his local church. We look forward to learning and growing together.



November



In 1863, Abraham Lincoln, declared the last Thursday of November to be a National Day of Thanksgiving.

November is the eleventh month of the year in the Gregorian Calendar and one of four Gregorian months with the length of 30 days.

The Latin translation of “novem” is nine, for it was originally the ninth month on the Roman calendar.

November begins on the same day of the week as March every year and also February except in leap years

In Finnish, November is called marraskuu, meaning “month of the dead”

In Xhosa, November is called ngeyeNkanga, meaning “month of the small yellow daisies”

November in the Northern Hemisphere is the seasonal equivalent to May in the Southern Hemisphere and vice versa

Around November 17, the Leonids meteor shower reaches its peak

Christmas Baskets



Deacon's Christmas Baskets Saturday Dec. 17th

Time is quickly approaching for us to distribute Christmas Baskets.

Please do all you can to ensure this ministry is a success. Whether that is to donate monies, help to put together the baskets and distribute them to the families, or just to pray for the ministry.

Any part you play in this ministry is important.

If we each do a little... together we can accomplish a lot.



Poinsettias



Poinsettias

If you would like to order a Poinsettia for the sanctuary, return completed form to the church office by December 16th. Poinsettias costs will be \$18.00

From: _____

Quantity: _____ In memory of: _____

In honor of: _____

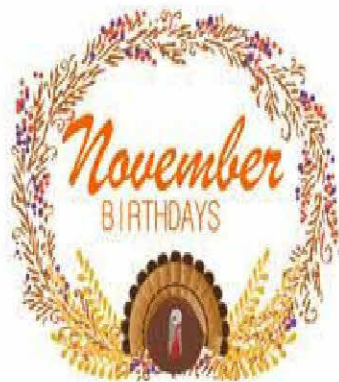


_____ I will be taking my poinsettia after worship on the 24th.
_____ I will be leaving my poinsettia at the church to be delivered to shut ins.



NOVEMBER 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 0-12 Food Pantry 	2 10-12 Food Pantry 2:30 Backpack 7:00 KumBaZoom	3 10-12 Food Pantry 7:00 GA	4 10-12 Food Pantry	5 
6 9:15 am Breakfast 9:30 am Sunday School 10:30 am Worship Fellowship 11:30 Choir	7 10-12 Food Pantry 6:00 4States 4 Equality	8 0-12 Food Pantry	9 10-12 Food Pantry 7:00 KumBaZoom	10 10-12 Food Pantry 2:30 Backpack 7:00 GA	11 10-12 Food Pantry 	12
13 9:15 am Breakfast 9:30 am Sunday School 10:30 am Worship Fellowship 11:30 choir 11:30 Deacons mtg	14 10-12 Food Pantry	15 10-12 Food Pantry 11:00 Mission Mtg 7:00 Session Mtg	16 10-12 Food Pantry 7:00 KumBaZoom	17 10-12 Food Pantry 2:30 Backpack 7:00 GA	18 10-12 Food Pantry	19
20 9:15 am Breakfast 9:30 am Sunday School 10:30 am Worship Fellowship 11:30 choir 	21 10-12 Food Pantry 6:00 4States 4 Equality	22 10-12 Food Pantry	23 10-12 Food Pantry 7:00 KumBaZoom	24 Office Closed 	25 Office Closed 	26
27 9:15 am Breakfast 9:30 am Sunday School 10:30 am Worship Fellowship 11:30 Choir 	28 10-12 Food Pantry	29 10-12 Food Pantry	30 10-12 Food Pantry 2:30 Backpack 7:00 KumBaZoom			



Janice Johnson.....11/03 Marcia McManigal.....11/23
 Doris Price.....11/06 Kathy Wenzel.....11/23
 William Fullbright.....11/13 John Thiesing.....11/27
 Judy Abel.....11/19 Emily Carden.....11/29
 Pat Landers.....11/20 Rebecca Carden.....11/29
 DeMaris Gaines.....11/20 Nancy Gee11/30
 Ashley Lomax-Walker.....11/21

Should your name be here?
 Please let the office know your birth date so we can include you!

Servers in the Lord's House			
	Coffee Host	4 States Youth 4 Equality	
November 6	Open	November 7	Open
November 13	Open	November 21	Open
November 20	Open		
November 27	Open		
Please call the office or talk to Pastor Ray to sign up for servers slots!			



November 1 - All Saints' Day

November 5 - Set your Clocks Back



November 11 - Veterans Day

November 20 - Christ the King Day



November 24 - Thanksgiving Day

November 27- 1st Sunday
of Advent



Reverse Advent Calendar

Advent begins **SUNDAY, NOVEMBER 27TH** this year.
DECEMBER 24th will end the season as we celebrate the birth
of Jesus.

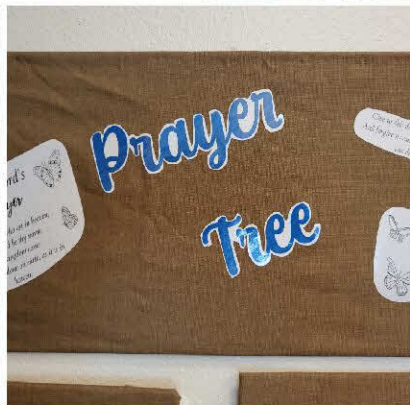
Here's an idea that that can help so many people.

To get started....find an empty box.
Each Day of Advent add an item.



On December 24th, bring your box to the Christmas Eve Service and we will take it to
the local Food Pantry at the Presbyterian Church!

- | | | | |
|-------------|----------------------------|-------------|-------------------------|
| November 27 | Mac & Cheese | December 12 | Granola Bars |
| November 28 | 1 lb. Dried Pinto Beans | December 13 | Cup of Fruit |
| November 29 | 1 lb. Rice | December 14 | Saltine Crackers |
| November 30 | Spaghetti Sauce | December 15 | Applesauce |
| December 1 | Package of Pasta | December 16 | Can of Vegetable Soup |
| December 2 | Can of Corn | December 17 | Can of Mixed Veggies |
| December 3 | Can of Green Beans | December 18 | Can of Chicken |
| December 4 | Pork & Beans | December 29 | Box of Cereal |
| December 5 | Can of Tuna | December 20 | Can of Tomato Soup |
| December 6 | Package of Ramen Noodle | December 21 | Peanut Butter Crackers |
| December 7 | Can of Chicken Noodle Soup | December 22 | Jar of Jelly |
| December 8 | Package Dry Milk | December 23 | Can of Cream Soup |
| December 9 | Jar of Peanut Butter | December 24 | Instant Mashed Potatoes |
| December 10 | Box of Instant Oatmeal | | |
| December 11 | Small box of Raisins | | |

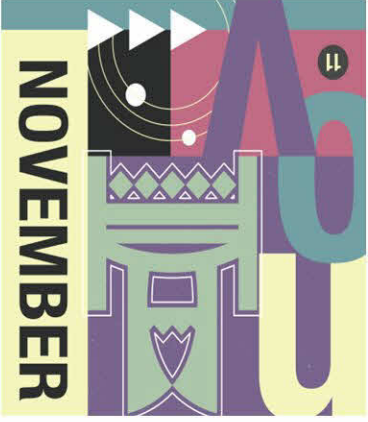


PRAYER TREE



Hanging on the wall just outside of the sanctuary is a new “Prayer Tree”. We are offering people an opportunity to post prayer requests for themselves and others. And if you are led to pray, we invite you to take one of the requests from the tree and lift up the person and/or the situation in prayer.

As a part of our “Matthew 25” challenge from the presbytery, we are making a commitment to congregational vitality by urging one another to pray and to share our burdens with one another. Please join us on this prayer adventure.



I lift up my eyes to the hills— from where will my help
come? My help comes from the LORD, who made heaven
and earth. He will not let your foot be moved; he who
keeps you will not slumber. He who keeps Israel will nei-
ther slumber nor sleep. The LORD is your keeper; the
LORD is your shade at your right hand. The sun shall not
strike you by day, nor the moon by night. The LORD will
keep you from all evil; he will keep your life. The LORD
will keep you going out and your coming in from this time
on and forevermore. **Psalms 121:1-8**



*The First Presbyterian Church
1410 N.E. Veterans Blvd.
Miami, OK 74354*