### **Messiah Lutheran Church**

3 South Third Street Mifflintown, PA 17059 Church Office / 436-6213 Dial-A-Prayer / 436-2100

The Reverend William N. Esborn Andrea Cameron Andrea Cameron Christie Holderman Pastor Choir Director Lector Altar Guild

#### TWENTY-FIFTH SUNDAY AFTER PENTECOST November 18, 2012 – 10:30 a.m.

\*Please Stand as **YOU** Are Able

#### PEOPLE TO REMEMBER IN PRAYER TODAY

Marian G., Reba S., Sue C., Flo B., Ethel B., Virginia F., Goldie K., Jean M., Cassie S., Helen K., Sis S., Fannie K., Jane M., Fay M., Dorothy P., Ruth C., Ray B., Anna Mary Z., Ryan K., Sarah D., Haylee Y., Gene R., Jesse K., Susan M., Paul W., Tammy W., Josh B., Eric S., Matt H., Cade C., Linda F., JoAnn B., Lura A., and Herbert B.

#### PREPARATION

CHIMES: CALL TO WORSHIP PRELUDE [A Time for Meditation and Prayer] GREETINGS AND ANNOUNCEMENTS

INTRODUCTION

November begins with All Saints Day and ends in or near Advent, when we anticipate Christ's coming again. So the readings today tell of the final resurrection and the end time. In the turmoil of hope, fear, and disbelief that these predictions provoke in us, Hebrews sounds a note of confident trust. Christ makes a way for us where there is no way, and we walk it confidently, our hearts and bodies washed in baptismal water, trusting the one who has promised. The more we see the last day approaching, the more important it is to meet together to provoke one another to love.

- \* BRIEF ORDER FOR CONFESSION AND FORGIVENESS
  - P In the name of the Father, and of the + Son, and of the Holy Spirit
  - C Amen
  - P God of all mercy and consolation, come to the aid of your people, turning us from our sin to live for you alone. Give us the power of your Holy Spirit that, attentive to your Word, we may confess our sins, receive your forgiveness, and grow into the fullness of your Son, Jesus Christ our Lord.

C Amen

- P Let us confess our sin in the presence of God and of one another.
- P Gracious God,
- C have mercy on us. In your compassion forgive us our sins, known and unknown, things done and left undone. Uphold us by your Spirit so that we may live and serve you in newness of life, to the honor and glory of your holy name; through Jesus Christ our Lord. Amen
- P Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life.
- C Amen.
- \* SHARING OF GOD'S PEACE
  - P The peace of the Lord be with you always.
  - C And also with you.

Congregational sharing: "Peace be with you."

#### GATHERING

\* ENTRANCE HYMN

"As Saints of Old"

- \* GREETING
  - P The grace of our Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with you all.
  - C And also with you.

#### \* KYRIE (sung)

- P Ky-ri-e, e-le-i-son: C Lord, have mer-cy.
- P Chri-ste, e-le-i-son: C Christ, have mer-cy.
- P Ky-ri-e, e-le-i-son: C Lord, have mer-cy.
- \* HYMN OF PRAISE (sung)

Glo-ry to God, glo-ry to God, glo-ry to God in the highest; glo-ry to God, glo-ry to God, and peace to God's peo-ple on earth. Lord God, heav-en-ly king, al-might-y God and Fa-ther, we wor-ship you, we give you thanks, we praise you for your glo-ry.

Glo-ry to God, glo-ry to God, glo-ry to God in the highest;

glo-ry to God, glo-ry to God, and peace to God's peo-ple on earth.

Lord Je-sus Christ, on-ly Son of the Fa-ther, Lord God, Lamb of God, you take a-way the sin of the world: have mer-cy on us;

you are seat-ed at the right hand of the Fa-ther: re-ceive our prayer.

Glo-ry to God, glo-ry to God, glo-ry to God in the highest;

glo-ry to God, glo-ry to God, and peace to God's peo-ple on earth.

For you a-lone are the Ho-ly One, you a-lone are the Lord, you a-lone are the Most High, Je-sus Christ, with the Ho-ly Spir-it, in the glo-ry of God the Fa-ther. A-men.

Glo-ry to God, glo-ry to God, glo-ry to God in the highest; glo-ry to God, glo-ry to God, and peace to God's peo-ple on earth, and peace to God's peo-ple on earth.

- \* SALUTATION AND RESPONSE (spoken)
  - P The Lord be with you

C And also with you.

- \* PRAYER OF THE DAY (spoken in unison)
  - P Let us pray...
  - C Almighty God, your sovereign purpose brings salvation to birth. Give us faith to be steadfast amid the tumults of this world, trusting that your kingdom comes and your will is done through your Son, Jesus Christ, our Savior and Lord. Amen

#### WORD

The book of Daniel is an example of apocalyptic literature, which is full of strange visions and symbolism. Arising during times of great persecution, apocalyptic literature is concerned with God's revelation about the end time and the coming kingdom of God, when God will vindicate the righteous who have been persecuted.

FIRST READING

A reading from Daniel 12:1-3

THE LESSON READS:

At that time Michael, the great prince, the protector of your people, shall arise. There shall be a time of anguish, such as has never occurred since nations first came into existence. But at that time your people shall be delivered, everyone who is found written in the book. <sup>2</sup>Many of those who sleep in the dust of the earth shall awake, some to everlasting life, and some to shame and everlasting contempt. <sup>3</sup>Those who are wise shall shine like the brightness of the sky, and those who lead many to righteousness, like the stars forever and ever.

Lector: The word of the Lord. Congregation: Thanks be to God. (spoken)

PSALM: Psalm 16 (Responsively)

L – My heart is glad and my spirit rejoices; my body shall rest in hope. (Ps. 16:9)

<sup>1</sup>Protect me, O God, for I take refuge in you; I have said to the LORD, "You are my Lord, my good above all other."

## <sup>2</sup>All my delight is in the godly that are in the land, upon those who are noble among the people.

<sup>3</sup>But those who run after other gods shall have their troubles multiplied.

**4I will not pour out drink offerings to such gods, never take their names upon my lips.** 50 LORD, you are my portion and my cup; it is you who uphold my lot.

<sup>6</sup>My boundaries enclose a pleasant land; indeed, I have a rich inheritance.

<sup>7</sup>I will bless the LORD who gives me counsel; my heart teaches me night after night.

<sup>8</sup>I have set the LORD always before me; because God is at my right hand, I shall not be

#### shaken.

<sup>9</sup>My heart, therefore, is glad, and my spirit rejoices; my body also shall rest in hope. <sup>10</sup>For you will not abandon me to the grave, nor let your holy one see the pit. <sup>11</sup>You will show me the path of life; in your presence there is fullness of joy, and in your right hand are pleasures forevermore.

#### ALL – My heart is glad and my spirit rejoices; my body shall rest in hope.

Images of worship and sacrifice are used throughout Hebrews to highlight what Christ has uniquely accomplished through his death. Because we have received forgiveness through Christ's death, we live with sincere hearts by trusting in God's promises and encouraging love and good works from each other.

#### SECOND READING

#### A reading from Hebrews 10:11-14 [15-18] 19-25

#### THE LESSON READS:

<sup>11</sup>And every priest stands day after day at his service, offering again and again the same sacrifices that can never take away sins. <sup>12</sup>But when Christ had offered for all time a single sacrifice for sins, "he sat down at the right hand of God," <sup>13</sup>and since then has been waiting "until his enemies would be made a footstool for his feet." <sup>14</sup>For by a single offering he has perfected for all time those who are sanctified. [<sup>15</sup>And the Holy Spirit also testifies to us, for after saying, <sup>16</sup>"This is the covenant that I will make with them after those days, says the Lord: I will put my laws in their hearts, and I will write them on their minds," <sup>17</sup>he also adds, "I will remember their sins and their lawless deeds no more." <sup>18</sup>Where there is forgiveness of these, there is no longer any offering for sin.]

<sup>19</sup>Therefore, my friends, since we have confidence to enter the sanctuary by the blood of Jesus, <sup>20</sup>by the new and living way that he opened for us through the curtain (that is, through his flesh), <sup>21</sup>and since we have a great priest over the house of God, <sup>22</sup>let us approach with a true heart in full assurance of faith, with our hearts sprinkled clean from an evil conscience and our bodies washed with pure water. <sup>23</sup>Let us hold fast to the confession of our hope without wavering, for he who has promised is faithful. <sup>24</sup>And let us consider how to provoke one another to love and good deeds, <sup>25</sup>not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day approaching.

Lector: The word of the Lord. Congregation: Thanks be to God. (spoken)

\* GOSPEL ACCLAMATION (sung) Al-le-lu-ia. Lord, to whom shall we go? Al-le-lu-ia. You have the words of e-ter-nal life. Al-le-lu—ia. Al-le-lu—ia.

In the last week of his life, Jesus warned his disciples concerning trials that were to come upon them and upon the world. He exhorts the listener: Do not be alarmed.

- \* GOSPEL: Mark 13:1-8
  - P The Holy Gospel according to Mark, the 13<sup>th</sup> chapter.
  - C Glory to you, O Lord. (spoken)

#### THE GOSPEL READS:

As he came out of the temple, one of his disciples said to him, "Look, Teacher, what large stones and what large buildings!" <sup>2</sup>Then Jesus asked him, "Do you see these great buildings? Not one stone will be left here upon another; all will be thrown down."

<sup>3</sup>When he was sitting on the Mount of Olives opposite the temple, Peter, James, John, and Andrew asked him privately, <sup>4</sup>Tell us, when will this be, and what will be the sign that all these things are about to be accomplished? <sup>5</sup>Then Jesus began to say to them, "Beware that no one leads you astray. <sup>6</sup>Many will come in my name and say, 'I am he!' and they will lead many astray. <sup>7</sup>When you hear of wars and rumors of wars, do not be alarmed; this must take place, but the end is still to come. <sup>8</sup>For nation will rise against nation, and kingdom against kingdom; there will be earthquakes in various places; there will be famines. This is but the beginning of the birth pangs.

P The Gospel of the Lord.

C Praise to you, O Christ. (spoken)

Sermon

Pastor Esborn

- \* HYMN OF THE DAY "Let Us Talents and Tongues Employ"
- \* APOSTLES' CREED ('new version') (all)

I believe in God, the Father almighty, creator of heaven and earth. I believe in Jesus Christ, God's only Son, our Lord, who was conceived by the Holy Spirit,

born of the virgin Mary, suffered under Pontius Pilate, was crucified died, and was buried; he descended to the dead. On the third day he rose again; he ascended into heaven, he is seated at the right hand of the Father, and he will come to judge the living and the dead.

I believe in the Holy Spirit, the holy catholic church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen

OFFERING OFFERTORY

[Please pass the Friendship Pad down your pew for all to sign and then back to the center aisle so everyone has the opportunity to read the names. We request that our guests also give us their home address. Thank you].

ANTHEM

\* SUNG OFFERTORY ('vineyards')

Let the vine-yards be fruit-full, Lord, and fill to the brim our cup of bless-ing. Gather a har-vest from the seeds that were sown, that we may be fed with the bread of life. Gath-er the hopes and dreams of all; u-nite them with the prayers we of-fer now. Grace our ta-ble with your pres-ence, Lord, and give us a fore-taste of the feast to come.

- \* OFFERING PRAYER
  - P Let us pray. Merciful God,
  - C we offer with joy and thanksgiving what you have first given us—our selves, our time, and our possessions, signs of your gracious love. Receive them for the sake of him who offered himself for us, Jesus Christ our Lord. Amen
- \* PRAYERS OF INTERCESSION
  - P In communion with the saints of every time and place, let us pray for the church, those in need, and all of God's creation
  - A brief silence.
  - P God of promise, keep the church faithful in its mission, hopeful in its future, and attentive to the signs of your presence in the world. Hear us, O God.
  - C Your mercy is great.
  - P Mighty God, do not abandon the earth to wasteful use or reckless destruction, but protect and nurture it until your new creation comes to birth. Hear us, O God.
  - C Your mercy is great.
  - P Sovereign God, show forth your kingdom on earth. Let peace reign among nations and all the hungry be fed. Hear us, O God.
  - C Your mercy is great.
  - P Refuge of the weary, uphold the lives of all who call upon you in need (especially all of our shut-ins [both at home and in nursing homes], and Ryan Keresey, Sarah Dressler, Haylee Yocum, Gene Rhine, Jesse Kint, Susan Minick, Paul Woltman, Tammy Walton, Josh Beitz, Eric St. Clair, Matt Hutchinson, Cade Clark, Linda Farleman, JoAnn Beale, Lura Aughey and Herbert Burd). Give them the joy of your presence, that their spirit will again rejoice. Hear us, O God.

#### C Your mercy is great.

P Holy Spirit, inspire this assembly to encourage one another in the weekly gathering around the means of grace and in loving service throughout the week. Hear us, O God.

#### C Your mercy is great.

Here other intercessions may be offered.

- P Holy God, we give thanks for the faithful departed (especially). Keep us ever watchful and, on the last day, wake us with all your saints to everlasting life. Hear us, O God.
- C Your mercy is great.
- P Into your hands, gracious God, we commend all for whom we pray, trusting in your mercy; through Jesus Christ, our Savior.
- C Amen.

- \* THE LORD'S PRAYER ['new version'] (all)
  - P Let us pray with confidence in the words our Savior gave us:
  - C Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as in heaven.

Give us today our daily bread. Forgive us our sins as we forgive those who sin against us.

Save us from the time of trial and deliver us from evil.

For the Kingdom, the power, and the glory are yours, now and for ever. Amen

\* BLESSING

P Almighty God, Father, + Son, and Holy Spirit, bless you now and forever.

- C A-men, A-men, A-men (sung)
- \* CLOSING HYMN "O God, Our Help in Ages Past"

#### MEAL

- COMMUNION DIALOGUE (from Isaiah 55)
  - P Let us give thanks to the Lord.
  - C for through these gifts he comes to feed us.
  - P All you who are thirsty, come to the waters. You who have no money, come, receive bread, and eat.
  - C Come, without paying and without cost, drink wine and eat.
  - P Let us come to his table with joy,
  - C for we come as God's invited guests!
- \* EUCHARISTIC PRAYER
  - P Holy, mighty, and merciful Lord, heaven and earth are full of your glory.

In great love you sent to us Jesus, your Son, who reached out to heal the sick and suffering, who preached good news to the poor, and who, on the cross, opened his arms to all.

In the night in which he was betrayed, our Lord Jesus took bread, and gave thanks; broke it, and gave it to his disciples, saying: Take and eat; this is my body, given for you. Do this for the remembrance of me.

Again, after supper, he took the cup, gave thanks, and gave it for all to drink, saying: This cup is the new covenant in my blood, shed for you and for all people for the forgiveness of sin. Do this for the remembrance of me. Remembering, therefore, his death, resurrection, and ascension, we await his coming in glory.

Pour out your Holy Spirit, that by this Holy Communion we may know the unity we share with all your people in the body of your Son, Jesus Christ our Lord.

Through him, with him, in him, in the unity of the Holy Spirit, all glory and honor is yours, almighty Father, now and forever.

C Amen.

# (In hospitality and attempting to meet the needs of individuals, Messiah now offers gluten free communion hosts. If you wish to receive gluten free hosts, please come to the side where Pastor Esborn is serving).

#### DISTRIBUTION

["INTINCTION" – dip your wafer in the wine. Come forward by the center aisle and return by the side aisle. All who wish to stand at the chancel rail after partaking for a time of silent meditation are invited to do so].

- \* COMMUNION BLESSING
  - P The body and blood of our Lord Jesus Christ strengthen you and keep you in his grace.
  - C Amen
- \* PRAYER AFTER COMMUNION
  - P Let us pray.

Almighty God, you provide the true bread from heaven, your Son, Jesus Christ our Lord. Grant that we who have received the Sacrament of his body and blood may abide in him and he in us, that we may be filled with the power of his endless life, now and forever.

C Amen

- \* DISMISSAL
  - P Go in peace. Serve the Lord.

C Thanks be to God.

#### POSTLUDE

NEXT WEEK'S LECTOR – Linda Bahorik NEXT WEEK'S ALTAR GUILD – Linda Leister (cup communion – Clint & Jamie Miller)

#### WELCOME

IF YOU WISH TO USE OR FOLLOW THE LITURGY MUSIC as we proceed through the service today, please use the green portfolios placed on top of the sound control system. In addition, headsets are available in the narthex for our sound enhancement system for the hearing impaired.

VISITORS ARE ALWAYS WELCOME to worship at Messiah. We invite you to register your visit not only in the Friendship Pads, but also in the guest book provided in the narthex. If you are seeking a church home, please speak to the pastor. Our fellowship in Jesus Christ is open and extended to all persons who confess His Lordship over all life. Thank you for worshiping with us. We invite you to return. Visitors are invited to commune with us if they are baptized and, if with us in our faith, they trust Jesus' promise of the presence of the Body and Blood of Christ.

WE INVITE EVERYONE (members and visitors) worshiping with us today to sign the Friendship Pads during the Organ Offertory. If you are a visitor, please be sure to include your address when signing. Please also place a check mark in the box (beside your name) if you are communing today and have not as yet given us a record of your participation in the sacrament during this quarter. (A new quarter begins in January, April, July, and October). The pads are found on the aisle seat of each pew in the nave, and in each section of the Adult Sunday School Room.

PRAYER REQUESTS will be placed in the weekly bulletin for one month. If you wish to have someone included in the prayer list for more than one month, please call the church office.

ALTAR FLOWERS are presented to the Glory of God and in honor of our daughter Olivia's 13<sup>th</sup> birthday by Vance and Wendy Varner and sister Victoria.

THE DEADLINE FOR ALL ITEMS TO BE INCLUDED IN THE SUNDAY BULLETIN IS THURSDAY NOON.

DIAL-A-PRAYER (436-2100) IS AVAILABLE 24 HOURS DAILY!

JUST A THOUGHT – J. B. Phillips, Bible Translator (1906 – 1982): I sometimes wonder what hours of prayer and thought lie behind the apparently simple and spontaneous parables of the gospel.

#### **CONGREGATIONAL NEWS**

SYNOD ASSEMBLY DELEGATES NEEDED – Two members of Messiah are needed to attend the annual Synod Assembly in June 2013 at Susquehanna University, Selinsgrove. If you are interested in serving, please contact the pastor or the church office.

DECORATING OF THE CHURCH FOR CHRISTMAS will be held on Sunday, December 2, 2012. A light lunch will be provided following the worship service prepared by the Fellowship Committee. Those attending are asked to bring 1-2 dozen cookies. Decorating will follow lunch.

HANGING OF THE GREENS (Service of the Manger) will be held on Sunday, December 9, 2012 during the worship service. Please bring a character from your manger at home.

LUTHERAN STUDY BIBLES by Augsburg Fortress are available in the church office for anyone who would like one. Cost is normally \$35.00 but we were able to get them at the sale price of \$18.75 plus shipping.

POINSETTIAS to decorate the church for Christmas may be placed in honor or in memory of someone, or to the Glory of God. The cost is 8.00 for a  $6\frac{1}{2}$ " plant with 3 to 4 blooms. You may order by calling the church office at 436-6213.

CAN TREE – Donations of gallon-size canned food is again being collected this year, now through December, for the "can tree" in the Adult Sunday School Room to benefit Bethesda Mission. Everyone is encouraged to donate as many cans as you are able. Cans will be delivered to Bethesda Mission later in December.

#### WOMEN OF THE ELCA

MESSIAH WOMEN OF THE ELCA continuously collect new bath-size bars of soap (4 oz. to 5 oz., preferably Ivory or unscented Dove) as an on-going project for Lutheran World Relief. Please place soap in the basket on the blue table in the Sunday School Room.

MESSIAH WOMEN OF THE ELCA will meet on Thursday, December 13, 2012 at 7:00 p.m. in the Youth Area for their Christmas Festival.

CHRISTMAS ANGEL PROJECT – Women of the ELCA will be sponsoring 6 children this year for the Christmas Angel Project. A poster with the information is on the bulletin board in the kitchenette. Gifts are to be wrapped, labeled with the children's name and family number, and returned to the Sunday School Room by December 2, 2012.

#### COMMUNITY

MEALS-ON-WHEELS needs volunteer drivers, cooks and people to help assemble meals. If you have some spare time and can help, please call Dottie Heck at 436-6002 or 717-348-1950 (cell).

**WE NEED YOUR HELP** – Through ELCA Disaster Response, the Evangelical Lutheran Church in America (ELCA) is responding in areas affected by Hurricane Sandy. In the Caribbean, through our global church partnerships, we are providing basic needs such as food, water and shelter. Throughout the United States we are working hand-in-hand with synods and ministry organizations, who are experts at outreach in their communities. **Gifts to ELCA Disaster Response, designated for "Hurricane Sandy" will be used entirely (100 percent) in response to this disaster**. Join the ELCA Disaster Response and help provide the type of immediate and long-lasting support that is already underway in the affected regions.

LONGEST NIGHT SERVICE will be held December 21, 2012 at 7:00 p.m. at Aldersgate United Methodist Church for those who are having a difficult time as a result of a death, job loss, health concern, or general sadness this Christmas season. You do not need to be alone in your pain. Come join us and hear prayers, scripture and music that acknowledge God's presence with us.

PART TIME JOB AVAILABLE – The DeLauter Youth Center has an opening for a Director/Coordinator of youth activities beginning January 1, 2013. The center is open from 6-8 p.m. on Tuesdays and Thursdays each week. Students from grades 9-12 come Tuesday nights and students from grades 4-8 come Thursday nights. Volunteer help is set up for Thursday nights with the younger students. Approximately 15 to 25 students participate each night. Total number of work hours is about 5 hours per week. The director/coordinator is responsible to organize basketball, volleyball, dodge ball, etc. each night. There is a computer room and pool room downstairs separate from the gym and a small game room upstairs with lots of equipment and supplies. Applicants must be at least 18 years old and must enjoy supervising students. This is a paid hourly position. The Center is open October through May and closed in the summer. If you are interested, please contact Fred Harris at 436-8706 or Ed Beaver at 436-9382.

COMMUNITY CHORUS REHEARSALS will be held on the following dates from 7:00 to 8:30 p.m. in the Juniata High School music room.

Tuesday, November 20 Monday, December 3 Tuesday, December 11

This year's 16<sup>th</sup> annual Christmas Cantata performance "Season of Wonders" will be held Sunday, December 16, 2012 at 2:00 p.m. in the Juniata High School auditorium.

#### JUNIATA COUNTY FOOD PANTRY NEEDS FOR NOVEMBER/DECEMBER

BASIC NEEDS:

ALL NON-PERISHABLE FOODS, PERSONAL AND BABY CARE PRODUCTS, PAPER AND CLEANING SUPPLIES.

HOLIDAY MEAL NEEDS:

TURKEYS, CRANBERRY SAUCE, STUFFING, CANNED FRUITS AND VEGETABLES, INSTANT MASHED POTATOES, CANNED SWEET POTATOES, GRAVY MIX, CAKE MIX AND READY MADE ICING.

SHOEBOXES FOR CHRISTMAS – If there is a youth group or Sunday School class looking for a special project for Christmas, the Food Pantry is asking area churches to collect children's gifts packed in shoeboxes to distribute to the children of the families who come to the Food Pantry for help. There are about 350 children each month. If you would like information on what items to pack, please contact Kathy Queitzsch at the Food Pantry at 436-9718 or email at jcfoodpantry@embargmail.com.

THE AMERICAN RED CROSS will be holding a blood drive at the following location:

Friday, November 30<sup>th</sup> Walker Grange Hall 1:00 pm – 7:00 pm William Penn Hwy., Mexico

Individuals who are in general good health, are age 17 or older and weigh at least 110 pounds are eligible to donate blood safely every 56 days. Donors should bring their Red Cross donor cards, photo ID, or two other forms of identification to the donor site. The need for blood never diminishes because blood is a perishable medicine. For more information or to schedule an appointment, visit redcrossblood.org or call 1-800 Red Cross.

NURSE'S NOTES – Having your last child grow up and leave home can bring on some mixed emotions such as sadness or loss. Even though you've raised him/her to be independent, letting go can be painful. Here are a few tips to help the process:

-Avoid comparing your child's timetable to your own. Instead, focus on ways to help him succeed when he leaves home.

-Keep in touch (just not every day). Make an effort to maintain regular contact via visits, phone, email, texts or video chat.

-If you are having difficulty, lead on family and friends for support. Share your feelings. If depression lingers more than two weeks, speak to your doctor, your pastor, parish nurse or a therapist.

-Stay positive. Consider how you can use your extra time and energy toward your marriage or other relationships. Resume or begin a new hobby that you may have put on the back burner.

-Keep busy or take on new challenges. It can ease the sense of loss.

#### THIS WEEK AT MESSIAH

Today:	<ul> <li>-9:15 a.m., Sunday School/Catechetical Class.</li> <li>-10:30 a.m., Worship/Communion/Jr. Church.</li> <li>-Voters Assembly. Business: quarterly board reports and voting on 2013 proposed budget.</li> <li>-7 p.m., Community Thanksgiving Service at St. Stephen's Lutheran Church.</li> </ul>
Monday:	-Pastor Esborn on vacation Nov. 19-28. If you need a Pastor during that time, please contact Pastor Chris Mathiason at 463-2490.
	-8 p.m., AA meeting.
Tuesday:	-9 a.m., "The Needlers" in Fellowship Hall.
Wednesday:	-7 p.m., Choir rehearsal.
Thursday:	-Thanksgiving.
Friday:	-OFFICE CLOSED.
Sunday:	-Christ the King. -FOOD PANTRY SUNDAY. -9:15 a.m., Sunday School.

-10:30 a.m., Worship/Communion/Jr. Church.