



## Prayer List

### MAGNOLIA PLACE

-Mike Hozer

### COLUMBUS

-Rona Phillips

### HOME

-Don Bravaldo  
-Larry Dalrymple  
-Isobel Prater  
-Bill Pugh  
-Todd White

## A WORD FROM OUR MISSION CHAIR

Mark your calendars and get your Christmas sweaters ready, it's the **Christmas Mission Dinner** (formerly known as the Lee County Christmas Dinner)! Our annual children's program and potluck dinner will be held the First Sunday of Advent, December 1...right after Thanksgiving.

The purpose of the event is to raise funds for the Lee County DHR for local children in need and the local efforts of the Salvation Army, so there will be an opportunity for you to contribute (checks made payable to FPC, marked "Christmas Mission," can be placed in baskets at the event, the offering plate the next Sunday, or mailed into the office ASAP).

The evening of festivities begins at 5:00 p.m. in our sanctuary, where our Children's Choirs will celebrate the beginning of Advent with specially prepared music. This will be followed by a delicious potluck dinner in Baird Hall - bring a dish or dessert to share! During the dinner there will be a brief presentation about the Christmas Mission offering for Lee Co. DHR and Salvation Army.

New this year will be a contest for best Christmas attire! Although certainly not required, you are encouraged to wear your most festive Christmas outfit, which will be lauded by our specially-picked panel of judges! So bring your family and friends and come enjoy some Christmas cheer, good food, and fellowship.

This Christmas Mission Dinner is sponsored by the FPC Mission Committee. For more information contact Rev. Kathy Reed or Mission Chair Katherine Irwin at email [skejgi@gmail.com](mailto:skejgi@gmail.com). Hope to see you there!

Katherine Irwin

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## *Weekly Calendar*

## **FAITH COMMUNITY NURSE NEWS**

### **Sunday, November 10**

- 8:30 AM -Communion (Chapel)
- 9:45 AM -Sunday School
- 11:00 AM -Worship (Sanctuary)
- 5:00 PM -Chancel Bell Choir
- 5:00 PM -Youth Dinner & Fellowship
- 6:45 PM -UKirk Dinner & Bible Study

### **Tuesday, November 12**

- 9:30 AM -PW Circle #1 (3321 Turkey Trot, OP)
- 9:30 AM -PW Circle #2 (1643 Club Creek)
- 12:00 PM -PCM Board Meeting
- 2:30 PM -PW Circle #3 (Library)

### **Wednesday, November 13**

- 11:30 AM -Women's Bible Study (Library)

### **Thursday, November 14**

- 9:00 AM -Weekly Exercise Class (Chapel)
- 12:15 PM -Finance Committee (Library)
- 5:15 PM -Congregational Dinner
- 7:00 PM -Choir Rehearsal

### **Saturday, November 16**

- 7:30 AM -Parking Lot Opens AU vs. Georgia

### **Sunday, November 17**

- 8:30 AM -Communion (Chapel)
- 9:45 AM -Sunday School
- 11:00 AM -Worship (Sanctuary)
- 12:00 PM -Congregational Meeting
- 4:00 PM -Confirmation Class
- 5:00 PM -Chancel Bell Choir
- 5:00 PM -Youth Dinner & Fellowship
- 6:45 PM -UKirk Dinner & Bible Study

### **Monday, November 18**

- 11:00 AM -Receptionist Appreciation Lunch
- 6:15 PM -Session Meeting

### **Wednesday, November 20**

- 11:30 AM -Women's Bible Study (Library)

### **Thursday, November 21**

- 9:00 AM -Weekly Exercise Class (Chapel)
- 5:15 PM -Congregational Dinner
- 7:00 PM -Choir Rehearsal

### **Saturday, November 23**

- 7:30 AM -Parking Lot Opens AU vs. Samford

Many of you enjoy getting some exercise by walking. Some set specific goals while others just enjoy moving around both indoors and outdoors. I have good news for those who walk as research has shown that benefits happen whenever you are moving. The standard began as 10,000 steps per day which turns out is not based on any scientific model. It is suspected that a Japanese company that manufactured pedometers called Manpokei or 10,000 steps meter. The reason for the name is that the number 10,000 when written in Japanese looks like a person walking.

Looking deeper into the effects of walking reveals that benefits happen even when those who are sedentary walk 2000 steps a day. This is about a mile which sounds like a lot but includes the walking done inside as well as outside. The research shows that death rates decreased by 41% in older women who walked 4400 steps daily. The suggestion is 4400 steps daily but any movement is beneficial. Small increases in movement pay off. Any type of movement counts so now you can get credit for cleaning the house, doing errands around town or using a treadmill.

Here are a few ideas:

- 1) Stand up and walk in place during commercials when you watch tv.
- 2) Take more trips such as dividing laundry into several loads rather than one big one so that you take more trips.
- 3) Park away from the entrance to a store or anywhere that you are visiting so that you include some steps.
- 4) Choose active leisure methods such as walking a dog, play with a child, do gardening or yard work, go dancing, etc.

Your Faith Community Nurses,  
Jan Widell & Erin Brown

### **Thirty-second Sunday in Ordinary Time**

November 10, 2019

- 8:30 a.m. - Communion (Chapel)
- 11:00 a.m. - Worship (Sanctuary)
- Worship Leader: Barbara White

### **Thirty-third Sunday in Ordinary Time**

November 17, 2019

- 8:30 a.m. - Communion (Chapel)
- 11:00 a.m. - Worship (Sanctuary)
- Worship Leader: Rev. Kathy Reed

## CE NEWS

-Sunday, Nov. 10: Children and Youth activities begin with dinner at 5:00 p.m. in Baird Hall and then activities for children and youth from 5:30-6:30 p.m.

-Sunday, Nov. 17: Children and Youth activities begin with dinner at 5:00 p.m. in Baird Hall and then activities for children and youth from 5:30-6:30 p.m.

If you have any questions, please feel free to give me a call!  
Chris Sarkowski

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## WE HELP COOKIE WALK

SAVE THE DATE! The 26<sup>th</sup> Annual Cookie Walk to benefit Habitat for Humanity will be held Saturday, December 7, at Grace United Methodist Church on Glenn Avenue. You can support this event by: baking cookies, volunteering to help set up and display cookies on Friday evening, or helping with the sale. The Cookie Walk is an important part of raising funds for the WEHELP Coalition that has participated in building 14 new homes for deserving families in our community.

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## THURSDAY DINNERS

Please join us for our weekly congregational dinner in Baird Hall. We begin serving at 5:15 p.m. and continue until 6 p.m. The cost of the meals is \$5/person with a maximum of \$10/family. College students eat for only \$2. No reservations are required.

Nov. 14 - Menu: Chicken Picatta, Seasoned Oven Rice, Italian Green Beans, Tossed Salad, French Bread, Banana Pudding.

Nov. 21 - Menu: Baked Ham W/ Glaze, Macaroni and Cheese, Baked Apples, Biscuits, Cookies.

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## 2020 PLEDGES

If you have not yet done so, please submit your pledges of time, talent, and treasure during the offering Sunday or mail (or bring by) to the church office as soon as possible. Additional pledge materials can be found in the narthex, chapel vestibule, or church office.

## *Birthdays*

Nov. 10	Joan Foil, Steve Reeves
Nov. 12	Susan McChesney
Nov. 13	Jeff Larson
Nov. 15	Holly Mitchell
Nov. 16	Shane Klugh, Suzanne Thurlow
Nov. 17	Reagan Cooper, Lindy Mastin, Barbara Pritchard
Nov. 18	Gaby Irwin, Lib Johnson, Charles Thurlow
Nov. 19	Carol Griffin
Nov. 21	Mike Hozer
Nov. 22	David Matchen
Nov. 23	Elizabeth Garrett, Michael Panhorst Spence Spencer

## *Anniversaries*

Nov. 10	Mike & Carolyn Williams
Nov. 13	Spence & Kim Spencer
Nov. 14	John & Barbara Wild

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## RECEPTIONISTS

November 11-15

AM - ?, Gwen Reid, Melanie Boecklen, Bob Recknor, Jim Disque.

PM - Melanie Boecklen, Susan Parker, Larry McQueen, Joan Duffett, Joan Foil.

November 18-22

AM - Becky Buchanan, ?, Mary Parsons, Ken Autrey, Denise Salo.

PM - Sandra Spencer, Margaret Brinkley, Terry Ley, Emily Klinkenborg, Vicki Throckmorton.

## APPRECIATION LUNCHEON

If you have been, are currently, or would like to volunteer as a church receptionist, you are invited to an appreciation brunch on Monday, November 18 from 11 to 1, provided by Susan Stanley and Kay Recknor. Circle your calendar and join us.

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First Presbyterian Church  
143 East Thach Avenue  
Auburn, AL 36830

**PRESBYTERIAN WOMEN**

Circle Schedule for Tuesday, November 12

Circle #1: 9:30 AM  
Lila Wright, Bible lesson  
Where: Marybeth Webeler,  
3221 Turkey Trot Way, Opelika

Circle #2: 9:30 AM  
Liz Lindahl, Bible lesson  
Where: LuAnn McQueen,  
1643 Club Creek Drive

Circle #3: 2:30 PM  
Barbara Fletcher, Bible lesson  
Where: Church Library  
Circle #4: No meeting this month