



ROAD WORK

-WEEKLY NEWSLETTER-

OLD ORCHARD BEACH UNITED
METHODIST CHURCH

November 2, 2008

Volume 1, Issue 2

This Week:

Sunday:

~Breakfast—9 AM
~Worship & Sunday
School—10 AM

Monday:

~Food Pantry—9 AM

Tuesday:

~Prayer Service—6 PM

Wednesday:

~Food Pantry—9 AM

Saturday:

~Gab 'n Grow—
Postponed until next week

Sunday:

~Breakfast—9 AM
~Worship & Sunday
School—10 AM
~Thanksgiving
Meeting—11:30

Reminding Us to Be Mindful

Mindfulness. This is a term well known to Buddhists and adherents to other Eastern religions across the globe. The definition of mindfulness according to Wikipedia is a “concentrated awareness of one’s thoughts, actions, or motivations”. It is all about being present to the moment and not thinking too much about the past or looking too far forward.

I don’t know about you, but I haven’t been feeling a whole lot of mindfulness lately. I think way too much about the things that I have to do, or even worse, the things that I have forgotten to do. I worry about how I am going to come up with the money to take care of

any number of things from monthly bills to college for the kids to retirement. I constantly feel distracted and have trouble concentrating on just about any task in front of me. Even the slightest distraction can keep me from completing tasks in a timely fashion. Even worse, they can keep me from paying attention to family and friends that deserve my mindful attention.

I have even found that I have to carry a small memo pad with me at all times to write down important information or tasks so that I don’t forget them. I refer to that memo pad many times throughout the day, dutifully crossing out those tasks that I have completed and

adding new tasks that still need to be done.

Mindfulness is not something that simply happens. Like many things in life, it takes practice and effort. When we can understand the ways that we become distracted, we can work to overcome those obstacles and become more mindful of the needs of others and of ourselves.

Over the next few months, as the seasons change and holiday festivities come with a flurry of activity, remember to take some time to be mindful of those around you and the reason behind all of that chaos. I know that I’ll be taking some time to do just that.

VERSE OF THE WEEK

“His power will never end; peace will last forever. He will rule David’s kingdom and make it grow strong. He will always rule with honesty and justice. The Lord All-Powerful will make certain that all of this is done.”

Isaiah 9:7 (CEV)

All Saints’ Day Background

All Saints’ Day is a feast celebrated on November 1 in Western Christianity, and on the first Sunday after Pentecost in Eastern Christianity in honor of all the saints, known and unknown.

In terms of Western Christian theology, the feast commemorates all those who have attained the beatific vision in

heaven, specifically, in the Roman Catholic Church. The next day, All Souls’ Day, commemorates the departed faithful who have not yet been purified and reached heaven.

In Portugal, Spain and Mexico, offerings are made on this day. In Austria, Belgium, France, Hungary, Italy, Malta, Portugal and Spain people bring flowers

to the graves of dead relatives.

In Poland, the Czech Republic, Sweden, Finland, Slovenia, Slovakia, Lithuania, Croatia, Austria, Romania, Hungary and Catholic parts of Germany, the tradition is to light candles and visit the graves of deceased relatives.

**OLD ORCHARD BEACH
UNITED METHODIST CHURCH**

Along the road less traveled...

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Merv Sedlar, *Organist*
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World Council of Churches

Ecumenical Prayer Cycle

Week 45 November 2-8
*Burundi, Democratic Republic of
Congo, Rwanda*

Week 46 November 9-15
*Republic of Congo, Gabon, Sao Tomé
and Principe*

Week 47 November 16-22
*Cameroon, Central African Republic,
Equatorial Guinea*

Week 48 November 23-29
*Burkina Faso, Chad, Mali, Mauritania,
Niger*

Week 49 Nov. 30—Dec. 6
Liberia, Sierra Leone

Week 50 December 7-13
*Cape Verde, the Gambia, Guinea,
Guinea-Bissau, Senegal*

Week 51 December 14-20
Benin, Côte d'Ivoire, Togo

Week 52 December 21-27
Ghana, Nigeria

WE'RE ON THE WEB!

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Upcoming Events

October 29 to November 11—Pastor Mike on vacation

Sunday, November 9—*After Worship*—Church Meeting to plan for Thanksgiving Day Dinner and Delivery.

November 23—Stewardship Sunday—Start thinking about how you will respond to God's call on your life over the next year. Stewardship Sunday is a chance to make a public witness of your response to that call.

Thanksgiving and Christmas Assistance Programs for the Salvation Army—Dates for those applying for assistance this holiday season have been announced. Thanksgiving and Christmas applications will be taken:

November 3, 4, 5—9 AM to Noon

November 3 & 4—1 to 3PM

Christmas applications will be taken:

December 1, 2, 3—9 AM to Noon

December 1 & 2—1 to 3 PM

Thursday, November 27—*4th Annual Thanksgiving Day Dinner and Delivery*—Delivery begins at 11AM and dinner will be served at noon.

November 30—1st Sunday of Advent

December 7—2nd Sunday of Advent

December 14—3rd Sunday of Advent

December 21—4th Sunday of Advent

Wednesday, December 24 at 7PM—*Christmas Eve Service*—Join us for a special time of worship and warmth as we look celebrate the birth of our Lord.