

"Advent is like the time of pregnancy when a New Life begins to make itself known."---Thomas Keating

The New Life spoken of above grows in every one of us as the season of Advent progresses. This year I encourage every one of us to participate in the New Life of Christ by taking 10-20 minutes each day to contemplate the divine light growing and shining within and among us. A great way to do this is through the ancient practice of Centering Prayer. If you are unfamiliar with this ancient practice, Advent is a perfect time to learn a new spiritual exercise. The simple directions from Thomas Keating are below:

1.) Choose a sacred word as the symbol of your intention to consent to God's presence and action within.

2.) Sitting comfortably and with eyes closed, settle briefly and silently introduce the sacred word as the symbol of your consent to God's presence and action within.

3.) When engaged with your thoughts, return gently and non-judgmentally to the sacred word.

4.) At the end of the prayer period, remain in silence with eyes closed for a couple of minutes.

Sunday School

As in years past, SUMC will be participating at the Holiday On The Avenue celebration on December 5th. Stop by to get a free donut & cider, a Christmas ornament craft for the children and to say Hello between 2-5 pm.

Save the Date! The Children's Christmas Pageant will be during the Sunday, 12/19 worship service. There will be beautiful music as well as the annual acting out of the Christmas story. Don't miss it!

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Holiday Schedule

- Dec. 5 Holiday on the Ave 2-5 pm
- Dec. 12 Nativity Set Up
- Dec. 18 Community Breakfast 9-11 am
- Dec. 19- Children's Christmas Pageant 11 am
- Dec. 24- Outside service 5:30 pm
- Dec. 24 Inside service 11:00 pm
- Dec. 26- Worship Service & Hymn Sing 11 am





Wesley's Wisdom

"The Best of all is, God is with us." John Wesley

December Liturgists

- 12/5 Holly Russo
- 12/12 Carol Deiulio
- 12/19 Sunday School children
- 12/26 Clarence Mosher

CALENDAR & EVENTS

Bring your favorite Nativity Scene

We had Nativity scenes displayed of all sizes, all types, different origins and many family heirlooms, a few years ago. We will be doing this again and hope to make it a tradition at SUMC.

To keep the nativities safe, I will have tables set up along the Fireplace Room. They will be displayed on December 19 which is also the Children's Christmas Pageant. I will have the tables ready for set up on Sunday December 12 (after church). Other available times are Saturday December 18 (during our Community breakfast) 9-11 and again that evening from 6-7. I will have cards on the table for you to put your family name on and put next to your Nativity. Please take the time and bring in your favorite Nativity to share with your church family and start a new tradition. If you have any questions, please call Jill at 518-423-3546.

Women's group installed their board for 2022

President:Martha HattVice-Pres:Mary Connors, Judy SwainSecretary:Holly RussoTreasurer:Royann RogersonHospitality:Debbie CieslakSunshine:Debbie CieslakDevotions:Wendy LieblSpecial Events:Judy Swain, Debbie Cieslak

A sincere **THANK YOU** to our stewardship speakers this past month: Kevin Margas, RC Pryor, Barbara Hanley, Zoey and Alec Flansburg. Your thoughts on what makes this church special were not only heartfelt but inspiring.

If you have not done it yet, please take a moment and turn in your 2022 pledge card. If you already have, Thank you from all of us at SUMC !

YWCA Holiday Wish List

New/Unused/Unwrapped Toys for Children with an emphasis on Infants

and Teens (board games, craft/hobby and sports supplies) -combs/brushes/hair accessories/curling irons/hair dryers -manicure sets/nail polish/perfume/cologne/cosmetics -appointment books/calendars/planners/journals -wallets/purses/duffel bags/backpacks -photo albums/picture frames -adult/teen coloring books/colored pencils and markers -reusable water bottles/travel coffee mugs -umbrellas -clock radios/alarm clocks -coats/boots for adults, teens and children -hygiene gift sets (shampoo, conditioner, body wash, lotions, body spray, perfume, cologne etc.) for adults, teens and children -socks/slippers for all ages -winter hats, gloves/mittens, scarves -pajamas for children -bathrobes for women, men and children -gift cards/certificates (Price Chopper, Price Rite, Hannaford, Aldi, CVS, Walgreens, Walmart, Target, Kohl's, Gas Stations, Stewart's, Movie Theaters, Hair Salons, Prepaid Credit Cards) -towels/wash clothes -bed pillows/sheet sets/blankets/comforters -pots and pans/bakeware/utensils/microwavable containers -wrapping paper, gift tags, tape

DEADLINE Sunday December 12. If you have any questions call Martha Hatt or Judy Swain. Bring all donations in gift bags or shopping bags.

Church Treasurer's Report 10/31/21

	YTD Oct-21
Individual Contributions	\$84,863
Building Use/Rent	15,500
Fund Raising/Interest Income	4,549
PPP Loan Forgiveness Total Operating Receipts	13,672 \$118,584

Wages & other employment expenses	\$72,461
Church Operations/Program	4,939
Parsonage Expenses	12,000
Church Building-Repairs/Safety	3,313
Church Building-Utilities/Water	5,852
Church Building-All Other	9,884
Apportionments	12,020
Benevolences	1,203
Total Operating Expenses	\$121,671
Shortage	(\$3,088)

There is a shortage of (\$3,088) as of 10/31/21.

If there are any questions or requests for detailed information, please contact Anne Heller at cheller001@nycap.rr.com.