

Federated Church

November 4th 2018

Calendar of Commemoration and Announcements

Hadewijch of Brabant - 13th Century Mystic



Almost nothing is known of the life of Hadewijch, a Flemish mystic who lived in the 13th century. Although a prolific author, she inspired no biography. All that is known of her story must be inferred through her writings. She was a Beguine, part of a movement in the Low Countries that attracted women to a new form of community-based religious life. The Beguines stressed prayer, the works of mercy, simplicity of life and a devotion to the humanity of Jesus. Hadewijch's central theme was Love. Everywhere she turned, in creation or community, she encountered the love of God.

The Beguines were subjected to all kinds of pressure and persecution. Eventually Hadewijch, for reasons unknown, was expelled from her community. In one of her last letters she writes, "What happens to me, whether I am wandering in the country or put in prison, however it turns out, it is the work of Love." Thus, she vanished from history.

*First visit to Federated today? Welcome!
We would like to know that you were here. Please fill out a
"Connection Card" and place it in the offering basket.*

*Federated Church is a Christian Community shaped by servanthood, inclusivity,
peace making, and simplicity. All persons are invited to participate fully in the ministries of
Federated Church, regardless of age, race, gender identity, sexual orientation,
cultural background, disabilities, marital status or financial circumstances.
United Methodists - Presbyterians - Everyone*

This week @ Federated

Sunday November 4th

9:15 AM - 10:15 AM Worship -
Contemporary

10:15 AM - 11:15 AM Cancer Support
Group

10:15 AM - 11:15 AM Cathy's Sunday
breakfast - Hosted by Youth Group

11:00 AM - 12:00 PM Worship -
Classical

Tuesday November 6th

7:15 AM - 8:15 AM Federated Men's
Book Club

8:30 AM - 10:45 AM PATH
Exercise

9:30 AM - 11:00 AM Endowment
Committee

5:00 PM - 5:30 PM Engage family dinner

5:30 PM - 6:30 PM Engage Adult
fellowship time

5:30 PM - 6:30 PM Engage music practice

6:00 PM - 7:30 PM Staff Parish Team
Meeting

Wednesday November 7th

9:00 AM - 10:30 AM Women at the Well

11:30 AM - 2:00 PM FCW Luncheon

12:00 PM - 12:30 PM Celtic Communion

6:30 PM - 8:00 PM Celebration Singers
practice

Thursday November 8th

10:00 AM - 11:00 AM SHARE
general Meeting

10:00 AM - 11:15 AM SHARE
Leadership Meeting

6:00 PM - 8:00 PM Praise Team
Practice

Friday November 9th

8:30 AM - 10:45 AM PATH
Exercise

Saturday November 10th

9:00 AM - 12:00 PM Christmas
Musical Practice

4:00 PM - Nomadic Shelter

Sunday November 11th

9:15 AM - 10:15 AM Worship -
Contemporary

10:15 AM - 11:15 AM Blood Pressure
Sunday

11:00 AM - 12:00 PM Worship -
Classical

Save the Date!

Please make a note of these upcoming events at Federated

Sunday, November 18th ~ 10:30 am-Noon in the Fireside Room
Livescan fingerprint testing for volunteers

Thursday, November 22nd ~ 1 pm in Price Hall
Federated Family Thanksgiving

Sunday, December 2nd ~ 10 am
Single Service Sunday's begin

Sunday, December 2nd & 9th ~ 9 am-Noon in Price Hall
Alternative Christmas & FCW Bake/Craft Sale

Sunday, December 9th ~ in the Youth Room
Junior & Senior High Youth Group starts

Sunday, December 9th ~ 2pm in the Sanctuary
Family Christmas Musical

Junior/Senior High Youth Group Upcoming Events

Youth Hosted Breakfast for the congregation.

Sunday, November 4, 2018

Cathy's Breakfast – Price Hall – 10:15 AM

Event for Jr./Sr. High Youth

Sunday, November 11, 2018

Ice Cream Social/Movie – Youth Room – 12:00 PM

Event for Jr./Sr. High Youth

Sunday, November 25, 2018

Advent Prep and X-Mas Tree cutting for Youth Room Tree

Price Hall – 10:15 AM

(Leaving church to find tree after Prep is complete. Let Amanda know if you can be a driver.)



TODAY IS SHARE SUNDAY!

Put your donations in the black tub in the office!

First of all, a heartfelt thanks from the SHARE guests who received a can of coffee this past month. It was great to be able to say, yes, we have some coffee for you or here's a bottle salad dressing to go with that bag of lettuce. So, keep that generosity flowing! With Thanksgiving just around the corner, donations like boxed stuffing, canned yams, pie filling, and cans of gravy would be most welcome. SHARE will be open Monday through Wednesday that week, and volunteers would be happy to distribute these extra items to families to help make their holiday dinners complete. Thanks also to the other Federated folks who volunteer their time to distribute food or pick up donations and bring them to SHARE. It takes a team of dedicated volunteers (from several churches) to keep the doors open 5 days a week to feed the hungry!

Yours in Christ, Sharon Fraser - Federated Liaison to SHARE

Junior/Senior High Youth Group Announcements

Are you a parent or church member who may want to volunteer to help with any aspect of our Jr./Sr. High Youth Groups?

Then you need to be fingerprinted!
Federated will be covering the costs of this on:
November 18, 2018 at 10:30 AM.
(between services)

Please meet in the Fireside Room to sign up!

If you think you will be attending, please contact Amanda Anderson so that she can get an estimated head count for the person who will be taking the fingerprints.



Coming Soon!

New Junior High and Senior High Youth Groups

December 9, 2018

Questions? Interested in joining or volunteering?

Contact Amanda Anderson at:

federatedyouthgroup@gmail.com



MENTAL HEALTH FIRST AID

On average, there are

123

SUICIDES A DAY.

Source: National Institute of Mental Health

From 1999 to 2016,

630,000

people died from
DRUG OVERDOSE.

Source: U.S. Census Bureau and Proton

Nearly **1 in 5** U.S.
adults lives with a
MENTAL ILLNESS.

Source: Institute of Mental Health and the National Commission on Drug Use and Health, and the Substance Abuse and Mental Health Services Administration

Why Mental Health First Aid?

Mental Health First Aid teaches you **how to identify, understand and respond to signs of mental illnesses and substance use disorders**. This 8-hour training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to appropriate care.

WHAT IT COVERS

- Common signs and symptoms of mental illness.
- Common signs and symptoms of substance use.
- How to interact with a person in crisis.
- How to connect the person with help.
- **NEW** How to administer naloxone in the event of an opioid overdose.

WHO SHOULD TAKE IT

- Employers
- Public officers
- Hospital staff
- First Responders
- Faith leaders
- Community members
- Caring individuals

The course will teach you how to apply the ALGEE action plan:

- **Assess** for risk of suicide or harm
- **Listen** nonjudgmentally
- **Give** reassurance and information
- **Encourage** appropriate professional help
- **Encourage** self-help and other support strategies

Health Ministry will be hosting a Mental Health First Aid training
Saturday, January 5th and 12th
(Participants must attend BOTH classes)
8.30am - 12.30pm in Price Hall

Please call the office to pre-register 530.622.0273
Space is limited - for this FREE event
Refreshments will be served

Spirit Boosters
FOR THE JOURNEY OF AGING

By Missy Buchanan, Advocate for Older Adults

After a storm, a thick blanket of damp leaves covers the ground. Until the leaves are raked, you cannot see the walkways. Likewise, aging make seeing God's path for your life difficult. When faced with questions such as "Should I stay in my home or move?" or "Should I moved to this place or that place?" - trust that God will make your paths known.

Trust in the Lord with all your heart, and do not rely on your own insight. In all your ways acknowledge him, and he will make straight your paths. - Proverbs 3:5-6



**YOU ARE INVITED TO THE FEDERATED
CHURCH FAMILY THANKSGIVING DINNER !!!**

WHEN: Thursday, November 22, 2018 At 1:00 p.m.

WHERE: Price Hall

WHAT: Bring your favorite side dish or dessert

Holiday meats will be provided! Table settings will be provided!

Reservations are required for this free feast, so please contact Linda Gates no later than Nov. 19th to let her know how many want to attend. Phone: (530) 644-5695

Email: lindagates3@gmail.com



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