



FAITH PRESBYTERIAN CHURCH

# Faith Press

GREENSBORO, NORTH CAROLINA

Volume 4, No. 10

November 2014



Dear friends,

We begin November with All Saints Day, a time to celebrate and remember all the saints “who from their labors

rest.” These are people whom we loved and whom we still love – because love doesn’t end with death. These are parents and grandparents, children and spouses, teachers and mentors, friends and caregivers who walked this earth full of grace and truth and love.

My Nana died the summer after I graduated from college, so she never got to see me fulfill my calling to ministry. I wish I could hold her hand and tell her about all of you.

Nana was a preacher’s wife, and when she heard that I felt called to ministry, she was scared. She knew that a pastor’s life is hard. Ministry is complicated, demanding, and so rarely “successful” by society’s standards. But I think what scared her most was church people.

She knew first hand that good, hard-working, even well-meaning church folk can be deeply critical and heartbreakingly cruel. She sacrificed so much her family life and ultimately her marriage to the vicious cycle of church politics. I remember she said, “Karen, I love you and I’m

proud of you and I’m glad you feel called, but people can be so mean and I don’t want them to hurt you.”

Even though she had every reason to leave the church, she stayed. Actually, she stayed in the very church where her life unraveled. She persevered. She kept coming. She played the organ every Sunday, and she was fiercely loyal to her new pastors because she knew just how hard it could be.

At her memorial service, the pastor cried as he preached. At the time, I didn’t think much of it because I was crying. It seemed like the thing to do. Now, as a pastor myself, I know that it was actually quite strange. We preach memorial services all the time. We know how to control our emotions, how to focus on the message, how to be a rock of comfort and peace to those who grieve. We go into the sanctuary after the funeral to cry. As I look back, his tears give me a window into her ministry as an advocate and friend.

Sometimes, I wish I had her shoulder to cry on or her words of wisdom and support as I approach different challenges in my ministry. More often, I wish that she could know the overarching joy and love I’ve experienced through my calling. I know that she would have loved all of you, because you show your love for God, for this church, and for our church

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leaders (including me) in healthy ways.

Your ability to ask questions, express concern, and offer feedback while still trusting the calling of God for this community and its leaders will be a vital skill as we move into a time of change. You will feel afraid. You might feel angry. You should feel hopeful. Thank you, in advance, for feeling these things and expressing them in ways that are helpful, not harmful.

My Nana loved me, and I love her. She is one of

the great cloud of witnesses who remind me that there is always hope and a future for God's people. She might be gone from this life, but her love and her vision remain.

Grace and peace to you and to all the saints,

*Karen*



### Climbing Trees

(a blog post by Rev. Karen Ware Jackson from June 2014)

**A few days ago, my three year old girl climbed a tree all by herself. She was filled with wonder and joy and pride, and so was I!**

We were having a picnic lunch on our first day off in a long time. She insisted we bring a picnic blanket and even though her father and I pushed for the relative ease and comfort of the shaded picnic tables, she wanted to lay out the blanket under a tree.

She was right. It was the perfect spot. Underneath a low hanging canopy of leaves, we spread our blanket amidst the clover. The playground was just steps away and we spent some time on the slides and ladders. We also took a little walk to the pond nearby, but we spent the most time underneath that small, almost bush-like tree with its web of spindly but sturdy branches. It was shady and relatively cool, there was yummy food, and we were together.

Towards the end of our time at the park, we returned to our spot to pack up our stuff, and our little girl started to study the tree.

**“Mommy, I want to climb that tree. Can you help me?”**

I took notice of the tree and realized it was the perfect tree for a three year old to climb, and that she really didn't need my help. She was big enough, strong enough, smart enough, and brave enough to do it on her own. And I told her that.

For almost half an hour, long after we had packed up our blanket, she climbed up and down and around that tree. She swung from its branches and dropped to the ground. She even spent some time “teaching”

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me how to climb a tree. It was fabulous! **And it got me thinking about what makes a good climbing tree:**

**Low hanging branches (or, “a way in”)** – You’ve got to have a way to get started: low branches to grab and pull up, knobs or crooks to step-on. A ladder might be useful, or a boost from a friend, but I would say that’s for more advanced climbers. If a three year old can’t do it alone, it’s probably too high. Without a way in or on, a tree isn’t really climbable, and you are left feeling wistful and frustrated.

**High branches (or, “a way up”)** – Once you’re on the tree, you need somewhere to go and in a tree somewhere is almost always up. Sometimes the way up isn’t clear and requires some trial and error. Sometimes you can see it but the branches might be higher than you’d like or farther apart or more spindly than you’d prefer. Often, it takes some courage to keep going, but a good climbing tree gives you a chance to be brave.

**Somewhere to sit (or “a place to rest”)** – Climbing is hard work. You need a comfortable crook to settle in and rest to take stock of how far you’ve come, to survey the ground beneath your feet and the branches left to climb. You need to be able to dream, read, pray.

**A view (or “perspective”)** – Whether it’s from your resting spot or a perch high atop the canopy, a climbing tree should provide you with something wonderful to see. It might be a vista full of more trees to climb – mountains or rivers or playscapes yet to be enjoyed. It might be a new view of the people you love or the places you have been, now seen from above with a little more distance and (maybe) a little more grace. You might even find a canopy of leaves to observe up close: the way the veins in the leaves mirror the branches of the tree; the slight variations in color, texture, and structure of each leaf, each branch. Perhaps you’ll see a carefully constructed birds nest just above your head or an ant winding its way along the branch.

**A good climbing tree can teach us something about God, about ourselves, and about the world not just from the new perspective it gives, but also from the act of climbing – moving up and down, in and around God’s wondrous creation!**

But if you are three, a good climbing tree is just plain fun! It helps you learn that you are strong and brave and smart. It cradles you in its branches not too far above the ground, but far enough to be exciting. **It gives you lots of ways to explore your newfound independence and skill so that when you see another tree that’s just right for climbing, you’ll be ready.**

Climb on!

FAITH PRESBYTERIAN CHURCH

**Your Church Staff & Leaders**

**Pastoral Team**

Pastor: Rev. Karen Ware Jackson  
 Pastoral Team: Rev. Jim Rissmiller  
 Director of Music: Stephanie Lindley  
 Parish Nurse: Lois Bazhaw, RN  
 Child Care Coordinator: Michelle Watkins  
 Office Administrator: Beverly Lucas

**Officers and Leaders**

**Class of 2014**

Lindsey Brown: Congregational Care  
 and Outreach  
 Bonnie Maready: Christian Ed,  
 Clerk of Session

**Class of 2015**

Betty Rissmiller: Worship  
 Betsy Rule: Missions

**Class of 2016**

Graham Pope: Buildings and Grounds  
 Bob Waugh: Stewardship

*Treasurer: Tim Maher*

*Social Work Intern: Shay Freedman*

**Treasurer's Report**

<b>Year to Date</b>	<b>1/1/14</b>	<b>to</b>	<b>10/14/14</b>
<b>INCOME</b>	<b>Actual</b>	<b>Budgeted</b>	<b>Difference</b>
<b>TOTAL INCOME</b>	<b>\$81,940.45</b>	<b>\$74,336.95</b>	<b>\$7,603.50</b>
<b>EXPENSES</b>	<b>Actual</b>	<b>Budgeted</b>	<b>Difference</b>
<b>TOTAL EXPENSES</b>	<b>\$80,823.19</b>	<b>\$84,024.87</b>	<b>\$3,201.68</b>
<b>OVERALL TOTAL</b>	<b>\$1,117.26</b>	<b>-\$9,687.92</b>	<b>\$10,805.18</b>

Year to date actual income and expenses continue to match up.

<b>30 Day Report</b>	<b>9/14/14</b>	<b>to</b>	<b>10/14/14</b>
<b>INCOME</b>	<b>Actual</b>	<b>Budgeted</b>	<b>Difference</b>
<b>TOTAL INCOME</b>	<b>\$14,590.85</b>	<b>\$7,581.10</b>	<b>\$7,009.75</b>
<b>EXPENSES</b>	<b>Actual</b>	<b>Budgeted</b>	<b>Difference</b>
<b>TOTAL EXPENSES</b>	<b>\$14,876.73</b>	<b>\$8,497.54</b>	<b>-\$6,379.19</b>
<b>OVERALL TOTAL</b>	<b>-\$285.88</b>	<b>-\$916.44</b>	<b>\$630.56</b>

The difference for income for the month can be attributed to paying benevolence and special offerings we had been holding. (i.e. Lutz Scholarship, Pennies for Hunger, One Great Hour, Greensboro Urban Ministry)

**IMPORTANT STAFFING ANNOUNCEMENTS**

- Rev. Jim Rissmiller will be away November 1-8.
- Parish Nurse Lois Bazhaw will be away November 19-24.
- Rev. Karen Ware Jackson will be away November 24 -28.
- The Office is closed November 27-28 for Thanksgiving.

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**Prayer Concerns**

*Please Note: The office makes every effort to keep this list current and accurate. We need your help to ensure that. If you know of changes, please let the office know! You can e-mail us at:*

*[faithpresgsonc@gmail.com](mailto:faithpresgsonc@gmail.com), call the office (336.292.5704), or use our new online prayer request form:*

*<http://www.faithpresgso.org/prayer-requests.html>*

Erich Bordne's Family

Priscilla Christiansen

Kevin Cook

Del Cumbie's Family

Fran Cuthbertson

Bonnie Evans

'Cile Gorman

Pat Greeson

Helen Hall

Harold Henderson

Bob Huffine's Family

Maxine Huffines Heath

Marge Mack

Pat Magnuson

Andy Moye

Larry Murren

Georgia Renfrow

Dale Walker

Sharon Wilson



**Homebound Communion is offered a minimum of twice per year – during Lent and Advent. Any person wishing to receive communion at other times than these is welcome to call the church office to make the request.**

**New Community Outreach Drive!**

We are collecting used winter coats/winter accessories in the green hamper near where we collect eye glasses/pill bottles.

**G.U.M Food**

Please place your non-perishable items in the basket marked “**Please Fill Me Up Again – GUM Loves Faith**” in the Narthex.

**Pennies for Hunger**

**Fourth Sunday – November 23<sup>rd</sup>**

Come forward during the final hymn during worship with your donations to this most worthy cause.

**Pastor's Discretionary Fund**

Please consider donating to this fund to assist with our ongoing ministry needs!

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### Committee Correspondence

Dear Faith Friends,

It is time to replenish the food basket in our narthex. Bring canned items and non-perishables so that we can support Greensboro Urban Ministry with a plentiful donation.

Winter is coming. It seems that needs grow greater with the change in weather. Also, we have about \$54.00 in the powdered milk fund. This amount needs to be about \$400.00 to make a milk purchase that is large enough to warrant a delivery.

One way that we can "give back" for having received our own blessings is to help those who are less fortunate. Please, pick up some extra canned items when you grocery shop. Bring them to church on Sunday. Also, a few extra dollars for powdered milk would be greatly appreciated. Remember the goal is \$400.00.

Blessings to you,  
Betsy Rule, Missions

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Dear Faith Presbyterian Family,

The worship committee has responsibility for helping to enhance worship at Faith Presbyterian in consultation with the pastor. That means making sure the appropriate paraments are on the pulpit and communion table, hanging the banners that connect to the themes of worship for a particular Sunday, arranging for pulpit or musical accompaniment supplies when our staff is away, and seeing that everyone is greeted for worship, ushers are available to assist in worship, acolytes light the candles, and that we welcome visitors warmly. We develop an annual budget to be submitted to the Session to fund expenses of supplies for worship.

The worship committee assists in planning for the sacraments of communion and baptism. We drape the cross during Lent and Easter, assist with service preparation for Ash Wednesday, Maundy Thursday, Christmas Eve, and other services and alternative worship experiences.

Since I have been the Elder overseeing the area of Worship, we really have not had a committee per se, but I have received quite a lot of help from Sandy Jones and Carolyn Huffine, as well as Larry Jones, Bob Waugh, and Carolyn Campbell who have stepped in as ushers when needed.

If you feel lead to assist with the Worship at our church, please let me know. I would like to have a more formal committee structure so that we can plan ahead for special service needs, and spread the responsibilities a little more. And if you are willing, but physically unable to change our banners, for instance, we will give you duties suited to your abilities!

Thank you,

Betty Rissmiller, Worship

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Dear Faith Friends,

It's almost unbelievable that the holiday season is upon us. This is also the time that our health ministry committee is challenged to plan goals for the up and coming year. I believe the committee has developed a good plan for 2015. Our goals were presented to the session. They are:

1. To find ways to support those in need.
2. To have a program on depression.
3. To join "Partners in Health and Wholeness" –a program of the North Carolina Council of Churches to promote healthy living.

Speaking of healthy living, the holidays can make it difficult to stay with a special meal plan if you are following one. If you are invited to a holiday gathering, bring something to share that you know you can eat. That can help you stick to the foods that are best for you. If you want more help, check out "10 tips for Healthy Holiday Eating" found at the WebMD website. I'll have a printed copy posted on my office door for those without internet access. Holidays are not the time to try to lose weight. A better goal is to try not to gain weight during the holidays and with a little planning it is possible.

The health ministry committee is challenging those who bring the snack for Sunday morning fellowship time before worship to think healthy. Maybe think of fruit instead of baked goods. It's been good to see water offered as a beverage option. Be creative and think healthy!

Last but by no means least, is our "Rice for the Refugees". The rice we collected last year was given out to each refugee student on the last day of school before winter break. It was an unexpected gift and greatly appreciated. One of the co-leaders of the program approached me and asked if we planned to provide rice again this year. The health ministry committee said yes. It reminds us of the cultural differences and sameness in this world. We are asking for 3-5 lbs bags of rice if possible and our goal is to have at least 75 bags. I'd like to have the bags by the third week in November. I'll say thanks prior to your gift giving.

Blessings,

*Lois*

Events in November:

- Health Ministry Committee meets at 10:45 AM on November 4th in the parlor. We'd love to have you join us.
- Lois is in office on Tuesdays from 9 AM to 1PM.
- Chair exercise is on Tuesdays at 10:00 AM in the Choir Room. This class is open to all.

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**Session Highlights: October 12<sup>th</sup> Meeting**

- Stewardship Season is upon us and will continue through October with a Stewardship Brunch/Town Hall Meeting on Sunday, October 26.
- Commitment Sunday is November 2, 2014.
- Rev. Jackson joined Campus Ministry of Salem Presbytery.
- On November 23, 2014 we will have a Worship Focus-Advent Event/Hanging of Greens Brunch.
- Financial review to take place soon.
- The dinners for the Western Guilford Football Team were very successful and a hearty “Thank You” is extended to all who helped to provide food and serve.
- Rev. Jackson will be on vacation November 24-28, 2014.

**The next Session Meeting is Sunday, November 9<sup>th</sup>, at 5:00 p.m.**

**CONGREGATIONAL MEETING ANNOUNCEMENT**

There will be a Congregational Meeting after worship on Sunday, November 23<sup>rd</sup> to elect officers. Please make plans to attend!

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Rebecca Elliott 1-Nov  
 Ed Mack 5-Nov  
 Harold Henderson 6-Nov  
 Debbie Patat 7-Nov  
 Maxine Heath 8-Nov  
 Dakota Cook 19-Nov  
 Sara Kearns 20-Nov  
 Laura Maher 22-Nov  
 Marge Mack 24-Nov

Harold & Sandy Henderson 6-Nov

**NOVEMBER WORSHIP CALENDAR**

Date	Lectionary Texts	Sermon Topic	Additional Notes
November 2	Josh. 3:7-17; Ps. 107:1-7, 33-27 1 Thess. 2:9-13; Matt. 23:1-12	“Sow Bountifully, Reap Bountifully”	Communion, Commitment Sunday
November 9	Josh. 24:1-3a, 14-25; Ps. 78:1-7 1 Thess. 4:13-18; Matt. 25:1-13	TBA	
November 16	Judg. 4:1-7; Ps. 123 Thess. 5:1-11; Matt. 25:14-30	TBA	
November 23	Ezek. 34:11-16, 20-24; Ps. 100 Eph. 1:15-23; Matt. 25:31-46	TBA	Pennies for Hunger, Congregational Meeting Fellowship Brunch
November 30	Isa. 64:1-9; Ps. 80:1-7, 17-19 1 Cor. 1:3-9, Mark 13:24-37	TBA	First Sunday of Advent

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## NOVEMBER 2014 CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>A Calendar of Events is also available online:</b></p> <p><a href="http://www.faithpresgso.org/events-calendar1.html">http://www.faithpresgso.org/events-calendar1.html</a></p>						1
						JIM RISSMILLER Out of Office Nov. 1-8
2	3	4	5	6	7	8
9:30 – Sunday School 10:30 - Coffee & Conversation 11:00 –Worship and Communion 7:00 pm- Choir Rehearsal	7:30 pm – Theology on Tap	<b>ELECTION DAY</b> 9:30 – Parish Nurse 10:00- Chair Exercise 10:45 – Health Ministry		8:00 pm – Narcotics Anonymous	8:00 pm – Narcotics Anonymous	
9	10	11	12	13	14	15
9:30 – Sunday School 10:30 - Coffee & Conversation 11:00 –Worship 5:00 pm- Session Meeting 7:00 pm- Choir Rehearsal		<b>VETERANS DAY</b> 9:30-Parish Nurse 10:00-Chair Exercise 11:00- Faith Circle		8:00 pm - Narcotics Anonymous	8:00 pm – Narcotics Anonymous	
16	17	18	19	20	21	22
9:30 – Sunday School 10:30 - Coffee & Conversation 11:00 –Worship 7:00 pm- Choir Rehearsal	7:30 pm – Theology on Tap	9:30 – Parish Nurse 10:00- Chair Exercise	<b>LOIS BAZHAW</b> <b>Out of Office:</b> Nov. 19-24 <sup>th</sup>	8:00 pm – Narcotics Anonymous	8:00 pm – Narcotics Anonymous	
23	24	25	26	27	28	29
9:30 – Sunday School 10:30-Coffee & Conversation 11:00 – Worship and Pennies for Hunger <b>CONGREGATIONAL MEETING</b> 12:00 pm - Fellowship Brunch 7:00 pm- Choir Rehearsal	<b>KAREN WARE JACKSON</b> <b>Out of Office:</b> Nov. 24-28	9:30–Parish Nurse 10:00-Chair Exercise		<b>THANKSGIVING DAY- Church Closed</b> 8:00 pm – Narcotics Anonymous	<b>Church Closed</b> 8:00 pm – Narcotics Anonymous	
30						
<b>First Sunday of Advent</b> 9:30 – Sunday School 10:30-Coffee & Conversation 11:00 – Worship 7:00 p.m.- Choir Rehearsal						

## Communion of the Saints, Part 18

### Bonnie Evans



This little lady surely knows her numbers. You might say numbers are her game as her life story will tell. But I'm ahead of her story. Bonnie Evans' life began on February 26, 1932 in Randolph County, one of six children born to

James and Janie Hayes. Of her two brothers and three sisters, she has only lost one sister who died at age 59. Bonnie grew up in the country on her father's tobacco farm. They also raised vegetables and had cows, horses, and chickens, as most farms did at that time. Her mother canned what vegetables they raised for the winter. Weekends were wonderful as aunts, uncles, and cousins came together for family time and pot-luck meals. Bonnie's parents went to church on special holidays. She went to Antioch Christian Church regularly with the next door neighbor who had thirteen children. They went to church and Sunday school and when she was older she went at night to youth church.

As a first grader Bonnie walked one and a half miles to a little two room school house. By the time she was in second grade they had built a new elementary school. School was a very happy time and a social time with the other children. Bonnie attended Sea Grove High School. She rode the bus in high school. The ride was one and a half hours each way. Bonnie was on the girls softball team. Her position was that of out-

fielder. After graduation, Bonnie attended Commercial College of Asheboro. She loved working with numbers. Her first job after completing Commercial College was with Randolph Savings and Loan. Bonnie was living in a rooming house in Asheboro when her roommate introduced her to a young sailor by the name of Arvil Evans. I'm sure it was the man and not the uniform that turned Bonnie's head but Arvil was that special someone. They were married in November of 1952. Bonnie moved to Norfolk where Arvil was stationed. Arvil worked on the Navy base in supply and wasn't on a ship which made Bonnie very happy.

In 1953 the Evan family moved to an apartment on Cedar Street in Greensboro. Their next home was on Victory St. where they resided for 11 years. Their final move was to their present home across from Faith Presbyterian church on Friendly Avenue. Arvil and Bonnie had four children; Pam, the oldest, twins, Ricky and Vicky, and Sandy, the youngest. Bonnie stayed at home and raised the kids. Bonnie said she enjoyed sewing which was a good thing since she had three girls to keep up with. When Sandy was twelve years old Bonnie went to work for Weaver Management Company in Greensboro. She was an accountant there for 28 years.

In 1970 Arvil and Bonnie visited Faith Presbyterian Church after they moved right across the street. It wasn't long before they were active members. Bonnie has been a member of the

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Faith's Presbyterian Women's Circle. She's helped with the women's yard sales, and both she and Arvil helped with the Fish Fry events. Bonnie was the church treasurer for 12 to 15 years until Tim Maher became the treasurer. She still does the staff W2 forms because she owns a manual typewriter. Bonnie and Arvil enjoyed bus trips with some of the other members of the church. She recalled that Arvil wasn't very happy that she had signed them up for the first bus trip. By the time the trip was over, he was sold on the idea and went for many more. Bonnie's most memorable trip was to South Dakota. She loved seeing the Badlands and especially Mount Rushmore. She went back at night to see the program that told how it was created and when lights came on it was just

breath-taking. Bonnie loves the beach. She and Sandy and Larry Jones have a beach house on Ocean Isle. She goes with them when she is able. The beach is oh so refreshing.

Bonnie has had her share of difficulties. Two of her children, Pam and Ricky, have died and she lost Arvil after 59 years of marriage. Bonnie hasn't even let difficult diagnoses stop her. Her doctor told her "Don't worry....I'll do the worrying for you." So she doesn't worry. She lives knowing that it's a positive attitude that has the most to do with her healing. Now that's a lesson for all of us.

Lois Bazhaw, RN

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### Community Event Announcement:

The Piedmont Interfaith Council joyfully invites EVERYONE to take part in the *32nd Annual Ecumenical Celebration of Thanksgiving*, which will be held on Sunday, Nov. 23rd, from 4-5pm in Dana Auditorium at Guilford College. Performers from many different cultures will help celebrate this year's theme: "We Are One," and the Triad Tapestry Children's Chorus will sing. From East to West, from classical to reggae, there's something for us all to enjoy and so many blessings for us all to share. Come, join your neighbors from all over the world, right here at home! For more information, please contact Melissa Burris at [melissa.burris@firstlutheran.com](mailto:melissa.burris@firstlutheran.com).

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### Compare and Choose Medicare Plans from Oct. 15- Dec. 7

**RALEIGH**— Your health needs change from year to year, and the benefits and costs of your health plan may change each year, too. That's why it's important to evaluate your Medicare choices every year. The Annual Election Period is the one time of year when *all* people with Medicare can change their Medicare health plan and prescription drug coverage for 2015. Take advantage of the Annual Election Period, and you may be able to save money, improve your coverage or both.

The Annual Election Period starts on Oct.15—and lasts seven full weeks—to give you enough time to review and make changes to your Medicare coverage. You will need to make your final selection for next year's Medicare coverage by Dec. 7 to ensure that your coverage can begin without interruption on Jan.1.

“It's worth it to take the time to review and compare your Medicare options, but you don't have to do it alone,” said North Carolina Insurance Commissioner Wayne Goodwin. “Remember that representatives from SHIIP, the Seniors' Health Insurance Information Program, are available to help over the phone or in-person in all 100 counties in North Carolina.”

SHIIP is a division of the North Carolina Department of Insurance and *that offers free, unbiased information about Medicare, Medicare prescription drug coverage, Medicare Advantage, long-term care insurance and other health insurance issues. In addition to helping Medicare beneficiaries compare and enroll in plans during the Annual Election Period, SHIIP counselors can help people find out if they are eligible for Medicare cost savings programs.*

Here are some of the ways to review and compare plans available for 2015:

Get one-on-one help from SHIIP, the Seniors' Health Insurance Information Program, by calling 1-855-408-1212, Monday through Friday, from 8 a.m. to 5 p.m. You can also request in-person assistance in your home county.

Visit [www.medicare.gov/find-a-plan](http://www.medicare.gov/find-a-plan) to compare your current coverage with all of the options that are available in your area, and enroll in a new plan if you decide to make a change.

Review the Medicare & You handbook. It was mailed to people with Medicare in September.

Call 1-800-MEDICARE (1-800-633-4227) 24-hours a day, seven days a week, to find out more about your coverage options. TTY users should call 1-877-486-2048.

For more information about SHIIP and the Medicare Annual Election Period, call 1-855-408-1212 or visit [www.ncshiip.com](http://www.ncshiip.com).

**-NCDOI-**

Are you or someone you love on Medicare? Visit this link for the document!

[http://www.ncdoi.com/Publications/Medicare%20Advantage%20Brochure\\_\(Packs%20of%2050\)\\_SVCP\\_SPC1\\_10.pdf](http://www.ncdoi.com/Publications/Medicare%20Advantage%20Brochure_(Packs%20of%2050)_SVCP_SPC1_10.pdf)

## Lung Cancer

Lung cancer often has no symptoms until it has spread (metastasized). This is because there are few specialized nerves (pain receptors) in the lungs. When lung cancer symptoms do occur, they vary depending on the type of lung cancer and location and size of the tumor. Some lung cancer symptoms are similar to those of other common illnesses. Remind your doctor of your medical and social history at each physical examination to assist in a prompt and accurate diagnosis.

### Lung cancer symptoms may include the following:

#### **Local disease** (Restricted to the area where the cancer started with no sign it has spread)

- Coughing (most common, 50% of cases)
- Blood in sputum (hemoptysis)
- Shortness of breath (dyspnea)
- Wheezing
- Pain in the chest
- Fatigue
- Pneumonia

#### **Locally advanced disease** (Cancer has spread from where it started to nearby tissue or lymph nodes)

- Hoarseness
- Difficulty or pain in swallowing (dysphagia)
- High pitched sound, usually heard while taking a breath, similar to wheezing (stridor)
- Excess fluid in the lining of the lung (pleural effusion)
- Excess fluid in the lining of the heart (pericardial effusion)

#### **Distant metastases** (Cancer has spread to other parts of the body)

#### **Brain:**

- Headaches
- Seizures
- Nausea
- Vomiting
- Weakness
- Confusion
- Visual disturbances

#### **Bone:**

- Bone pain

#### **Liver:**

- Stomach pain (right side)
- Yellowing of the skin and eyes (jaundice)
- Fatigue
- Weight loss
- Nausea

*Cancer can also cause symptoms far from the tumor that may not be related to the cancer or spread.*

#### **Those symptoms include:**

- lack of appetite, weight loss, weakness (cancer cachexia or wasting syndrome)
- clubbing of fingers
- too much calcium in the blood (hypercalcemia)
- low red blood cells (anemia)

From *Lung Cancer Alliance*

# Healthwise Kids



“I will praise the name of God with song; I will magnify him with thanksgiving.” Psalms 69:30

Thanksgiving. What are we celebrating? Is it that in 1621 bountiful crops of corn, barley, beans and pumpkins were harvested so the thankful colonists planned a great feast? They invited the local Indian chief and 90 Indians who brought deer to roast with turkeys and other wild game offered by the colonists. From the Wampanoag Indians’ point of view, the Indians had shared knowledge of survival with the colonists. It was their way to give freely to those who had nothing. Do we then give thanks for the Indians and their spirit of sharing? American traditions at Thanksgiving also include a time for family gathering. Is that important to you on Thanksgiving Day? A more recent tradition includes parades and watching football. Whatever your family Thanksgiving tradition might be, I feel sure it includes giving thanks to God for all the blessing given to you. Have fun thinking about the ways you celebrate Thanksgiving. Miss Lois

What food will be on your Thanksgiving table? Can you draw it?



What are you thankful for this Thanksgiving?



Who will be coming?



What picture looks like Thanksgiving at your house?

## FAITH PRESBYTERIAN CHURCH

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### NOVEMBER RESPONSIBILITIES

**Elders of the Month: Betty Rissmiller and Lindsey Brown**

**Ushers: Please sign up in the narthex.**

We are a loving faith family,  
worshipping and serving God,  
and testifying in word and deed  
as disciples of Jesus Christ.