

FIRST MERIDIAN HEIGHTS PRESBYTERIAN CHURCH



FROM PASTOR BOB

St. Ignatius wrote the spiritual exercises to help Christian's live faithful lives centuries ago. The exercises begin with the practice of the Daily Examen. Examine, from the Latin meaning "a weighing out," is an examination of one's daily life. Taking a few minutes each day to think about what we are most grateful for and what we are least grateful for. Ignatius believed God would speak to us through our deepest feelings and yearnings. He used the terms of consolation and desolation. Ignatius taught that taking time to examine one's life each day, paying attention to our moments of joy (consolation) and moments of sadness (desolation), help us to recognize God's presence in ourselves and our interactions with others. Consolation is when we are connecting with God and others. Desolation is when we are disconnecting with God and others.

There are many ways to ask ourselves what connected us to God and others today and what disconnected us from God and others. Here are a few ways to ask the question to help us see when we are connected to God and when we are disconnected.

- When did I find consolation? When did I experience desolation?
- For what moment today am I most grateful? For what moment today am I least grateful?
- When did I give and receive the most love today? When did I give and receive the least love today?
- When did I feel the most alive today? When did I most feel life draining out of me?
- When today did I have the greatest sense of belonging to myself, others, God? When did I have the least sense of belonging?
- When was I happiest today? When was I saddest today?
- What was today's high point? What was today's low point?

The Daily Examen makes us aware of moments that at first we might easily pass off as insignificant; moments that have the potential to give us direction for our lives. We often ask ourselves what is the most important thing for me to do now? What does God want me to do? Paying attention to what gives us life, what we are grateful for, or when did we give and receive the most love helps us to answer these important and sometimes difficult questions. The will of God is that we give and receive more love and life. This does not mean we don't do things that drain us. Sometimes it is necessary to do them. It means God wants us to be doing more of the things that give consolation, energy, and gratitude.

For what moment are you most grateful? For what moment are you least grateful? What moment gave you the

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Where kids grow up and adults don't have to.

Join us for Messy Church

Second Wednesday every month

5:30 - 7 PM



FIRST MERIDIAN HEIGHTS
PRESBYTERIAN CHURCH
47th & Central Ave.

Connect/RSVP with us
@FMHPC

FMHPC.org/Messy-Church

Our next Messy Church is
Wednesday, **October 10**, at 5:30 p.m.

We hope you'll be there and invite friends to
experience activities, food, fun, and Christ's love!

If you have questions, please contact
Ginger Lippert at (317) 439-6868 or
ginger6111@yahoo.com.

We look forward to getting messy with you at
FMHPC!

**Northwood Food Pantry Needs
AND Help Needed on the Fourth
Sunday**

- Needs for September/October are plain rice (1 or 2 lb. bag/box) and dish soap (regular size bottle). For a list of all food pantry needs, visit fmhpc.org/serve.
- The Ralph and Marciel Werking Food Pantry at Northwood Christian Church is in need of a new fourth weekend coordinator to replace the Padgetts. Ruth and Greg Padgett have faithfully served the pantry on our church's behalf for the past few years but are looking for replacements to take over their duties as they ease into a busy grandparenthood.

The responsibilities are not complicated or overly time consuming, but we need a point person to make sure they have enough volunteers for the fourth Saturday of each month. Only a little bit of training is required.

Please contact Muuka Muyumba at badlands75@gmail.com if you have questions, comments or interest in the position.

Fishermen Outing

Paul Hanson will host the next Fishermen gathering on the evening of Thursday, **October 11**, at 6 p.m. Weather permitting, we will gather around the fire for refreshments and fellowship. RSVPs to Paul at (432) 770-0269 would be appreciated, but if you find you can make it at the last minute, you won't be turned away! The address is 7109 West 96 St., Zionsville, just around the corner from "The Creamery/The Loft." If you get lost, please call Paul at the number above.

**THANK YOU FROM
GLOBAL FEST/CFI 70**

Thank you all who volunteered at Global Fest! It was a beautiful day to celebrate diversity in our school, neighborhood, and world. Thank you for making Global Fest possible. We couldn't have done it without your time and energy.



Aid to Hurricane Florence Victims

Presbyterian Disaster Assistance is delivering immediate aid to those impacted by Hurricane Florence on the Eastern Seaboard of the United States. Initial assessment suggests catastrophic destruction from the storm.

The storm's path is cutting across areas still recovering from Hurricane Matthew (2016). PDA is deploying teams to affected presbyteries to meet with Presbyterian and community leadership to assist in coordinating relief efforts and mucking out homes and churches. After initial needs are addressed, PDA will remain — providing spiritual and emotional care and long-term recovery to address the unmet needs of those impacted.

While these winds and waters have meant loss and destruction, the work of PDA might become, as the psalmist says, "a river whose streams make glad the city of God." Together with God, we draw hope out of the chaos. The needs for the response will be great. God's people are once again called on to stand in the "GAP" — Give. Act. Pray.

Please visit <https://pda.pcusa.org/> and click on the red "Donate Now" button. Thank you for giving to those who have been impacted by this storm!

Dime > Mattress > Elk Head > Pickup Truck

On Sunday, **October 28**, after our worship service, members of our church will have a chance to meet our church neighbors, provide for Coburn Place (which provides up to two years of housing for families escaping abuse), and enjoy a delicious chili lunch with any neighbors who want to join us—all while playing the game Bigger or Better. We hope everyone will stay after church and participate in this fun game where you start with one thin dime and hopefully end up with something much bigger or better.

The idea is from the book *Love Does* (by Bob Goff) that Women of Grace read. In the book, one child played the game and came back with a pickup truck! True story! If you are an introvert and this sounds like torture, please know you can be paired with an extrovert and just smile and enjoy the walk and the fun we will have seeing who comes back with the biggest and best items.

The more participants we have, the more joy of the Lord we can spread, so please plan to stay and be part of this fun Mission and Outreach event!

("From Pastor Bob," continued from page 1)

most energy? What moment took the most energy from you? What moment gave you a sense of peace? What moment gave you anxiety? I challenge you to take a few quiet minutes each day this month responding to these questions. It can be as short as five minutes. Write down your answers to look for patterns in your life. God is constantly being revealed to us in our daily lives. God speaks to us in scripture. God speaks to us in our daily lives. I pray by the end of the month you will shout, "Thank You, God!" And you will experience God's peace, joy, hope, love, and grace in a new way.

Think about it – Pray about it – Live it

Bob

Spaghetti Lunch

Stay for a spaghetti lunch on **October 14** after worship in the Community Room, sponsored by the PWO! Cost is \$25 for a family (OR: \$8 adults, \$5 for ages 4 through 12; children under 3 eat free).

We'll also be collecting the following items for our "Mission Day," benefitting the Westminster Neighborhood Center: *Toothpaste & tooth brushes; dish and bar soaps; laundry soap; toilet paper; deodorant; peanut butter and jelly; canned soup; canned meats; pasta.*

You can bring your items to the church office before the 14th or to the Community Room the day of the lunch.



Thank you!

REPORT FROM SESSION

After attending the officers retreat on August 25, session has updated our elder liaisons for committees. Here are the updates:

- Buildings and Grounds, John Melind
- Communication, Muuka Muyumba
- Deacons, Sarah Manion
- Finance, Charley Koehler
- Mission and Outreach, Ginger Lippert
- Nominating Committee, Rebecca Zirnheld
- Pastor Nominating Committee, Emily Hancock
- Personnel, Kathy Zoppi
- Spiritual Formation and Christian Education, Eric Moy
- Stewardship, Katie England
- Worship committee, Carol Foulke

REPORT FROM YOUR PNC

Your Pastoral Nominating Committee wants to update you on our progress as we are led by the Spirit to our new pastor. We have reviewed almost all the Pastor Information Forms we plan to look at (except for a few self-referrals which may come in during the rest of our process).

To discern which of our candidates to pursue further, we have asked follow-up questions of our top candidates and have started listening to their sermons (which we are finding quite enlightening). We ask for your continued prayers for us to trust in the guidance of the Holy Spirit through this process and for our new pastor who eagerly wants to be with us.

Katie Marlowe, Bruce White, Emily Padgett, Emily Hancock, John Fox, Dave Hughey, Cynnie Halsmer

CROP WALK 2018



Walk. Give. Change the world.

Date: Sunday, October 21, 2018

Location: Christian Theological Seminary, 1000 W 42nd St., Indianapolis

Registration Time: 12:30 PM * Walk Time: 2 PM * Walk Distance: 5K

Contact: Rev. Brooks Barrick * reved2@hotmail.com * 317-847-1695

crophungerwalk.org

Change the world. One community garden at a time.

Those aren't just **potatoes** in Edulia and Gregorio Vaquera-Galarza's hands... They are the **instruments** of social and economic **prosperity**.

Before, the farmers in their indigenous community in Bolivia barely survived on a diet of boiled corn. Their children were weak from malnutrition.

Today they grow an ample supply of nutritious fruits and vegetables in a community garden. They harvest enough food to feed their families and a surplus to sell in the market. With the income they make, they are able to purchase protein to supplement their diet and buy more seeds for the garden.

Through the CROP Hunger Walk, you are there, investing in Edulia and Gregorio and their smiles are thanks to you!

Just last year, 50,217 global neighbors like Edulia and Gregorio were provided stable sources of nutritious food.

795 million more people in this world are waiting for your help.

***Thank you
for
serving!***

Offering:

signupgenius.com/go/30e084da5ae2da64-collecting1

Greeter:

signupgenius.com/go/20f0d48a4a628a4fe3-fmhgreeters

Communion:

signupgenius.com/go/30e084da5ae2da64-communion1

News from Independence Academy

☛ Mark Your Calendar! "An Evening for Autism" gala will be held **March 16, 2019**, at the Renaissance in Carmel. Look for additional details in upcoming newsletters.

☛ The Indiana legislature has established the School Scholarship Tax Credit Program, incentivizing private donations to fund educational choice for low-income families attending non-public schools. This tax savings opportunity is available to donors making a financial contribution to a qualified scholarship-granting organization (SGO). IA has partnered with the [Scholarships for Education Choice Program / Sagamore Institute](#) as its state-approved scholarship granting organization. By giving to our scholarship fund through SGO, individuals and corporations can receive a 50% deduction against their state tax liability. Please click [here](#) if you are interested in taking advantage of this tax savings opportunity. Sagamore Institute will designate the donation to The Independence Academy. THANK YOU for supporting our school!

Sun.	Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.
	1 •B&G Mtg., 3:30pm, Parlor •Mission Outreach Team Mtg., 6:30pm, Parlor	2	3 •Women of Grace, 7 to 8:30pm, Parlor	4	5	6
7 •Coffee & Conversation on Scripture, 9am, Community Room •Communion Worship Service, 10am	8 •Communications/ Marketing Team Mtg., 5:30pm, Parlor •Finance Mtg., 7:30pm, Parlor	9	10 •Messy Church, 5:30 to 7pm, Community Room	11 •Fishermen Outing, Paul Hanson's House, 6pm	12	13 •Food Pantry, 8:45am •Boy Scouts Troop Mtg., 10am to noon, Community Room
14 •Coffee & Conversation on Scripture, 9am, Community Room •Deacons Mtg., 9am, Parlor •Worship Service, 10am •Spaghetti Dinner after Worship	15 •Session Mtg., 7 to 9pm, Library	16	17 •Women of Grace, 7 to 8:30pm, Parlor	18 •PWO Local Mission Day, 10am to 1pm, Community Room	19	20
21 •Coffee & Conversation on Scripture, 9am, Community Room •Worship Service, 10am •CROP Walk, 2pm	22	23	24 •Content Due for November Newsletter	25	26	27 •Food Pantry, 8:45am •Boy Scouts Troop Mtg., 10am to noon, Community Room •Put Community Garden to Bed (Time TBD)
28 •Coffee & Conversation on Scripture, 9am, Community Room •Worship Service, 10am •Bigger & Better after Worship w/ Chili Lunch	29	30 •Indianapolis Council of Women, 10am to noon, Parlor	31			

First Meridian Heights Presbyterian Church

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fmhpc@live.com ☎ (317) 283-1305 ☎ fmhpc.org

Rev. Bob McAulay (317) 513-5148 ☎ bob@fmhpc.org

Custodian: Ron Elliott (765) 524-3516

Assistant Custodian: Natasha Nix, (317) 603-7171

Music Coordinator: Art Cantrell, heartofmusic@hotmail.com

Business Administrator: Alexis Gonzales, alexis@fmhpc.org

Administrative Assistant: Trish Hawkins, fmhpc@live.com

Our Mission Statement:

To serve, love and grow in the ever-widening circle of Christ's grace.

Submission deadline for November newsletter is Wednesday, October 24. Please submit content to the church office at fmhpc@live.com.



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instagram.com/fmhpcchurch
(FirstMeridianHeightsPC)