

# Think Stephen

November ~ December 2017

*The light shines in the darkness, and the darkness has not overcome it.*  
~ John 1:5

My friends, so much has happened within our family here at Pines in these last few months that has devastated, saddened, and angered us. As ones called to be Stephen Ministers, as ones called to be the caring hearts of this congregation, our role is vital but before we can give, we need to take time for our own healing, for our own filling....we need to take time to be still and let the light and love of Christ fill us.

I've been lighting a candle in my office every day since I have been back from medical leave. Somehow the simple act of lighting a candle, remembering Christ's light in this place, looking at the flicker and even feeling the tiniest bit of warmth from that little flame has helped me to feel more centered and more at peace.

Advent begins on December 3rd and is a season that invites us to be renewed, reborn, and refreshed as we welcome the Christ Child once again into our world, our church, and our lives. Here are a few ideas that may help us draw near to Christ and feel his healing and strengthening love...

- ◆ light a candle & read a Psalm every day or a passage from the Luke 1-2 or John 1
- ◆ take a prayer walk around your neighborhood or down the hallways of the church
- ◆ spend time just sitting and listening in the empty sanctuary once a week
- ◆ keep a thankfulness journal & write down the things you are thankful for
- ◆ do the Daily Examen, a way of being attentive to God's presence each day by reflecting on the times you were aware of God's presence ...what gave you joy, made you feel alive, moved your heart...and then write those down.
- ◆ reflect on the meaning of our Advent Candles, perhaps looking up verses about Hope, Peace, Joy, Love and then spending a week at a time with each word.

May our Lord renew and strengthen and heal us...may the Lord be born anew within our hearts, our church and our world....the Lord bless you and keep you, may the Lord make his face to shine upon you and be gracious to you, may the Lord lift up his countenance upon you and give you peace.

In Christ's Love, Barbara



# Stephen Dates

November 13	Stephen Leaders	1:00-2:30
November 16*	Continuing Education "Cancer? Now What?" Presented by Carol Greene, Tim Jenkinson, & Phil Wetz Support Group	6:30-7:30  7:30-8:30
December 11	Stephen Leaders	1:00- 2:30
December 21*	Support Group	6:30-8:30

\* Please note...Our Support Group in November and December will be on the third Thursday because of the holidays.

# Stephen Library

**"More Than You Dare to Ask"**  
by Mac and Anne Turnage.

Donated by Susan Timmons Marks memory of Sherri Nance and Sherry Pearson. It is a beautiful, thoughtfully written book about their journey with cancer.

# Grief Group

Stephen Ministry is sponsoring a Grief Support Group which will have its initial meeting on November 5th at 1:00. Perhaps you or your care receiver has experienced some sort of grief that seems to have a hold of your heart. Regardless of the type of grief you have experienced, this program is designed not as a cure-all, but as a way to equip those in grief with coping skills.

