

The Carriage Stone

November 2009

New Hempstead Presbyterian Church, New City, NY.
The English Church



“The Carriage Stone” is the Newsletter of

The New Hempstead Presbyterian Church

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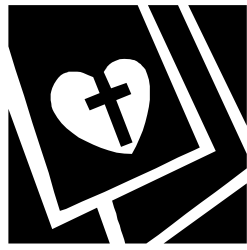
Robert Philhower

Next Deadline:

Sunday, November 15

Submissions: in my mailbox
or e-mail to

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FROM THE PASTOR

'Tis the Season for Gratitude

I love this time of year—the leaves turning color, the air crisp, an excuse to buy a new sweater! Autumn is my favorite time of year.

Thanksgiving is one of my favorite holidays. I love having a day to devote to counting my many blessings. But for people of faith, gratitude isn't just a season—it's a way of life. And gratitude is closely related to what our Buddhist sisters and brothers call mindfulness. Mindfulness is, among other things, simply being aware as we move through our days.

The Vietnamese Buddhist monk Thich Nhat Hahn has been active for many years in Buddhist-Christian dialogue. He tells a story that illustrates this principle of mindfulness.

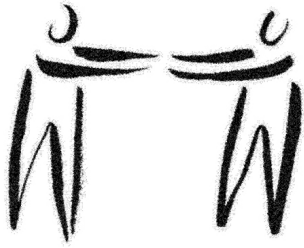
When the Buddha was asked, 'Sir, what do you and your monks practice?' he replied, 'We sit, we walk, and we eat.'

The questioner continued, 'But sir, everyone sits, walks, and eats,' and the Buddha told him, 'When we sit, we know we are sitting. When we walk, we know we are walking, when we eat, we know we are eating.'

Knowledge of what we are doing *at the moment we are doing it* can greatly enhance our awareness of God's presence with us. (This is true even when our moment is enduring yet another difficult person!) And the knowledge of God's presence with us is always a cause for gratitude. To be aware—mindful—of the breakfast we are eating: the aroma of the coffee, the crunch of the granola, the smooth feel of the yogurt on our tongue, is to be that much closer to remembering the God who makes both life's necessities and its pleasures possible. Mindfulness makes gratitude a way of life.

The apostle Luke, in the book of Acts, reminds us that it is God in whom we live, and move, and have our being. In this season of gratitude, may you be mindful of God, God's peace, and presence, and all of God's providence.

Be blessed this Thanksgiving season.



From the Deacons

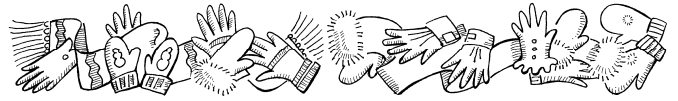
It is hard to believe that the seasons of Thanksgiving and Christmas are just around the corner. The Deacons of New Hempstead have been busy planning appropriate and meaningful local mission projects for both of these blessed holidays.

First, the Thanksgiving mission is well under way with food donations, monetary contributions and community involvement all taking place. Contributions can be made until the Sunday prior to Thanksgiving when our church family will gather to pack the baskets. Boxes for food collection are located in the Colonial Room. Monetary contributions may be placed into the "Spare Change" jar. Checks may be given to Mark Zacheis or to any of the Deacons.

Suggestions for baskets:

- Stuffing mix
- Mashed potato mix
- Canned vegetables
- Cranberry sauce
- Gravy mix

The Christmas local mission will be the collection of winter caps, gloves, scarves and socks for needy adults. There will be more information forthcoming in the near future.



The change of seasons and the anticipation of the holidays is also the beginning of the cold and flu season. The Deacons are asking that anyone involved with the Coffee Hour or with the handling of food, to wear the latex gloves that can be located in the top kitchen right hand cabinet. There will also be hand sanitizers located in the pews to be used before partaking in Holy Communion. A small ounce of prevention can be beneficial in safeguarding the health of our parishioners during the winter month.



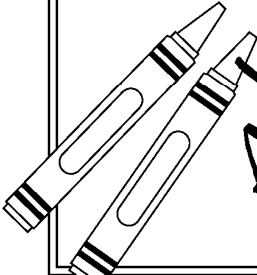


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Just for KIDS

He gave thanks

This Thanksgiving, you may share a special meal with family and friends. Do you remember the time when Jesus shared a meal with thousands of people and gave thanks?

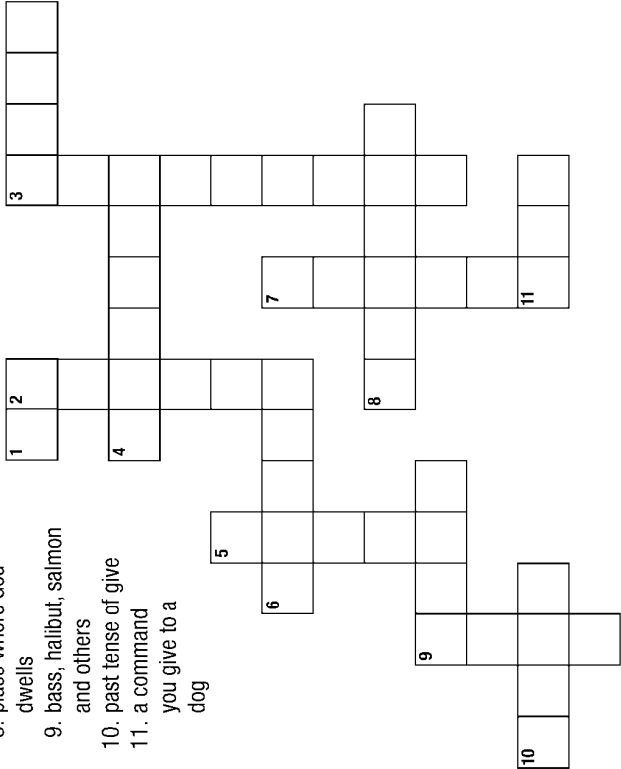
Use the clues to find important words from Matthew 14:19 (NIV).

Across

1. opposite of down
3. opposite of up
4. more than one loaf
6. penniless
8. place where God dwells
9. bass, halibut, salmon and others
10. past tense of give
11. a command you give to a dog

Down

2. another name for humans
3. twelve of Jesus' closest friends
5. what a lawnmower cuts
7. _____ giving
9. odd number after 4



Across: 1. up, 3. down, 4. loaves, 6. broke, 8. heaven, 9. fish, 10. gave, 11. sit
 Down: 2. people, 3. disciples, 5. grass, 7. thanks, 9. five