



Presbytidings November 2019



An outreach of St. Andrew Presbyterian Church

Words From Your Pastor: November is upon us – a month that begins with All Saints' Day (Nov. 1) and ends with the Thanksgiving holiday weekend (Nov. 28-30). I can think of no more appropriate month in which to remember Rob Craig, pastor emeritus of St. Andrew Presbyterian Church, who died peacefully on October 19, with his family (Sharon, Will, and Callie) at his side.

All Saints' Day is a time to celebrate the lives of ordinary people who have done extraordinary things in service to God and God's people, people who have made a difference in the church and in the world. Rob Craig was one of those people.

He served as St. Andrew's third installed pastor from 1979 to 1985, a period of significant growth for the congregation. During those six years, the church launched a capital campaign, built the new sanctuary in which we worship today, installed a new organ, and began sharing its facilities five days a week with the adult day care program Share Your Care. The Session adopted a policy to use gender-inclusive language in worship, and Readers Theater became a regular part of worship. In addition, with Rob's encouragement, the Christian Social Response Committee (now called Social Justice Mission) was organized into seven sub-committees: aging, criminal justice, hunger, Latin American concerns, peace-making, refugee resettlement, and legislative impact. Rob also hosted a weekly radio call-in program "Religion on the Line" and served on the Board of Directors of the New Mexico Conference of Churches. Reflecting on his tenure at St. Andrew, he once said: "Being pastor for the people of St. Andrew was one of the great joys of my life."

Rob went on to serve as associate professor and associate dean of McCormick Theological Seminary in Chicago; pastor and head of staff of The New York Avenue Presbyterian Church in Washington, DC; executive director of the Ghost Ranch Education and Retreat Center; and pastor of First Presbyterian Church of Columbus, Indiana.

When Rob retired in 2013, he and Sharon returned to Albuquerque and made St. Andrew their church home. Rob helped bring into being St. Andrew's planned giving program with the creation of the Montgomery Circle and the Endowment Fund. He served on Santa Fe Presbytery's Commission on Ministry and was moderator of Laguna United Presbyterian Church. He also volunteered as a chaplain with the Albuquerque Police Department and this past February was named "Chaplain of the Year."

When anyone asked Rob how he was doing, he would always answer, "I'm grateful!" This Thanksgiving, I will remember the spirit of gratitude with which Rob lived his life.

In the notes he left concerning his memorial service, he wrote: "Every day has been a gift and I have considered each moment precious. . . . It has been a wonderful life and I exit a happy man."

It was an honor to know Rob Craig as both a friend and a colleague. I give thanks to God for his life and ministry.

Peace, Roger

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With Deepest Sympathy

Rev. Rob Craig, passed away October 19 a little after 2:00 p.m. with his family by his side. Our condolences go out to Sharon and the Craig Family. **The Memorial Service will be on Sunday, November 3, at 2:00 p.m., at St. Andrew Presbyterian Church, 5301 Ponderosa Ave., NE, Albuquerque, NM 87110. A reception will follow. The service will be live-streamed at <https://www.standrewabq.org>.**

His family; Sharon, Callie and Will, wrote that Rob "was peacefully resting at the time of his death, after a few days of laborious breathing which had him say, in typically thoughtful Rob Craig fashion, 'At this point, death is a friend.' "We had good days and moments of closure, and are sad to see him go but glad to see him peaceful."

Rev. Rob Craig, was a former Executive Director of Ghost Ranch. Rob was also an honorably retired member of Santa Fe Presbytery, having served as pastor at Second Church in St. Louis, St. Andrew in Albuquerque where is where he was designated Pastor Emeritus, New York Avenue Church in Washington DC, and First Church in Columbus Indiana; as a faculty member at McCormick Theological Seminary in Chicago; and as an Albuquerque Police Chaplain.

Rob's many accomplishments at Ghost Ranch included the merging of the Abiquiu and Santa Fe staffs and programs, shepherding the ranch through the elimination of approximately \$1 million annually in national church subsidies, and successfully completing the capital campaign that resulted in the construction of Coyote, Tumbleweed, the Family Center and the Agape Worship Center. Rob's energy and love for the ranch continued even through this current year, with Rob as a tireless advocate helping get the Chimney Rock bequest program back on track again.

As Rob greeted people who asked him how he was, "grateful" was always his reply. We too are grateful for Rob's presence among us. Rob's spirit will forever be felt in the hearts of those who knew and loved him.

Those wishing to make donations in memory of Rob are invited to contribute to any of the following:

- St. Andrew Presbyterian Church Endowment Fund
- National Ghost Ranch Foundation
- Albuquerque Police Department Chaplain Unit Fund

The world has lost a great man, but heaven has gained one!





Presbyterian Women continues it's Bible Study, "Carved in Stone" that focuses on the Ten Commandments. **Pastor Roger is teaching the class on the first Tuesdays of each month at 9:30 am in the Library. The next lesson is on November 3rd.** All are welcome. A useful tool will be a study guide. We have run out of copies of the booklet but if you give your name to Edith or Linda , one will be ordered for you. The cost is \$10.00 and they arrive quickly. Come for prayer, devotions and study.



THE TEN COMMANDMENTS ARE NOT MULTIPLE CHOICE



Thinking About Church Membership?



Want to learn more about St. Andrew Presbyterian Church and what it means to be a Presbyterian? Want to find out how to become a member of the congregation? **Come to the Membership Exploration Class on Sunday, Nov. 10, at 11:00 a.m., in the Church Library.** The class will offer you a chance to meet others who are thinking about joining the church. You'll have time to reflect on how your life and faith interact. And you'll learn a little more about the Presbyterian Church (USA), and the St. Andrew congregation, in particular. The class provides an opportunity for you to have your questions answered. Attending the class does not obligate you to become a church member. That's why we call it a "Membership Exploration Class" and not a "New Member Class." After the class, it's entirely up to you whether you wish to pursue church membership or not. If you plan to attend, please let Roger know (505-881-9626 or pastor.standrewabq@aol.com).

Interested in *Membership?*



Maybe **NOW** is the time?



November 5th



Veterans Day November 11th



Lutheran Advocacy Ministry - NM 2019 Advocacy Conference

Saturday, November 16, 8:30 am - 1:00 pm



St. Michael and All Angels Episcopal Church - 601 Montano NW, 87107

Plan Now to Attend! Keynote Speaker: Dr. Larry Rasmussen

Breakout session topics will include advocacy basics as well as issues related to our Advocacy Agenda that are expected to come up during the 2020 state legislative session. The conference is open to everyone interested in learning more about advocating on public polices impacting our many neighbors living in poverty and with hunger.

Cost is \$15 per person (including materials and lunch) **Registration Deadline: November 9**

Make checks payable to Lutheran Advocacy Ministry - NM.

For registration forms go to www.lutheranadvocacynm.org and on the home page click on "Read More" about our 2019 Advocacy Conferences to find the "Register" link.

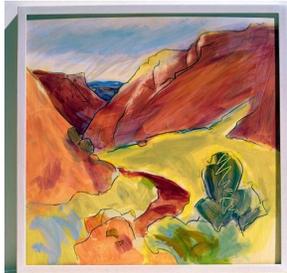
(A flyer with more information and registration form is on the bulletin board in the Narthex.)

ECHO ECHO ECHO:

Paintings by Marta Light & Linda Holland

Exhibit may be viewed through December 20th during Oasis office hours at American Square Shopping Center, 3301 Menaul Blvd. NE, Suite 18 - Mon. - Thurs., 9 am - 4:30 pm and Friday, 9 am to 4 pm.

Visual echoes resonate between paintings, then reflect from gallery walls to include viewers in the dialogue. Each artist intuitively depicts impressions of the physical world in their abstract paintings, evoking a sense of place beyond geography. Their approaches and their experiences are different, but their works share spontaneous intent and emotion through gesture, movement, and color.

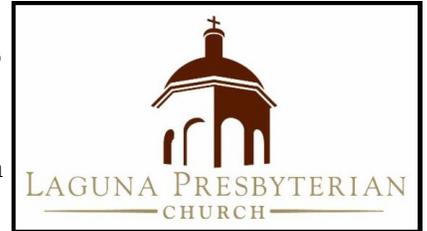


Worshiping with Laguna United Presbyterian Church

As part of our repudiation of the Doctrine of Discovery we have committed to "deepen our congregation's relationship with Laguna United Presbyterian Church." We already have some ties to Laguna, and we would like to build on those ties by inviting members of St. Andrew to worship with the Laguna congregation. The Laguna Session approves this idea, and they are enthusiastic about it.

If you would like to accompany Susan Quass on Nov. 3 or Catherine Robinson on Nov. 17 to Laguna, please contact Pastor Roger to sign up.

pastor.standrew_abq@aol.com or call 505-881-9626.



Menaul School

Be A Host Family
Nov. 22 to Dec. 1

Provide a Student with a Short-Term Home Stay Experience

Menaul School is seeking host families for Thanksgiving week for approximately 40 international students. As a host, you would welcome a student into your home, share your activities, culture, and traditions, and provide a caring and comforting environment.

Families have found hosting to be a positive, life-changing experience for them and their children by bringing global cultures together. Help give our international students an immersive experience of American hospitality and traditions.

- ◆ Students will join families on Friday, November 22, and return to the dorms after noon on Sunday, December 1.

For more information, contact Julie Webb at jwebb@menaulschool.org.

Thank you for considering being a host family!

VOTE - VOTE - VOTE - VOTE
November 5
VOTE - VOTE - VOTE - VOTE

Thanksgiving Breakfast is Looking for a Few Good Men!

St. Andrew will be holding our traditional Thanksgiving breakfast from 8:30 to 10:30 on Thursday, November 28. We will present a hearty breakfast of pancakes, sausages, and scrambled eggs for a price of \$7.00 for adults with kids under 12 eating free. Any profits that we don't eat up will go to the Deacon's general fund.

As always, the breakfast will be organized and served by the men of the church.

We need men to serve as cooks, waiters, set-up and clean-up crew, and even a money changer.

Please let Joe or Bruce know if you can help.

And guys, if you're on the fence about helping this year, remember one thing. We know where you live. Peace, Joe

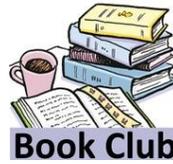




We collect non-perishable food and canned goods for the Rio Grande Food Project on the 1st Sunday of each month.

Remember to bring in your donation on November 3rd!
Your support is greatly appreciated!

St. Andrew News



Women's Book Group

Meets the 4th Wednesday each month from 6:00 to 8:00 pm at St. Andrew.

Book Club



Need Volunteers to Help Collate Presbytids November 21st

I had seven volunteers last month and we were done in an hour! Thank you to all those that helped out! On the last Thursday of each month I need a 4-6 volunteers to help collate Presbytids. Please come at 9:00 am, and with enough volunteers, it should only take an hour. Please come help!! Next date is November 21st. Call 881-9626 or email Christy adm.standrewabq@aol.com if you can help. Thank you so much for your help!



Presbytids Articles for the December/January Issue Are Due on November 12th. They will be collated and mailed on November 21st (early, due to the Thanksgiving Holiday.) **No late submissions.**



Bring Us Your Art, Your Jewels, Your Services!

On Sunday, November 10 and 17, after the service, Eleanor and Anna will be ready to collect your items for the Silent Auction to benefit the Habitat Unity 4 House at the Alternative Christmas Fair (November 24). Please bring us your stuff! If

those dates don't work for you, please arrange a drop-off time with Eleanor or Anna by email, aredsand@gmail.com.



The Church Office will be Closed November 25 thru November 29th for the Thanksgiving Holiday.



Pastor Roger will be on vacation November 26 - 30. The Rev. Bill Renfro will be on call in the event of a pastoral care emergency. Bill can be reached at 512-743-6803.





INVITE YOUR FRIENDS & NEIGHBORS, COME & SHOP

The ALTERNATIVE CHRISTMAS FAIR

Trying to decide if you'll come to the fair? Wanting to know what to tell your friends and neighbors about it? Here's everything you wanted to know about the organizations we're supporting at the fair. And **do invite people to come!**

- **Heifer International** - Heifer supplies agricultural animals and trees to needy families around the world to help them become economically self-sufficient. When the animals reproduce, the families pass on the next generation to other families. When someone gifts an animal (s) to honor a loved one through Heifer, they receive a card to send to their loved one.
- **Café Justo** - Café Justo offers coffee that is grown and roasted without chemical fertilizers, pesticides or herbicides. It is packaged and shipped in Mexico, and all proceeds go to workers in Mexico without middle people. It addresses root causes of economics and migration issues.
- **Sanctuary Works** - A nonprofit organization that supports the legal immigration application of a recipient of sanctuary in Albuquerque. While in sanctuary, Emma created charming paintings of the natural world. These have been turned into greeting cards available for purchase.
- **Fabretto** - Made up of women's cooperatives in small villages in northern Nicaragua. Their beautiful baskets are hand woven from natural, local materials and support women and children economically and provide children with education.
- **Family Promise Diaper Fund** - Supplies money for diapers to this shelter for homeless families with minor children. A donation to the Diaper Fund, made as a gift to a family member, friend or neighbor, helps cover those babies' buns. You will receive a cute card that can be given to the recipient of a gift in their honor.
- **PB & J Family Services** - Provides wrap-around services to 1,800 local families a year. Programs range from pre-K extended daycare to home visiting, to intensive parenting courses. Services reach families in two counties, schools at every level, detention centers and county jails. Donations made at the Christmas Fair provide gifts for needy children through the Holiday Wish Program.
- **Fathers Building Futures** - Is an outgrowth of PB & J Family Services that provides job training, financial planning and therapeutic services to fathers released from prison. Fathers accepted in the program can apply to work and train in the woodshop, auto detailing center or mobile power washing program. The Christmas Fair will showcase their beautiful, expertly crafted wood products.
- **Habitat for Humanity** - Builds homes so low income people can own decent, affordable housing. Volunteers work side-by-side with Habitat families to build the houses and also raise the money for materials and professional labor. Habitat Unity Houses are funded and built by a coalition of Albuquerque congregations, including St. Andrew. To raise funds for the Unity 4 House we are holding a silent auction offering excellent gifts for you and your loved ones. **Some items include: artwork, jewelry, services such as creativity coaching, tax preparation, a weekend away, gift certificates and much more.**
- There will be **FOOD**: posole, green chile casserole, tamales, and baked goods. Some proceeds from the food sales will support asylum seekers in Albuquerque.
- **Donations for the silent auction will be accepted Sunday, November 10 and 17. If those dates don't work for you, please arrange a drop-off time with Eleanor or Anna by email . Eleanor and Anna can also be contacted to check if a donation is appropriate.**



SILENT AUCTION for Habitat for Humanity Unity House 4



Silent Auction

PLEASE REMEMBER: We need donations for the silent auction for the Habitat Unity 4 House.

Some suggestions:

- Art
- Jewelry
- Special home furnishings/décor
- Services
- Gift certificates from businesses you patronize/matronize
- An evening out at a restaurant

Think creatively and then contact Eleanor or Anna and let us know of your donation for this silent auction.



Greater Albuquerque
Habitat for Humanity

Opportunities for our congregation to make a positive change in our community:

- Connect low-income families to Habitat for Humanity
- Provide lunches for jobsite volunteers through the Lunch Box Builders Program
- Complete the Unity House IV Intention Form
- Utilize “A Month for Habitat” calendar with Habitat House Banks to raise funds while building awareness about the importance of affordable housing - contact kurt@habitatabq.org for details
- Provide volunteers for the jobsite or in Habitat’s ReStore
- Invite a Habitat Homeowner to speak to your congregation
- Pray for Habitat homeowners, volun-

Blood Pressure Screening November 10th

Come have your BP checked by a former nurse in the library right after the worship service, and receive information on current BP standards and how to correctly monitor your BP at home.



Slow Mountain Trail Walkers

Several people have expressed an interest to me (Joe) in going on occasional short hikes in the foothills or the Sandias. Hence, I am forming an informal group of “Slow Mountain Trail Walkers” to give St. Andrewites a chance to explore the hills and mountains around us.

Since I am not *capable* of walking more than an hour-and-a-half or climbing steep hills, the walks on trails will be fairly gentle. The objective isn’t really to get anywhere, it’s just to enjoy being out in nature and in God’s creation. There will be plenty of stops to look at views, plants, animals, or just to catch our breath. I have been studying the rocks, plants and critters in the Sandias for over 40 years and may talk a little about them if people are interested.

Contact Joe if you’re interested in slow walking.



HOW YOU CAN HELP

teers and our mission



Lectionary Schedule

November

November 1 - All Saints' Day

Daniel 7:1-3, 15-18

Psalms 149

Ephesians 1:11-23

Luke 6:20-31

November 3 - 21st Sunday after Pentecost

Habakkuk 1:1-4, 2:1-4

Psalms 119:137-144

2 Thessalonians 1:1-4, 11-12

Luke 19:1-10

November 10 - 22nd Sunday after Pentecost

Haggai 1:15b-2:9

Psalms 145:1-5, 17-21 or Psalm 98

2 Thessalonians 2:1-5, 13-17

Luke 20:27-38

November 17 - 23rd Sunday after Pentecost

Isaiah 65:17-25

Isaiah 12

2 Thessalonians 3:6-13

Luke 21:5-19

November 24 - Reign of Christ/ Christ the King

Jeremiah 23:1-6

Luke 1:68-79

Colossians 1:11-20

Luke 23:33-43



November Birthdays

- 1 Casey
- 2 Dick
- 4 Jim
- Betsy
- 6 Johnny
- Yvonne
- 8 Guy
- 14 David
- 15 Adam
- Heather
- 16 Ella
- 20 Lily
- Althea
- 21 Sam
- 22 Debbie
- Irene
- 23 Darren
- 25 Kaiya-Amani
- 30 Josh



The Worship Committee plans to use a variety of Nativity Sets to celebrate Advent and the Christmas season.

From Advent through the Lessons and Carols service we will place two Nativity sets on the Communion Table. We'd like to have two different sets each Sunday. Do you have a set you'd like to display? We're especially looking for sets that represent different cultures around the world.

If you're interested in sharing your set one Sunday during December, please contact Barbara Sanders 505-238-9358 or email formbj@aol.com. Thanks!



We are Thankful for YOU!





Congregational Musings

I'm here again to bring you more liturgical calendar news. Many denominations follow a Revised Common Lectionary during the course of the Church year, and we are one of them. This includes celebrations of special days and seasons, colors used on the pulpit and communion table and worn by the liturgist and pastor, and specific daily bible readings for each day of the calendar year; see the Presbyterian Mission Yearbook of Prayer.

Coming up is the day of celebration of Christ the King Sunday and white is the color displayed. Moving on from there we enter a new liturgical calendar year as Advent begins and purple will be hung until Christmas Eve/Day when white is again the color through the 10 days until Epiphany and the Baptism of the Lord. We move then to green again, the color of Ordinary Time, until the white of Transfiguration Sunday, and then after Ash Wednesday we show the purple of Lent.



Christ the King Sunday was instituted in 1925 by Pope Pius XI, a holiday that falls on the last Sunday of the liturgical year. Although originally a Roman Catholic celebration it has been adopted by other Christian denominations. The purpose of the holiday is to acknowledge Jesus Christ as "King of all kings" and was originally intended as a way to bring God back into a secular world. For many this will happen on Nov. 24. Above all else, we need God back in this secular world!

Let's not forget our shut-ins and people who can't make it to church very often. Why don't we each give the Deacons some help by adopting someone in our Parishes and give them a phone call or a visit. I don't think a call a week or a visit each month is too much to ask of any of us who are still able to get out and about independently. Give it a try; you might find a person you like very much.

Remember, too, our military personnel. Their addresses are on the bulletin board outside of Roger's office and there have been some changes recently. I'm sure they would love a card or a note from you.

Blood pressures continue to be checked on the second Sunday of each month by a retired nurse in our congregation. With the holidays soon upon us there may be some cause to keep this on your agenda. Barbara kindly reminded me that she, too, was a nurse in former days. She, however, will not be taking blood pressures as she is involved with the Neighborhood Friends each Sunday. Edith

Concerts for Your Pleasure



The Madrigal Singers

November 23rd & 24th at 2:30 p.m.

The Madrigal Singers will again present fall/winter concerts for your listening pleasure on Saturday, November 23rd at St. Paul's United Methodist Church at 9500 Constitution NE (just East of Moon), and on Sunday November 24th at Our Lady of Fatima Catholic Church at 4020 Lomas NE, both at 2:30 p.m.

We will present a variety of music both sacred and secular. For questions please ask Bill or Kathy, Brenda, or Sara.

The New Horizons Band

November 24th at 4 pm

The New Horizons Band will present a fall concert at St. Andrew Presbyterian Church on Sunday, November 24th at 4:00 p.m.

This is a band for seniors who love to play or who want to learn.



We will play a variety of music, including a Duke Ellington collection, and a Pie Jesu arrangement conducted by our own JoAnn Rice. You will recognize some of the players from past associations with St. Andrew.

For questions please ask JoAnn or Sara.



Session Highlights

We spent time discussing the Church Vitality Questionnaire that many of you discussed in Adult Education in September.

Status: Average attendance in August: 83
Membership as of August 31, 2019: 172



Session Approvals:

- ♦ Distributing Mary gift between Habitat for Humanity and the STAMP fund.
- ♦ Elizabeth Johnson's piano recital on December 14.
- ♦ Transferring Claire Lewis' position to an Intergenerational Event Coordinator for a trial period of six months.
- ♦ Closing the church office the weeks of Thanksgiving (November 25-29) and Christmas (Dec. 23-27)

Suzanne Busch, St. Andrew's Clerk of Session



Treasurer's Report

Sept 2019	Current Month	Year-to-Date	Budget
Total Income	23,492	262,424	335,770
Total Expenses	25,857	247,426	342,781
Difference	(2,365)	14,998	-7,011

Creating Holy Moments in Youth Ministry Across Generations

Amid transition at St. Andrew regarding our youth, the Children and Youth CE Committee is eager to propose a shift in the way our congregation engages with the current group of children and youth. **Intergenerational Youth Ministry** is about fostering community, promoting spiritual formation, and creating intersecting holy moments for children, youth, teens, young adults, and older adults alike – **It is a call and opportunity for all generations of St. Andrew to walk along in connection with the youth.**



Stay tuned for further 'food for thought' on Intergenerational Youth Ministry and upcoming opportunities!



November – Family Game Night: Saturday, November 9th at 5:30 pm

All are invited to attend our Family Game Night – Bring your family, invite a family, or come alongside your St. Andrew family for a fun evening of games! Bring your favorite game and a snack or treat to share.

December – Nutcracker Performance, Kimo Auditorium: Sunday, Dec. 15th, 2:00 - 4:00 pm

Let's fill the auditorium to cheer on Carley, as she performs in the holiday showing of the Nutcracker at Kimo Auditorium! Group rates are \$20/person for groups of 10+ and doors open at 1:30 pm.

*Claire Lewis will be arranging the group reservation for St. Andrew, sign-up at your earliest convenience by phone, email, or in-person. (830) 796-7116 or youth.standrewabq@gmail.com





Children's Sunday School

It has been a wonderful month in Sunday School! We have really been enjoying the books that we are reading. One of the highlights of this month was the very difficult chapter of our book "And God Cried Too" that was about September 11th. I debated not reading this chapter with the class, but decided that it was something we would do together. I knew that it was not something I was going to easily do without being emotional, and sure enough, I cried half way through the chapter. The beauty of the book is the focus is on the good that can be found even in the midst of such terrible bad. You can stop one of our kids and ask them what a "glower" is. In the book, it talked about people who are showing love for others as "glowers." The book is fictional, obviously, but the new guardian angel in training was seeing all of these "glowers" and learned how when we do good for others, God sees our glow. This was especially true on September 11th. My class was able to understand the terrible that can happen and the amazing good that can happen at the same time. It was good for them to see me cry so they could understand that even though we can see the good, it doesn't stop us from feeling the incredible sadness. A beautiful thing happened a few days after this Sunday School lesson. There was an elderly woman at a restaurant in the bathroom who needed some help. I asked if I could help her and she gratefully agreed. When the woman was on her way, Lucy looked up at me and said "Mom, you are a glower!" It was a wonderful connection to what we have been talking about in Sunday School. We may not have a lot of children in our church, but I can tell you that the children we have are amazing and learning so much about sharing the love of God! ~ Laura Encino, Children's Director of CE



FAMOUS FRIENDS

Our next breakfast gathering for Famous Friends will be Sunday, November 17th at 8:15 am in the Adult CE Room at St. Andrew.

A BLESSING IS A CIRCLE OF LIGHT

What does it mean to say "God bless you"? We give our blessings to children at various times in our lives. We close letters with "bless you." It is a beautiful word, yet what does it really mean?

Questions, questions. I read a beautiful definition of the word that said "blessing is a tender breath of God's endless love that flows from His ocean of grace." Say that slowly and feel the beauty and yes, grace of the word, blessing.

For our time together we will consider what blessings mean and how thankfulness is part of that awareness. We will create a gift for our congregational friends.

Please bring a small Blessing Bag for your Friend.

Remember, a thankful heart always finds blessings!

May the tender breath of God wash over you. Victoria

Future breakfast date: December 15th.





CHRISTIAN EDUCATION

Three topics will be offered in Adult Christian Education in November. On November 24th, we will all enjoy the Alternative Christmas Fair after Worship.

JOY AND PRAYERS: Foreshadows of the legislature is the topic for **November 3**. The New Mexico Legislature will meet for a 30-day session, starting Tuesday January 14, 2020 to consider the budget and limited additional issues. In the class, we will be taking a quick look at what will be happening between now and the end of this short session, and what we might do in order to work for systemic changes that will bring about social justice. The class will be led by Max.



HABITAT FOR HUMANITY will be the topic on **November 10**. Our speaker will be Kurt Rager from Greater Albuquerque Habitat for Humanity (GAHH). He will share an overview of Habitat in our community, including the Habitat mission and how a family qualifies to purchase a Habitat home. He will talk about Habitat's ReStore and other new Habitat initiatives.



Information about how to support Habitat through volunteering our time and resources will be presented (see page 7 for some ideas.) St. Andrew member, Marilyn , will speak about her experiences in working with GAHH.

Martin, Christine and their four children are the future homeowners of Unity House IV. Marilyn Stoops and Phil Witherspoon are also shown along with some friends of the new homeowners.

WHAT DO NATIVE AMERICANS THINK ABOUT THANKSGIVING will be explored on **November 17**. We will look at printed material and videos to hear varied thoughts and opinions from Native people. Discussions will help us consider these opinions and think about whether we will change our approach to Thanksgiving. Kathy Jackson will facilitate this class.

~ Kathy , Elder for Adult CE



S D
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Stroke

Each year, some 800,000 people in the U.S. have a stroke. It can happen to anyone at any time. Planning for an emergency can make a big difference.

- ◆ Learn the warning signs of a stroke and let your family and friends know, too.
- ◆ If you have any medical conditions, wear a medical bracelet or other identification that lists them, your allergies, and any medication you take.
- ◆ When you have a stroke, your brain isn't getting the blood it needs. You need treatment right away to lower your chances of brain damage, disability, or even death.

Use the **FAST** test to check for the most common symptoms of a stroke in yourself or someone else.

Face: Smile and see if one side of the face droops.

Arms: Raise both arms. Does one arm drop down?

Speech: Say a short phrase and check for slurred or strange speech.

Time: If the answer to any of these is yes, CALL 911 RIGHT AWAY and write down the time when symptoms started.



Minutes matter in treating stroke. Calling a doctor or driving to the hospital yourself wastes time. Ambulance workers can judge your situation sooner, and that boosts your chance of getting the treatment you need as soon as possible.

Depending on the type of stroke, doctors may give you aspirin or powerful clot-busting drugs. The treatment works best when you get this medication within 3 hours of when your symptoms started. If your stroke was caused by a burst blood vessel, doctors will try to stop the bleeding as soon as possible.

Warning Signs

Sometimes a stroke happens gradually, but you're likely to have one or more sudden symptoms like these:

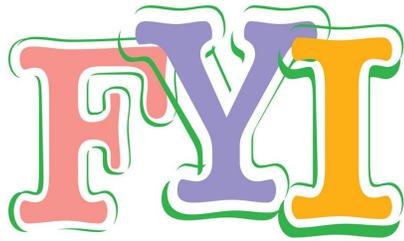
- Numbness or weakness in your face, arm, or leg, especially on one side.
- Confusion or trouble understanding other people.
- Difficulty speaking.
- Trouble seeing with one or both eyes.
- Problems walking or staying balanced or coordinated.
- Dizziness.
- Severe headache that comes on for no reason.



If you have these symptoms, call 911 even if you're not sure you're having a stroke.

Submitted by Linda , RN

Note: If you, or anyone you know has had a stroke, or you are a caregiver for someone who has had a stroke, you are welcome to come to the **Albuquerque Area Stroke Club** here at St. Andrew every Thursday at 10:00 am. Gather with other people, talk, get support, and go to lunch with the bunch after the meeting. Everyone is welcome, even if you just want to get information.



• FOR YOUR INFORMATION •

Announcements vs. Presbytidings

So you have something important that you want the rest of St. Andrew to know about—what should you do? There are two publications that can be used to spread the word about upcoming events, news, and opportunities: the weekly announcements in the bulletin and the monthly newsletter, Presbytidings.

So which one is right for your message? That depends on your message. The weekly announcements are the place for brief, time-sensitive messages. If you want to give a few details about a class, remind people to volunteer for Hope Works next week, or let everyone know your new email address then the announcements are the place to do this. Announcements should be no more than 4 or 5 sentences and should tell readers the what, when, and where of your message.

On the other hand, Presbytidings, is the place for longer, more detailed, less time-sensitive messages such as details on an art exhibit or play coming up in the next month. Though space in Presbytidings is still limited, there is much more room for you to include the how's and whys about an event or opportunity.

When deciding which the best venue for your message is, keep in mind that the announcements are seen by about 80 to 100 people each week. By contrast, Presbytidings is mailed to about 230 people in the St. Andrew community monthly so you can reach a larger audience.

Can I use both announcements and Presbytidings to spread my message? Absolutely! You are welcome to submit both an article for Presbytidings and an announcement. Your article can include all of the nitty-gritty and your announcement can provide “just the facts” with a reference to more information in the previous or up-coming issue of Presbytidings.

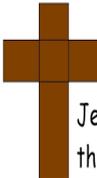
So how do I get my message out there? Both announcements and Presbytidings articles are to be submitted to the church office, preferably by email at adm.standrewabq@aol.com. Announcements are due by end of the day on Tuesday each week. The Presbytidings deadline is generally by end of day on the third Tuesday each month but you can check with the office or refer to the calendar in Presbytidings each month for the deadline. When submitting articles and announcements, please make it clear whether your message is for the announcements or the newsletter. For announcements, please include the dates you would like to run the message—usually one or two weeks. Remember that all announcements and Presbytidings articles are subject to space limits and may be edited as needed to fit the space available.

If you have any questions about announcements or Presbytidings articles, please contact the church office at adm.standrewabq@aol.com or call at 881-9626.

ANNOUNCEMENT 

NewsLetter
DEADLINE

November 2019 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		 <p>With Honor & Gratitude We Remember</p>	 <p>Daylight Savings Ends at 2 am Sunday</p>	1	2	
<p>3 9:30 am Worship/ Communion Service</p> <p>11:00 am CE Classes</p> <p>2:00 pm Memorial Service for Rob. Craig - Reception to follow</p>	<p>4</p> <p>Your VOTE Counts</p> 	<p>5 9:30 am Presbyterian Women Bible Study</p> <p>Announcements Due</p> <p>*VOTE - VOTE*</p>	<p>6</p> <p>5:30 pm Social Justice/ Mission Committee</p>	<p>7</p> <p>10:00 am Spiritual Formation</p> <p>6:00 pm Worship & Music Comm.</p> <p>7:00 pm Choir</p>	<p>8</p> 	<p>9</p> <p>5:30 pm Game Night at St. Andrew</p>
<p>10 9:30 am Worship Service</p> <p>10:30 am Blood Pressure Check</p> <p>11:00 am CE Classes</p> <p>11:00 am Membership Exploration Cls</p> <p>12:00 pm Neighborhood Ministry Mtg.</p>	<p>11</p> 	<p>12 7:15 am Finance Committee Mtg.</p> <p>Announcements & Dec/Jan Presbytidings Articles Due</p>	<p>13</p> <p>6:00 pm Deacons Mtg.</p> 	<p>14</p> <p>10:00 am Historical Jesus</p> <p>7:00 pm Choir</p>  <p>OBEY THE CHOIR DIRECTOR</p>	<p>15</p>	<p>16</p> 
<p>17 8:15 Famous Friends Breakfast</p> <p>9:30 am Worship Service</p> <p>11:00 am CE Classes</p> <p>12:00 pm Comfort My People</p>	<p>18</p> 	<p>19</p> <p>Announcements Due for Nov 24th & Dec. 3rd</p> <p>6:00 pm Session</p>	<p>20</p>  <p>Jesus is the way!</p>	<p>21</p> <p>9:00 am Collate Dec/Jan Presbytidings</p> <p>10:00 am Spiritual Formation</p> <p>7:00 pm Choir</p>	<p>22</p>	<p>23</p> <p>All day - set-up for Alternative Christmas Fair</p>
<p>24 9:30 am Worship Service</p> <p>11:00 Alternative Christmas Fair (No Adult CE Class)</p> <p>4:00 pm New Horizons Band Concert</p>	<p>25 Office Closed</p> 	<p>26 Office Closed</p> <p>Pastor Roger on Vacation thru 30th</p>	<p>27 Office Closed</p> <p>6:00 pm Women's Book Group</p>	<p>28 Office Closed</p> 	<p>29 Office Closed</p>	<p>30 Advent Starts Dec. 1st</p> 

St. Andrew Presbyterian Church
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Albuquerque, NM 87110-1216

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St. Andrew Presbyterian Church

Building a community of faith unleashed into the world by the love of God.

Our Mission:

Proclaiming and living the Good News of Jesus Christ by:

- Listening to a loving God
- Celebrating our faith together
- Nurturing each other in Christian love and spiritual growth
- Working for social justice and peace
- Reaching out in compassionate service
- Being stewards of all God's gifts

Please contact us at:

Phone: (505) 881-9626

Fax: (505) 884-9636

E-mail: adm.standrewabq@aol.com

www.standrewabq.org

We are located at 5301 Ponderosa Ave. NE, one block east of San Mateo and across from Montgomery Park.

Worship Services: Every Sunday at 9:30 am