

Chapel Bells



November/December 2016

I found this devotional recently, and thought it was a powerful one. Please share it with others.
Blessings, Melissa

Wonderfully Made, by Emily C. Heath

"O Lord, you have searched me and known me....Even before a word is on my tongue, O Lord, you know it completely. You hem me in, behind and before, and lay your hand upon me....I praise you, for I am fearfully and wonderfully made." - Psalm 139

The month I turned 22 I was in the middle of a years-long fight against clinical depression. I had my college degree in hand (double major in four years), I was starting a new graduate program (seminary, no less), and I had loving friends and family.

I had everything to live for, and yet, I was fighting against soul-crushing feelings of hopelessness and sadness every day. I thought something must be spiritually wrong with me. After all, if you love God, and believe in the love and grace of Christ, how can you not be joyful? I believed that as a Christian I was a failure.

In the midst of this, I chose to reaffirm my baptism. I didn't know the Psalm whose words the minister chose that day. I didn't yet know about this God who knew me at the depths of my soul, and yet still loved me. It didn't strike me until then that God could know about my depression and still love me and believe I was "fearfully and wonderfully made."

Years, nearly decades, later I tell this story publicly with some trepidation. There is still profound stigma about mental illness. It's the same stigma I carried with me at 22. I saw my clinical depression as a moral failure, something bad that was happening to me because I was not strong enough to will myself well.

I didn't know then about how my particular brain chemistry made it hard for serotonin to be reabsorbed, for instance. I didn't know that in any given year, 6.7% of American adults are currently suffering through a clinical depression. I also didn't know that many of the people I looked up to and respected, including many clergy members, had gone through the same thing, or something similar. Which is why I tell you this now.

Depression tells many lies. One of them is that we are somehow beneath God's love. But it just isn't true. God knows us, and God knows when we suffer. God loves us immensely in those moments, and I truly believe God wants healing for us.

The job of the church is not to create stigmas that keep people from getting help. It's to break those stigmas apart and offer God's hope. If you are suffering, don't listen to the lies of the disease. Instead, listen to God's hope. And then, make the phone call for help that you've been putting off. Fill that antidepressant prescription you said you'd never need. Tell your pastor, or your friends.

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November Dates

- Tues. Nov. 8:** Norrisville Election Day FREE Spaghetti Dinner 4-8pm
- Thurs. Nov 10:** Norrisville Church Council 7pm
- Sat. Nov. 12:** ASP Paint Night @ Norrisville 5pm, Tickets \$40 in advance, \$45 at the door. Dinner included.
- Sat. Nov. 19:** St. Paul Christmas Bazaar & Cookie Walk & Sandwich Sale 9am-2pm
- Wed. Nov. 23:** Community Thanksgiving Eve Service @ Salem Lutheran 7pm (across from Jarrettsville Elementary)
- Sun. Nov 27:** First Sunday of Advent
Norrisville Decorating & Covered Dish Lunch, after worship



December Dates

- Fri. Dec.2:** Community Blood Drive @ Norrisville 12:30-6pm
Bring a \$5 gift card (or \$5) for HOPE.
- Wed. Dec. 7:** Norrisville serves the NHHS Class of 1954 Christmas Brunch (please come help if you can)
- Sat. Dec. 10:** Norrisville Christmas Breakfast 7-10am (We'll need help on Friday & throughout the morning on Saturday!)
- Sun. Dec. 11:** St. Paul Cantata & Brunch
- Sun. Dec.18:** Our Children's Christmas Pageants in worship
St. Paul Fruit Basket Extravaganza, after worship. We'll be making fruit baskets and then delivering them to shut-ins & those in need.

Make sure these dates are on your calendar.
We always need your help and support to enable our functions to run smoothly.



Combined Christmas Day Worship: 9:30 at Norrisville
New Year's Day Worship: regular time at both churches.

Christmas Eve Services:
Norrisville 3 & 9 p.m.
St. Paul: 7 p.m.

Remember, this is a great time of year to invited those who don't have a church to come to worship.

Our Christmas Programs with the kids make us laugh, but remind of us of how important learning the story is.

Our Christmas Eve services are beautiful, and a time to hear the story and sing the songs we love so much.



Pastors Message - continued from page 1.

You are fearfully and wonderfully made, and as a child of God, you deserve to feel that way.

Prayer

God, as your people, may we break down the stigmas of this world, and proclaim the wonder of each of your children. Amen



Grief Share: We have 2 sessions this fall: Tuesdays at 2 p.m. at Norrisville, and at 7 p.m. at Salem Lutheran Church in Jarrettsville. Anyone can join us at any time. It's a great place to find support and healing. For more info, see Melissa.

New members

We welcome our new members, although many of them have been around for a while. But we all appreciate when someone makes a commitment of faith and joins the church.



New members at Norrisville: Rose Marie Bryan, Ruth & Mike Long, Stefanie & Kevin Enders, Chris & Stormi Barona, Doreen Acil, & Nancy Vitek

New Members at St. Paul: Chrissy & Sam Hutchins, Joanne Clark & Darlene Vocke

If anyone else is interested in official church membership, please talk to Melissa.

Send those pictures for our Thanksgiving slideshow. For St. Paul, send to Alex Robey, anrobey@zoominternet.net and for Norrisville, send to Katie Smith, kinska01@gmail.com.



Community CPR Class at Norrisville Volunteer Fire Company
Sat., Oct. 15, 9 a.m.

\$35, or if you donate to the Ambulance Club, it's free! Registration required, email Greg Deitrich 10250@nvfc10.org.

Norrisville United Methodist Church Blood Drive



Friday, December 2, 2016
12:30 PM to 6:00 PM

Fellowship Hall

Please see Chris Barona, 202-669-5878
schedule your life-saving donation.



Christmas Bazaar & Cookie Walk

Saturday, November 19
9 am - 2 pm

St. Paul United Methodist Church

Local crafters, Cookies, pit beef and fellowship!

Spaces available. For more information call Dawn on 410-692-4051.

Staples Reward Program

Staples has a reward program that our charge has been participating in for some time now, with great success. If we turn in 20 used ink or toner cartridges each month, we get \$40 in rewards money. We also get 5% of all other purchases in reward money. In order to be a part of the program, we have to buy \$60 worth of ink cartridges/toners every 6 months.

What can you do? Bring in toner and ink cartridges (put them in the office at Norrisville, or at St. Paul, give them to Melissa to take over). You can also use our number, or Joyce Hudson's phone number, when you make purchases at Staples, which will give us additional rewards. Our rewards number is 3581363920 or her phone number is 410-357-4939.

Joyce is able to buy all our paper for the charge, coffee for both churches, and other office supplies with the rewards. It has been a great savings for us! Make sure you thank Joyce for all she does to save us money! Staples also has a price match guarantee.

Paint Night for ASP

This is our second paint night, and it should be even better than before (and the last one was great!). This time, you'll have your choice of making a Thanksgiving or a Christmas design. Dinner will be included. Tickets are \$40 in advance, and \$45 at the door. Bring friends! This is our first fundraiser for our 2017 ASP team! Any questions, or to get tickets, see Linda List (443-417-4755).



Melissa McDade, Pastor
Norrisville Charge
2434 Bradenbaugh Road
White Hall, MD 21161

Visit me, Kyle Robey (SP) on Saturday, November 12th 10 am - 2 pm at Kefauver Lumber in Forest Hill (1333 W. Jarrettsville Road) for an Eagle Scout Pit Beef Fundraiser. I'm raising funds for my Eagle Scout project which benefits Gilchrist Hospice in, Towson, MD. I'll be serving pit beef, turkey & ham sandwiches. Sandwiches are \$7 and a combo (includes sandwich, drink & chips) is \$8. Also while you're here, stop inside Kefauver Lumber for their annual Christmas Open House.



Norrisville Charge Worship Times

St. Paul: Worship at 8:15 am, Sunday School for all ages following worship
Located at the corner of St. Paul Church & Telegraph Rds, off Rt. 136

Norrisville: worship at 9:30 am, Sunday School for all ages following worship
Located on Church Lane (west of Norrisville Rd), near Norrisville Elementary School