

BETHEL  
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Senior Pastor  
**Adin Miller**  
Associate Pastor  
**Sheldon Campbell**  
Youth Pastor  
**Matt Showalter**

### SCHEDULE OF SERVICES:

- **Sunday School:**  
9:00 - 9:40 a.m.
- **Morning worship:**  
9:50 a.m.
- **Sunday evening:**  
6:00 p.m.
- **Wed. Evening Bible Study, incl. Adult, Youth, & Kids' Classes, 7 p.m. @ church & in homes**
- **"College & Career" Bible Study, Wed. evening, Pastor Sheldon's home,**

Congratulations to Gloria and Sarah DeHaven — winners of the "Fun Fact" challenge from last month! Their correct guess was *Norman and Hosanna Troyer*. Thanks to all who participated!

Got an idea for the fun fact guessing game? Chat with or email one of the BETHEL BUZZ editors: **Callie Parsons or Heather Yoder.**

We wish you a Blessed Thanksgiving!

# THE BETHEL BUZZ

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SUNDAY, NOVEMBER 1, 2009



## *The Hand ~ A Thanksgiving Parable* by Steve Goodier

The way I heard it, the story went like this: Thanksgiving Day was near. The first grade teacher gave her class a fun assignment - to draw a picture of something for which they were thankful.

Most of the class might be considered economically disadvantaged, but still many would celebrate the holiday with turkey and other traditional goodies of the season. These, the teacher thought, would be the subjects of most of her student's art.

And they were.

But Douglas made a different kind of picture. Douglas was a different kind of boy. He was the teacher's true child of misery: frail and unhappy. As other children played at recess, Douglas was likely to stand close by her side. One could only guess at the pain Douglas felt behind those sad eyes.

Yes, his picture was different. When asked to draw a picture of something for which he was thankful, he drew a hand. Nothing else. Just an empty hand.

His abstract image captured the imagination of his peers. Whose hand could it be? One child guessed it was the hand of a farmer, because farmers raise turkeys. Another suggested a police officer, because the police protect and care for people. Still others guessed it was the hand of God, for God feeds us. And so the discussion went - until the teacher

almost forgot the young artist himself.

When the children had gone on to other assignments, she paused at Douglas' desk, bent down, and asked him whose hand it was. The little boy looked away and murmured, "It's yours, teacher."

She recalled the times she had taken his hand and walked with him here or there, as she had the other students. How often she had said, "Take my hand, Douglas, we'll go outside." Or, "Let me show you how to hold your pencil." Or, "Let's do this together."

Douglas was most thankful for *his teacher's hand*. Brushing aside a tear, she went on with her work.

The story speaks of more than thankfulness. It says something about teachers teaching, and parents parenting, and friends showing friendship, and how much it means to the Douglasses of the world.

They might not always say thanks. But they'll remember the hand that reaches out.

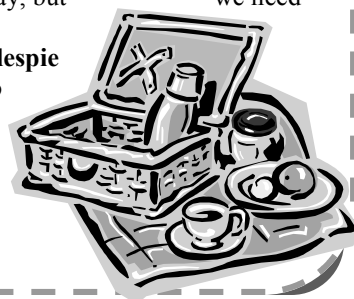
*So give freely to those who are needy.  
Open your hearts to them. Then the  
Lord your God will bless you in all  
of your work. He will bless you in  
everything you do.  
Deut. 15:10, NIRV*

## **An Opportunity to Stretch Out Your Hand... Thanksgiving in the Park**

Thanksgiving is a time to be with friends and family and give thanks to the Lord for all of His blessings—is this not what it's about? For many, they have no friends, family, or even a Turkey dinner to celebrate this special day with. This year, we are giving you a chance to be a blessing to someone else during this holiday season.

*Thanksgiving in the Park* will take place on **November 28<sup>th</sup>, 2009** (the Saturday after Thanksgiving) as a part of "Ira Cares" ministry. We will expect over 100 friends and family connected with "Ira Cares". The youth have already volunteered their time and efforts for this day, but we need more people to help.

The day will start at **10AM** with setup and end around 6PM in **Gillespie Park**. First things first, we need food. If you have interest and are willing to help prepare food ahead, please contact Ina Hostetler. We also need help with setting up, clean up, socializing with the guests, and helping to maintain a peaceful Thanksgiving time. We are looking for male and female help, but we will need males especially for the "maintaining the peaceful Thanksgiving" part.



# The Middle Ground

The Middle School Youth went roller skating on October 10. Our group was small but we had fun!

We are planning a camp out/ sleep over at the pavilion on November 13 for all students grades 6 - 8.

We anticipate that the weather will cooperate; if not we will postpone until the next weekend. Stay tuned for more details....There will be a sign up sheet for campers. Also, mark your calendars for the Middle School Night of Mystery coming your way on Saturday, December 5.

Our Mission outreach for the months of November and December is Ira Cares Ministry. Any Questions or suggestions, please see Jenell (Firman), Renee (Nelson) or Jeanie (Scott).

## LIFE TALK with Caroline

I do love Autumn! It's such a lovely time of year. In fact, it's my favorite. Here in Florida, the air has changed (less humidity), the sky has a beautiful shade of blue and, if you add to that a slight breeze, you have a nearly perfect day. On days like this I want to spend as much time outdoors as possible. A walk on the *John Ringling Bridge* is not only good exercise but has a great view. Taking a picnic out by *Marina Jack* is simply delightful. If you enjoy the woods, *Myakka State Park* can be another great place to explore while the temperatures are cooler. The evenings are chilly enough to build a fire outside and relax with a cup of coffee while enjoying company.

Now, before you think I am being hired by the *Sarasota Chamber of Commerce* to write this, I want to draw your attention to THE ONE whose idea it was to create the season we call "Fall". It was God's idea, and He is so creative! I, with my limited imagination, tried to describe Sarasota, Florida, in the Fall — and that is only one tiny place on this huge planet earth. We all know that there are so many other attractive places we can visit or choose to live. What a grand time God must of had designing not only Autumn, but all four seasons in each separate area of the planet — each one unique in itself. Did you know that when God created the earth (but had not yet formed man) he said, "...it was good," (Gen. 1:25b). But, when he finished creating the earth and added people he said "*It is good, so very VERY good,*" (Gen.1:31b). Imagine how delighted He was when He created you!

During this beautiful time of year, make it a priority to enjoy the outdoors. Whether out by the ocean, in the woods, or maybe at home in your backyard, take time and reflect on God and the fact that in His greatness, He took the time to design you and your life. What makes you unique and how does He want to use you? Then respond to God in worship and give Him full control of the rest of your life. After all, He is the Great Designer. You will be blessed... I guarantee it!

### Health Corner with Conrad Penner Nature's Virus Killers for Colds and Flu

As the cold and flu season is upon us, it is interesting what the naturopathic profession has to say about how to manage the common viruses that humans may come into contact with. As always, anything mentioned here should always be combined with information from your personal physician and with information previously published either in the Buzz or in other reputable publications.

Several natural substances may be helpful in managing viral illnesses. Elderberry, especially *Sambucol Black Elderberry Extract* from Nature's Way, is helpful to stimulate the immune system by enhancing white blood cell activity and inhibiting viral replication. Adults may take two teaspoons four times a day and children one teaspoon four times per day.

Echinacea is another substance that assists the body's own defense mechanisms. *Echinamide-Fresh Alcohol-Free Echinacea Extract* or *Natural Berry Flavor and Echinamide Anti-V Formula Softgels* are both by Natural Factors. You may also visit ([www.naturalfactors.com](http://www.naturalfactors.com)). This form of Echinacea has been found to reduce the length and severity of the common cold. If you feel a cold or flu coming on, take 20 drops of the liquid extract or two capsules every two waking hours for 24 hours then cut back to every 3 waking hours until the illness has passed.

Influenzinum (a Homeopathic flue remedy) has also proven to be helpful with active flu viruses. Take two 30C- potency pellets twice daily for two weeks at the beginning of flu season. Then take two pellets four times daily when exposed to flu sufferers or if you start to have symptoms. Oscillocoquinum is another remedy for flu and is the number one rated flu remedy in the US. The Vitamin Shoppe, health food stores and pharmacies carry this.

N-Acetylcysteine (NAC) is another nutrient that helps thin mucous that accompanies a cold or flu. NAC also helps reduce incidence of more serious chest or sinus infections. NAC works by increasing the antioxidant levels of Glutathione which is useful in preventing and treating the flu viruses. Take 600 mg twice daily when you are exposed to those around you with the flu or if you are starting to feel sick.

Finally, Vitamin C is a product that helps fight viral infections by increasing the white blood cell activity in your body. Taking 3000-5000 mg per day is useful. If diarrhea occurs, cut the dosage in half.



## Thanksgiving Word Search



S M K E Y L E Z I A M C N N  
 P U M P K I N G G K A O G Z  
 M C M R G L G M C O L O N Y  
 O M O C R H L F F T T K I X  
 B S D S Q U A S H S E D V P  
 A S E C O R N M A E A D I I  
 J E E I P A D E E V G W G L  
 E N R T I L F M Y R N J S G  
 O K F D T K Y E S A I L K R  
 O C N R G L K M E H F C N I  
 L I I P I R E W O L F Y A M  
 B S G M U L A R B U U W H S  
 Z F A T P O D V S I T U T A  
 J F A L L S M A Y H S H Z B

- AMERICA
- COLONY
- COOK
- CORN
- ENGLAND
- FALL
- FAMILY
- FEAST
- FREEDOM
- GRAVY
- HARVEST
- INDIANS
- MAIZE
- MAYFLOWER
- PIE
- PILGRIMS
- PLYMOUTH
- PUMPKIN
- SAIL
- SETTLERS
- SICKNESS
- SQUASH
- STUFFING
- THANKSGIVING
- TURKEY
- YAMS