

A  
COMMUNITY OF  
FAITH  
STRIVING  
TO

**KNOW**  
CHRIST  
PERSONALLY

**GROW**  
WITH CHRIST  
INTIMATELY

**SHOW**  
CHRIST  
PASSIONATELY

**Our Mission**

Making disciples of Jesus Christ for the transformation of the world

**Our Vision**

To **Know** Christ personally, **Grow** with Christ intimately, and **Show** Christ passionately

**Thanks and Giving**

Snuggled in among some pumpkins and an apple-scented candle on shelves at my house is a little block that says “May our lives be full of thanks and giving.” As I looked at the lectionary texts for November, that little phrase came to mind. Each of the scriptures we will hear this month have something to say about gratefulness or generosity, both of which are essential in following God.

It turns out that gratitude and generosity are intertwined. Several recent studies have shown a deep neural connection between gratitude and giving - they share a pathway in the brain; when we’re grateful, our brains become more charitable. When we develop an outlook of gratitude, we train ourselves to perceive the world in terms of abundance rather than scarcity, whether this has to do with material resources, our time, or the love we have to share. Gratitude is like breathing in – letting ourselves be touched by the goodness in others and in our world, goodness that is a gift from God. Generosity is like breathing out – sensing our mutual belonging and offering our care.

This month, I encourage you to practice gratitude. As you go through your day, take time to truly appreciate God's good gifts to you. You might do this by keeping a gratitude journal, by pausing each hour to think about the gifts you have experienced in the last 60 minutes, or by being intentional in saying “thank you” to others, when they are the vessels for God's grace. I think you will find that this will also lead to a more generous spirit. When you are aware of the patience God has shown you, you may be more patient with others. Acknowledging that all that you have is a gift from God may lead to holding all of it more loosely and sharing it more generously, since it was never yours to keep.

May all our lives be full of thanks and giving in response to the good and perfect gifts given to us by God (James 1:17).

Gratefully,  
Pastor Melissa



Turned back clocks before bed on Nov. 5th



## *Finances*

Total Budget Income for 2022: **\$ 98,513.77**

Jan. Budget: \$ 9,414.77	July Budget: \$ 12,151.46
Feb. Budget: \$ 11,259.52	Aug. Budget: \$ 12,485.32
March Budget: \$ 11,793.02	Sept. Budget: \$ 8,857.03
April Budget: \$ 12,246.36	Oct. Budget: \$
May Budget: \$ 8,394.18	Nov. Budget: \$
June Budget: \$ 11,912.11	Dec. Budget: \$

## *November Birthdays*

Tim Vest	November 3
Betty Obenchain	November 6
Debbie Agee	November 8
Yvonne Metz	November 9
Paul (Pat) Wilson	November 12
Catie McCown	November 21



## *Prayer Concerns*

- Those who are homebound or in retirement and nursing homes: Madaline Brown, Lois Burge, Jane Byrum, Virginia Draper, Mary Durrer, Evelyn Hutcherson, Yvonne Metz, Nadine Minnix, Shirley Moore, Betty Obenchain, Louise Parris, Betty Payne, Evelyn Ragland, Alice Scogin, Katie Wood
- Those with cancer including Amy Brown (Pastor Melissa's friend), Alison Ziegelmeir (Ric Scott's cousin), Barbara Kern, Jack Cooper, Paula Bailey (Reatha Linkenhoker's daughter), Susan Wimmer (Ginny Smith's friend), Elizabeth Clary's father
- Doug Heptinstall
- Margaret Jones' husband, Ronnie, recovering from a stroke (now at home)
- Jack Cooper's friend, Gwynn, awaiting a liver transplant
- Posy Weddle, Michael Krawchison's uncle
- Dalton Burgess, undergoing more procedures on his eye
- John Pruitt's one year old great-niece, in hospital with RSV
- Judy Conner and family, in the death of Buck
- Sylvia Shortt's sister, Louise Thompson, who has a broken arm and injured shoulder

## *Bible Study Opportunities*

- Sunday Morning Bible Study is a great way to connect with God and with our church family! We have classes for all ages and stages of life at 9:30 on Sunday mornings.
- Join us for our Fall Brown Bag Bible Study on Wednesdays at noon as we study the book of James. Feel free to bring your lunch, if you wish. We will meet in the fellowship hall. If you are unable to attend in person, you can join us on Zoom using the link: <https://bit.ly/cabcbiblestudy>.
- Our Young Adult Dinner & Bible Study meets on Thursdays at 6:00 pm at Pastor Melissa and Ric's house.

## *Youth*

- Join us on **November 6, 13, and 20** for dinner and discipleship from 5-7 pm in the fellowship hall as we conclude our fall Bible study, "Through the Eyes of Jesus."
- **November** is penny race month! Youth, bring your change and put it in the jars in the youth room. Proceeds will help by gifts for our Angel Tree families this Christmas. The losers of the penny race will cook dinner for the winners in January, so be generous!
- Since there is no school on Tuesday, **November 8**, let's have some fun hanging out together in the youth room from 12-3 pm. Bring your lunch and play games, relax, and enjoy your day off from school.
- If you would be willing to host our youth in your home on **Friday, December 2**, for a course in our Christmas Progressive Dinner (appetizer, entree, or dessert), please let Pastor Melissa know.

## *Help Feed Our Youth*

- If you would like to provide dinner for our youth on a Sunday evening, please let Pastor Melissa know, or sign up at: <https://bit.ly/pbjyouthmeals>

## *From the Fellowship Committee: Women's Coffee*

- All women of the church are invited to join us for coffee & fellowship on **Saturday, Nov. 5, at 10 am.**

## *Church Council*

- Church Council will meet on **Sunday, November 6**, at 3:00 pm. Reports should be sent to the church office by Tuesday, November 1.

## *Missions*

- Missions Collection: Our missions partner, Keystone Community Center, distributes 50 food boxes to our neighbors in the city. We are collecting food for those boxes. Please bring your donations and place them on the table in the foyer by **November 6**. **\*\*Please see the list of items below:**

Large box instant potatoes	Canned corn	1 25 ft. box of foil
Canned green beans	Evaporated milk	Bar of soap
Saltine crackers	Cereal	Hand soap
Boxed stuffing	Just add Water pancake syrup	Shampoo
Large sugar-free Jell-O	Plastic bottled syrup	Deodorant
1 lb. box of granulated sugar	Packet of chicken gravy mix	Washcloth
Small bottle of cooking oil	Canned soup	Toilet paper
boxed macaroni and cheese	Canned yams	Small bottle of dish soap
Small plastic jar of jelly	Small bag of dried brown beans	Small bottle of laundry detergent

## *From our Deacons*

- On **Sunday, November 6**, during morning worship, we will be ordaining Mary Harris as a deacon. A.G. Melson will also be participating in the laying on of hands, since we were unable to do this during the pandemic when A.G. was ordained. Please join us for this special time of worship, which will also include communion.

## *Becoming a Contagious Christian*

- Calvary Baptist Church invites you to participate in their "Becoming a Contagious Christian" retreat. Have you ever had that feeling that you "should" be sharing your faith with others, but just don't know how? This conference will help you overcome some of the challenges to sharing your faith. The retreat will be **November 18-20** - Friday evening (dinner included), Saturday morning (ending by 1 pm), and Sunday afternoon (3-5). It is critical that you plan to attend every session to get the most out of our time together. Please sign up in the foyer as soon as possible so that we can have enough space to accommodate everyone and a participant's guide for each attendee. If you have questions, call Dr. Pollard at 276-356-4840.

## *Quarterly Business Meeting*

- Our quarterly congregational meeting will be on **Sunday, November 20** following worship. Along with reports from our committees, the Finance Committee will present the proposed budget for 2023. The budget will be discussed at this meeting, sent to all members electronically or through the mail, and voted on in a called business meeting on December 4.

## *From the Worship Committee*

- If you (by yourself or with your family) would like to be a reader/candle lighter for the Advent candles this year, please let Ric Scott or the church office know.
- On **Sunday, November 20**, at 3:15 pm, we will be preparing the sanctuary for our Hanging of the Green service, which will be November 27. We would love to have your help!

## *Community Thanksgiving Service*

- We are joining several other churches from our community for a Community Thanksgiving Service on **Tuesday, November 22, at 6:00 pm** at Bethany Christian Church (3115 Fleming Ave NW, Roanoke, VA 24012). There will be A reception following the service. Pastor Melissa will be joining other local pastors and musicians in leading worship. An offering will be collected to benefit Bethany Church's food pantry, and we will also be collecting donations of canned goods. If you would like to attend but prefer to carpool, we will meet in CABC the parking lot at 5:15.

**Colonial Ave.  
Baptist Church**

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www.cabc.us

**Our Church Staff:**

Rev. Melissa Scott  
Pastor

Rev. Steven Harris  
Minister in Residence

Karen Viele  
Church Administrator

Bill Lininger  
Music Director

***Expecting Emmanuel: Advent 2022***

**Mark your calendars for these special Advent events.**

**More details will be provided as we grow closer to the dates:**

- Hanging of the Green Service, **Sunday, November 27, 10:30 am**. Join us as we decorate the sanctuary, sing Advent songs, and prepare our hearts for the coming of Christ.
- "It's Advent!" Party, **Sunday, November 27, 11:30 am**. This is an all-ages event. We'll have soup for lunch and then spend time together, with fellowship around the table, creating Advent wreathes and calendars, making simple nativity ornaments to keep and to share. We'll have activities for all ages, from our youngest members to our oldest.
- Global Missions Speaker, **Sunday, December 4, 10:30 am**. Jessica Hearne, Cooperative Baptist Field Personnel in Danville, Virginia, will be preaching and sharing about her ministry.
- Choir Christmas Program, **Sunday, December 11, 10:30 am**. The choir will be leading us in worship with a special Christmas cantata.
- "Expecting Emmanuel" Advent Bible Study, led by Pastor Melissa on **Wednesday evenings at 6:00 pm**. Join us for soup and scripture as we study the stories of the women in Jesus' lineage. We will have an online option for this study, as well, which will begin at **6:30 pm**.
- **Christmas Eve Worship, 5:00 pm**. Join us for a special time of celebrating the birth of Jesus through song, scripture, candles, and communion.
- **Christmas Day Worship, 10:30 am** Colonial Presbyterian & Calvary Baptist Churches will be joining us for worship in our sanctuary. (We will not have Sunday School). Our word for all ages will include a special blessing of the gifts, so children (of all ages) are invited to bring a gift they received for Christmas.

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*Advent*