







# REV. CATHERINE CYD COWGILL

Cyd is a native of Winston Salem, North Carolina a graduate of the University of North Carolina, Greensboro as well as Vanderbilt Divinity School. She was ordained on October 2, 1988 in North Carolina.

Married just shy of two years to Ben, a lawyer and charter member of her current church, Crestwood Christian Church, Lexington, Kentucky, where she has served the past twelve years as the Minister of Adult Ministries. Cyd has served two other churches in Florida as Associate Pastor and has a strong background in youth ministries as well.

From her profile these two items resonated with the committee:

## 1. Describe your faith journey and call to ministry:

My faith journey is about living in relationship to God and with God's people. Those relationships grow me in two directions -inward and outward- as worship, Bible study and prayer, service and ministry, all help me experience Christ as the center of my life. Those gifts and disciplines, consistently practiced, provide yet another blessing: they open me to new ministry possibilities and deeper relationships with others. My call to ministry is a call to proclaim Christ, to love Christ's people and to serve Christ's church. I believe in the church, and in what God can do through the church, particularly through a local congregation. I am blessed and humbled to serve the church, and I am committed to spiritual nurturance of congregations in ways that connect people to Christ's healing love.

## 2. Why are you engaging in a process of Search and Call?

I am in Search and Call at this time because I want to go to the next level in ministerial leadership. I want to preach regularly as well as partner with a congregation in setting its vision for substantive ministry: meaningful worship, effective evangelism, loving pastoral care, relevant Christian education, and a fun, robust congregational life. I've served as Minister of Adults at Crestwood Christian Church for twelve wonderful years, and am energized to broaden the scope of my ministry in a new, eager setting

## November Fellowship Pot Luck Wednesday, November 17th



**Guest Speakers**  
**Jon and Dawn Barnes**

Make your plans now to attend our November Pot Luck with special guests Jon and Dawn Barnes, Missionaries recently home from South Africa.

Jon and Dawn have served with Global Ministries for 8 years. Jon and Dawn serve as development workers in the Kei region of the United Congregational Church of Southern Africa (UCCSA). Dawn primarily works with HIV and AIDS ministries and Jon's focus is with agriculture. This has been a joint appointment by the Common Global Ministries Board of the Christian Church (Disciples of Christ) and the United Church of Christ.

Please bring 2 dishes to share.

## October Birthday's



2nd:	David McCrickard
7th:	Bob Nutting
8th:	Garland Cook
12th:	Mary Peris
13th:	Ellean Mullins
14th:	Emily Nutting
15th:	Kristen Brown
	Courtney Brown
16th:	Mary Bond
19th:	Joe Antonucci
24th:	Bubba Jenson
	Ruth Blackman
25th:	Heather Larson
26th:	Masil Jones
27th:	Tom Larson
28th:	DeeAnn Phelps
31st:	Ben Jarvis

## **DISCIPLES WOMEN D. W. F.**



Sarah Circle will meet Thursday October 7<sup>th</sup> at 7:30 at church.

We met in September with Debbie Tibbits hosting.

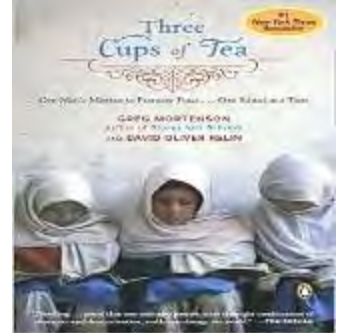
Next General meeting will be in November. We will be having a book discussion meeting.

**All ladies are invited. We will be discussing the book "Three Cups of Tea" by Greg Mortenson.**

We will meet following Angel Food distribution at 12:30.

Plan to bring a bag lunch.

*Disciple Women, Debbie Tibbits and Evelyn Brown, will be taking Angel Food orders Tuesday October 12<sup>th</sup> from 11:30 -12:30.*



### **Talents for Mission and Spaghetti Dinner**

**Saturday, November 6<sup>th</sup>.**

**Watch for more details. Plan your crafts, baked and canned goods now.**

**Ladies will be selling tickets.**



### **Human Trafficking: Breaking the chains of modern-day slavery**



**Disciple Women's groups are studying Human Trafficking. We are planning a Hope Journal event for all. Please read the following for understanding who we are reaching out too. For those who took the opportunity to meet and listen to Jullianna, she was a victim of Human trafficking. Take the time to learn more and when the chance comes to participate.....TAKE IT!!!!**

Human trafficking is a form of modern-day slavery in which people, mostly women, very young girls and children, are abducted and/or forced to labor for someone else against their wishes. Often they are deceived into believing the situation will improve their lives, when in reality they are being forced into servitude. Human trafficking includes buying, selling and moving people from one location to another against their will, and it constitutes a grave violation of human rights. This trafficking occurs in unregulated and unprotected areas all over the world, including the United States of America.

Domestic and international criminals have made trafficking, smuggling, and sex slavery a booming business that can reach every community throughout our country.

## Blessing Box Calendar - October

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

- 1 - .05 if you ate breakfast
- 2 - .03 if you went to work
- 3 - .10 if you took communion
- 4 - .05 if you stayed in bed past 7 a.m.
- 5 - .05 if you saw the moon
- 6 - .10 if you saw leaves that had changed color
- 7 - .02 for each ring worn
- 8 - .05 if you wore a gold chain
- 9 - .10 if you went to a concert
- 10 - .15 if you did not go to Blackstone retreat
- 11 - .10 if you celebrated Columbus Day
- 12 - .20 if you did go to Blackstone retreat
- 13 - .05 if you drove a car
- 14 - .10 if you did laundry
- 15 - .20 if you wore a bracelet
- 16 - .10 if you're glad it's Friday
- 17 - .15 if you watched a movie on tv
- 18 - .10 if you sang in church
- 19 - .01 for each window in your house
- 20 - .03 for each door in your house
- 21 - .05 for each tv in your house
- 22 - .02 for each plant in your house
- 23 - .05 for each magazine subscription you have
- 24 - .10 if you watered plants
- 25 - .15 if you did not go to Church
- 26 - .05 if you did devotion today
- 27 - .10 if you brought candy for Halloween
- 28 - .05 for each carpeted room in your house
- 29 - .10 for each shower in your house
- 30 - .05 if you decorated for Halloween

## Lectionary Readings

October 2010

- October 3rd:** Lamentations 1:1-6  
Lamentations 3:19-26  
2 Timothy 1:1-14  
Luke 17:5-10
- October 10th:** Jeremiah 29:1, 4-7  
Psalm 66:1-12  
2 Timothy 2:8-15  
Luke 17:11-19
- October 17th:** Jeremiah 31:27-34  
Psalm 119:97-104  
2 Timothy 3:14-4:5  
Luke 18:1-8
- October 24th:** Joel 2:23-32  
Psalm 65  
2 Timothy 4:6-8, 16-18  
Luke 18:9-14
- October 31st:** Habakkuk 1:1-4; 2:1-4  
Psalm 119:137-144  
2 Thessalonians 1:1-4, 11-12  
Luke 19:1-10

## PRAYER LIST

Sharon McCrickard, Bunny Murdock  
Ruby Fulcher, Bob Carlton  
Barbara Brown, John Milam  
Amy Magee, Wilma Ingram  
Freda Pyles, Ronnie Thomas  
Lois Nelson, Price Family  
Pauline Moseberth, Linda Powers  
Martha Whitlow, Brenda Lewis  
Anne Preslar, Kristen Muhlenbeck  
Maud Hemby, Quimby Family  
Catherine Buchanan, Murray Brown  
Lorraine Shea, Jordan Lahy  
Mary Wyatt, Janice Deweese  
Christie Bradley

## SHUT INS

Masil Jones, Al Hemby, Dennis Davenport  
Ruth Blackman, Rev. Glenn Weaver, Myrtle Henderson

**DO YOU LIKE TO HELP DECORATE FOR CHRISTMAS?**

**WOULD YOU LIKE AN OPPORTUNITY TO REACH OUT TO THE COMMUNITY?**



Hope House would like volunteers to help their residents decorate their apartments for Christmas.

If you are interested, please contact me and I will arrange a day and time; probably around Thanksgiving weekend or the first of December. I would like to get an idea of how many people might be interested before I make a commitment. You will definitely be blessed by blessing someone else. What a great way to start your holiday season.

Thank you, Rosemary Lahy 488-0141

## SERVING AT OASIS

**October 21st**  
**10:00 a.m.**  
**Sign up to help!!!**



## **NEWSLETTER DEADLINE**

**October 15th**  
**Please No Late Entries**



# MARY'S WELLNESS CORNER

## Thought of the Month

"It is astounding to contemplate how many things that form and shape our "world" are truly completely beyond our control. It begins before we are born. We have no control over who our parents are or when or where we are born. Our parents pass on to us a set of genes that determines what we look like. Will we be male or female, tall or short? Will our skin and hair be that of the majority or that of a persecuted minority? Will we be born physically or mentally handicapped? Will we be born in a free land with many opportunities for education and wealth or will we have to endure a harsh, rock-scrabble existence? All of us are dealt a hand at birth, and God expects us to play that hand to the best of our ability." Thanks be to God!

## **"BE STILL AND KNOW THAT I AM GOD"**

### **Psalm 46:10**

"You are the peace of all things calm  
You are the place to hide from harm  
You are the light that shines in dark  
You are the heart's eternal spark  
You are the door that's open wide  
You are the guest who waits inside  
You are the stranger at the door  
You are the calling of the poor  
You are my Lord and with me from ill  
You are the light, the truth, the way  
You are my Saviour this very day."

### **Celtic oral tradition – 1<sup>st</sup> millennium**

### **Prayer of the Month**

*"Loving and tender God, Touch my heart with hope; Touch my mind with clarity; Touch my soul with peace, and touch my body with the warmth of your healing presence. Grant me courage to face the future, insight to understand life's trials, wisdom to discern how I can touch the lives of others, and comfort of people who care about me as I reach for your loving hands.*

**In Jesus' name, Amen"**

**Rev. Deborah Patterson**

Mary W. Peris, Parish Nurse



## *Stewardship Quote for October*

*"The tithe is a wonderful goal but a terrible place to stop."*

### **To Tithe or Not to Tithe**

For most of the articles I've written, I have stayed away from discussing money. Stewardship is, after all, more than money. I, as well as the board you have chosen, believe that West Side Church is a faith based operation. The budget is based on faith that our financial needs will be met.

I have surfed the Internet for information on tithing. There is a lot of information out there. The Old Testament stresses tithing—the giving of 10% of one's income. The New Testament does not specify a percentage of giving. "Therefore the law was our disciplinarian until Christ came, so that we might be justified by faith. Now that faith has come, we are no longer subject to the disciplinarian, for in Christ Jesus, you are all children of God by faith." Galatians 3:24-27. But then Jesus also said to leave everything and follow Him.

So, where does that leave Us? It costs approximately, \$3581.65 per week to run the church. This does not include minister's salary. This is about what it costs to keep the lights on, run the a/c or heat, phones, yellow page advertising, curriculum, church bulletins, music, communion supplies, organist, pulpit supply, special day programs, and fellowship programs and dinners. Notice that we do not pay a lawn service, because steward church members do the work. The staff and utilities do not care that we are on a "faith based" budget. They have bills to pay, also.

We as a congregation have a lot of which to be proud, We have paid off the mortgage, but we can't sit on our laurels because very soon, the Good Lord willing, we will be paying a minister.

I urge you to consider pledging any amount you wish, so that the treasurer, the financial secretary, and Bob Nutting, Stewardship chairperson, have an idea of the church's income. I ask you also to remember that the church is here and open even when you are not here. I ask you to make the Lord a priority in your budget.

Please understand that these are my opinions. I know Disciples do not like to talk about giving, but I feel that this is important. I pay my contribution monthly, as I do my bills. I used to run out of money before I ran out of month, so it became necessary to rearrange my priorities. I ask you to prayerfully consider your giving.

~ Karen Hartzog

## Community Day at West Side

Saturday, October 2nd from 12-4 PM, is Community Day here at West Side. There will be games, prizes, food and lots more fun things in store for children and adults of all ages.

### Volunteers

needed for set-up at 10 AM and take-down at 4 PM.

Also, LOTS and LOTS of CAKES  
for the cake walk.

We need people to assist in the kitchen and to man the cake walk.

Please consider volunteering for something.

You will find sign up sheets in the gathering area.

If you have any questions, please contact  
Dudley DeStefano.



There is a "Green" project underway at West Side.

The Sunday school classes are collecting old, broken crayons for recycling. Crayons are a petroleum product and take a very long time to biodegrade. Instead of throwing them away, the youth would like to recycle them. Please bring all your old, unwanted crayons (ask your neighbors and friends to donate too) and place them in the collection box in the Gathering Area.

**The Property Chairman would like to thank those of you who take the time to collect aluminum cans at home and bring them to West Side for recycling.**

**Please use a single trash bag for collection as it makes for a time consuming task to untie and empty multiple bags.**

### **Administrative Cabinet:**

No Meeting in October

### **Official Board:** *(Special Meeting)*

Tuesday, October 5th @ 7:00 PM

### **Congregational Meeting:**

Sunday, October 10th @ 12:00 Noon

### **Elders:**

Tuesday, October 19th @ 7:00 PM



## **Future West Side Info**



- 6 - Set your clock back 1 hour**
- 11 - Veteran's Day**  
**(Office Closed)**
- 24 - OBCCM Thanksgiving Service**  
**at West Side**
- 25 & 26 - Thanksgiving Holidays**  
**(Office Closed)**
- 27 - Advent Decorating**



- 23 & 24 - Christmas Holidays**  
**(Office Closed)**
- 24 - Christmas Eve Service**
- 30 & 31 - New Year's Holidays**  
**(Office Closed)**

**If you know of an event that is not listed please let Trish know as soon as possible.**



# OCTOBER 2010 MENU

Christmas and Thanksgiving Boxes Now Available for Delivery during November and December Distribution!!!

## B2 - Bit O' Blessing Box

- 2 lb. Fully Cooked Entrée  
(Lasagna with Meat Sauce, Country Fried Steak with Gravy or Chicken Noodle Casserole)
- 1.5 lb. Breaded Chicken Nuggets
- 12 in. Supreme Pizza
- 1 lb. Hot Dogs
- 1 lb. Lean Ground Beef
- 1 lb. Broccoli Florets
- 1 lb. Corn
- 1 lb. Rice
- Dessert

**\$21.00**

(plus sales tax where applicable)

## B4 - Fast & Flavorful Cuisine

Convenience meals great for seniors and people living with diabetes!

Ten perfectly seasoned, nutritionally balanced, fully-cooked meals – just heat and serve. Each meal has been developed with dietary needs of senior citizens and people living with diabetes in mind.

- Boneless Pork Patty w/Hickory BBQ Sauce
- Country Herb Chicken
- Fish Fillet
- Macaroni & Cheese
- Meat Lasagna
- Breaded Chicken Parmigiana
- Spaghetti With Meatballs
- Sweet 'n Sour Pulled Pork
- Chicken and Penne with Creamy Tomato/Basil Sauce
- Pot Roast with Vegetables

**\$28.00**

(plus sales tax where applicable)

## S1 - OCTOBER SPECIAL #1 \$25.00\*

- Steak Combo Box (5 lbs.)**
- 2 lb. Ribeye Steaks (4 x 8 oz.)
- 3 lb. Sirloin Strip Steaks (6 x 8 oz.)

## S2 - OCTOBER SPECIAL #2 \$35.00\*

- Seafood Variety Box (6 lbs.)**
- 16 oz. Buffalo Butterfly Shrimp (Oven Ready)
- 20 oz. (10) Stuffed Crab in Natural Shell (Oven Ready)
- 16 oz. Battered Fish (Oven Ready)
- 16 oz. Tilapia
- 11 oz. 2 Stuffed Salmon Portions
- 17 oz. (4) Crab Cakes (Oven Ready)

## S3 - OCTOBER SPECIAL #3 \$23.00\*

- Premium Fresh Fruit and Veggie Box**
- 3 lb. Red Potatoes
- 3 lb. Sweet Potatoes
- 2 lb. Yellow Onions
- 3 lb. Tangerines
- 1 lb. Cello Carrots
- 1 Head Green Cabbage
- 1 Head Cello Lettuce
- 1 Golden Ripe Pineapple
- 1 6-Pack Apple Sauce Cups
- 2 Green Peppers
- 4 Navel Oranges
- 4 Pears
- 1 AFM Fruit and Veggie Recipe Sheet

\*all prices are plus sales tax where applicable

## B1 - Bread of Life Signature Box

Balanced nutrition and variety with enough food to help feed a family of four for about a week.

- 4 lb. IQF Chicken Drums & Thighs Combo
- 1.5 lb. Hamburger Patties (4 x 6 oz.)
- 1.5 lb. Fully-Cooked Breaded Party Wings
- 20 oz. Steak Fajitas
- 1 lb. Battered Fish Bites
- 1 lb. Lean Ground Beef
- 7 oz. Beef Link Sausage
- 1 lb. Fajita Blend Veggies
- 1 lb. Peas & Carrots
- 1 lb. Corn
- 20 oz. Shoe String Fries
- 1 lb. 16 Bean Soup Mix
- 1 lb. Rice
- 7.25 oz. Mac & Cheese
- 7.5 oz. Corn Muffin Mix
- 32 oz. 2% Shelf-Stable Milk
- 1 Dozen Eggs
- 1 Dessert

**\$31.00**

(plus sales tax where applicable)

## B5 - Just 4 Me After School Box

An assortment of child-friendly snacks. Great for after school or any time.

- 1 lb. Breaded Chicken Rings
- 1 lb. Mini Corn Dogs
- 1 (14 oz.) Stuffed Breadsticks
- 2 (2.8 oz.) Peanut Butter & Jelly Jamwich
- 1 (16 oz.) Stuffed Sandwiches (Pk of 4)
- 3 (5 oz.) Pigs in a Blanket
- 2 (3.7 oz.) Charbroiled Beef & Cheese Sandwiches (Twin Packs)
- 1 (4.75 oz.) Pancakes & Sausage
- 2 (2.2 oz.) PBJ On Graham Wafers

**\$24.00**

(plus sales tax where applicable)

## S5 - OCTOBER SPECIAL #5 \$36.00\*

- Thanksgiving Box – for delivery in November**
- 7.5 lb. (avg.) All Natural Perdue Roasting Hen
- 3 lb. Boneless Netted Ham Roast
- 12 oz. Corn Bread Stuffing Mix (2 packages x 6 oz. = 12 servings)
- 1 lb. Frozen Cranberries
- 12 ct. Mini Corn Cobbettes
- 2 lb. Green Beans
- 2 lb. Diced Sweet Potatoes
- 12 ct. Whole Wheat Dinner Rolls
- 1.7 oz. Brown Gravy Mix (2 packages x .87 oz. = 2 cups gravy)
- Dessert
- Recipes and Cooking Instructions

Orders Due: Oct. 19  
Distribution Day: Oct. 23  
Order online at:

[www.angelfoodministries.com](http://www.angelfoodministries.com)

See reverse for ordering information

## NEW!!!

## B3 - Bountiful Blessing Box

- 4 lb. IQF Chicken Drums & Thighs Combo
- 2 lb. Chicken Stir Fry Skillet Meal
- 1.5 lb. Hamburger Patties (4 x 6 oz.)
- 1.5 lb. Fully-Cooked Breaded Party Wings
- 1 lb. NY Beef Wieners
- 20 oz. Steak Fajitas
- 1 lb. Battered Fish Bites
- 1 lb. Lean Ground Beef
- 28 oz. Fettuccini Chicken Alfredo with Broccoli
- 7 oz. Beef Link Sausage
- 1 lb. Fajita Blend Veggies
- 1 lb. Green Beans
- 1 lb. Peas & Carrots
- 1 lb. Corn
- 20 oz. Shoe String Fries
- 1 lb. 16 Bean Soup Mix
- 1 lb. Rice
- 7.25 oz. Mac & Cheese
- 7.5 oz. Corn Muffin Mix
- 2 lb. Fresh Apples
- 8 oz. Breakfast Cereal
- 32 oz. 2% Shelf-Stable Milk
- Dozen Eggs
- Dessert

**\$41.00**

(plus sales tax where applicable)

## Back by Popular Demand

### B6 – Allergen Free Food Box

- 1 lb. Breaded Chicken Breast Nuggets
- 1 lb. Breaded Chicken Tenderloins
- 1 lb. Breaded Breast Fillet Patties
- 1 lb. Breaded Boneless Chicken Wings
- 1 lb. Breaded Cubed Steak

**\$25.00**

(plus sales tax where applicable)

## S4 - OCTOBER SPECIAL #4 \$36.00\*

- Christmas Box – for delivery in December**
- 7.5 lb. (avg.) All Natural Perdue Roasting Hen
- 3 lb. Boneless Netted Ham Roast
- 12 oz. Corn Bread Stuffing Mix (2 packages x 6 oz. = 12 servings)
- 1 lb. Frozen Cranberries
- 12 ct. Mini Corn Cobbettes
- 2 lb. Green Beans
- 2 lb. Diced Sweet Potatoes
- 12 ct. Whole Wheat Dinner Rolls
- 1.7 oz. Brown Gravy Mix (2 packages x .87 oz. = 2 cups gravy)
- Dessert
- Recipes and Cooking Instructions

Angel Food Ministries Reserves the Right to Substitute Any Items Due to Availability, Cost and Quality. We Accept Food Stamps (EBT). Angel Food Ministries is an equal opportunity provider and employer. Complaints of discrimination should be sent to USDA, Director, Office of Civil Rights, Washington, DC 20250-9410

**Angel Food Distribution**  
**Saturday, October 23, 2010**  
**West Side Christian Church**  
**9 am - 11 am**