

Pilgrim Holiness Church, Middleburgh, New York
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How beautiful upon the mountains are the feet of him that bringeth good tidings, that publisheth peace; that bringeth good tidings of good, that publisheth salvation; that saith unto Zion, Thy God reigneth Thy watchmen shall lift up the voice; with the voice together shall they sing: for they shall see eye to eye, when the Lord shall bring again Zion. Break forth into joy, sing together, ye waste places of Jerusalem: for the Lord hath comforted his people, he hath redeemed Jerusalem. The Lord hath made bare his holy arm in the eyes of all the nations; and all the ends of the earth shall see the salvation of our God.

Isaiah 52:7-10

We gather with joy to praise our loving God. Let us remember that we are children of the heavenly king and therefore related to one another. Greet one another with sincerity and kindness. Welcome to all.

ANNOUNCEMENTS

- October 23 - Friday, 7:30 PM - Zone Rally at Schenectady.
Speaker: Andrew Manley
- October 25 - Reformation Sunday - Communion Sunday
- October 31 - Reformation Day
- November 1 - Daylight Savings Ends - Set clock back one hour

It's Shoebox Time again!

There will be a special presentation about the Operation Christmas Child shoeboxes in the children's Sunday School today. Due to our church situation we will not be collecting items in a central location for the boxes, but there is a collection box for donations for mailing expenses. We encourage each one who wishes to participate to collect items and we will meet together to pack and decorate boxes. We will be dedicating the boxes on November 15.

Preparation for worship

Fill our minds with holy thoughts, O Lord, that we may think what you would have us think and worship you with purity of heart. Amen.

*SERVICES — SUNDAY: Sunday School 8:45 AM Morning Worship 9:00 AM, Cobleskill 4:00 PM,
Evening 7:00 PM — WEDNESDAY: Midweek Service 7:00 PM*

PRAYER REQUESTS

- This week we are praying for the **Geneva, Pennsylvania** church. At present there is no pastor.
- Pray for **revival** in our church and community.
- Recent requests from the Cobleskill church include **Caroline, Ann, Ruth, Cliff, Ralph, Todd, Sharon, and Laverne**.
- Pray for:
 - **Ed and Rosemary Snyder**, and the **Mincers** and the **Bowmans**, coping with fire losses.
 - Neighbors, relatives and friends with spiritual needs for whom prayer has been requested.
 - Our **young people**.
 - The renovation of our church building.
 - Conference President Case and the Council.
 - Our armed services personnel.
 - Our President, Congress, and Supreme Court, that they may make righteous choices.
- Recent requests for physical needs:
 - **Judy Williams** and **Mary Braun** (of Victory Trio), **Alberta Heckman** , **Richard Berg** (very low), **Doris Cook** (in rehab), **Doris Bates** (in hospital), **Earl Bickford**.
- Continue to pray for:
 - **Marie Rooney, Gary Vosburgh, Susan Ford, Kathy Moltzen, Noreen, Mark Vosburgh, Lillian Jamison, Duane Maxey**

Suggested Daily Scripture Reading

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>
OT	Jeremiah 31:27-32:44	Jeremiah 33:1-34:22	Jeremiah 35:1-36:32	Jeremiah 37:1-38:28
NT	I Timothy 3:1-16	I Timothy 4:1-16	I Timothy 5:1-25	I Timothy 6:1-21
PSA	Psalms 88:1-18	Psalms 89:1-13	Psalms 89:14-37	Psalms 89:38-52
PROV	Proverbs 18	Proverbs 19	Proverbs 20	Proverbs 21
	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	
	Jeremiah 39:1-41:18	Jeremiah 42:1-44:23	Jeremiah 44:24-47:7	
	II Timothy 1:1-18	II Timothy 2:1-21	II Timothy 2:22-3:17	
	Psalms 90:1-91:16	Psalms 92:1-93	Psalms 94:1-23	
	Proverbs 22	Proverbs 23	Proverbs 24	

The benefits of spirituality

A few years ago, some Canadian psychiatrists did a study to determine the effect spirituality might have on psychiatric patients. The psychiatrists interviewed 44 adult males and 44 adult females.

It was found that patients who attended religious meetings once or more weekly appeared to benefit the most. They were less depressed, had shorter hospital stays, lower rates of drug and alcohol abuse, and a longer life expectancy.

The study affirmed that regular worship can help regulate behavior and provide social resources for coping with stress and finding coherence and meaning in life.

Dr. Marilyn Baetz, who conducted the study, concluded that a patient's belief system needs to be addressed by mental-health professionals, and should in some cases involve clergy.

Happiness from God

God designed the human machine to run on Himself. He Himself is the fuel our spirits were designed to burn, or the food our spirits were designed to feed on. There is no other. That is why it is just no good asking God to make us happy in our own way. God cannot give us a happiness and peace apart from himself, because it is not there. There is no such thing.

--C. S. Lewis, *Mere Christianity*

A woman handed the postal clerk a package containing an old family Bible she was sending to her brother. The clerk lifted it, gently shook it, and asked, "Anything breakable in here?" "Only the Ten Commandments," replied the witty and wise lady.