

## A MESSAGE FROM OUR PASTOR:

DEAR FRIENDS:

### FEED THE HUNGRY!

Isaiah 58:10 instructs us to, *"Feed the hungry, and help those in trouble. Then your light will shine out from the darkness, and the darkness around you will be as bright as noon."* Isaiah 58:10 (NLT)

When I think about this verse I think about the good feeling one feels when they help someone in need. We are told in Isaiah, *"Feed the hungry, and help those in trouble."* You know, there are all kinds of trouble and all kinds of hunger in this world. There are people who are physically hungry. Our meeting participates in several feeding ministries. One where we feed the homeless, one where we provide nourishment at a soup kitchen, and one where we hand out groceries in the community. In addition, around Thanksgiving, we select six or seven families in our community and supply them with Thanksgiving dinner.

There are people who hunger for God's Word. They long for community with other believers to talk about the importance of Scripture and its life-giving application. There may be others who do not know that it is God's Word for which they hunger, and until someone brings the Word to them, they will not know it is His Word which will satisfy their hunger. Psalm 34:8a reminds, *"Taste and see that the LORD is good."* (NLT).

One can help meet the need of hunger through volunteering at a school, meeting the needs of children who \*hunger\* for love and attention. One can help meet the need of hunger through visiting at a nursing home, turning loneliness into happiness.

Regardless of how one meets a hunger need, it feels good to meet someone's need. In a way, God works through our hands when we help others. If we keep our hands, hearts, and lives closed to others then God isn't able to work through us. Maybe the people who complain that they never witness God work in our world, do so because we are falling short of meeting hunger needs in this world. What if we stand before God one day and He says, *"why did you not show Me through the life I gave you\*?"* When we open our hands, hearts, and lives and work with others and extend opportunities then something beautiful happens you reflect the light of Christ in this dark world. Isaiah reminds, *"Feed the hungry, and help those in trouble. Then your light will shine out from the darkness..."* Isaiah continues, *"and the darkness around you will be as bright as noon."* There is no arguing that the sun seems to be its brightest at noon—because it is during the noon hours that the sun appears to be at the highest place in our sky. What else does the sun do? It reflects light off of the moon, planets, asteroids, natural satellites, and comets—making them appear to be as bright as the stars. When we meet the needs of others, not only are we bringing the light of hope to the darkness, we are reflecting the light of Christ in the darkness. *"We now have this light shining in our hearts, but we ourselves are like fragile clay jars containing this great treasure. This makes it clear that our great power is from God, not from ourselves."* 2 Corinthians 4:7 (NLT)

Is there someone in your life that you can lend a listening ear or a helping hand? Your light will be pleasing to God as it glorifies Him, and you might be helping meet someone's hunger need. I challenge you, go feed the hungry.

BLESSINGS, Chuck

**SCHEDULE OF SUNDAY & WEEKLY SERVICES**

10:00 am Sunday School  
 11:00 am Worship Service  
 Nursery and Junior Church

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09/30/15—HOMELESS FEEDING in Elizabeth City

03<sup>rd</sup> 7:00 pm Ministry Counsel Meeting  
 05<sup>th</sup> 6:00 pm Choir Practice  
 6:30 pm Light Meal  
 7:30 pm Adult Bible Study with Julane  
 7:30 pm Jr. Youth – 3<sup>rd</sup> – 5<sup>th</sup> grade  
 7:30 pm Building Blocks – K- 2<sup>nd</sup> grade  
 10<sup>th</sup> 2:00 pm Elizabeth White Miss. Meeting  
 12<sup>th</sup> 6:00 pm Choir Practice  
 6:30 pm Light Meal  
 7:30 pm Monthly Meeting  
 7:30 pm Adult Bible Study with Julane  
 7:30 pm Jr. Youth – 3<sup>rd</sup> – 5<sup>th</sup> grade  
 7:30 pm Building Blocks – K- 2<sup>nd</sup> grade  
 13<sup>th</sup> MOBILE FOOD PANTRY – Hertford  
 19<sup>th</sup> *Serving at the Lord's Table* –  
 Hertford United Methodist Church  
 6:00 pm Choir Practice  
 6:30 pm Light Meal  
 7:30 pm Adult Bible Study with Julane  
 7:30 pm Jr. Youth – 3<sup>rd</sup> – 5<sup>th</sup> grade  
 7:30 pm Building Blocks – K- 2<sup>nd</sup> grade  
 26<sup>th</sup> 6:00 pm Choir Practice  
 6:30 pm Light Meal  
 7:30 pm Adult Bible Study with Julane  
 7:30 pm Jr. Youth – 3<sup>rd</sup> – 5<sup>th</sup> grade  
 7:30 pm Building Blocks – K- 2<sup>nd</sup> grade  
 29<sup>th</sup> Harvest Festival  
 30<sup>th</sup> Fifth Sunday Singspiration

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**UP RIVER FRIENDS MEETING'S MISSION STATEMENT:**

To know Christ and to make Him known.

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**FLOWERS:**

10/2 Veronica Rountree  
 10/16 Kim Owens  
 10/30 **WOULD YOU LIKE TO HAVE FLOWERS THIS SUNDAY?**  
 10/9 Jenna Caldwell  
 10/23 Marie R. Winslow Family

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**CONGRATULATIONS** to Jimmy & Tiffany Rhodes on the arrival of Olivia Loren Rhodes on Tuesday, September 20<sup>th</sup>. She weighed 7 lbs. 15 oz. and is 21 inches long.

**BIRTHDAYS and ANNIVERSARIES**

01<sup>st</sup> Lilly Mattison Winslow  
 02<sup>nd</sup> James Parks  
 03<sup>rd</sup> Anna Elizabeth Baker  
 04<sup>th</sup> **RUSSELL & BRENDA LASSITER**  
**MATT & AMANDA WINSLOW**  
**CHRISTOPHER & TABATHA BAKER**  
**SCOTTIE & SONYA WINSLOW**  
 06<sup>th</sup>  
 08<sup>th</sup> Conley Kathleen Winslow  
 09<sup>th</sup> Quincy Riddick  
 11<sup>th</sup> Carlton Rountree, T.A. Dail  
 Helene Winslow  
 13<sup>th</sup> Tommy Riddick  
 14<sup>th</sup> Archie Lyn White  
 15<sup>th</sup> **JIMMY & TIFFANY RHODES**  
 17<sup>th</sup> Lyndon White  
 18<sup>th</sup> Todd Winslow  
 19<sup>th</sup> Kay Boyce, Caden Harrison Winslow  
 20<sup>th</sup> **KENNY & PHYLLIS WATTS**  
 21<sup>st</sup> **BENITA & BRIAN SAVARIA**  
 Kelly Schroedel  
 22<sup>nd</sup> Jason Dail  
 24<sup>th</sup> **ADAM & DENA RICHARDSON**  
 David Jethro  
 27<sup>th</sup> Heather Winslow, Vevlyn Lowe  
 29<sup>th</sup> Eddie Stallings  
 30<sup>th</sup> **JUSTIN & CHRISTIN WINSLOW**



**PRAYER REQUESTS;** World leaders and those working to bring world peace. Our elders and leadership of our meeting, Jimmy Rhodes, Preston Morgan, Archie Creed, Amy Berryman, Rick Morris & family, Kay Boyce, Rebecca Spivey, Faye Lassiter, Sid Stallings, Gail Smith, Nancy McCormack's daughter, C. J. Stallings, Baby Cash and family, Carolyn & Lester Baker, Dale Hunter, Herbert & Jessie Mae Williams, Baby Carter, Carlton Rountree, Jason Warren, Tanner Sprague (Billy & Janice Winslow's grandson), Lacy Bunch, Cecil & Ann Brown (friends of Jacque in Kernersville), Melody L. White, Riki McGee, Garland Anderson, Lela Bundy, Iona Baker, Ralph Hartley, Lee (husband of Kay's caregiver), Peggy Wilcox (Richard's mother), Jackie Wiley, Tommy Chappell, Kathy Turner, Reby Stallings, Linda Givens, Marsha Dickman, Anna Spivey's son-in-law Everett Egan, Tommy Stallings, Jean Pressley (Sonya's mother), Leah Jonson, Conna Gessler, Alan Corprew, Aubrey Burgess, Sid Stallings, Robert Hall (cousin of Rose Riddick), Talynn Gurganus, Lois Faye, Paul White and family, Mary Frances Twiddy, Chad Winslow, Quincy Riddick, Lewis Stallings, Karen & Freddie Boblit, Beulah Phthisic, Anna Wrae Smith, C. F. Stallings, Abby Baker, Anna Spivey, Carey Guyer and her best friend Erica, Bill Jones, the families of Alice Jean J.W. Ward, and Juanita Byrum, our care-givers, youth, and missionaries. If you know of anyone who needs to be added to our prayer list, please contact Pastor Chuck or Catherine. Thank you.

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## **UPCOMING EVENTS:**

### **UP RIVER MISSIONARY CIRCLE:**

The Elizabeth White Missionary Circle will meet on Monday, **October 10<sup>th</sup>, at 2:00** o'clock in the Fellowship Hall. The program entitled *The Fullness of Joy* will be shared by Catherine Winslow. The September meeting met on the 12<sup>th</sup> with Etta Florence Winslow sharing the program entitled *Joy in the Divine Presence* and scripture from Psalm 16:11. We invite you to come and join us on the 10<sup>th</sup>.

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### **MOBILE FOOD PANTRY – October 13<sup>th</sup>:**

Thursday, **October 13<sup>th</sup>**, the Perquimans Chapter Mobile Food Pantry will be distributing groceries in Hertford. If you would like to participate, please contact Pastor Chuck.

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### **SERVING AT THE LORD'S TABLE at Hertford United Methodist Church:**

On Wednesday **October 19<sup>th</sup>**, Up River Friends will be serving the noon day meal at Hertford United Methodist Church to those who come by. Many thanks to those who have provided food for these meals and to those who have volunteered their time to be the hands and feet of God. Serving a meal does not always have to be for the down trodden. No matter who we serve or their circumstances, we are doing it in the name of the Lord. Plus, it is a blessing to work side-by-side in His name with each one who helps and the fellowship during the time of serving is enjoyed by each one. We owe a great big THANK YOU to Jacque Pagels for chairing this service and to those helping – thank you also.

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### **HARVEST FESTIVAL AT UP RIVER:**

**Up River's Harvest Festival** will be held on **Saturday, October 29<sup>th</sup> from 3 pm to 5 pm**. Everyone is invited to attend - there will be games, hot dogs and a hay ride. All plans have not been finalized, however please put October 29<sup>th</sup> on your calendar and we are hoping to see you that afternoon at Up River Friends Meeting. Also, please invite your friends and neighbors.

## HOMELESS FEEDING IN ELIZABETH CITY:

*The following article is about the feeding on July 29<sup>th</sup> and is being shared by Robin Winslow. Thank you so very much for sharing Robin - we greatly appreciate your contribution.*

Our Meeting participates in feeding the homeless. I have been hesitant to volunteer because I was so worried that I would mess up somehow. Robert signed himself and Hannah up for this past one (last night.) He asked me to pick up the beverages for it and said that I was welcome to come help. Even though I was still nervous, and truly I was concerned about silly things, I found that a willing heart and willing hands is really all that is required. I was nervous, yes, but ...once these beautiful individuals began to line up to be served that nervousness disappeared. My emotions ran the gamut and at times it was difficult not to cry. I had asked God to help me by filling my heart with compassion and love. That was definitely answered! The dignity displayed by each individual, the smiles, the gratitude, etc., was an eye-opening experience for me. Several individuals asked if they could take a to-go plate to a family member who was unable to get to the venue for one reason or another. Of course we met those requests. This is a fairly small area so I was saddened to see so many people in need. I was so happy to see them be able to eat their fill. Many coming through the line were cheerful, asking us how we were doing and if it was hot enough for us. (I was beyond perspiring as a true Southern lady should.) With the Lord's help I maintained a smile throughout each encounter. I would not have done anything to hurt or offend any of these beautiful souls. I left feeling blessed, yes, but my heart was still asking what more could I do. As we were leaving, two of the youngest diners shared their stories. The young man speaking with us said once he was employed he wanted to know how he could donate to the ministry because he appreciated the meal and wanted to give back. I am so glad I overcame my fear so that I could participate. I am humbled by what God has shown me. Perhaps this experience has opened my heart to what God is calling me to do. God's grace is sufficient, I wish it hadn't taken me so long to learn this. God can, and will, use even those of us who still need a lot of work. For me, that is truly humbling. I pray that he continues to give me eyes that see and a heart filled with compassion and love.

*Up River has been feeding in Elizabeth City the 5<sup>th</sup> Friday evening of the month. September has 5 Fridays and plans have been made to feed that evening.*

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**LOOKING BACK** – *(In your last newsletter we shared highlights from our 150<sup>th</sup> ANNIVERSARY. Several members shared with us at that time; and from this newsletter until the last thoughts have been shared, you will be able to read what was shared. Also, many thanks to Jacque Pagels and Lynn Lassiter in obtaining this information and pulling it together. The first one is Mark Baker)*

I have had the privilege being a member of this meeting all my life. I have always considered it to be more like a family than a meeting. Like all families, sometimes there were challenges, but they were always resolved with love and consideration for others. This meeting, thru the perseverance and faith of its members, has continued to be a center of love, compassion and worship for the community. Just in the last few years, I have seen this church body evolve into a ministry driven congregation, whose focus is always on the needs of others. I am proud to be a part of this dynamic meeting that is just beginning to realize what can be accomplished thru the love of Christ.

*Thank you Mark.*

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**NORTH CAROLINA FRIENDS DISASTER SERVICE** will be going to Evergreen, Virginia leaving Greensboro on Sunday, October 9<sup>th</sup> and returning on the 14<sup>th</sup>. *(This is the area Barbara and Larry Stallings' daughter Christie and her family live and was hit by a 165 mile tornado in February).* If you know of anyone that would like to participate in this Christian Service please call Wiley Shore at (336)-244-0528 or (336) 679-8466 or contact Pastor Chuck.

## FAITH PROMISE PROJECT:

Jacque Pagels will be spending the first six months of 2017 as Friend in Residence at the Friends School in Ramallah, just outside Jerusalem. Friends will have the opportunity to invest in this ministry through Faith Promise Giving to support Jacque and her work for God among the students, faculty, and community there. More information on Faith Promise, dates for the project, and the Friend in Residence program will be made available soon, so be in prayer that God will lead you to step out in faith and be ready to support Jacque.

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## VAN/MINI-BUS SEARCH:

At the March Monthly Meeting, it was approved to begin searching for a van/Mini bus. At the April Monthly Meeting the committee of three asked for guidelines to begin their search. The Meeting approved \$15,000 for a down payment when a used vehicle is found that will fit the needs of our youth and aging members. Russell Lassiter, Mike White, and Jacque Pagels have begun the search. They will welcome comments and input from our congregation. Please be in prayer for God's Guiding Hand to lead this committee in their search. Blessings & Peace to all.

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**THE QUERIES:** *Please take time to consider these thoughts and hopefully our meeting will grow both spiritually and numerically.*

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**SOCIAL CONSCIENCE:** Are you concerned that our economic system shall so function as to sustain and enrich the life of all? Are you giving positive service to society in the promotion of peaceful methods of adjustment in all cases of social and industrial conflicts? Do you as workers, employers, producers, consumers, and investors endeavor to cultivate good will and mutual understanding in your economic relationships? Do you intelligently exercise all of your constitutional privileges and thus seek to promote Christian influence locally, nationally, and internationally?

*To each of you who contributed to this newsletter, **THANK YOU SO VERY MUCH.** If you would like to share in upcoming newsletters, please feel free to do so – just give me a call at 297-2485 or e-mail me at [lewin@winnetmor.org](mailto:lewin@winnetmor.org). Also if you have a loved one or a friend whom you think would like to receive our newsletter – please let me know; or if you no longer wish to receive our newsletter, let me know. Thank you very much. Catherine G. Winslow*

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### **I shall not need**

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Despite the traditional wording (“The LORD is my shepherd; I shall not want”), Psalm 23 declares that God provides everything we *need* — not everything we desire.

“He makes me lie down ...” Sometimes our busyness is useful; other times it’s how we feel in control or superior to others. God knows we need to rest and sometimes must *make* us do so!

“He leads me beside still waters ...” Although we often prefer noisy distractions, God knows we need quiet to hear him and have our souls restored.

“You prepare a table before me in the presence of my enemies.” Rather than a boast (“Ha! See how God spreads a banquet in my honor while others look on!”), this is a reminder that God wants us to dine with our enemies. We might not be able to stand those people, but God pursues reconciliation.

In the process, “goodness and mercy ... follow me all ... my life.” That’s what we need the most.

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### **I’m clean!**

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Church reformer Martin Luther once had a nightmare about being judged by the devil. From a scroll, Satan was reading all the sins Luther had ever committed.

“What hope of heaven do you have as a miserable sinner?” the devil accused.

Feeling despondent, Luther remembered the cross. “There’s one entry which thou hast not made, Satan,” he said.

When the devil inquired about it, Luther responded confidently: “The blood of Jesus Christ his Son cleanseth us from all sin” (1 John 1:7, KJV).

Praise God that he sent Jesus to be our Deliverer (Psalm 18:2) so we are no longer held hostage by Satan’s accusations!

# QUERIES FOR BOYS AND GIRLS:

(Prepared by New England Junior Yearly Meeting)

Do you go to your place of worship as regularly as you can, and do you make an effort to prepare your mind for helpful thoughts during the worship? While there do you try to find out what God wants you to be and to do?

## FRIENDSHIP WALL HANGING

Make this with — and for — a special friend.

### What you need:

- Paper and pencil
- Scissors
- Cardboard
- Aluminum foil
- Tape
- Acrylic paint (red, blue, green)
- Paintbrushes
- Permanent marker
- Twine
- A friend



### What you do:

1. Trace a palm-sized heart in the center of the paper. Cut out the heart to use as a stencil.
2. Cover the cardboard with foil. Tape the heart stencil in the center.
3. Fill in the heart "hole" with red paint. Let dry. Remove stencil.
4. Cover your hand with blue paint, and make a handprint to one side of the heart. Cover your friend's hand with green paint and have him or her make a handprint to the other side of the heart. Let dry.
5. Write "FRIENDS" at the top.
6. On the back, tape twine to make a hanger.



## Friends in the Lord

Jesus offers a perfect example of friendship.  
What does he do for his friends?

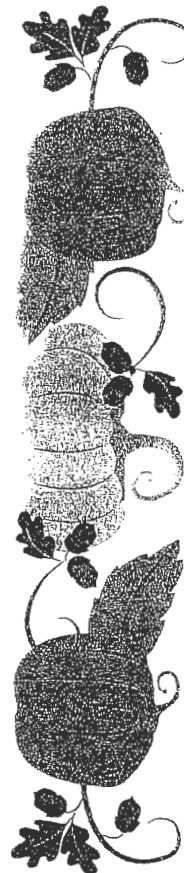
Directions: Follow the clues to fill in the blanks. Then write the completed Bible verse below.

1. Better than; rhymes with *crater*: \_\_\_\_\_
2. Opposite of hate: \_\_\_\_\_
3. Opposite of yes: \_\_\_\_\_
4. Three minus two: \_\_\_\_\_
5. Not \_\_\_\_\_ but that; rhymes with *hiss*: \_\_\_\_\_
6. To place something down; rhymes with *say*: \_\_\_\_\_
7. Opposite of up: \_\_\_\_\_
8. Opposite of death: \_\_\_\_\_
9. Best buds: \_\_\_\_\_

" \_\_\_\_\_ has \_\_\_\_\_  
\_\_\_\_\_ than \_\_\_\_\_: to \_\_\_\_\_  
one's \_\_\_\_\_ for one's \_\_\_\_\_."

JOHN 15:13, NIV

Answer: "Greater love has no one than this: to lay down one's life for one's friends." John 15:13, NIV



### LAMPLIGHTER

Up River Friends Meeting  
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