

**The Offering**

**Offertory**      *Healer of Our Every Ill*      K. Medema  
The Sanctuary Choir

*Healer of our every ill, Light of each tomorrow, give us peace beyond our fear; hope beyond our sorrow. You who know our fears and sadness, grace us with your peace and gladness. Spirit of all comfort, fill our hearts. In the pain and joy beholding, how your grace is still unfolding. Give us all your vision, God of love. Give us strength to love each other, every sister, every brother. Spirit of all kindness, be our guide. You who know each thought and feeling, teach us all your way of healing. Spirit of compassion, fill each heart. Amen.*

**\*Doxology 607**    *Praise God, from Whom All Blessings Flow  
Praise God, from whom all blessings flow; praise Christ, all people here below; praise Holy Spirit evermore; praise Triune God, whom we adore. Amen.*

**\*Prayer of Dedication**

**\*Hymn 738**      *O Master, Let Me Walk with Thee*

**\*Benediction**

**\*Benediction Response**      C. Lahme  
The Sanctuary Choir  
*The Lord Bless Us and Keep Us*  
*The Lord bless us and keep us. The Lord make His face to shine upon us, and be gracious unto us. The Lord lift up His countenance upon us, and give us peace, this day and evermore. Amen.*

**\*Postlude**      *Caprice sur les Grands Jeux*  
L.-N. Clérambault

Please join us for a reception in honor of caregivers.

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\* Please rise in body or spirit.

**WELCOME!** We are glad you have joined us to worship God. Please sign the Welcome & Sign-In Pad letting us know of your presence in worship today. If you are a visitor, we invite you to introduce yourself to our Elder of the Day, Mick Griffin, who will be available after worship at the Guest Welcome Center in the Reception Room.

**HEARING ASSIST DEVICES** and large print bulletins and hymns (in binders) are available at the back of the Sanctuary.

**BABY CARE** for infants through three year olds is available in the Mother’s Day Out nursery located in the Education Wing.

**THE OFFERING** is one way for us to respond to God. Monetary gifts to support the ministry of OPPC are greatly appreciated as are the offering of time and talents. Check out our Welcome Center for a variety of current service opportunities.

**THE FLOWERS** on the Communion Table are given in loving memory of Doug and Ida Rehlaender.

**PRAYER FAMILIES OF THE WEEK** are the Suda family, the Swanson family, Joanne Szufliita, and the Szymula/Yandricha family. Each week we highlight several families from our membership and ask you to pray for them by name during your daily devotions.

**PARK PARSONS FOOD DRIVE** is today. If you forgot your food bag, you have until noon to drop it off or make a donation to OPPC with “Food Drive” in the memo line of your check or envelope.

**MONDAY MORNING WOMEN’S** Bible Study meets tomorrow from noon until 2:00 p.m. in the Library over a brown bag lunch to discuss *Fear of the Other* by Will Willimon. Women of all ages and stages are welcome!

**GRIEVING DURING THE HOLIDAYS** will be held Wednesday, November 15, from 4:30 until 5:30 p.m. in The Meeting Place. Please join us. A light supper will be served. The program is free and open to the community.

**CHURCH DECORATING** for Advent and Christmas will take place Saturday, November 25, at 9:00 a.m. All ages are welcome! Please plan to start your Christmas season by joining us for a great time of fellowship. A light lunch is planned. Please sign up at the Welcome Center.



*A thriving faith  
community engaged in  
compassionate service.*



**Caregivers Sunday**

*November 12, 2017*  
**10:30 a.m. Worship**

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## Recommended Caregiving Resources

### Books

*Passages in Caregiving: Turning Chaos into Confidence*, by Gail Sheehy, 2011, Harper.

*Helping Yourself Help Others: A Book for Care-givers*, by Rosalynn Carter and Susan Golant, 1995, Three Rivers Press.

*The Caregiving Wife's Handbook: Caring for Your Seriously Ill Husband, Caring for Yourself*, by Diana B. Denholm, 2012, Hunter House.

*The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer's Disease, Related Dementias, and Memory Loss*, by Nancy L. Mace and Peter V. Rabins, 2012, Grand Central Life & Style.

### Websites and Organizations

**Alzheimer's Association Alzheimer's & Dementia Caregiver Center** <https://www.alz.org/care/>

**Alzheimer's Caregiver Services Catholic Charities of Buffalo**  
716-896-6388 Visit us at [www.wnyacp.org](http://www.wnyacp.org)

**Erie County Department of Senior Services,  
Caregiver Resource Center** 716-858-8526  
<http://www2.erie.gov/seniorservices/>

**Family Caregiver Alliance** <https://www.caregiver.org/>  
**The Caregiver Action Network** <http://caregiveraction.org/>

**National Association of Area Agencies on Aging**  
<http://www.n4a.org/>

**NY Connects**  
1-800-342-9871  
[www.nyconnects.ny.gov](http://www.nyconnects.ny.gov)

**United Way 211 Get Connected Get Answers**  
<http://211nys.org/> Dial 211

**Benefits Check-Up** <https://www.benefitscheckup.org/>

## Community Events

### Monday Morning Women

November 13 and 27 from noon until 2:00 p.m.

### Grieving During the Holidays

Wednesday, November 15, from 4:30 until 5:30 p.m.  
Program Leader Danielle Eadie, Bereavement Manager and  
Grief Counselor, Hospice Buffalo

### Let's Do Lunch

Thursday, November 16, at 11:30 a.m.  
Lunch and program. Reservations required  
Cost: \$10.00 per person

### Blood Pressure Screening

Sunday, November 19, at 9:00 and 10:30 a.m.

### Book Discussion Group

Tuesday, November 21, at 7:00 p.m.  
*The Unlikely Pilgrimage of Harold Fry*  
by Rachel Joyce

### Handel's Messiah

Friday, December 1, at 7:30 p.m.  
Cost: \$10.00 per person

### Service of Lessons and Carols

Sunday, December 3, at 7:00 p.m.  
Free community service!

### Viewing of "Trew Calling"

Thursday, December 7, at 7:00 p.m.

### Let's Do Lunch

Thursday, December 14, at 11:30 a.m.  
Cost: \$10.00 per person. Reservations required.

### Advent Spiral

Friday, December 22  
Soup dinner at 6:00 p.m.; Spiral at 6:45 p.m.  
Free community service!

**THE GIVING TREE** starts on Pray, Rake, Eat Sunday! It will be in the center of the Reception Room decorated with tags for the agencies we are serving this year ~ Family Promise of Western New York, the Family Justice Center, a locally based missionary, and Comforting Hugs. Comforting Hugs provides kid-friendly items to children facing long-term illness at Hospice Essential Care for Children, Special Spaces, Mended Little Hearts, Ronald McDonald House, and area hospitals. OPPC provides a tangible way for folks to spread the Good News about God's love during this season of giving.

**BOOK CLUB** will meet on Tuesday, November 21, at 7:00 p.m. in the Conference Room to discuss *The Unlikely Pilgrimage of Harold Fry* by Rachel Joyce. Please join us! There will be no meeting in December. January 16 we will discuss *Everybody's Fool* by Richard Russo.

Due to the Thanksgiving holiday the **DEADLINE** for bulletin information for Sunday, November 26, is Monday, November 20, at 8:00 a.m.

The **CHURCH OFFICE** will be closed on Thursday and Friday, November 23 and 24, in observance of Thanksgiving.

**ATTENTION SNOWBIRDS** – If you are planning on going south for the winter months, please notify Aimee in the church office of your departure date and preferred address. Thank you!

**CONGRATULATIONS** to Earl and Kaitlin Mekelburg on the birth of their daughter, Mia Anne Mekelburg, on November 3. Proud grandparents are Tom and Diane Norman.  
**Congratulations** to Gordon and Tana Brummer on the birth of their daughter, Clarke Brummer, on November 8. Proud grandparents are Dave and Mary Brummer.

**SYMPATHY** is extended to Paul and Susie Kapaun and family on the death of their son, Michael Kapaun, on November 4. A memorial service for Michael was held in our sanctuary yesterday. **Sympathy** is also extended to Kathy Currie and family on the death of her husband, Dan, on November 4. Dan joined our church on February 27, 1989. A memorial service for Dan will be held in our sanctuary on Tuesday, November 14, at 12:00 p.m.

## OPPC Calendar

### SUNDAY, NOVEMBER 12

8:30 a.m. Communion Service - Sanctuary  
9:15 a.m. Baby Care – MDO Nursery  
9:30 a.m. Education for all ages  
9:30 a.m. Food Drive – Parking Lot  
9:45 a.m. Sanctuary Choir warm up – Sanctuary  
10:30 a.m. Worship Service - Sanctuary  
11:45 a.m. Reception – Reception Room

### MONDAY, NOVEMBER 13

12:00 p.m. Monday Morning Women - Library  
5:30 p.m. Disciple Bible Study I – Conference Room  
6:00 p.m. Cardio Dance – Fellowship Hall  
7:00 p.m. Chorale rehearsal – Sanctuary/Reception Room  
7:30 p.m. Ministry Teams gather – The Meeting Place  
7:40 p.m. Hospitality Ministry Team - Undercroft  
7:40 p.m. Membership Ministry Team – Library  
7:40 p.m. Mission Ministry Team – Irene Irving Room  
7:40 p.m. Property Ministry Team – The Meeting Place  
7:40 p.m. Worship Ministry Team – Conference Room

### TUESDAY, NOVEMBER 14

9:00 a.m. Tuesdays With Tools – Meet at church  
9:15 a.m. Cooperative Preschool – Irene Irving Room  
9:30 a.m. Live Fit Be You - Undercroft  
10:00 a.m. Staff Meeting – Conference Room  
12:00 p.m. Memorial Service for Dan Currie  
1:00 p.m. Chorale Board - Library  
7:00 p.m. Advent Chorale rehearsal – Sanctuary

### WEDNESDAY, NOVEMBER 15

9:00 a.m. Health Ministry Niagara U students – Conference Room  
9:00 a.m. Cooperative Preschool – Irene Irving Room  
10:00 a.m. Mission Workshop – The Meeting Place  
4:00 p.m. Friends of Night People – Fellowship Hall  
4:30 p.m. Grief During the Holidays – The Meeting Place  
5:30 p.m. Engineering for Kids - Undercroft  
6:00 p.m. Cardio Dance – Fellowship Hall  
6:30 p.m. Handbell rehearsal – Sanctuary  
7:00 p.m. Financial Peace University - Library

### THURSDAY, NOVEMBER 16

11:30 a.m. Let's Do Lunch – Reception Room  
6:00 p.m. Pilates – Fellowship Hall  
7:00 p.m. Quaker Quilters – Reception Room  
7:30 p.m. Straightaway (12 Step Recovery) – Undercroft

### FRIDAY, NOVEMBER 17

10:30 a.m. Music With Mar – Undercroft

OPPC serves a hot meal at **FRIENDS OF NIGHT PEOPLE** on Wednesday, November 15. Please sign up at the Welcome Center to bring fresh fruit, salad, and/or cookies. Servers are also needed.

**CONGRATULATIONS** to Mark Saldanha and Marny Karassik who were married in our chapel on November 8 by Rev. Young.

**AUDIO/VIDEO SERMONS** are available on our website, [oppchurch.org](http://oppchurch.org).

#### *Sunday Morning Worship and Program Facilitators*

**Baby Care:** JoAnn Tokasz and Anne Helfrich  
**Coffee Servers:** Dave and Mary Brummer  
**Elder of the Day:** Mick Griffin  
**Flower Delivery:** Pat Boyczuk  
**Greeters/Ushers:** John and Liz Angelbeck,  
Brad Day (head usher),  
Russell Etzenhouser  
**Readers:** Members of the Health Ministry  
Team and Stephen Ministers  
**Special Music:** Susana Breese-Owens, Soprano  
**Worship Assistant:** Sherry Pomeroy

#### *The Staff of Orchard Park Presbyterian Church*

The Rev. Dr. Richard Young, Head of Staff  
The Rev. Allyn Foster, Pastoral Assistant  
Linda Babcock, Director of Education and Mission  
Gregory White, Director of Music  
Sherry Pomeroy, Faith Community Nurse  
Bonnie Arnold, Director of Handbells & Children's Music  
Deborah Babski, Office Manager  
Aimee McCann, Executive Assistant  
Deborah Galloway, Administrative Support Coordinator  
Daniel Hay, Custodian

## Resources for Caregiver Sunday

**“There are four kinds of people in the world; those who are caregivers, those who will be caregivers, those who have been caregivers, and those who will need caregivers.”**

Mrs. Rosalynn Carter

## Symptoms of Caregiver Stress

**Denial** about the disease and its effect on the person who has been diagnosed.

**Anger** at the person with health condition, anger that no cure exists or anger that people don't understand what's happening.

**Social withdrawal** from friends and activities that once brought pleasure.

**Anxiety** about the future.

**Sleeplessness** caused by a never-ending list of concerns.

**Health problems** that begin to take a mental and physical toll.

**If you are experiencing the above symptoms, please seek help by talking to your Doctor, Pastor, Faith Community Nurse, or other trusted advisor. Help is available!**

## Supporting Caregivers

Every caregiver, sooner or later, feels a sense of isolation and depression. That is when the church needs to step in and be faithful to the gospel by providing the intentional presence of the congregation. Here are some ways to help:

**PRAY** for patience and strength; **PROVIDE** them with resources – books about caregiving, information about support groups, counseling opportunities or respite care; **ARRANGE** for scheduled meal deliveries; **OFFER** to stay with loved ones; do errands; **CALL** or **VISIT** frequently; **INTRODUCE** caregivers in the congregation to each other for support; **INVITE** a church school class or other group to send notes or cards of encouragement.