

# THE TRI-COUNTY PARISH CIRCUIT RIDER



Canton Ecumenical  
Ward UMC



St. John's UMC  
Shunk UMC



## OCTOBER 2016 EDITION

---

### Operation Christmas Child Kickoff

We will once again pack shoeboxes for Operation Christmas Child!  
Collection week is November 14 – 21, 2016

#### What goes in my shoebox?

1. **Choose an age category:** 2 – 4, 5 – 9, or 10 – 14,  
Then decide if the gift will be for a girl or a boy

2. **Suggestions include:**

**A wow item:** delight a kid! Start with a medium to large item that will capture the child's attention the instant he or she opens the box. **Ideas include:** soccer ball with pump, stuffed animal, toys (puppets, trucks, etc.), doll (baby, Barbie, etc.), musical instrument, outfit, shoes.

**Other suggestions:**

**Toys:** include items that children will immediately embrace such as toy cars, yo-yos, jump ropes, balls, toys that light up and make noise (with extra batteries), etc. school supplies, pens, pencils and sharpeners, crayons, markers, notebooks, paper, solar calculators coloring and picture books, etc.

**Non-liquid Hygiene Items:** toothbrushes, bar soap, combs, washcloths, etc.

**Accessories:** T-shirts, socks, hats, sunglasses, hair clips, jewelry, watches, flashlights (with extra batteries), etc.

**Crafts:** make your own items such as hair bows, finger puppets, and friendship bracelets.

**A personal note:** you may choose to include a note to the child and a photo of yourself and your family. If you include your name and address, the child may be able to write back.

**DO NOT INCLUDE:** used or damaged items, war-related items such as toy guns, knives, or military figures, chocolate or food, out-of-date candy, liquids or lotions, medications or vitamins, breakable items such as snow globes or glass containers, aerosol cans.

**Watch the bulletin for more information!**

**The Parish Office Address is:**

The Tri-County Parish:  
103 North Center Street  
P.O. Box 313  
Canton, PA 17724  
**(Second Floor of Canton Ecumenical Parish)**

The Office phone number is:  
(570) 673-5294

(Please make sure all correspondence is clearly marked with P.O. Box 313 as without it, it is undeliverable by the US Postal Service and will be returned.)

Be sure to check out our new and improved website! There are pictures, videos, event calendars, birthday lists, past and present editions of the Circuit Rider and more!  
Go to:

**[www.tricountyparishumc.yolasite.com](http://www.tricountyparishumc.yolasite.com)**



**Like us on Facebook! (Tri-County Parish)**



**Parish Office Hours:**

**Pastor Jerry Schmidt:**

**Monday - Thursday**  
9:00 am – 3:00 pm

**Certified Lay Minister Kathy Miller**

**Wednesday**  
12:00 p.m. – 6:00 p.m.

**Administrative Assistant**

**Paula Schmidt:**  
**Monday – Thursday**  
9:00 am – 12:00 pm

**Office Hours are subject to change due to emergency calls or other unexpected events.**

**Parsonage phone number:**  
570-673-8232

**Pastor Jerry's cell phone number:**  
717-571-1159

**Pastor Jerry's e-mail address:**  
[Pastorwho@aol.com](mailto:Pastorwho@aol.com)

**Kathy Miller's Contact Information:**

570-398-7672 (Home)  
570-916-7691 (Cell)

**E-mail address:**  
[kaydeemi@hotmail.com](mailto:kaydeemi@hotmail.com)

**Paula's e-mail address:**  
**(Parish business)**  
[tricountyparishumc@gmail.com](mailto:tricountyparishumc@gmail.com)

*The Circuit Rider* is a monthly publication of the Tri-County Parish.

**Contributors:**

Suzi Fisher, Kathy Miller, Jerry and Paula Schmidt, Andrea Sutton, Susan Stull, Beverly Unruh and Dana Vermilya.

Items for the newsletter can be sent to your church's contact person or by e-mail to Paula at:

[tricountyparishumc@gmail.com](mailto:tricountyparishumc@gmail.com)

**(Please do not send items to Paula's AOL address)**

The Deadline for the November 2016 issue is Wednesday, October 12, 2016.

The Circuit Rider is available by e-mail. If you would like to have your copy delivered by e-mail, please contact the parish office or send an e-mail to Paula at:

[tricountyparishumc@gmail.com](mailto:tricountyparishumc@gmail.com).

Please help us conserve paper!

The Circuit Rider is also available at:  
[www.tricountyparishumc.yolasite.com](http://www.tricountyparishumc.yolasite.com).

If a member of your family or a friend is hospitalized, please contact the parish office (673-5294) as soon as possible. (you can leave a message after office hours) Pastor Jerry and Kathy would like to make a visit, but since hospitals discharge patients so quickly, we need to know as soon as possible when your family member is in the hospital. Also, if you or a member of your family would like to receive Holy Communion at home, please let us know so Pastor Jerry can arrange a visit. No one should go without this important sacrament in their lives.



## Pastor's Ponderings

*By Jerry Schmidt*



Greetings in the Name of the Prince of Peace, and Healer of all brokenness,

I am a preacher, administrator, Bible Study facilitator, visitation pastor, mentor, counselor, teacher, friend, dad, husband, son, brother, cousin, uncle, and I don't believe that I excel at any of these positions. Am I too hard on myself, or am I being humble? I believe there is a fine line between the two. Just when I think that I am being humble, God warns me about thinking too highly of myself. Sometimes God lets you, the people who see me daily, knock me back down to where I can see that I am nothing without the power of Christ in me to guide and lead others to the saving knowledge of Jesus, the Savior.

What do others call you? Who do they say that you are? Perhaps there are titles in the first paragraph of this letter that you would never use to describe me. That's okay. Perhaps others see you differently than you see yourself. Do you allow others to share their observations? Do you live in the glass bubble that others penetrate with watchful eyes, ears, and opinions?

If you think of those who know seemingly more of your business than you do, are they at least half correct with what they say? If they are half right, that may be what you need to work on so that the perceptions do not become completely true. It is the half-truths that seem to hurt the most. The things that I used to describe myself, may not be descriptions that you would use; therefore they are things that I may need to work on to better myself.

At this time of the year, the charge conference forms are due, as are the self-evaluations that pertain to my appointment here at the Tri-County Parish. Some of these questions can only be answered by me. Questions concerning when I make time to listen to God. When do you make time to listen to God? Not time to talk to God, but to listen to God. We are in a relationship with God through Jesus Christ. We are to listen, as well as speak our petitions for ourselves and others. My time to listen can be at the track early in the morning. I get so intent on hearing God that I forget what lap I am on in my morning routine. Sometimes I listen at the office before my office hours begin. I listen so intently that before I know it, the phone rings, or Paula arrives for work. Sometimes I forget the devotion that I am reading because I am listening for or to God. The voice of God can, and does, come at such appropriate and wonderful times of the day.

Then, I must answer the question concerning what things I am struggling with in my daily walk with God. Where do you sense that God is delaying an answer for which you cannot wait? Has God said no, and you are waiting for God to change His mind, instead of moving yourself to alter your prayer? We do not like to admit defeat, and having God turn from a request seems rude, offensive, and wrong. But haven't you lived through times when the thing that God granted is so much better than what you thought you wanted? So why do we question what God is doing? Why do we not surrender ourselves to God's will? It is when we surrender to God that we live! Let me say that again...it is when we surrender to God, that we live!

What are your accomplishments for God? And what was your part in that process? Have you humbly led people to Christ and a relationship that will last and not be broken by God? It has to be about God leading others, not our leading them; because I am not perfect, and I wouldn't want to be an obstacle of God's working in and through others.

So what are you? A leader? A teacher? A friend? I heard a wonderful story of a person making friends with a neighbor, and bringing them to worship. This person did not seem put out, or energy drained because they struck up a conversation, and became a friend. Go and do what you are called to do. Grow your territories to include all people. Allow God to decide if others are redeemable. By not inviting, talking to, and befriending others, you are judging that God cannot use that person. Others made that same assumption about me, but thankfully, another of God's children made the offer to me, and God decided because I surrendered to Him and live to glorify His Holy Name. I am not perfect, and expect that I may never be perfect, but I vow to try my best to have others see Christ in me!

In His Service,

*Pastor Jerry*

Minister's Musings

by Kathy Miller

A few months ago my newsletter page was based on the book "How to Walk into Church", by Tony Payne. This month we will explore the book's chapter on "Why Do We Walk Into Church?" I'm sure one or two possible reasons pop into your mind right away. And I'm equally sure we can all think of people we know that could name several reasons why not to attend church.

But the author offers two important answers to this question. The first is the most basic – as "Christians we belong together around God". He made us for this very purpose and saved us for it, too! Our local churches were created for that reason.

You could say it this way. We have been adopted into God's eternal family. Just as in our individual families, we gather to celebrate our love for each other, to enjoy a family dinner, share our joys and concerns, and our deep bond with one another.

So it is with our churches – except the bond we share is much more profound. We share a spiritual family bond that God has created through the Holy Spirit and our Lord Jesus Christ! Our weekly church services are like a family dinner in preparation for the gigantic family reunion we will experience in the heavenly realm. We walk into church because God calls us together as part of His plan to save and gather us around our savior, Jesus.

The second answer we find in the Book of Hebrews. The author was concerned that people were falling away from the church. In Hebrews 10:23-25 we find this admonition. *"Let us hold unwaveringly to the hope we profess, for he who promised is faithful. And let us consider how we may spur one another on towards love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching."*

As the colorful Fall Season begins, add some color to this picture. If you have a child in your home, ask them to color it. If not, go ahead, be a child again and color it yourself.

Then remember, God wants us to color our world with love, peace, kindness and service to our friends, neighbors, church family and all those in our community.



*Grace and Peace,*

*Kathy*



## Parish News

### **Canton Ecumenical Parish Annual Harvest Supper Thursday, October 6, 2016**

**5 - 7 p.m.**

Featuring Roast Beef, Mashed Potatoes and Gravy,  
Coleslaw, Mixed Vegetables, Pies, and Beverage

\$9.00 adults

\$5.00 6 - 12

5 and under free!

There will be no regular monthly dinner in October

### Prayer Warriors

The Prayer Warriors are a dedicated group that prays for our parish, our community and our world. There are members from each church in our parish. They meet every Wednesday at 11 a.m. at Canton Ecumenical. Everyone is invited and encouraged to join this group. If you have a prayer request that you would like to have lifted up, contact Paula Schmidt at 570-673-8232 or by e-mail at [tricountyparishumc@gmail.com](mailto:tricountyparishumc@gmail.com).



**St. John's Bible Study**  
**"A Life God Rewards"**  
Wednesdays at 6:30 p.m.  
At St. John's UMC  
with Kathy Miller



**Operation  
Christmas Child**  
A PROJECT of SAMARITAN'S PURSE

As seen on page one, we are again packing shoeboxes for Operation Christmas Child. We collected 135 boxes last year and hope to exceed that this year. If we all work together as a parish, we can meet this goal!! Boxes are available in limited quantities in each church. If you have any questions, contact the parish office.



## **Shunk News**

*By Suzi Fisher*



Try Sunday School at 10:00 AM. It's a real wakeup call ☺

Bible Study – watch the bulletin for starting date.

A special thank you Ken, Dan, and Wayne Quail for scrubbing the basement walls down! That was a big job and we are very appreciative.

Very special thanks to Carol Miller, Lucy Baumunk, Phyllis Quail, and Phyllis Higley for making the pasta salad for the All Church Picnic!

If you know that someone in the hospital and/or in need of prayer PLEASE contact Pastor Jerry ASAP so he can visit that person!

Be alert when you pull out of the church parking lot after church on Sundays as there are lots of folks visiting our area this time of year.



## **Canton Ecumenical News**

*By Paula Schmidt*

For information about our annual Harvest Supper, please see page 5.

The Canton Food Pantry item for October is Saltines. Thank you for your faithfulness to this local ministry, helping people in need right here in our community! Your generosity is greatly appreciated by the needy in our town.

Our annual Trick or Treat Night event will be held on October 29 immediately following the Canton Halloween Parade. We are asking for donations of bags of candy to fill the bags. You may start bringing in the candy now, so there is time to fill the bags. If you are able to help that night, please see Pastor Jerry or Paula, as we are in need of helpers this year to pass out bags and snacks.



## Ward News

*By Dana Vermilya*

Ward held its business meeting on September 8, 2016. At this meeting, business of the church was discussed and missions were given to two families with medical needs. Along with the regular business of the church, we discussed, nominated, and voted on positions that were open within our alternative minimum structure. It was also announced that the annual charge conference will be held on October 30, 2016 in Troy at 3:00 p.m.. In an effort to begin preparing for the Church Vitality Project, we have begun a new mission. We are now giving those who have been diagnosed with cancer a quilt as well as a monetary gift.

We will be hosting a Pastor Appreciation Dinner in October. Be looking for a date in the bulletin!

In the first paragraph I mentioned these three words: minimum alternate structure. You may be wondering what that is. Every year, in September, we elect those who are going to represent the church in various positions. We used to do this by filling several pages of positions that were listed for us. This was a long process, and, with a church as small as ours, there were a few people who were then filling many positions. A few years ago, Pastor Jerry brought a new method for filling these positions to our attention. It is referred to as the alternative minimum structure. The purpose of this structure is to create a council of 9 to 12 members that will give care and oversight to our ministry and church. Nominating 9-12 members one time each makes much more sense for our small church than nominating 9-12 members multiple times to fill three pages of positions. Within this structure, there are some designated roles. Those roles include: Council Chair, Lay Member, Lay Leader, Trustee Chair, Trustee Vice Chair, Trustee Secretary, 2 for PPRC, 2 for Finance. Those without particular roles should be designated "council member". Our alternative minimum structure is made up of twelve members. Our positions are listed as: 2 PPRC, Lay leader, 2 trustees, membership, council chair, and five council members. We also have three other church officers/staff listed. These include a treasurer, secretary, and organist/pianist. The two finance members for our church are the treasurer and the lay leader. Now that you have the explanation of what this is, what does it all mean?

What it means for our church is this... We have a small set of people that we depend on for decision making of the church. For example, the Trustees are the people who make all decisions about building and repairs etc. of the church. This way, we don't have to have an extra meeting to discuss these issues. Those holding the positions can make decisions for the betterment of the church. Thankfully, our church is made of an entire body of people who are constantly looking at what needs to be done and how they can help. This makes the job of the members of alternative minimum structure much easier. Thank you all for everything you do to make our church great! While we have this minimum structure in place, it certainly isn't just this group who make our church the great place that it is.

Thank you Pastor Jerry and Kathy for all you do for our church. Happy Pastor Appreciation Month!

## **St. John's News**

*By Andrea Sutton*

We were saddened by the death of a longtime friend who we never met, David Alweiss. He passed away suddenly recently in New York. Denny, Judy and her sister attended the funeral. A special offering was taken for his family.

As we welcome the fall season, we are working on becoming a church on the move. As stated last month our project is to grow. Dody Smith thought about having a "Round Up" Sunday. It took several phone calls and of course many, many people, but on Sunday, September 18th the event happened.

The first item of business was planning the dinner which followed Sunday school. It consisted of Deviled eggs, a special dip for the chips and of course prairie dogs and six shooter beans. Many people, including Pastor Schmidt, dressed in western outfits and it was suggested that when Jesus' name was mentioned during the service everyone would say "Yee Haw!" The kids did a great job and they paid very close attention to the message and songs.

After the service, Sunday school was held. During the adult Sunday school, Cowboy Buck who worked on the "Rocking J" (J for Jesus) ranch was here. He told stories about his life on the range. He had a special cowhand named Dean who was a great Christian and helped many of his fellow cowboys. Dean was on time and was a hard worker and always was reading his Bible and gave answers to workers as the Bible would have done. The many stories really brought the word of God to the class. Next, a time of fellowship was held and the children got to play games and win prizes as the "dogs" were cooked. Lunch was delicious and everyone enjoyed the time spent in Sunday school. Looking forward to next year and other upcoming events with the church on the move.

Recently during Sunday school, the disciple Paul called on the phone and talked to the adult students. You never know what is going to happen during Sunday school.

The nursery is under construction. A new floor and ceiling are being installed, with walls being painted. Thank you to all those doing the work. It will be a great spot for not only young children, but will become an additional Sunday school room as we expand.

The prayer breakfast was held this month at the home of Jim and Beverly Unruh. A very special time was held and the ten who took part had a lot to pray for because the world just seems to have major problems.

The choir will start up again in October and even though they did not sing during the summer, the special music was great.

On September 24, breakfast was served before church and again another wonderful event.

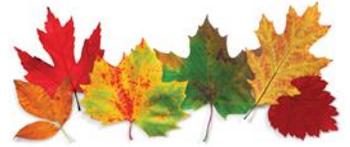
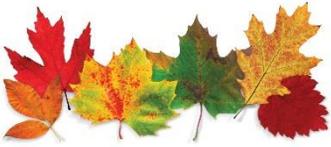
Plans are already underway to hold our annual turkey dinner with the Jacobs Brothers as entertainment. Everyone in the area is invited to come and enjoy the time of Thanksgiving together.

Other programs are in the works. Stay tuned and learn what the Church on the Move is planning to do.

If you know someone who does not attend church or Sunday school, please invite them to come. Maybe it will take two or three times, but it will be well worth your time and effort.

Anyone having suggestions on how to grow our church, please let Pastor Schmidt, or any church leader know. Special events may not be every month, but when they do occur, it is well worth it.

October will bring a fall back of the time, and Halloween. Ghosts and goblins might appear. You will never know. The Bible will help us in what we should believe, not what Halloween and the world tells us. Remember to read it daily and you will become knowledgeable and be able to answer any questions someone might ask. Be ready. Bring them in to enjoy eternal life.



# St. John's Round-Up Sunday

*Pictures Courtesy of Andrea Sutton*



## St. John's Elementary Sunday School Goes for a Bike Ride

*By Beverly Unruh*

After a great lunch at the round up, we loaded up our ponies and headed to Pine Creek Trail. We got on at the Blackwell access and headed south. Our chauffeur, Jim Unruh, headed down with the truck to the next access area, Rattlesnake Crossing. We didn't see any rattlers so we kept going and Jim kept checking on us. It was an overcast day and we had a few raindrops but they felt good. We rode a total of nine miles. At the end of the ride, the kids dipped their feet in the creek and somehow wound up getting thoroughly soaked. Just part of the adventure! On the way home we stopped for ice cream which made it a totally perfect day. The bike riders included Beverly Unruh, Travis, Danielle and Olivia Deininger.



**“To Everything There is a Season...”**

*Submitted by Suzi Fisher*

*From “The Power of the Lamb’s Blood”*

***“To everything there is a season...” Ecclesiastes 3: 1a***

Autumn is probably my favorite time of year as I love to see the beautiful foliage as it turns various shades of red, green, and gold. Then the foliage drops to the ground leaving a barren tree or bush.

Scripture talks about trees, comparing the Christian to a tree planted by the rivers of water. Jesus was so good to give us examples in nature that we can see and that help us understand His teachings.

As I watch the leaves fall, I am reminded of the need to let the things in my life fall away if the season is over. This may be habits, a specific ministry, or even intense parenting of our children. Often we feel barren when we are stripped of the familiar, but God cannot fill a place in our lives that is already full. Sometimes we need to let things fall away for the new season ahead. It can be difficult as we may feel like He has set us on a shelf and forgotten us while we are waiting for the new foliage to appear.

Following the stripping, we are to wait for our “tree” to produce again. Beautiful new leaves will eventually appear, fruit will ripen, and we will benefit from the water that has been stored up by the root system. We have been made ready for the next season.

We rejoice when spring comes and our tree starts to bear again. Hopefully we have been diligent to keep taking in spiritual nourishment to feed our “tree” so we have a bountiful supply of fruit to pass on to others.

**Pray with me:** Lord, help me to remember that You are at work on my tree of life whether I see it or not. Help me to be patient while You prepare me for the next season. In Jesus’ name I pray. Amen.

## Words Not Yet in the Dictionary

*From the Fishwrapper, August 16, 2016 edition*

**ACCORDIONATED** (ah kor' de on ay tid) adj. Being able to drive and refold a road map at the same time.

**AQUADEXTROUS** (ak wa deks' trus) adj. Possessing the ability to turn the bathtub faucet on and off with your toes.

**AQUALIBRIUM** (ak wa lib're um) n. The point where the stream of the drinking fountain water is at its perfect height, thus relieving the drinker from having to (a) suck the nozzle, or (b) squirt himself in the eye.

**BURGASCAPE** (burg' uh scape) n. When a hamburger can't take any more torture and hurls itself through the grill into the coals.

**BUZZACKS** (buz'aks) n. People in phone marts who walk around picking up display phones and listening for dial tones even when they know the phones are not connected.

**CARPERETUATION** (kar' pur pet u a shun) n. The act when vacuuming, of running over a string or a piece of lint at least a dozen times, reaching over and picking it up, examining it, then putting it back down to give the vacuum one more chance.

**DISCONFECT** (dis kon fekt') v. To sterilize the piece of candy you dropped on the floor by blowing on it, somehow assuming this will "remove" all the germs.

**ECNALUBMA** (ek na lub' ma) n. A rescue vehicle which can only be seen in the rearview mirror.

**EIFFELITES** (eye' ful eyetz) n. Gangly people sitting in front of you in an auditorium who, no matter what direction you lean, follow suit.

**ELBONICS** (el bon' iks) n. The actions of two people maneuvering for one armrest in the airport waiting area.

**FRUST** (frust) n. The small line of debris that refuses to be swept into the dust pan and keeps backing a person across the room until he finally decides to give up and sweep it under the rug.

**LACTOMANGULATION** (lak' to man gyu lay' shun) n. Manhandling the "open here" spout on a milk container so badly that one has to resort to the "illegal" side.

**NEONPHANCY** (ne on' fan see) n. A fluorescent light bulb struggling to come to life.

**PEPPIER** (pehp ee ay') n. The waiter at a fancy restaurant whose sole purpose seems to be walking around asking diners if they want ground pepper.

**ELECELLERATION** (el a cel er ay' shun) n. The mistaken notion that the more you press an elevator button, the faster it will arrive.

**PHONESIA** (fo nee' zhuh) n. The affliction of dialing a phone number and forgetting whom you were calling just as they answer.

**TELECRASTINATION** (tel e kras tin ay' shun) n. The act of always letting the phone ring twice before you pick it up, even when you're only six inches away.

**A DIFFERENT KIND OF FOCUS**

“But you, O Lord, are a shield around me, my glory, and the one who lifts up my head.” Psalm 3:3

I’ve never been much of a runner. I could never understand the type of discipline it took to plod along the hard pavement for miles on end. Then a few years ago I discovered ‘trail running’ which really connected with my love of the woods. I quickly found out that this type of running took a different kind of focus than road running. There is always a root or a rock along the path and the trail has more twists and turns, ups and downs, lefts and rights than I would ever find on the streets of Williamsport. However, I also found that if I ONLY focused on the few feet in front of me I missed out on the beauty of the woods, the feel of the trail and the anticipation of what was ahead. Slowly, I developed a rhythm of looking back and forth between the short view and the long view as I took in the whole experience while staying safe and upright along the run.

It’s a discipline we need to adopt in the local church, particularly as we head into what are typically the ‘busy months’ of the fall. Often I find myself getting distracted by the details that are right in front of me today and I begin to obsess over all that I need to do. Sometimes I find myself falling into a hypnotic state of only dealing with whatever presents itself in the moment. I forget to take the long view and I lose sight of the beauty of ministry.

I admit, it takes a certain amount of trust to keep looking up and taking the long view but it is so necessary that we don’t forget the purpose of our journey – to connect people with Jesus Christ and to transform the world around us with His love. When we forget to look around, we don’t see how God is truly using us to accomplish that mission.

May God continue to lift your head to see the joy and possibilities that God has on the path ahead.

Beth Jones, District Superintendent



Usually this is the spot in the Circuit Rider where I like to have recipes (most of them desserts...and I have included one of those on the next page... LOL)

So many people have asked what plan Pastor Jerry has followed for his recent (and continuing) weight loss. He has asked me to share what he has been doing with all of you.

It's really very simple. Basic principles of nutrition has changed his life, and mine, although I haven't experienced the drastic weight loss as of yet. You just need to get down to basics with nutrition. Each meal and snack consists of what your body needs each day to thrive. Sweets and other snacks are eaten sparingly, which for me has been the most difficult part, as I love sweets! Sweets are saved for special occasions such as birthdays, holidays, etc.

Personally, I think what has helped him the most is his exercise routine. I know you have seen us walking about town together when weather permits, but he has taken it a step further. He goes down to the track each morning, putting in at least 4 miles of walking and what he refers to as "trotting".

Below I have included a copy of the meal plan that we are following that has helped him stay off diabetes medicine and has lowered his blood pressure so much that he is off his meds for that as well!! I hope this will inspire all of you to eat a bit healthier! (sorry about the fudge recipe...)

| Meal   | List Foods eaten   | Time   | Comments  |
|--|--|--|---|
| <b><u>Breakfast</u></b><br>1 starch<br>1 fruit<br>1 milk/yogurt<br>1 fat<br>2 meat                   | <b>Write down each item eaten and when.</b>  | <b>Eat every three to four hours</b>   | <b><u>AM snack</u></b><br>Consists of something not eaten at breakfast on the list            |
| <b><u>Lunch</u></b><br>2 starch<br>3 meat<br>1 non-starchy veg.<br>1 fruit<br>1 fat<br>1 milk/yogurt | <b>Serving sizes can be deceiving on packaging. Usually they are much smaller than listed.</b> |  | <b><u>PM snack</u></b><br>Consists of something not eaten at lunch on the list                |
| <b><u>Dinner</u></b><br>1 starch<br>3 meat<br>2 non-starchy veg.<br>1 fruit<br>2 fat                 |  |  |   |
| <b><u>Evening Snack</u></b><br>1 starch/1 fruit<br>1 milk/ 1 meat                                    | (all of these)   | <b>1= 1 serving Greek yogurt is preferred, find one with the most protein.</b> | <b>3 meat= 3 oz. of lean meat</b><br><b>Canned fruit is ok, make sure not in heavy syrup.</b> |

## **Old Fashioned Hershey Cocoa Fudge**

*From Recipes of Days Gone By Facebook Page*

### ***Ingredients:***

3 cups sugar  
2/3 cup cocoa  
1/8 teaspoon salt  
1 1/2 cups whole milk, do not substitute  
1 teaspoon vanilla extract

### ***Directions:***

Line an 8 or 9 inch square pan with foil; butter foil.

In a large heavy saucepan stir together the first three ingredients; stir in milk with a wooden spoon\*. Cook over medium heat, stirring constantly, until mixture comes to a full rolling boil.

Boil without stirring, to 234 degrees F on a candy thermometer (or until syrup forms a soft ball when dropped in very cold water which flattens when removed from water). Bulb of candy thermometer should not rest on the bottom of the pan. (this can take 20 to 30 minutes).

Remove from heat. Add butter and vanilla.

**DO NOT STIR!!** Cool at room temperature to 110 degrees F (lukewarm). (This can take 2 to 2 1/2 hours).

Beat with wooden spoon until fudge thickens and loses some of its gloss. (This can take 15 to 20 minutes. It really works best if you have someone to “tag team” with.) it starts to look more like frosting than a thick syrup when it is ready. Quickly spread into prepared pan; cool. Cut into squares. Store loosely in foil in the refrigerator.

\* It is very important not to use a wire whisk or the fudge will not set up. Also just stir gently, even though the cocoa will stay floating on top, it will mix in as the mixture heats up. This recipe is from the back of an old Hershey Chocolate can.



## Tri- County Parish Events - October 2016

| Sunday  | Monday  | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday   |
|---|---|--|---|--|---|--|
|    |   |                                 |   |    |   | <p style="text-align: right;">1</p> <p>Apple Cheese Festival<br/>Fall Fling</p> <p style="text-align: right;"><i>Alex Blazer</i></p>                       |
| <p style="text-align: right;">2</p> <p>World Communion Sunday</p> <div style="text-align: center;"></div> <p><i>Irma Earley</i></p> | <p style="text-align: right;">3</p>   | <p style="text-align: right;">4</p> <p>Pastor Jerry at Preaching<br/>With Power Class</p>                        | <p style="text-align: right;">5</p> <p>Prayer Warriors 11 am at CEP<br/>St. John's Bible Study 6:30pm</p> <p><i>Mercedes Renee Carpenter<br/>Jake &amp; Susan Shedden</i></p> | <p style="text-align: right;">6</p> <p>CEP Harvest Supper at CEP<br/>5 -7pm</p> <p><i>Derek Campbell<br/>Thad Woodward</i></p> | <p style="text-align: right;">7</p> <p>St. John's Hayride at<br/>the Unruh's 6:30 pm</p>            | <p style="text-align: right;">8</p> <p>St. John's Hayride at<br/>the Unruh's 6:30 pm</p> <p><i>Shirley Rathbun</i></p>                                     |
| <p style="text-align: right;">9</p> <p><i>Joyce Castle<br/>Ed &amp; Rose Lloyd</i></p>  | <p style="text-align: right;">10</p> <p>Columbus Day<br/><i>Kathy Away</i></p> <p><i>Kay Patton</i></p>       | <p style="text-align: right;">11</p> <p>Pastor Jerry at Preaching<br/>With Power Class<br/><i>Kathy Away</i></p> | <p style="text-align: right;">12</p> <p>Prayer Warriors 11 am at CEP<br/><i>Kathy Away</i><br/>No. St. John's Bible Study</p>   | <p style="text-align: right;">13</p> <p><i>Kathy Away</i></p> <p><i>Judy Gatti</i></p>   | <p style="text-align: right;">14</p> <p><i>Kathy Away</i></p> <p><i>Chelsea Buchanan</i></p>        | <p style="text-align: right;">15</p> <p>St. John's Hayride at<br/>the Unruh's 6 pm<br/><i>Kathy Away</i></p> <p><i>Cindy Henson<br/>John Miller IV</i></p> |
| <p style="text-align: right;">16</p> <p>Laity Sunday<br/><i>Kathy Away</i></p> <p><i>Dianne Brown</i></p>   | <p style="text-align: right;">17</p> <p>Boss' Day<br/><i>Kathy Away</i></p> <p><i>Emily Jean Theobald</i></p> | <p style="text-align: right;">18</p> <p>Pastor Jerry at Preaching<br/>With Power Class<br/><i>Kathy Away</i></p> | <p style="text-align: right;">19</p> <p>St. John's Bible Study 6:30pm<br/><i>Kathy Away</i></p>   | <p style="text-align: right;">20</p>   | <p style="text-align: right;">21</p> <p><i>Louis Acampora, Jr.<br/>Ralph &amp; Carol Miller</i></p> | <p style="text-align: right;">22</p> <p>Woods Wedding at CEP</p>   |
| <p style="text-align: right;">23</p>  | <p style="text-align: right;">24</p>  | <p style="text-align: right;">25</p> <p>Pastor Jerry at Preaching<br/>With Power Class</p>                       | <p style="text-align: right;">26</p> <p>St. John's Bible Study 6:30pm</p>   | <p style="text-align: right;">27</p>   | <p style="text-align: right;">28</p> <p>Bishops Retreat Mtg<br/>at Conf. Office</p>                 | <p style="text-align: right;">29</p> <p>Canton Halloween Parade<br/>5pm<br/>Trick or Treat at CEP<br/>after the parade</p>                                 |
| <p style="text-align: right;">30</p> <p><i>Kathy Turner<br/>Ken &amp; Karen Robertson<br/>Al &amp; Sue Stull</i></p>  | <p style="text-align: right;">31</p> <p><i>Leora Wilcox</i></p>   | <p><i>Alex Robertson<br/>Madelyn Seeley<br/>Cindy Walton</i></p>   | <p><i>Dee Dee Brown</i></p>   | <p><i>Ollie Garges</i></p>   | <p><i>Jason Wright</i></p>  | <p><i>Willard Cease</i></p>  |

All events are subject to change.  
Birthdays and Anniversaries are in italics.

# Tri-County Parish October Birthdays and Anniversaries

## Canton Ecumenical

- 5- Mercedes Renee Carpenter
- 6- Derek Campbell
- 8- Shirley Rathbun
- 9- Joyce Castle
- 14- Chelsea Buchanan
- 15- Cindy Henson, John Miller, IV
- 17- Emily Jean Theobald
- 21- Louis Acampora, Jr.
- 25- Alex Robertson, Madelyn Seeley
- 26- Dee Dee Brown
- 28- Jason Wright
- 31- Leora Wilcox

### Anniversaries:

- 30- Ken & Karen Robertson
- Al & Sue Stull

## Ward

- 2- Irma Earley
- 6- Thad Woodward
- 10- Kay Patton
- 27- Ollie Garges

### Anniversaries:

- 5- Jacob & Susan Shedden

## Shunk

- 16- Dianne Brown

### Anniversaries:

- 21- Ralph & Carol Miller



## St. John's

- 1- Alex Blazer
- 13- Judy Gatti
- 25- Cindy Walton
- 29- Willard Cease
- 30- Kathy Turner

### Anniversaries:

- 9- Ed & Rose Lloyd



If you have corrections or additions to this list,  
contact Pastor Jerry or Paula immediately so we  
can keep this list as accurate as possible.

## Lectionary October 2016

October 2: (World Communion Sunday)

Lamentations 1: 1 – 6  
Psalm 137  
2 Timothy 1: 1 – 14  
Luke 17: 5 – 10

October 9: (The 21<sup>st</sup> Sunday after Pentecost)

Jeremiah 29: 1, 4 – 7  
Psalm 66: 1 – 12  
2 Timothy 2: 8 – 15  
Luke 17: 11– 19

October 16: (Laity Sunday)

Jeremiah 31: 27 – 34  
Psalm 119: 97 – 104  
2 Timothy 3: 14 – 4: 5  
Luke 18: 1 – 8

October 23: (The 23<sup>rd</sup> Sunday after Pentecost)

Joel 2: 23 – 32  
Psalm 65  
2 Timothy 4: 6 – 8, 16 – 18  
Luke 18: 9 – 14

October 30: (The 24<sup>th</sup> Sunday After Pentecost)

Habakkuk 1: 1 – 4; 2: 1 – 4  
Psalm 119: 137 – 144  
2 Thessalonians 1: 1 – 4, 11 – 12  
Luke 19: 1 – 10



The Tri-County Parish Circuit Rider  
P.O. Box 313  
Canton, PA 17724

Place  
postage  
here