



# The Looking Tree

*Love lives here, Love flows from here...*

November 2016

*Hello Members and Friends of Head of Christiana,*

## Speaking of Faith in times as these...

During these past several weeks I have been asked for my thoughts about this election season. Is there some special word of our faith to guide us? Are there words of hope that will elevate our spirits? Is there some approach healthier than declaring the entire sordid mess disgusting and sitting at home come Election Day?

Think on these things: our church values love, as commanded by Old Testament and New. Our church values compassion for the stranger, as commanded by both Testaments. Our church values peace with social justice, as commanded by both Testaments.

We are a member congregation of The Presbyterian Church (U.S.A.) and so hold as authoritative and life-breathing **"A Brief Statement of Faith"** adopted by our church in the early 1990s. Its first affirmation is, **"In life and in death we belong to God."**

**"I believe I belong to God,** who creates women and men in the image of God, so I reject any speaking that intends to divide, rather than unite, human beings.

**I believe I belong to God,** so I reject fear as lack of faith in the love, power, and justice of the Lord God.

**I believe I belong to God,** so I reject any ideology that lacks humility and grace toward others.

I lift up with passionate conviction these closing words from **"A Brief Statement of Faith:"**

*"In a broken and fearful world, the Spirit gives us courage to pray without ceasing, to witness among all peoples to Christ as Lord and Savior, to unmask idolatries in Church and culture, to hear the voices of peoples long silenced, and to work with others for justice, freedom, and peace."*

In gratitude to God and empowered by the spirit,  
we strive to serve Christ in our daily tasks  
and to live holy and joyful lives,  
even as we wait for God's new heaven and new earth,  
praying, "Come, Lord Jesus!"

With believers in every time and place,  
we rejoice that nothing in life or in death,  
can separate us from the love of God  
in Christ Jesus our Lord.

Informed by such a God, this is how I intend to live, pray, and vote.

Grace to you and peace,

*Bob*

# A NOTE FROM HILARY

Hilary Livingston

Dear Friends at Head of Christiana,

I am so pleased to be here as your new co-pastor, and I look forward to working with you over the next year. I am excited to see what God has in store for our church and our community. I will also be making an effort to get to know everyone in the church through different avenues and activities. Please be in touch if you would like to meet with me and share your hopes, dreams and ideas for the church. I will have more to say over the coming months, but I wanted to say thank you and I am looking forward to the next year together!

Blessings,  
*Hilary*



# CARE AND FELLOWSHIP NEWS

Jeanne Hastings

<b>November</b>	Nov. 06	Pot Luck
<b>Coffee Hours</b>	Nov. 13	Staff Appreciation Brunch hosted by Care and Fellowship
	Nov. 20	Pot Luck
	Nov. 27	Pot Luck

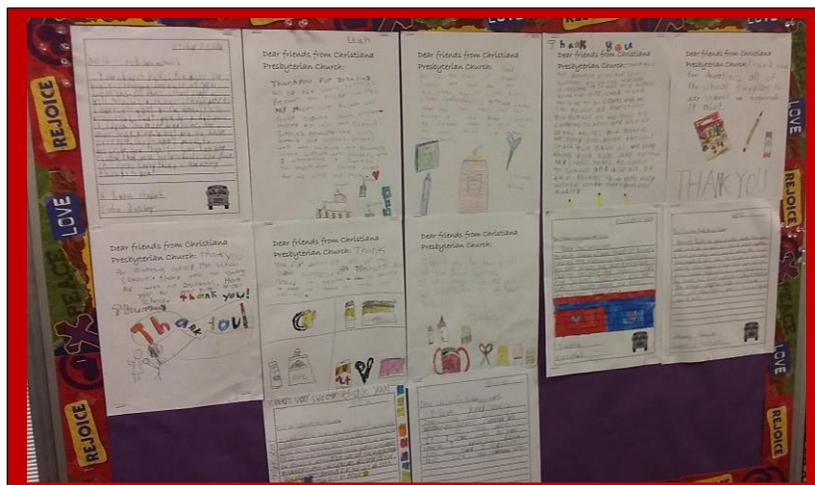


**\*\* Remember, you can offer to host a "special" Coffee Hour any time you would like. Just let Jeanne know (410-398-9416)**

*Enjoy the Fellowship.  
Volunteer to host.*

# THANKS from DOWNES ELEMENTARY

Please take a few moments to look over the wonderful, handwritten thank you notes we've received from very grateful children at Downes Elementary School who are so appreciative of your generosity and thoughtfulness by donating much-needed school supplies that many of them can't afford and would otherwise have to do without. The letters are posted on the bulletin board across from the Pastor's Study. They will definitely warm your heart!



# CHRISTMAS COOKIES

Submitted by, Margaret Holland



Christmas Cookie time for the Elkton Community Kitchen's holiday dinner on Friday, December 23<sup>rd</sup> is upon us. **We will collect cookies here at the church on Sunday, Dec. 18<sup>th</sup>.**

Please bring your contributions in Zip-loc bags – **4-5 cookies per bag.** We will need a total of 125 bags.

If you have any questions, please call Margaret Holland at 610-467-0289.

# ADULT EDUCATION

Rosi White

October 23 marked the beginning of a **new adult education class** titled, “*Half Truths*” by Adam Hamilton being led by Rosi White. It is a very thought-provoking and eye-opening look at several sayings and ideas often quoted as being “gospel,” but aren’t always what you may have thought. This book is a catalyst for launching some very lively discussion among its readers. Even if you weren’t there from the beginning, come join in, you’ll really enjoy it. It runs through November 27<sup>th</sup>. After that class wraps up, we will start a new study for the month of December titled, “*Under Wraps.*” We look forward to seeing a few new faces, so please consider being part of our study group.

## HELPFUL HINTS that really work

**Testing egg freshness.** Even though eggs have a “use by” date, they are often perfectly fine beyond that date. You can test their freshness simply by seeing if they sink or swim. Fill a bowl with enough water to cover the eggs, and then gently place them in. If they sink, they’re fresh!

**Fix a wood scratch** with walnuts. For small scratches on your dark wood furniture, gently rub a walnut in a circular motion several times over the scratch. Let the natural oils seep into the scratch for 5-10 minutes. Buff with a clean cloth.

**Dry out a wet cell phone.** If your cell phone winds up in the wash or toilet, immediately remove the battery and memory chip. Place both the battery and phone in a bowl filled with enough uncooked rice to completely cover the items. Leave for 2-3 days. Remove, and use an old toothbrush or pastry brush to gently brush away any remaining rice dust so that it doesn’t get trapped in any portals or openings. You might have saved your phone!

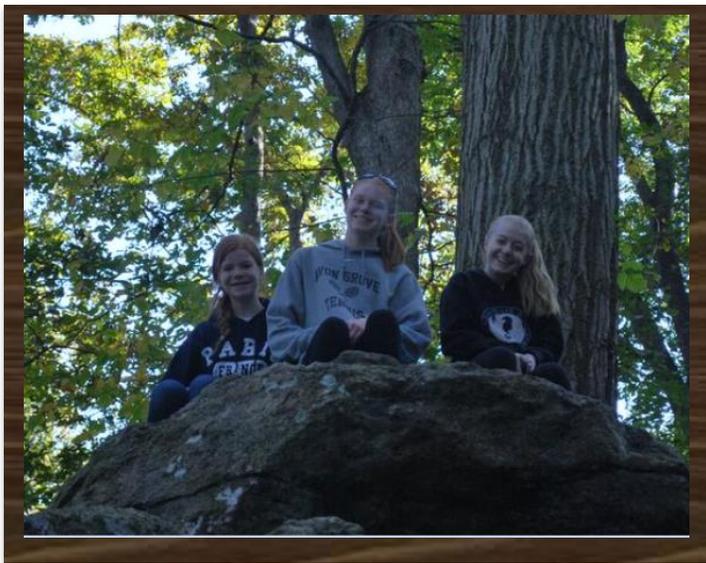
**Commission Chairs: There are still 5 planning calendars available in the secretary’s office if you would like to have one.**

# HoC FALL NATURE WALK

Photos submitted by Becky Condliffe

*Here are lovely pictures taken at the Kniskern's and along the way during the annual Fall Nature Walk on Sunday, October 16<sup>th</sup>.*





## Rethink some myths of aging and take on a new way to age well

Lost sleep, low energy and lagging libido are among the health problems that we often consider a given as we get older. New research shows that they don't always have to be part and parcel of aging. Sometimes conditions get blamed on aging, but can really be due to an underlying medical issue that can be treated, or a side effect from a drug that we are taking. Our attitudes can also have an impact. We think poorer memory and a longer recovery from illness are also part of aging. Add to that, many physicians graduated from medical school when there was little stress on geriatric conditions. Often the solution to the situation we talk about is to give us another pill.

**MYTH: YOU'LL SLEEP POORLY.** The truth is that sleep patterns do change as we age. It may take longer to fall asleep, and we have more frequent awakenings. We get less delta (or slow-wave) sleep. The deeper stage helps us consolidate memory. And some of our sleep problems come from the medications we take causing frequent trips to the bathroom. So if the changing pattern is not affecting our quality of life, it's not a problem to fix. Just watch sleeping pills for they help people stay asleep only a bit longer, and pose problems like next-day grogginess, confusion and memory problems.

**MYTH: YOU'LL BECOME FRAIL AND PRONE TO FALLING...** The truth is about 1/3 of people older than 65 fall every year. Most of the time the blood flow to the cerebellum – the brain's balancing center - the inner ear, and vision changes make it more difficult to balance and orient ourselves. Test yourselves by getting up from a chair (can you do it without the arms?), walk across the room, turn quickly, and sit down without any unsteadiness. If you have difficulty, it is best to talk with a physician who can check for underlying conditions that affect balance (a vitamin B12 deficiency, slow heart rate, cataracts, nerve damage in the feet). Perhaps a physical therapist can teach us exercises that strengthen muscles and improve balance. Taking blood pressure medicine means we need to change positions *slowly* - from flat in bed to sitting, or sitting to standing. (It's called orthostatic blood pressure: a drop as we change positions, which causes faintness, or balance problems.)

**MYTH: CONFUSION AND MEMORY LOSS ARE THE NORM...** Truth is that brain neuro-chemicals change over time, explaining the little glitches – forgetting where our keys are or the name of a friend at a party. Actually only about 20% of people experience serious problems. Talk about this with your doctor – untreated high blood pressure, high cholesterol, diabetes, sleep apnea, and depression can cause brain changes. Hearing and vision problems can make it difficult for the brain to encode information. Watch out for antihistamines as they are linked to brain impairment.

### Some symptoms do change with age!

**Heart attack** - instead of chest pain, it might be difficulty breathing abdominal pain, sweating and/or fatigue.

**Urinary tract infections** – instead of frequent painful urination it might be dizziness, confusion and/or fatigue.

**Overactive thyroid** – instead of agitation, heart palpitations, nervousness, it might be weight loss, sleepiness, depression and/or confusion.

**Depression** – instead of feeling tearful or sad, it might be confusion, forgetfulness, and/or loss of interest in our usual activities.

(This information is from an article in the Consumer Reports paper, "On Health")

# HOP TRIP to ELDRETH POTTERY

Alex Oakes

October 11, 2016

After a three month summer hiatus, the Happy Older Presbyterians were back on track for a foray to the Eldreth Pottery Factory in Oxford, Pa. We were pleased to have 14 adventurous HOPs visit the factory where we watched beautiful pottery being created from shapeless lumps of clay into true items of art, all done by hand by skilled artisans. What made this especially interesting and informative was that we were free to converse with the artisans while they created so we could learn the intimate details of pottery-making and decoration.

When we finished the tour of the factory, we had ample opportunity to browse the factory store where many HOPs took the opportunity to get in some early Christmas shopping.

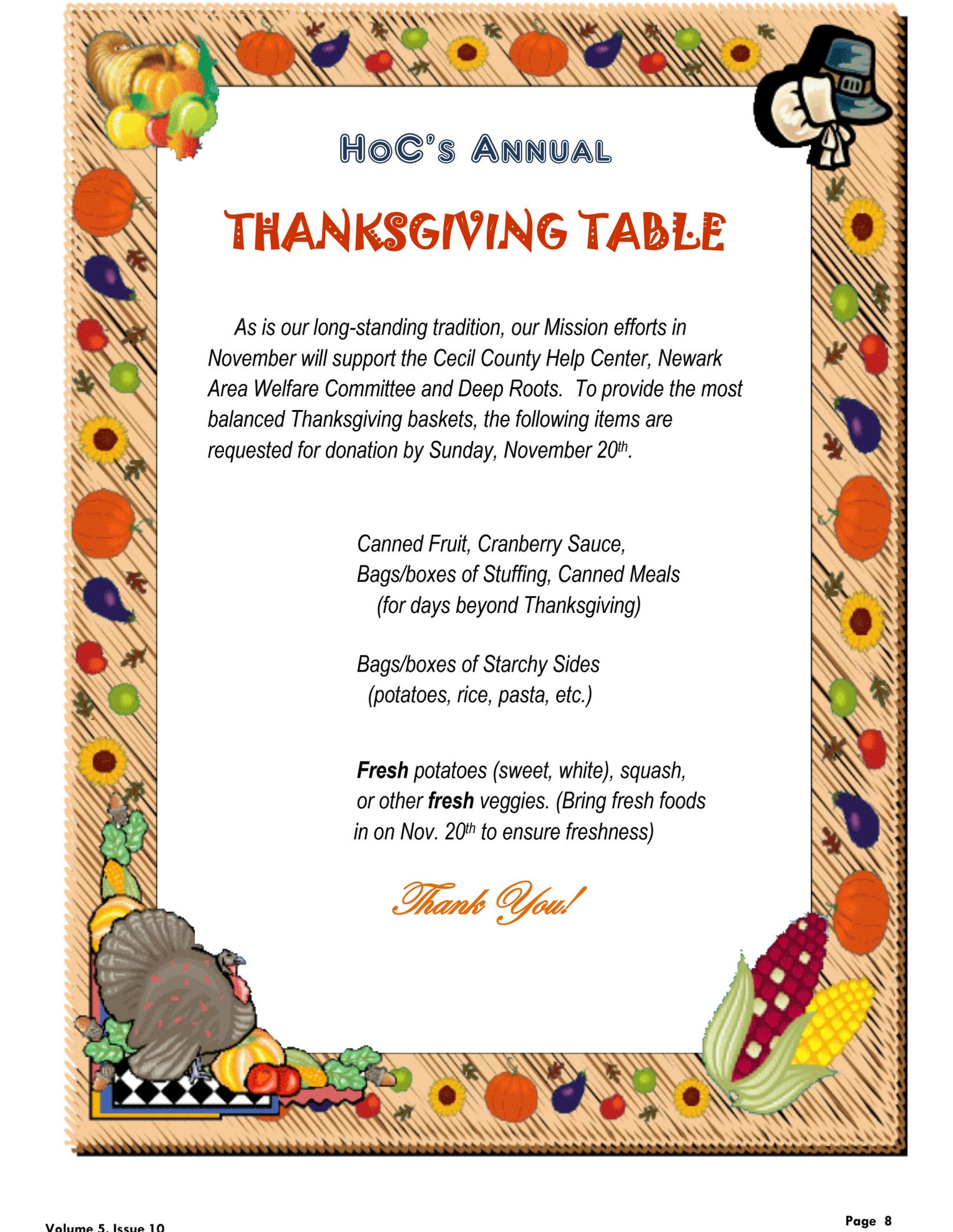


Following the tour, we all had lunch at the Wyncote Country Club in Oxford. It was a fabulous day!



*The next HOP event  
will be to the  
Delaware Art  
Museum on Friday,  
November 9<sup>th</sup>.  
We're looking  
forward to seeing  
YOU there!*





## HOc's ANNUAL

# THANKSGIVING TABLE

*As is our long-standing tradition, our Mission efforts in November will support the Cecil County Help Center, Newark Area Welfare Committee and Deep Roots. To provide the most balanced Thanksgiving baskets, the following items are requested for donation by Sunday, November 20<sup>th</sup>.*

*Canned Fruit, Cranberry Sauce,  
Bags/boxes of Stuffing, Canned Meals  
(for days beyond Thanksgiving)*

*Bags/boxes of Starchy Sides  
(potatoes, rice, pasta, etc.)*

***Fresh** potatoes (sweet, white), squash,  
or other **fresh** veggies. (Bring fresh foods  
in on Nov. 20<sup>th</sup> to ensure freshness)*

*Thank You!*



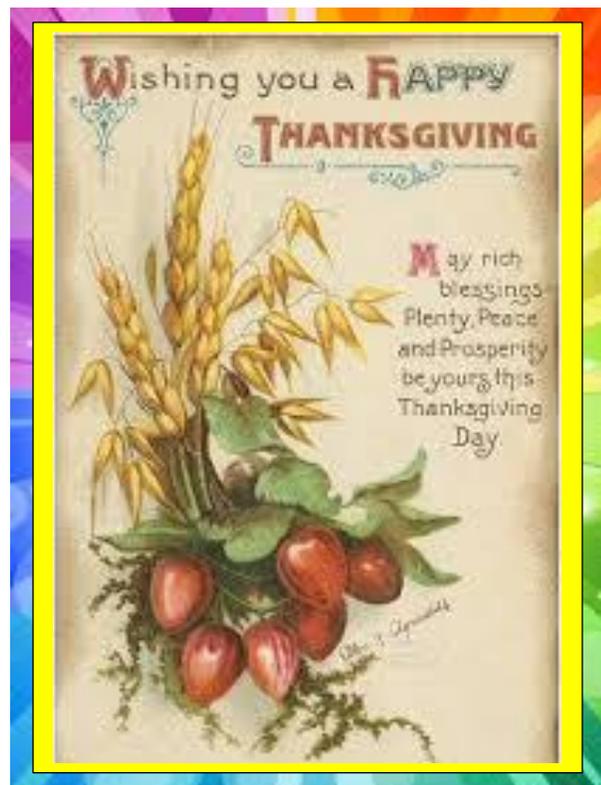
# HOC CALENDAR — November Happenings

Save  
the  
Date

Tuesday	Nov	1	3:00pm	Worship Commission
Wednesday	Nov	2	11:00am	Outreach Commission
Wednesday	Nov	2	2:00pm	Care & Fellowship Commission
Sunday	Nov	6	DAYLIGHT SAVING TIME ENDS (Clocks back Sat. night)	
Monday	Nov	7	7:00pm	Admin & Finance Commission
Tuesday	Nov	8	NEWSLETTER DEADLINE (for Dec.)	
Wednesday	Nov	9	9:15am	HOP Trip to Delaware Art Museum
Thursday	Nov	10	6:00pm	Christine Manor (using Fellowship Hall)
Friday	Nov	11	12:00pm	Hope Dining Room
Friday	Nov	11	5p-12a	Phi Sigma Pi using all HoC rooms
Sunday	Nov	13	12:00pm	Staff Appreciation Brunch (Coffee Hour)
Monday	Nov	14	6:30pm	Session
Tuesday	Nov	15	6:00pm	Mission Commission
Tuesday	Nov	22	7:30pm	Interfaith Service @ HoC
Wednesday	Nov	23	11:30am	Nifty-Wifty @ Wesley's
Thursday	Nov	24	HAPPY THANKSGIVING	



**CHOIR PRACTICE — THURSDAYS — 7:30PM**



## November Birthdays



Swirling autumn leaves of orange, red and gold, November has a beauty that's easy to behold. A birthday wish for you of happiness and more, may your days be full of what you're thankful for.

- Nov 2 Andre Marianiello
- Nov 13 Melissa Witt
- Nov 19 Anne Thomson
- Nov 19 Gerry Cole
- Nov 26 Linda Dunn
- Nov 28 Landon Gill
- Nov 29 Lillian Crispin