



## FROM THE PASTOR

I often wonder why my insurance premium keeps going up. I received a brochure in the mail from Guidestone – the Southern Baptist annuity group that was formerly called the Annuity Board. Let me share the statements that I read:

**1950** – “Protestant clergy had the lowest rate of disease for every major diagnosis, lived longer and were healthier than any other profession.”

**1983** – “Protestant clergy ranked highest in overall work-related stress and next to the lowest in personal resources to cope with that stress.”

**1999** – “Clergy were found to have one of the highest death rates due to heart disease, having a higher risk factor than any other occupation.”

Further, I read this:

“Studies of Protestant ministers showed they:

- 1) Work more than 60 hours a week
- 2) Exercise less than 30 minutes a week
- 3) Have above average stress, weight gain, and depression
- 4) Have a high rate of heart disease
- 5) 76% were overweight
- 6) Report low morale and exhaustion”

I never knew I entered into such a hazardous occupation!

## Opportunities at Portside

### **Sunday, November 9th**

- 9:45am – Sunday School
- 11:00am – Morning Worship Service
- 2:00pm – Children’s Department – Corn Maze
- 5:15pm – Handbell Choir Practice
- 5:00pm** – Young Musicians Choir Practice
- 6:30pm – Discipleship Training Classes
  - Pastor Mike- *The Prayer of Jesus*
  - Jennifer Mitchum – Beth Moore’s Daniel Study
  - Chip Hester – *How to Be Like Jesus*

### **Monday, November 10th**

**NO VISITATION TONIGHT**

**Tuesday, November 11<sup>th</sup> – Veterans’ Day- Office will be OPEN**

**Wednesday, November 12th**

5:15pm – Family Supper – Ham

6:00pm – Young Musicians – 3rd & 4th Grade S.S. Classroom

6:15pm – Children’s Music – ages 2 – grade 1 w/Mrs. O’Neal -Preschool building (2-4 yr-old classroom)

6:45pm – Business Meeting, GA’s, RA’s, Mission Friends Youth Group Meeting

7:30pm – Choir Practice

### **Thursday, November 13th**

5:00-9:00pm – Youth Fundraiser at Pizza Inn



November 9	John 14-16
November 10	John 17, 18
November 11	John 19-21
November 12	Acts 1-3
November 13	Acts 4-6
November 14	Acts 7, 8
November 15	Acts 9, 10

**CHRISTMAS PARTY** – 6-8 pm Friday, December 19<sup>th</sup> in the Youth House.



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## **JUST 4 YOUTH!**

**YOUTH FUNDRAISER** – Pizza Inn, November 13 from 5-9.

**WINTER RETREAT** – Canaan Valley, WV - January 1-4, 2009. **Final Deposit due November 23<sup>rd</sup>. Meeting after morning service (11/23) to finalize things.** (Cost \$269 - Payment in full by Nov. 23rd.)

## **J.O.Y. NOTES**

This is sure a busy time of year. We have several opportunities coming up. Please make note of the following events:

**Thursday, November 13** – Day trip to Billy Graham Museum. Leave church at 8:30am return by 7pm. See sign up sheets.

**Tuesday, November 25** – Festival of Lights, James Island County Park, leave at 4:15pm, dinner at S&S, see sign up sheets

**Friday, December 5** – 5:30pm – CBA Senior Adult Banquet – here at Portside. Cost is \$5.00. More information to come.

**Monday, December 15** – The Lowcountry Singing Christmas Tree at Summerville Baptist Church 7:30pm – cost is \$7.00. Please let Jo Anne know if interested in going.

*To have JOY or NOT to have JOY, that is the question.*

## **PORTSIDE COOKBOOKS**

The Portside Cookbooks are now available. The cost is \$10.00. If you are interested in purchasing one, please see Frances Holmes or Wilma Tyler.

(These would make great Christmas gifts too!)



## ***OPERATION CHRISTMAS CHILD***