Saint Andrews
PRESBYTERIAN CHURCH

November 2026
The Lamplighter

Ministry Spotlight: Reformation Sunday

On Sunday, October 25th we celebrated St. Andrews' Reformed heritage in worship. Many thanks go out to everyone who helped with planning and set up, to our choirs and music staff, the guest musicians, all who helped and brought treats for the reception after Worship.









From the Pastor

When I was enrolled in Clinical Pastoral Education during seminary, I served as a chaplain for the Hematology and Oncology patients (and their families) at Children's Medical Center in Dallas, TX. That is where I was introduced to Family Systems Theory and to Edwin Friedman's classic work, Generation to Generation: Family Process in Church and Synagogue. My supervisor told me that clergy who were fans of his work liked to say, "Jesus saved my soul. Rabbi Friedman saved my [behind]." That was the beginning of my appreciation for the systems approach to ministry and life in general.

Friedman was a student of Dr. Murray Bowen, a psychiatrist who developed Bowen Family Systems Theory (BFST) in the 1950s and 1960s, which views the family as an interconnected emotional unit rather than a collection of separate individuals. Friedman took Bowen's work and applied it to congregations. The theory consists of eight interlocking concepts, including

differentiation of self, triangles, and family projection. It's also taught me that an anxious leader can't fix an anxious system, nor can one family member try to control another family member's anxiety level, no matter how hard they try!

Why am I telling you this? I'm telling you because eleven and a half years ago, a young, newly ordained pastor made his way through Heffner Hall one Wednesday night and introduced himself to me. It was Joseph Tabor, a beloved former St. Andrews intern, who was in town to participate in the Leadership in Ministry (LIM) Workshop at Columbia Theological Seminary. He told me how great the program was in helping pastors apply BFST to their ministry settings. Having participated in a similar program previously in Little Rock, I signed up for the next workshop as soon as I could.

Later this month, I will be participating in my 7th year of LIM (two three-day sessions each year). They are so valuable that I have only missed when I was working on my Doctor of Ministry. In these workshops, we learn how to apply Bowen's concepts to ministry through peer-learning and theory-based leadership. Through plenary presentations and small-group work, each participant focuses on their three interlocking "families": the ministry setting, families in the congregation, and the minister's own family of origin.

Presbyterian pastors are expected to participate in continuing education, which is why our minimum terms of call include two weeks of leave and funds for programs, conferences, and activities. It's important to share with you all how I am using my time and funds, and to let you know how I continue to pursue education and development as a pastor. There are some situations in my family and in my ministry with St. Andrews that I cannot imagine having navigated without this kind of work. I hope you are all benefiting from my participation in these workshops, whether you know it or not. I am grateful that our own Rev. Melissa McNair-King will be filling the pulpit while I am out for this next workshop, and I am grateful for the time "away" (conveniently, I get to sleep in my own bed when I participate in Leadership in Ministry). Don't worry, I'll tell Joseph you said, "Hello!"

Camille

November 1 - All Saints Sunday
Legacy: For All the Saints
Revelation 7:9-17

November 8
Rev. Melissa McNair-King,
Guest Preacher

November 15
Life is a Gift
Psalm 90:1-12

November 22
Brunch Church
Ephesians 1:15-23

November 29 - Advent Begins
Rev. Melissa McNair-King
Guest Preacher



NETWorks Good Neighbor Christmas Shop

Please bring in new, unwrapped toys for children and teens for NETWorks annual Good Neighbor Christmas Shop November 8-29 to the box in the

Narthex. Click this link for more information, to volunteer, to see their Amazon wish list, or donate financially and NETWorks will shop for you.

Treasurer's Report

by Charlton Allen

In September our total income was $54,254.76, and our total expenses were $42,622.07. For the month, we are in the black $11,632.69. Year to date, our actual income is $336,535.37, and expenses are $365,727.26. So, we are in the red by $29,141.89 year to date. Due to our surplus for the month, the deficit has been reduced from last month by $11,632.69.



Brunch Church

You are invited to join us for Brunch Church on Sunday, November 22nd. Brunch starts at 9:45 am. Worship begins at the regular time, 10:00 am in Heffner Hall. The church will provide coffee, beverages, and donuts. We ask members to contribute breakfast casseroles, fruit and cheese platters, and other brunch items. Please bring them to Heffner Hall by 9:30; we'll need many hands to set up, serve, and clean up. Please sign up here. Contact Cindy Weimer or Marsha Ashby for more information.

Stick around after worship for our annual Hanging of the Greens. As we prepare our campus for the Christmas season, many hands are needed for tasks of every ability level. Join us!

SAPC Staff

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Visit our website

Giving

Online giving applies to your pledge just the same as a paper check. Secure online contributions can be made by clicking this link, or checks can be mailed to: SAPC, 4882 Lavista Rd, Tucker, GA 30084

GIVE NOW
through the Presbyterian Mission Exchange

Collections for NETWorks

Our collection of food and hygiene items for NETWorks is going well. Thank you for your ongoing generosity to our neighbors. Please keep bringing in shelf-stable food and hygiene items like adult diapers, poise pads, maxi pads and tampons to the collection bins in the Narthex. Alternatively, monetary donations to NETWorks may be made directly here.

Realm Is Almost Here

Stay tuned for an announcement in the next week or so that the Realm app is ready for download and congregational use.

Spring Adult Retreat to Montreat

April 13-16, 2027



The 2027 Retreat at William Black Lodge (WBL) at Montreat is set for April 13-16, 2027. It is time to send in your deposit to save your spot. The prices for a single room, double room and a room with a king bed are the same as last year but WBL is asking for a $100.00 deposit per room to save our space. If you are sharing a room then it would be $50.00/person and single rooms would be $100.00. If you need to know more about the total cost, please contact Pat Baker. Please email or call Pat of your intent to attend the retreat ASAP or by the end of November, at the very latest. Your deposit is due by the end of December. Please send your deposit check to the church, or pay online using the Trips and Retreats option and put Montreat in the subject line or notes.

The program this year will be presented by Miatta Wilson, Associate-Christian Formation/Around the Table, PCUSA. The theme is Earth and Creation Care with a focus on the Psalms. Depending on the show, we'll probably also go back to the White Horse in Black Mountain one evening.

Older Adult and Caregiver Ministries

by Pat Baker

Older Adulthood Discussion/Support Group

On November 19th we'll start a three part discussion (the other two parts will be in January and March) with Rev. Tom Edmondson on Values and Virtues: Meaning in the Later Years. Rev. Edmondson will be basing the discussion on 1 Corinthians 13 and 1 Thessalonians 1:2-10. The lessons will pair the theological virtues of Faith, Love and Hope to Viktor Frankl's meaning triad: creative, experiential, and attitudinal values. The first session will be on Faith is Creative, second session: Love is Experiential, and the third session: Hope is Attitudinal. Please join us at 10:30 in the meeting room.
Looking ahead; on December 17th we'll spend the hour (10:30-11:30 am) exercising your brains with Brain Teasers, Suduko, Rebus Puzzles, Word Searches and Rhyming puzzles. No previous experience needed. Come and join your friends for some Christmas treats, hot cider, and brain challenges as we close out 2026.

Tai Chi for Arthritis and Fall Prevention

We are hoping to hold another session of Tai Chi starting in late January through March on Wednesday and Friday afternoons. Watch for more information soon and please let Pat Baker know of your interest.

New Beginnings

The New Beginnings Adult Day program is going GREAT! We could still use a few volunteers as substitutes in case a regular volunteer is sick and also additional volunteers who can come at least once a month. If you have questions please contact Pat Baker.

Please call or email Pat if you have any questions about the discussion, the retreat, or the New Beginnings Program

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Clifton Sanctuary Ministries

There are spots available for upcoming dates to bring food to Clifton. For more information or to sign up, click here. This ministry is a very easy thing to do since meals are dropped off on Clifton's front porch after calling ahead to let them know when you are coming.

A group gathers on the 4th Sunday of each month after worship to make lunches for Clifton. If you are interested in helping, contact Phyllis Bearden.

November Birthdays

3rd Louis Todd
6th Bill Beeson
7th Pat Zrolka
8th Janet Shiver
10th Heather Morse, Melissa McNair-King
12th Mary Evans
13th Deb Chambers
14th Betty Weber, Linda Weaver
17th Tami Phillips

Our congregation feeds the men at Clifton Sanctuary Ministries on the fourth Sunday of every month.



Flowers for Worship

Click this link to sign up to bring flowers for worship in the coming month. The flowers can be from your yard or a shop.

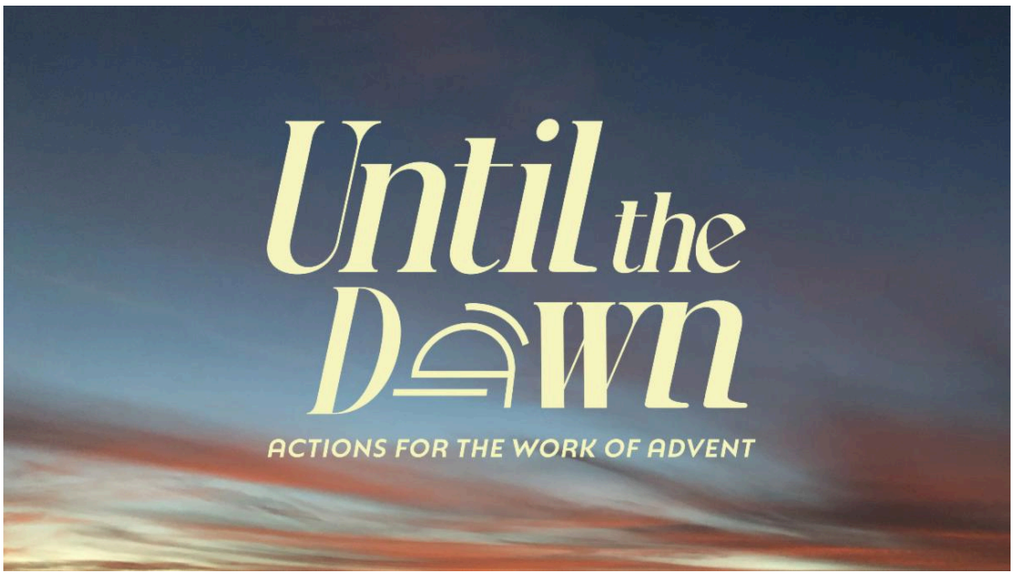
22nd Shannon Maloney
25th Peggy Heffner
26th Marianne Pattillo, David Shiver

November Anniversaries

2nd Paige & Craig Kubik
29th Charlie & Elizabeth Sullivan

39ers

The 39ers are a group that meets for lunch and fellowship at noon on the last Tuesday of the month. The 39ers will take a break in November and December and meet next in January of 2027. Everyone is welcome!



Advent begins Sunday, November 29th

Our theme is Until the Dawn. We will use materials from Sanctified Art. Advent prayer calendars for children and Advent devotionals, which include prayers, journal prompts, reflections, and visual art, all inspired by our scripture texts for the season, will be available in the Narthex and in the breezeway outside the church office beginning November 22nd. Stay tuned for details as we approach this season of anticipation.

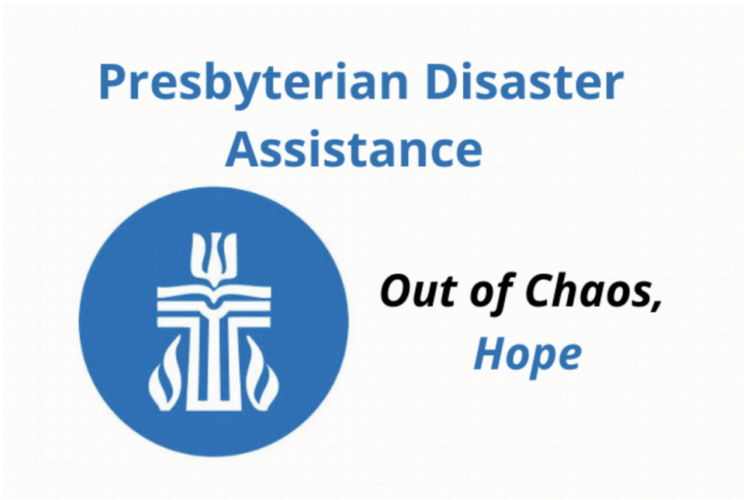
Upcoming Election

Perhaps you've heard, there's a general election coming up on November 3rd. You can check your registration and see your poling place at the My Georgia Voter Page.

Out of Chaos, Hope
Flood, Hurricane & Wildfire Response and Relief
by Presbyterian Disaster Assistance

Presbyterian Disaster Assistance (PDA) is a ministry of the Presbyterian Church (U.S.A.) which enables congregations and mission partners to witness to the healing love of Christ through caring for communities adversely affected by crises and catastrophic events. PDA has deployed National

Response Teams to the Texas Hill Country flooding, Spring tornados, Southern California wildfires, Florida, North Carolina, and Georgia to support the congregations and communities affected by the natural disasters. They also aid refugees and asylum seekers as well as respond to incidents of public violence, like mass shootings. When you are not sure what to do besides offering thoughts and prayers, supporting PDA is a way to do more. If you would like to contribute a financial gift to support PDA's immediate and long-term work to rebuild and recover, you can give using this link.



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