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September 23rd, 2020

### **Old things and Sure things**

*The Psalms are not only the songs of prophets inspired by God, they are the songs of the whole Church, the very expression of her deepest inner life.*

-Thomas Merton

Recently, I've been moving to old things for support and spiritual nurture. The Psalms have been the heart of Protestant hymnody and prayer life for centuries. They are a good resource for a regular life of prayer today. They've been used by people in hard times for many years.

You may simply want to read a psalm out loud morning and night. You may want to pick out a few of your favorite Psalms and repeat them throughout the week. If you want some assistance, you can purchase "Praying the Psalms" by J. Barrie Shepherd on [thrifbooks.com](http://thrifbooks.com). Or if you want a very contemporary but classical "saint", there's no better than Thomas Merton. You can find "Praying the Psalms" by Thomas Merton at Liturgical Press ([litpress.org](http://litpress.org)).

As we've been forced to move on-line for communication, I've found myself turning to another old thing. (You may laugh!) I've been bitten by the fountain pen bug. I'm delighting in nibs, ink, and good paper. I think there's a value in real things like paper and cards and letters. It is a wonderful corrective to the abstract ways of digital communication.



And you? What old things are keeping your spirit up these days?

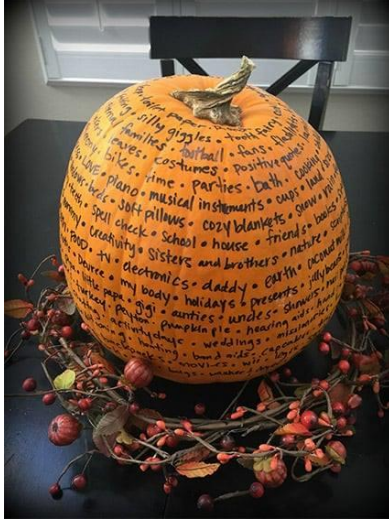
Blessings,

Rebecca

Photo by Laura Chouette on Unsplash

## Pumpkin Day!

Want to start a new family tradition that will teach your kids about thankfulness? Every night for the month of November, gather as a family, and add a few items to your Thankful Pumpkin!



We will begin our Thankful Pumpkins all together on **Sunday, October 25th at 2 pm** in the Fellowship Hall. We will provide the pumpkins and sharpies – you bring your family! (It is perfectly ok to do this as a single person too!)

When Thanksgiving rolls around, you'll have a beautiful Thanksgiving decoration!

If you plan to come, please contact the church office and give Emmie your name(s) so we know how many sharpies and pumpkins to buy.

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## Church Hike at Yates Mill

Please join us for a hike! All church members and friends are welcome. We will be enjoying nature and each other's (socially distant) company at Historic Yates Mill! We had such a wonderful time on the last hike at Durant Nature Preserve that we can't wait to do it again.

The hike/walk will be on October 18<sup>th</sup> at 2pm. More details to come, but pop this on your calendar!



## **Contemporary Adult Sunday School**

Sunday September 27, 9:30 AM via Zoom

A survey of most of the participants of our ZOOM class on the 13th were positive or neutral about using the class time for discussion only and hence we all needed to view the TED talk before class. We will do that this Sunday as well.

You will receive another email later with the way to get to class as it may be different this Sunday.

Elizabeth Dunn: *Helping others makes us happier — but it matters how we do it\**

[https://www.ted.com/talks/elizabeth\\_dunn\\_helping\\_others\\_makes\\_us\\_happier\\_but\\_it\\_matters\\_how\\_we\\_do\\_it](https://www.ted.com/talks/elizabeth_dunn_helping_others_makes_us_happier_but_it_matters_how_we_do_it)

Research shows that helping others makes us happier. But in her groundbreaking work on generosity and joy, social psychologist Elizabeth Dunn found that there's a catch: it matters how we help. Learn how we can make a greater impact -- and boost our own happiness along the way -- if we make one key shift in how we help others. "Let's stop thinking about giving as just this moral obligation and start thinking of it as a source of pleasure," Dunn says.

The Golden rule exists in some form in most religions - sometimes in a positive sense, sometimes in a negative sense. In the positive sense we are commanded to "Do." But why do we do it? Reluctantly, or for our own benefit? Or does it matter?

Elizabeth finds that it matters in many cases.

What examples can you think of? Any counter-examples?

\*If you can understand the talk better with subtitles, there is a way to do so that doesn't too long to set up.

1. Go to the URL above and when it is open, don't start it.
2. In the upper-right part of the screen where it says "Share" click on it.
3. In what pops up where it says Subtitles off, click on it and then click on English
4. Download it and when it is finished click on it to open it
5. Proceed as you would if you were watching the URL

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If you need assistance with shopping or other errands, or can assist with these needs, please contact Emmie ([office@saintgiles.org](mailto:office@saintgiles.org)).