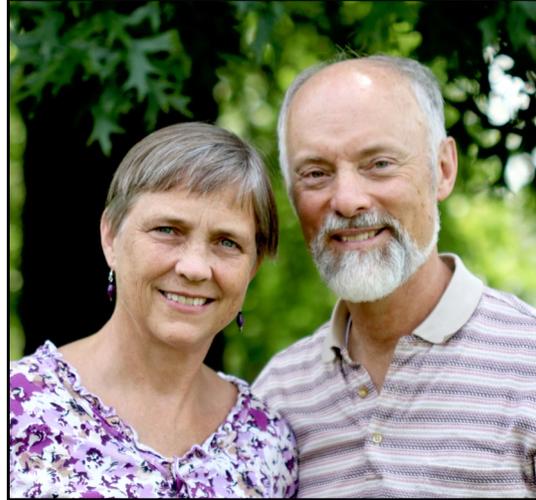


Connecting with Jim and Sara Wiegner

Sara and Jim met in college. They were taking a course in “World Hunger,” and Sara introduced Jim to More with Less, sold him a copy of the book. They still have the book, torn covers and all. Their common interests, sparked in college, have continued with many more added to the mix.

They were students at Bethel College in St. Paul, Minnesota, graduating in 1979 and married a month later.

Sara came to college from Argentina where she had been in seminary. She began seventh grade in Argentina, learning Spanish, and then to high school in a girls’ Normal School.



That was one stepping stone. Sara Larson was born in India, the sixth of nine children to Baptist missionaries who spent twenty years in northeast India. The seed of faith was nurtured in Sara as a child as her mother prayed with her each night. Both of her parents modeled God’s love to all people without discrimination.

Life was rich for Sara in this community of Muslims, Hindus, Animists, and Christians. Her nanny lavished her praise on Sara’s efforts to pound laundry on a rock, to balance a jug on her head, or to identify edible ferns. She was fascinated as she watched women weave designs on looms.

At age seven, Sara left home with older siblings to attend boarding school in northern India, three days by train. This was a difficult period of time, being separated from parents for the school year. Letters from home kept them connected. The house mother comforted Sara with singing and ukulele after lights out. Three years later when her family left India, Sara felt deep pain in losing the only home she knew.

From India, the family was assigned to a mission in Argentina. Life was uncertain as Sara was again separated from her parents when her brother was very ill. However, her parents’ love for Sara and the help of others taught her resilience and enduring strength.

As a teenager, Sara felt like a stranger in her own country. Even as she felt loved and cared for by the church community in Isanti, Minnesota where family returned on leave, she realized that she didn’t belong in this country or in Argentina. Sara had many questions about faith, life and cultural identity. She chose to be baptized in their home church, as an affirmation of God’s ongoing work in her life, her commitment to follow Jesus and participate in a community of faith.

Sara values how her experience as a missionary kid continues to nurture her sense of connection to people and a need to live mindfully in the world. It was this sense of values that played a role in her meeting Jim in college, where they discovered common threads of commitment and vision for service.

Jim came to Bethel College from Eau Claire, Wisconsin, where he grew up as youngest of three boys. Father was a Baptist pastor for forty years. Jim felt at an early age, that God had a plan for his life far beyond Wisconsin. The rest began to unfold as he went to college and met Sara.

Jim met many missionaries who passed through their home as he was growing up. His mother had a passion for

Inside this issue:

	Page
<i>Pray for One Another</i>	3
<i>Nickels for Neighbors</i>	3
<i>Scenes from AMC & beyond</i>	4
<i>Diamond 5K & Fall Fest . .</i>	5
<i>Glance at Anxiety/ADNet . .</i>	6
<i>Conscientious Objection . .</i>	7
<i>November and Beyond . . .</i>	8
<i>November Birthdays</i>	9

Worship Schedule

Nov. 5 . . .	Rachel Nolt
12 . . .	J.W. Sprunger
19 . . .	Rachel Nolt
26 . .	Herman Bontrager

cross cultural ministries and was involved in women's ministries. Jim served in youth activities and local missions that included recycling and service projects.

During his years in public schools, Jim participated in many recognized school sports such as cross-country running, downhill skiing, wrestling, and tennis. He played the cello in orchestra from grade school through university.

Jim's first experience abroad was to Europe, an amazing time that exposed him to culture and language beyond his comfort zone.

Coming of age at the end of the Vietnam draft period, Jim had to face the question of whether it was right for Christians to participate in war. Through prayer, counsel, and Bible study, he chose to register as a conscientious objector.

At Bethel University, his faith and convictions were challenged by engaging in the lives of marginalized people. Jim chose to major in Political Science since most of the classes he wanted to take focused around the themes of non-violence, economics, politics, and faith.

When Jim and Sara were married after graduation, they felt called to live out their faith and serve cross culturally. They chose to move into the economically depressed area of St. Paul, to become part of the community they wanted to serve.

This was a transformative time for Sara and Jim as they lived their witness in the community for four years. It was during this time that Anna was born.

From the inner city, Jim and Sara joined MCC as volunteers in Bolivia where Peder was born. Jim taught in a rural high school and Sara worked with literacy education, empowerment of women, nurturing people's faith while challenging the church to be relevant in the lives of those caught in domestic violence and poverty. These have been some of the most fulfilling years of her life. She was encouraged and nudged to pursue theological training, which Sara saw as a confirmation of what God had been leading her toward all along.

While teaching in Bolivia, Jim saw the need to do fundraising, economic and community development. This was the motivation to pursue further training in these areas.

They came to Ephrata to settle as Jim enrolled in graduate studies at Eastern University. School, buying a house and welcoming their third child David, was all happening in tandem.

Jim found that the studies at Eastern confirmed his experience in economic development and proved a theological foundation for engaging in holistic mission.

It was during this time that Jim and Sara began coming to AMC while Urbane Peachey was pastor. They were looking for a Mennonite church with a strong peace program as well as strong education for their children. Here they found a community that understands their feelings of dislocation in their many moves, their global perspectives and desire to be involved in a wider mission, as well as commitment to peace.

With AMC as their base, Jim and Sara accepted a mission assignment in Mexico, and later in Costa Rica.

Sara and Jim chose to return to this country to be more available to their young adult children as they negotiated independence and studies. Jim accepted an invitation to serve in the office of International Ministries of the American Baptist Church. He found this work to be faith, centered with his personal conviction that everything we do is spiritual.

Sara entered the M.Div. program at Lancaster Theological Seminary. Through counseling and CPE, Sara confirmed her passion and gift to be a presence to others in their journey of faith.

This training was timely when Sara was asked to apply for a chaplain position at Hospice and Community Care. Her language and culture experience fit just what they wanted, to work in a diverse urban setting with a growing Latino population. Sara recalls the comfort she felt making her first visit to a patient from the Dominican Republic who spoke minimal English. She sees this as who she is and continues to become.

Hospice work has given Sara the opportunity to walk with immigrants and refugees from around the world, in-

cluding those who come from an area close to her place of birth. The world she once traveled has now come to her in her cross-cultural ministry. Last year her American Baptist church ordained her to this ministry of chaplaincy.

Jim closed the chapter with International Ministries this summer after serving in his role since 2005. When doors close, the next door opens. Jim has been invited by MCC to serve as East Coast Donor Director beginning next month. This feels like coming home to Jim, having been in previous MCC service.

Sara and Jim enjoy their backyard garden on the edge of Akron where they raised their three children, now married and living in the Philadelphia area. They enjoy visits from them and especially their two grandsons.

Sara enjoys music and playing the guitar. Jim likes sports, biking, fishing, carpentry, reading, and photography/video work. They both value connections and make a point of staying in touch with friends near and far.

Pray For One Another

James 5:16

The purpose of “Pray For One Another” is to help us be aware of and pray for members of AMC who, for whatever reason, are unable to participate in Sunday morning worship services on a regular basis. Scripture **admonishes** us to pray. It is one of the joys of the Christian life and part of what makes us community. The names of people listed November change from time to time. If you know of someone you would like to be included with those named here, please be in touch with the church office.



Charlotte Biris

Al Claassen

Carolyn & John Horst

Paul Martin

Philip Rutt

Amela & Randy Puljek-Shank



Nickels for Neighbors nets a record \$902.41 (plus a few surprises)!

AMC's 2017 Nickels for Neighbors collection set a new record: \$ 902.41!

Here's what we found in the jars:

4—\$20 bills	1—\$10 bill
5—\$5 bills	146—\$1 bills
2—\$1 coins	3—\$.50 coins
1,353 quarters	1,745 dimes
1,245 nickels	5,133 pennies
2 rolls of pennies totaling \$1	
1 guitar pick	1 large safety pin
1 brown button	

Assorted tokens for car washes and arcades
Currency from Canada, Europe, Bosnia-Herzegovina, New Zealand, England, Cayman Islands, China, Colombia, Switzerland, Spain, and Mexico. Additional funds came in after the final Sunday of the collection.

(If you are missing a guitar pick or button, these can be claimed in the church office.)

Scenes from AMC and beyond . . .



How many apples does it take to make 8 gallons of apple sauce? All of these good apples that's who! A hardworking team came together at Connect! on October 11 to make seasonal sauce for an upcoming Ephrata Community meal. A tasty way to find friendship in community.



AMC Team helps out at Camp Deer Park

Six AMC'ers spent October 9 to 13 building at Camp Deer Park in Westbrookville, NY. Pictured below are Jan Brubaker, Jerry Shank, Hans Peter Neufeld, Tim Nancarvis, John Weber, and Clyde Martin.



MYF Upcoming Events:

- Nov. 4: Movie night at Seraphina's house
- Dec. 9: Supper Club at Susan King's
- Jan. 14: Supper Club at Karen & Kevin King's



Please send your submissions for the December newsletter to Rebecca by Monday, November 27. Thanks!

Diamond 5K and Fall Fest

The first annual Diamond 5K Walk/Run was held on October 21. More than 70 runners and walkers traversed the local countryside on a beautiful fall day. The DSECC Fall Fest on the grounds of AMC was held afterwards. DSECC families, staff, and guests from the community enjoyed food, crafts, and games.



Special thanks goes to Tim Nancarvis, event coordinator, and the many volunteers who helped make it a success!

Photos courtesy of Lloyd Chapman

A Glance at Anxiety

The following is an article from the August 2017 edition of a Research Study Newsletter called Bipolar Genetics. It is written by Fabiana L. Lopes, MD, PhD from the National Institute of Mental Health.

Anxiety is a natural feeling of unease. It helps prepare us to protect ourselves when we are scared. It is normal to feel anxious or nervous. However, when ordinary and non-threatening situations make you feel an intense panic or worry, it can be very harmful.

Anxiety has officially been a mental illness for more than one hundred years. However, anxiety isn't just one disorder. It can look and feel very different depending on the reason a person is feeling anxious or fearful. For example, there is social anxiety, specific phobias, panic disorder, and generalized anxiety. Anxiety also has effect on a person's body. Many people may feel chest pains, stomach cramps, or dizziness. Some people may even faint or feel as if they are being choked.

But, what separates anxiety from fear? Anxiety is an extreme uneasiness towards things that pose little to no threat. Anxiety, unlike fear, is a constant worry and avoidance of situations. It is not unusual to see people with anxiety missing work or school, avoiding places like supermarkets, or refusing to leave their home unless accompanied by a trusted person.

People can always feel anxious or fearful when they are stressed. However, this is not considered an anxiety disorder unless it disturbs a person's functioning. These decisions are based on professional judgements. Anxiety disorder is the most common type of mental illness. According to a study, 1 in 14 people around the world have anxiety. Additionally, 1 in 9 people will suffer from anxiety in any given year. Women are also more likely to get anxiety disorders for reasons we still do not know. Anxiety can appear when a person has a condition such as asthma, cancer, or mood disorders (depression and bipolar). It can also appear if a person has used an excess of alcohol or drugs.

There is a chance that anxiety disorders may run in families. Findings from studies about diseases tell us that there is a 30-50 percent chance of anxiety being passed down from family member to family member. Genes are a part of your DNA that carry information which help determine your traits and features. There are specific gene differences that might be connected to having a certain disease. Scientists are still trying to confidently identify the locations of the gene differences for anxiety disorders. There is also a chance that many genes are involved in anxiety, with each gene having a very small effect. Understanding the role of genes in anxiety is still a very new topic, and researchers have a lot to learn.

Studying the brain is also important to finding out more about anxiety. Brain imaging studies help us see the structure of the brain. These studies show that, during times of anxiety, some parts of the brain are overactive when producing emotions. It is also shown that having weak control of the center of the brain, which controls logic, could play a role in anxiety disorders.

If you don't treat anxiety, it might not go away. The good news is that there are effective treatments available. These treatments can help improve the lives of patients with anxiety disorders. The main treatments include anti-depressants and counseling. It has been reported that either treatment may benefit more than 50 percent of people with anxiety disorders.

In conclusion, anxiety disorders are a common illness worldwide. Anxiety is still far from being understood, so more research into anxiety is useful. With your help, we can find out what causes anxiety disorders and help those who are suffering from them.

~Submitted by Marilyn Langeman



CONSCIENTIOUS OBJECTION TO MILITARY TAXATION

Because of deeply held religious, moral and ethical beliefs, many experience a moral dilemma when required to pay federal taxes that underwrite war-making and militarism.

What moral injury do we suffer when we pay for war while praying for peace? Is it possible for people who don't believe in violence to actually pay for war? What a struggle of conscience!

John Steen, in a 1969 leaflet entitled "Death and Taxes," challenged us with these words:



If you were handed a gun, right now, told to shoot a man - or drop napalm on a village - you couldn't do it. . . . But the same good people who would vomit at the sight of burning flesh and blood on our hands have no qualms paying taxes for somebody else to kill and burn. If we are forced to face the issues, we make excuses. . . . The managers of the Empire will let us speak - as long as we hand over the young men and the cash. And we are afraid to refuse. . . . The government could never get away with murder - in Vietnam or anyplace without help. The War Machine must be fed warm bodies and cold cash by the millions.

Some relief from this moral dilemma became available in 1974 when Individual Retirement Accounts (IRAs) were introduced in which taxpayers were able to make maximum traditional IRA contributions each year in which they had at least the equivalent of that much annual income. Through the years, that action both limited the annual amount of federal taxes the IRS determined one needed to pay and decreased financial support of war-making and militarism. Conscientious objection to military taxation was partially addressed by pursuing this option.

When one reaches the age of 70 1/2, the IRS says IRA owners must take a "required minimum distribution" from their IRA, SEP IRA, SIMPLE IRA or retirement plan account. That requirement not only affects the amount of federal taxes the IRS says one owes but also means they have to pay more for war!

In recent years the U.S. government has allowed a very important tax option to IRA owners over the age of 70 1/2. If you are at least that age and have a traditional Individual Retirement Account (IRA), the Consolidated Appropriations Act of 2016 allows you to make tax-free contributions of up to \$100,000 annually to qualified charities that count towards your annual Required Minimum Distribution (RMD).

Making a direct charitable gift from your traditional IRA, called a Qualified Charitable Distribution (QCD), is simple. But it is important to get the procedure right. You must contact your IRA Plan Administrator and have the funds transferred **directly** from your IRA to a qualified charity such as the Akron Mennonite Church. Depending on the manager, the gift may take a week or more to process. Check with your tax accountant to determine the latest information about how you might most appropriately make your contribution.

One might say this is an opportunity to further pursue conscientious objection to military taxation. If we channel up to \$100,000 of our annual required minimum distribution (RMD) directly to qualified charities, we can avoid reporting that income on our federal income tax return—an amount that can be used to wage peace instead of war.

Since 1973 conscientious objectors are no longer obligated to serve in the U.S. military. While conscientious objectors cannot physically fight in the U.S. armed forces, many provide the U.S. government with the financial wherewithal to pay others to do it. The government requires us to pay taxes--48% of the 2018 U.S. budget underwrites war-making and militarism according to the War Resisters League (<https://www.warresisters.org/resources/pie-chart-flyers-where-your-income-tax-money-really-goes>). We pay for war but refuse to fight in it.

Because paying for war is a form of participating in war, let's continue to address our moral dilemma of paying for war while praying for peace.

~ H.A. Penner

November (and beyond) at AMC & in the Community

November Upcoming Events

- | | |
|---------------|--|
| Nov. 1 | Library Committee Meeting @ 6:00 pm |
| 2 | Men's Breakfast @ Udder Choice @ 7:00 am
Phil Rutt & associate, presenters |
| 2 | AMC Women's Work Night @ New Holland
Reuzit @ 6:00 pm |
| 2 | Outreach Committee Meeting @ 7:00 pm |
| 5 | Sunday Soup @ noon in Assembly Room |
| 5 | AMC Council to host Open Hours |
| 7 | Lunch Bunch @ Oregon Dairy @ 11:30 am |
| 8 | Connect! meets @ AMC; 6:00 to 7:30 pm |
| 8 | Stewardship Committee Meeting @ 6:30 pm |
| 9 | Garden Spot Residents' Lunch with Rachel Nolt
11:30 am to 2:00 pm, Concord Room |
| 9 | AMC Council Meeting @ 7:00 pm |
| 12 | F.L.I.P. Barn Party @ Harnish Farm 12 to 3 pm |
| 13 | Safe Church Meeting @ 4:30 pm, Rm. 222 |
| 19 | 55+ Lunch Gathering at noon, Assembly Rm. |
| 21 | Women's Brown Bag Lunch 11 am to 1 pm;
Kirkview Lounge at Landis Homes |
| 24 | Church Office is closed |

SAVE THESE DATES

January 20, 2018 MYF Spaghetti Supper

March 24, 2018 MYF Auction

Saints of AMC

Next printing of AMC stories: We will be printing Books 4 and 5 in the new year. These will feature people who joined AMC in the 1980's and 1990's. If you came in those years, and would like to be included in these books, please contact me in the next month.
- Priscilla Ziegler



Thursday, November 9, 2017, view the documentary film "Mind/Game: The Unquiet Journey of Chamique Holdsclaw. The evening begins with a community activity or panel discussion at 6:15 p.m., the film screens at 7:00 p.m. and is followed by a Q&A with the filmmaker. Shows at the Steinman Hall at the Ware Center in Lancaster. 42 N Prince St, Lancaster, PA 17603. Admission is \$7 adults; \$5 for seniors and students.

Mind/Game tells the compelling story of Chamique Holdsclaw – from her rise to WNBA stardom to her struggle with mental illness and the strength she called on to speak about it. The film intimately chronicles Holdsclaw's athletic accomplishments and personal setbacks, and her decision despite public stigma, to become an outspoken mental health advocate.

AMC Women's Brown Bag Lunch for November



Our next brown bag lunch is scheduled for November 21. We will be hosted by Ginny Ebersole and Esther Hostetter in the Kirkview Lounge at Landis Homes. The last two lunches found us sharing interesting stories from our lives as we learned to know each other

better. Join us in November to share your story, or just listen to others.

We will gather from 11:00 am to 1:00 pm. Come for the whole time, or on your lunch break, or whatever segment of time fits your schedule. Plan to learn to know your AMC sisters better. Bring your own lunch, and Ginny and Esther will provide coffee, tea, and cold water. See you there!

All are cordially welcomed to a First Friday celebration on November 3, between 5-9 pm. Located at [432-436 E. Chestnut St. Lancaster](http://www.lancasterpa.gov/436-E-Chestnut-St-Lancaster), this event culminates the month-long *Artists in Exile* exhibit featuring artwork from Iraq and Gaza, as well as resettled artists in Lancaster. Throughout the evening, enjoy craft demonstrations, ethnic foods and a program of global music and entertainment between 6-8 pm. Sales of art and handicrafts available for the benefit of refugees and resettled people. Free parking available behind East Chestnut Street Mennonite Church.



November Birthdays

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
			1	2 Donna Shenk	3 Grace Stoltzfus	4 Ron Guenther
5	6 Duane Yoder	7 Anita Brendle	8 Mary Jane Crockett	9	10	11 Chris Hershberger
12	13	14	15	16 Becca Martin	17	18 Jolene Newcomer Betty Rheinheimer
19 Susan King Steve Zook	20 Anne Weaver	21 Jim Shenk	22 Breelyn Beyer Susan Passage	23 Marlene Gentzler Matej Gligorevic	24	25 Richard Sarker
26 Helen Peifer	27 Ryan Leaman Pearl Sensenig	28 Jane Hartzler Melody Rupley	29	30 David Harnish Tyler Horst Sarah Pereverzoff		

Akron Mennonite Church

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www.akronmench.org

- ◇ *Worship @ 9:00 am*
- ◇ *Coffee/Tea Fellowship from 10:15-10:40 am*
- ◇ *Christian Education & Discipleship Hour from 10:40-11:40 am*



Contact Updates

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AMC Vision Statement

Akron Mennonite Church will be fully engaged in God's mission in a broken world as we are called, equipped and sent by the Holy Spirit to follow Christ in life. Shaped by the gifts and vision of our members, we will keep Christ and church at the center of our lives as we reach out to neighbors near and far and witness to the world around us through an Anabaptist-Mennonite expression of faith.

Statement on Human Sexuality

We are a community of believers seeking to respond with God's love to all people. We celebrate the strength of our unity in the midst of our diversity of experiences, perspectives and understanding of Scripture. We seek to be a community of grace and reconciliation and so welcome into membership all who confess faith in Jesus Christ, including those in same-gender covenant relationships. We are committed to engaging in God's mission in a broken world through an Anabaptist-Mennonite faith perspective.