



Notes from the Road

Loraine Anderson Pitman, a treasured colleague and friend wise in years and counsel, liked to say, “Your body doesn’t know the difference between fear and exhilaration. So if you’re afraid to do something, say to yourself, ‘I’m excited!’”

What I’m listening to ... I try to like some hip hop music (it’s the soundtrack to the lives of a lot of American youth), and in my head, I sometimes succeed. But I rarely can get my heart beating to its drum. I guess I’m an old white guy. A song from the soundtrack of *Spider-Man: Into the Spider-Verse* has broken through to me, though. In the movie it’s played at the point Miles finally decides he’s got to make fear his friend and stop not throwing himself off tall buildings. It’s by Blackway & Black Caviar, it’s called “What’s Up Danger,” and you can listen to it at <https://www.youtube.com/watch?v=Y88LVU7MAe4>

Anyone up for making fear our friend? Taking a deep dive where we’re not sure we can survive, not without new abilities and some strong help? “Can’t stop us now!”

—Doug

The pizzas are coming, the pizzas are coming ...

... we hope, because we’ve put the word out to Cape that there will be a **Supermoon Total Eclipse Watch Party** this Sunday night at the Labyrinth, and company might be coming! If you could purchase a frozen pizza and bring it to the church sometime this week, our gratitude will follow you about like a puppy. Our Watch Party begins at 10 pm on Sunday, January 20 and ends at 12 midnight.



The Cape Interfaith Alliance will meet at Abbey Road Christian Church on Thursday, January 17 at 6 pm. Anyone interested in interfaith dialogue, relationships, and friendships is welcome. This gathering isn’t a fellowship meal, but some vegetarian soup and bread will be available. Greg Heinsman will facilitate as we think about some goals for 2019.

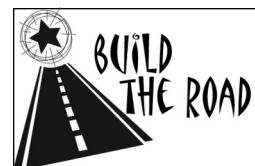
“Dinner Out with Friends” returns this Thursday at 5:30 pm to Mario and Angela’s Italian Cucina (1740 Broadway, Cape 63701). Please let Glenda Zink know if you plan to go so she may arrange for a common table.

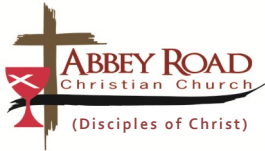
This week’s “Build the Road!” assignment ...
... is write your favorite bible verse (or verses) on a 3x5 card (substitutions accepted), along with a note about what they mean to you, and give it to Doug next Sunday (or soon). Thanks!

The Green Room Sunday School class has enough copies of Parker Palmer’s *The Active Life*. This week we’ll read Chapter 1, “Spirituality in Action: On Being Fully Alive,” and discuss it next Sunday.



Christian Theater is Coming to the Cape Area! An interdenominational community theater is forming in the Cape Girardeau area and is looking for directors, costume and set designers, lighting and technical directors, music directors, writers, and of course, actors! Our mission is to bring glory to God and further His Kingdom by producing shows that express our Christian beliefs through family-friendly entertainment. If you would like to be involved or learn more about this theater, please contact Karla Kuntze at 314-803-7547 (cell phone) or via email at rae63755@yahoo.com OR kuntzeker@gmail.com.





2411 Abbey Road
Cape Girardeau, MO 63701

Rev. Douglas Job, Intentional Interim Pastor
706-248-0194 revjob@gmail.com

Phone: 573-335-3422

Fax: 573-335-6996

E-mail: capearcc@gmail.com

www.abbeyroadchristianchurch.com



<https://www.facebook.com/#!/pages/Abbey-Road-Christian-Church/332270383559624?fref=ts>

2019 Board of Elders Officers

Chair: Steven Piker
Chair-Elect: Jim Main
Past Chair: David Giles
Finance Chair: Deborah Balsano
Board Secretary: Judy McLain
Trustee Chair: Glenda Zink
Elder At-Large: Judy Cureton



John & Deborah Browne, Del Brunton, Connie Gibson, Kenny Werner, Luther Hunt, Mary Ann Heinsman, Maxie McKenzie & family, Mark Faith, Bill Cox, Gerry Thomason, Ada "Dottie" Cruce, Joe Robb Blattner, Debbie McCormick, Susan Spooler, Carol Gleason, Brian Lierer, Liz Meyer, Debbie Bradley, Thelma Nelson, Dawn Knoderer, Conner Propst, Pastoral Search Committee, Kathleen Job, Jim Gloth, Andrew Dooley, Kim Farrar Frank, George Amick, Ruth Hopkins, Iris Likens, Pat Murray & Wally Allstun, Beverly King, Adrian Wills, Mary & Dave Jock, Bob Brown, Betty Stricker, relatives & friends serving in the military, all who are hurting, lonely, and afraid.

Do you have someone to add to our prayer list? Please inform the church office or fill out a form found at the back of the sanctuary.

Worship Notes January 13

Attendance: 61

Regular friends: 8

Offering: \$1,800

January 20

Sermon Series "Favorite Verses"

Take Courage

Jeremiah 31:31-34

Serving on Sunday, January 20

At the Table: Steven Piker (c), Martin Needels (c)
Distribution: Adrian Wills, Glenda Zink + ushers
Communion Prep: Darla Snider
Scripture Reader: Jim Main
Greeters: J. Ronald & Edna Ruth Fischer
Ushers: Karen Piker, Carolyn Taylor
Abbey Road Adventures: Peggy Bentlage
Worship Capt.: Calvin Wells
Soundboard: Breedon/Dean

- ◇ **Golden Boys** will meet at 8:00 on Tuesday at My Daddy's Cheesecake. Please join us for breakfast and conversation.
- ◇ **Church Women United** will host **HOSPITALITY DAY** on Sunday, January 20, at 2pm at Christ Episcopal Church, 38 N. Fountain. Please bring a can of soup for the FISH Pantry.

CALENDAR

Wednesday, January 16

9:30am Bible Study
6:00pm New Life Singers practice
6:30pm Personnel Committee meeting

Thursday, January 17

5:30pm Dinner Out with Friends at Mario & Angela's
6:00pm Interfaith Alliance Meeting at ARCC

Friday, January 18

10:00am ARCL: Genealogy

Sunday, January 20

9:30am Worship
9:30am Abbey Rd. Adventures for children, K-6th grade
10:30am Fellowship
10:45am Sunday School
10:00pm-12:00am Super Moon Total Eclipse Watch Party

Tuesday, January 22

8:00am Golden Boys at My Daddy's Cheesecake

Wednesday, January 23

9:30am Bible Study
6:00pm New Life Singers practice

