

The Inner Game



by
Pastor Paul A. Coats

of Life

The basic truth is that our performance of any task depends as much on the extent to which we interfere with our abilities as it does on those abilities themselves.

Barry Green

“*The Inner Game of Music*” is a book written twenty-five years ago whose time—at last—has come. I stumbled on the book quite by accident; and the title intrigued me because of my interest in music. Though seemingly a book about music, I was unprepared for what it has to say about life in general.

The *Inner Game* referred to in this book is immediately familiar to us all. See if the following seems familiar to you. You have worked hard over the years to develop a certain skill set and to master your particular discipline. You may, in fact, be at the top of your profession. Yet, you continually face the same worries. You find yourself:

- doubting your own ability;
- afraid you will lose control;
- feeling you have not practiced enough;
- concerned about how others will hear or see you;
- worrying about losing your place;
- doubting your boss or fellow workers will appreciate your abilities;
- fearing you will forget something you had memorized;
- or fearing that even if everything goes well, your parents will still be disappointed you didn't choose a different profession.

Does any of this sound familiar to you? The trouble is that thinking about these things distracts us from focusing our full attention on the task at hand. Merely thinking about these things instead of what we are trying to do almost insures we will stumble.

My senior year in high school, I took a girl to a St. Louis Cardinals baseball game. It was a chilly night, so I bought us each a large mug of hot chocolate and offered to carry them back to our seats. We were both wearing white pants, but not for long. The chocolate was indeed very hot, but it did nothing to warm the evening. I made the classic mistake of focusing on what could go wrong when I should have been focusing on my date. And this is precisely what learning to play the inner game is all about—silencing those inner voices of self-doubt and condemnation so we can play according to our true ability.

You have the ability, you know your subject, you have spent years becoming a competent person worthy of respect. But you've got to keep your head in the game, on the real game, the one taking place on the outside—not the conflicted game of self-doubt we all tend to wage on the inside.

So, I'm playing a piece on the piano that I know like my own name, only this time in front of an audience. The first section is easy, but measure two of the second part is a devil to play. As I get closer and closer to that measure, I get closer and closer to the part I'm going to mess up and embarrass myself in front of all these people. When all of a sudden, I completely flub a passage I have never made a mistake on before. How is that possible? What an idiot! Now I've made two mistakes: the one I just made and the one coming up in two measures. Oh no, I just flubbed another easy section.

You see what the problem is? My head is everywhere but in the present moment—a recipe for disaster. And this is precisely what happens to us with life in general. Our heads and our hearts are distracted by everything but giving ourselves to the present moment. The same is true for how we approach ministry and, dare I say, our relationship with God. If you are not here, you are someplace else. And if you are someplace else, you are not with God because God is always with us in the present moment.

When we mess up, we make the mistake of trying to undo the past and, in the process, mess up again. Trying harder only makes matters worse. The *Inner Game* is about living fully in the moment where God and your full potential are always close at hand.

OCTOBER VOLUNTEERS FOR:

Kitchen Fred Holt
Sanctuary Claudia Wells
Ushers Bob Wells & Walter Nesbitt (CC); Karen Wetherell;
Theresa Kelly; Shirley Williams; Sheryl Wright
Visitor Greeter Noelia Knapp

SERVING EPC WEEK OF OCTOBER 16

Children's Church Cheryl Betts; Liz Allison
Counters Fred Holt; Walter Nesbitt
Elder Prayer Partner Lloyd Frey
Greeters Miranda Jones; Theresa Kelly
Greeting Cards Janie McClerkin
Lay Reader David Pope
Nursery Bill Massey
Security Chris Posey
Sound Fred Holt

EVANGELISM

Last Sunday's Attendance at EPC

Worship: 84 Sunday School: 34
Visitors at EPC: In town: 1 Out of town: 0

CHRISTIAN SYMPATHY

We express Christian sympathy to the family and friends of Ann Mordic. Ann was once employed for many years as the EPC organist.

A REPORT FROM OUTREACH....

A **HUGE** thank you to the following people for assisting with feeding the young adults at Westminster Abbey on 9/27/11:

Randy Jones
Claudia Wells
Tammy Mills
Sheryl Wright
Sue Holt
Mary Johnson
Ann Hall
Ursula Crowell
Martha Jane Roark
Cynthia Frey
Lucille DuToit
Virginia Gilmore

**Please note.....
Our next date to
provide food for
Westminster
Abbey is:
Tuesday,
October 25.....**



As you can see – it takes a laundry list of people to feed 65 – 75 young adults – that is why we are always looking for people to add to our list so we don't call on the same people over and over. If you are interested in being in this rotation, please contact Sarah Pope at 706-324-4472.

I would also like to recognize Virginia Gilmore for coordinating this for us – it is a lot of phone calls and requests. Thank you so much Virginia!

Sarah Pope, Outreach

UPCOMING OPPORTUNITIES

Sunday, October 16

9:30 am Sunday School
10:30 am Fellowship Time
11:00 am Worship
Prayer in Parlor with elders
Lunch after Church—Chef Lee's, Buena Vista Road
4:30 pm Youth Group to First Presbyterian for pizza/Concert
7:00 pm Session Meeting

Tuesday, October 18

10:00 am Psalms Bible Study
7:00 pm Bridge Club
7:00 pm Boy Scouts

Wednesday, October 19

10:00 am Crafty Crew in Education Center, Room 4
5:15 pm Bell Choir 101
6:00 pm Adult Bell Choir
6:00 pm Tai Chi Class in Fellowship Hall, stage area
7:00 pm Chancel Choir Rehearsal

Thursday, October 20

6:00 pm Sundowners Toastmasters Meeting

Friday, October 21

7:00 pm Friday Night Fellowship at Summit Dr. Clubhouse
Please note that the Church Office is closed each Friday.

STEWARDSHIP SEASON....Our Stewardship Season began this past Sunday with a Minute For Mission from our Discipleship Team. Each Sunday in October we will hear from a different team about how our resources are being used. This will culminate in our Dedication Sunday on November 13. On this date, we will offer our 2012 pledge cards and Opportunity List questionnaires during morning worship. These, as well as a letter of explanation, will be mailed to each family in late October.

Discipleship Team activities and responsibilities include all Sunday School programs, small group Bible studies, church nursery, and Children's Church materials including those for older children to be completed on Sunday mornings. Other activities that are supported are helping finance our children and youth conferences and camps including Montreat and Kolomoki. Vacation Bible School materials and providing support for Youth activities and meetings are other missions supported by this team. Cheryl Betts, our Director of Children and Youth Ministries, is a part of this team and has been invaluable in organizing and supporting all of these diverse projects. Our Elders on this team are Liz Allison and Daniel Wetherell.

Besides EPC's monetary contribution, many volunteers are needed to support these programs. We urge you to carefully consider supporting this team and its mission on the volunteer opportunities listed on the 2012 Opportunity List questionnaire. Also, this important work would not be possible without our financial support and part of each of our contributions goes toward these programs. Of course, salaries for our Nursery Caregiver, Angela Middleton, and our Director of Children and Youth Ministries are funded by our church budget.

FELLOWSHIP

LUNCH AFTER CHURCH on Sunday, October 16, is at Chef Lee's, Buena Vista Road, and you are invited to join us (Dutch treat). Please sign the notebook on the credenza in the narthex before worship for a seating count.

ADULTS: Our Next Friday Night Fellowship is on October 21, 7:00 pm. It will be co-hosted by Christine Brooks and Martha Jane Roark and will be at the clubhouse where Christine lives at 1615 Summit Drive. Call Christine for directions at 706-257-9819. The main entree is chicken and you are asked to bring a complementary dish. Call the Church Office or one of the hostesses if you plan to attend (for a seating count).

WORSHIP

11 WEEK SERMON SERIES

- Oct. 16 *A New Perspective*
Jeremiah 15:5-7; Acts 9:1-9
- Oct. 23 *Expanding Community*
Mark 4:26-31; Acts 10:6-23

SANCTUARY FLOWERS

The flowers this Sunday are given by Kathryn Rhodes-Reynolds in memory of her brother, Anthony Rhodes.

YOUTH AND CHILDREN'S MINISTRY

COMING EVENTS

Sunday, October 16

Deadline for Registration and \$100 Deposit for Montreat to be left with Cheryl

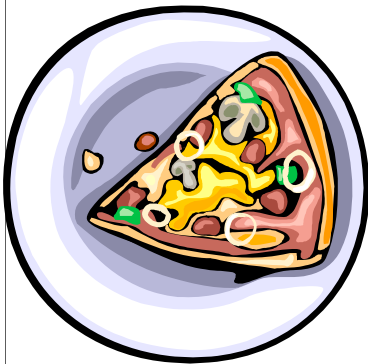
Sunday, October 16th

MH/HS Youth Group gather at 4:30 pm to travel to First Presbyterian for pizza and concert.

Return to EPC at 8:30 pm.

Parents, you are invited to the concert at 6:30 pm.

Deadline-10-16-11



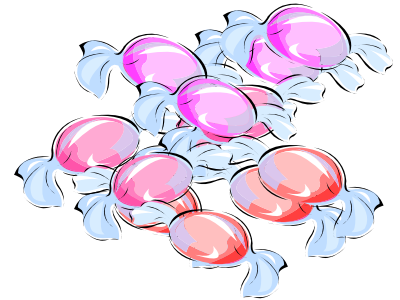
TRUNK OR TREAT—October 29, 4–6pm

Questions.....

Have you decided what you are going to dress up as for Trunk or Treat?

Have you decided how you will decorate your trunk or what candy you will buy?

Well, you only have about three weeks to get ready!
We're calling everyone to come have some fun...



Everyone...if you drive a car to the festival, just decorate your trunk in your favorite theme for Trunk or Treat. The kids will have a great time visiting your trunk, getting candy and seeing your handiwork. If you decorate your trunk, please back it in and park in the University Avenue side parking lot. If you can't make it, consider donating a bag of individually wrapped candy that can be dropped off in Cheryl's office or place it in one of the marked boxes.

There will be games for children in the Fellowship Hall following the Trunk or Treat event. Children, youth and adults are encouraged to come in costume. Let's see who has the best one!

If you can help with the games, please contact Cheryl at 706-575-1964 or: childrenandyouth@epclife.com.

You don't want to miss the fun.



2011
ADVENT
DEVOTIONAL
GUIDE



Advent Devotional Scriptures and Dates to Choose From

Sunday, Nov. 27 – Isaiah 1:10-20

Monday, Dec. 12 – Isaiah 7:13-17

Monday, Nov. 28 – Luke 20:1-8

Tuesday, Dec. 13 – Isaiah 9:1-7

Tuesday, Nov. 29 – Isaiah 1:21-31

Wednesday, Dec. 14 – Isaiah 10:20-27

Wednesday, Nov. 30 – Luke 20: 9-18

Thursday, Dec. 15 – Isaiah 11:1-9

Thursday, Dec. 1 – Isaiah 2:1-11

Friday, Dec. 16 – Isaiah 40:3-8

Friday, Dec. 2 – Luke 20:19-26

Saturday, Dec. 17 – Isaiah 44:3-8

Saturday, Dec. 3 – Isaiah 2:12-22

Sunday, Dec. 18 – Isaiah 55:1-4

Sunday, Dec. 4 – Luke 20:27-40

Monday, Dec. 19 – Luke 1:5-25

Monday, Dec. 5 – Isaiah 3:8-15

Tuesday, Dec. 20 – Luke 1:26-38

Tuesday, Dec. 6 – Luke 20:41-21:4

Wednesday, Dec. 21 – Luke 1:39-45

Wednesday, Dec. 7 – Deuteronomy 24:1-4

Thursday, Dec. 22 – Luke 1:46-56

Thursday, Dec. 8 – Isaiah 4:2-6

Friday, Dec. 23 – Luke 1:57-66

Friday, Dec. 9 – Isaiah 5:8-12

Saturday, Dec. 24 – Luke 1:67-80

Saturday, Dec. 10 – Isaiah 6:1-13

Sunday, Dec. 25 – Luke 2:1-20

Sunday, Dec. 11 – Isaiah 7:1-9



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where Every Person Counts

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**Adults only
Friday Night
Fellowship
October 21, at 7:00 pm
at the
Clubhouse,
1615 Summit Drive**

**More
details inside....**

HAPPY OCTOBER BIRTHDAY TO:

Herb Jones	18	Sue Holt	21
Rosie Knapp	19	Kathryn Rhodes-Reynolds	24
Buddy Kelly	21	Bethany Tshiupula	24

PRAYER REQUESTS FOR CHURCH FAMILY

Mark Blackwell	Bob & Julie Ligon	Lillie Register
Rachel Flournoy	Janie McClerkin	Pete Sanders-Nesbitt
Sue Hearn	Ann Pratcher	Rae Taylor
Susan Knight		

A Special Prayer Request

George Cook, Herb Jones' sister's husband, died Saturday. Please be in prayer for Sara Betty, George's wife, their son, Kevin Cook, and for Herb and Randy during this time of grief.

Covenant Woods:	Eva Lucille Roberts, PC 227
Gardens at Calvary:	Lee Cook, Apt. 321
Magnolia Manor:	Lillian McLeod, 24
Morningside Asst'd Living:	Bob Gedroic, Room 142; David Anastasia, Room 108
Muscogee Manor:	Lillie Register, East Wing 25B

PRAYER REQUESTS FOR FRIENDS AND RELATIVES

Charles Smith (Roark/Grainger relative) deployed to Afghanistan	Robert Castellow (Becky's son)
Nita Butler (Pat Kinar's sister) cancer/surgery	Kay Fouts (former member)
Don Morrow (Ligons' friend) difficult recovery after surgery	Tracy Connor (friend of Joneses & Marge Welker) cancer
Tina Singleton (Ligons' friend) unknown cause of illness	Miranda Erwin (daughter of Walter & Shirley Williams)
Lacy Dixon (Mary Adams' granddaug.) pregnancy complications	Al McCullough (Pete Sanders-Nesbitt's Dad) cancer
Reese Stansfield (6 mos. old baby girl with brain cancer)	Bradley Brooks (Gigi Lennon's friend's toddler) seizures
Dorothy Cupples (Bob Ligon's sister) heart condition	Joe Jones (Marge Welker's friend)
Ron Weller (Ligons' friend) stroke rehabilitation	Robert McCart (Frances Long's brother) throat cancer
Jackie Jernigan (Tammy Mills' friend) widespread cancer	Bill Blakely, recovering from stroke
Kathy Windham (EPC Financial Secretary) seizures	Bobbie Marbut (former member)
Cathy Cushman (Jed Robbins' Mom) cancer & Lyme disease	Sue Poore (Janie McClerkin's sister)