

Clen-Moore Presbyterian Church

The Messenger—October 2025

220 E. Clen – Moore Blvd.

New Castle, PA 16105

724-654-6657

clenmoorechurch@gmail.com

www.clenmoore.org

Dear Church Family,

This month, I would like to introduce something important that is coming up for me in late spring 2026. In September, the session approved my request for a six-week sabbatical. This has been on my heart and mind for a while, and for various reasons, I believe the period from the end of April to early June 2026 will be the ideal time.

Hearing this news, you may have questions. I hope to answer some of the common ones.

Is this a normal or typical practice? Yes. While I am not aware of pastors in Clen-Moore's recent history having taken a sabbatical, it is a common practice in ministry leadership.

How will the church function during my absence, especially regarding worship? We are blessed to have the Rev. Rick Vogeley in our congregation, who has agreed to preach and handle basic pastoral necessities during most of my time away.

What is a sabbatical? We know from scripture that we are to observe the weekly sabbath, just as God rested on the seventh day after 6 days of creation (Exodus 20:8-11). A lesser-known practice took place every seven years, where the people were to allow farm fields to remain fallow or uncultivated, so they could rest and recover (Leviticus 25:1-7). This is also why it is common for a sabbatical to occur roughly every seven years—and why I sought one in my eighth year. In this case, a sabbatical is a respite from work for an extended period of time. Six weeks is on the shorter end, and some ministry leaders would say it's too short. Sabbaticals can range from 3 to even 6 months!

Last but not least, **why?** There are many reasons, but I'll share the ones that mean the most for me personally. Unlike most jobs, pastoral ministry is a 24/7 role because of how personal it can be, even when taking vacations and other time off. Over time, this accumulates and wears you down. I've had a very healthy seven years at Clen-Moore, but I sense that my tank is nearing empty.

Second, dealing with urgent or pressing matters often means that my own spirituality and worship of God take a back seat. My belief has not wavered, but my experience with God is not as vibrant as it should be. For me to be a healthy leader of other Christians, the source needs to be from my own deep well.

Third, I pray this sabbatical will restore my perspective and creativity. When you are entrenched in a culture or organization for so long, it can be difficult to see clearly God's vision for the church. Small changes can cause us to reflect on who we are in Christ. I hope that a sabbatical will reinvigorate some areas that are a bit stale and inspire us as we move forward.

I will certainly share more details before April 27, when my sabbatical begins. I look forward to reflecting on my experiences afterward sometime next summer. In the meantime, I am deeply grateful to our elders for granting me this opportunity. I believe it will be mutually beneficial for the short- and long-term vitality of our church and my ability to serve it.

Bless and be blessed,

-Michael

UPCOMING Events

Sunday, October 5th WORLD COMMUNION
Prayer Team in Library 9:00am
Sunday School 9:30am
Worship with Rick Vogeley & communion 10:30am
Children's Church with Christine Spicuzza

Tuesday, October 7th Bible Study 9:30am
Ministry & Mission Meeting 6:00pm
Admin. Meeting 7:00pm

Sunday, October 12th Prayer Team in Library 9:00am
Sunday School 9:30 am
Worship 10:30am
Children's Church with Christina Plyler

Tuesday, October 14th Bible Study 9:30am
Session Meeting 7:00pm

Thursday, October 16th Staff Meeting 10:00am

Saturday, October 18th Spaghetti Dinner Benefit 1:00-6:00pm

Sunday, October 19th Prayer Team in Library 9:00am
Sunday School 9:30am
Worship 10:30am
Children's Church with Christy Litrenta
Bridal Shower for Autumn Marshall 12:00 noon
Youth Group to Iron Mills

Tuesday, October 21st Bible Study 9:30am
Promise of Life Mother's Group 10:00am

Saturday, October 25th Petrides & Bessell Wedding 3:00pm

Sunday, October 26th Prayer Team in Library 9:00am
Sunday School 9:30am
Worship 10:30am
Children's Church with Brianna Hill
Hay Ride 4:00-7:00pm at Rodgers Farm

Michael will be off October 27th through November 3rd

Tuesday, October 28th No Bible Study

LOOKING AHEAD:

November 22nd
Christmas Parade/Float

November 23rd
Youth Thanksgiving
Decorate for Christmas



Deadline for November is October 21st

Health Ministry note for October, 2025

We all know walking is food for us, but it isn't always easy to get out and go! "Here are 10 things to know about walking:

1. Lowers your risk of heart disease— just adding 1000 steps a day is associated with lowering all-cause mortality by 15%.
2. Aids in stabilizing blood sugar.
3. Helps you live longer-up to 4 years longer than sedentary peers.
4. Burns lots of calories and helps in weight loss.
5. Improves sleep quality-but get your steps in at least two hours ahead of bedtime.
6. Preserves your mobility— older adults live longer with fewer walking aids.
7. Supports your immune system— lowers risk of infections.
8. Improves your balance— falls prevention is important as we age.
9. Boosts your brain power— improves memory and decision-making.
10. Makes you more mindful— a good prayer time and nature appreciation."

October is a beautiful time to begin walking out doors and enjoying God's autumnal sights and sounds.

Scripture: "Walk in all the ways that the Lord your God has commanded you, so that you may live and prosper and prolong your days in the land that you will possess."



Fall Youth Group Activities

10/19 Irons Mill

11/23 Early Thanksgiving

Watch for more details in upcoming bulletins.

Clen-Moore Presbyterian Church Staff:

Pastor Michael Spicuzza	Gabe Danko, Seminary Intern
Dr. Jane Karski, Organist	Sally Mescall, Nursery/Pre-K Worker
Charlie Antonelli, Custodian	Terri Nystrom, Office Administrator

Clen-Moore Presbyterian Church Ruling Elders:

Jen Conrad	Taylor Lubinski
Cindy Lyons	Nancy Natale
Janice McConnell	Christy Litrenta
Bob Turner	Bill Nesbitt
Ed Conti	Sam Plyler
Elinore Snyder	Tom Reynolds

**Mission Spotlight
October— Promise of Life**

The mission at Promise of Life Network is to foster a community that values life from conception to natural death. Through free medical services, education, and compassionate support, we empower families, guide youth, and provide healing. Because of the generosity of our community donors, all services are offered at no cost.

New Beginnings is a division of Promise of Life Network that addresses parenting challenges, material needs and spiritual growth.

Thus far in 2025, New Beginnings has sent over 2500 parenting lessons, and have over 175 clients that that Parenting Coaches meet with on a monthly basis to check-in and provide support or connect with additional resources.

Keep in mind this blurb features the new beginnings program of Promise Of Life. They offer several different services, including global support for women considering abortion, and they help thousands of mothers per year choose life for their baby.



Congratulations to our college scholarship recipient's. Sam Ball the Harry and Thelma Banks scholarship, Abby Richards and Abby Christy the



**Food Pantry/Blessing Box Collection
(Month 5) – October 2025**



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|--------------------------------------|-----------------------------|
| Coffee/Regular or Decaf – can | Chicken Breast – can |
| Apple Pie Filling | Carrots – can |
| Instant Mashed Potatoes – box | Rice Sides – packet |
| Wide Egg Noodles – bag | Peach Slices -can |
| Pumpkin Pie Filling | Green Beans – can |