



The Messenger

Southminster Presbyterian * November 2026

Exhale

Last week as I poured a cup of coffee in the morning, I refreshed the website on my phone for a new round of election polling trends. As I poured cereal into my bowl for breakfast, NPR was feeding me the latest headlines of terror and cruelty. Before I grabbed my bag to leave the house, I took a quick peek at the comment sections on some social media articles... something which no pastor, therapist, or sage would ever recommend.

And I've been holding my breath. Shallow breathing, sitting at a red light, hands on the steering wheel, shoulders up around the ears, lungs doing next to nothing.

Maybe you recognize the posture of holding your breath. It often appears in a hospital waiting room; or when the phone rings for a call you've been expecting but dreading; or when the boss invites you into the office for a quick chat and you notice human resources is standing by. Holding our breath is a natural defense of the body. We hold onto our breath as if enough tension on our end might tip things in a new direction.

It doesn't. And in these days before another round of local, state, and national elections, I'm not going to tell you to calm down. If we're paying attention, it's because we care, and we should. We care about neighbors who can't afford groceries or insulin. We care about families in the Treasure Valley who are being priced out of their homes. We care about whether women have adequate access to healthcare, and whether our children

can walk into a classroom or a ballfield and be seen as fully human. Caring is an act of faithfulness. We sometimes care so much that holding our breath becomes an inevitable side effect.

Scripture has something important to say here. The Hebrew word *ruach* means spirit, wind, and breath, all at once. In Genesis, the first human is just a lump of dirt until God breathes into it and brings life.

Breath is received.

Breath was given as a divine animating gift, and not as yet another task to accomplish. Which probably means that our lungs aren't supposed to be in charge of an outcome.

Maybe the spiritual discipline of hope in uncertain times can be something we practice with our lungs... before, during, and after election night.

A slow breath in. A slow breath out.

The polls will keep updating. The headlines will keep coming. The comment sections will be exactly what they are. And tomorrow morning, somewhere between the coffee and the cereal, I'll try this again.

Whatever the returns say, the breath was given first.

God's Peace

TJ



(he/him)

Announcement Board

2027 Stewardship Commitment Cards

Southminster's annual budget is prayerfully shaped by our ministry needs, our vision for mission, and historical patterns of financial generosity. While submitting a traditional "pledge card" is not required, it greatly helps Session plan responsibly with a realistic estimate of expected giving. Unlike many nonprofit organizations, Southminster's ministries are 100% donor-funded; our worship, outreach, fellowship, and campus are sustained by God's grace and the shared gifts of this community. Pledge cards are available in the Narthex, as well as online at link.spcboise.org/stewardship. Thank you for your ongoing commitment, support, and prayers!

Sabbath Worship - November 14!

Heads up! In November, the 2nd Saturday falls late on the calendar. Sabbath Worship will be November 14. (Sunday services are the 1st, 8th, 22nd, and 29th).

An Evening with Valarie Kaur

Southminster is proud to co-sponsor an evening with nationally renowned author, speaker, and activist Valarie Kaur, whose book *See No Stranger* invites us into the practice of revolutionary love. We're joining the Wassmuth Center for Human Rights, Interfaith Justice Idaho, and several other congregations to bring her to Boise. Her presentation will be Thursday, November 19th at 7:00pm at the Bogus Basin Chapel, LDS (3229 Bogus Basin Road). Admission is free, but seating is limited and registration is required: <http://tinyurl.com/SeeNoStrangerBoise>

Part-time Office Hours November 3-5

Alix will be taking a vacation the first week of November and so the office will be staffed with volunteers from 9 to 12 on those days.

SAGES Lunch & Learn

The next SAGES Lunch & Learn will be Thursday November 19 at 11:30am in Cana Room. The presentation will be "Seeds for Health." A Zoom option will be available for those who are unable to attend in person. To RSVP, visit link.spcboise.org/sages, or contact Steve C. or the church office.

Do You Receive our Prayer Chain?

Prayer is a powerful tool and expression of our faith as Christians. Our congregation has a robust Prayer Chain email group lovingly maintained and updated by Phyllis S. To request prayers, or to be added to the recipient list of future Prayer Chain emails, contact Phyllis directly, or be in touch with the church office.

A Pastoral Note:

Gratitude for Our Staff

Autumn brings pumpkin spice lattes, colorful leaves... and annual employee reviews! The Elders of the Personnel Committee join me in sitting down with each member of our staff to reflect on the year behind us and dream about the year to come. We name what went well (there was plenty). We talk about what didn't land the way we hoped (there was some of that too). We set goals and ask what each person needs to do their work well.

Every conversation has been honest and joyful. Every conversation has left me grateful. It is a privilege to serve alongside people who are skilled, generous, and committed to this community. Their work is a big reason Southminster runs the way it does! If you see a staff member this month, say thank you.

Beware of Email

& Text Message Scams!

Remember, churches are frequently targets of scammers. Here are some helpful tips to stay vigilant:

- Always check the sender's email address. TJ will only email you from his official church email, which will end with: @spcboise.org
- TJ will only contact you from the church office number, or his work cell phone. Both of these are 208 area codes.
- TJ and other staff members will never ask you for gift cards or other financial favors through email or text message.
- Scam messages often contain spelling/grammatical errors, and the first email is unusually vague, to try to convince you to reply.
- If you ever doubt if a request for information is legitimate, call the church office directly to confirm before you take any further action.

Theater & Theology with TJ

Beauty and the Beast

Sunday 12/6 at 11:00am

A prince is cursed for his cruelty. A village thinks becoming a mob is a good substitute for a moral compass. *Beauty and the Beast* is a tale as old as time, and it offers some great theological and ethical conversation! The Broadway tour production will be at the Morrison Center from Wed. 12/2 through Sun. 12/6, so if you've been looking for a reason to go, here it is! On Sunday December 6 after fellowship time, Pastor TJ will lead a lively conversation about grace, transformation, and the way we size each other up. Whether you've seen the stage show, the animated classic, the 2017 movie remake, or read the 1700s-era book, there is something for you.

Hearts and Hands

Our next event is Saturday, November 21st, 10am to noon. You're invited to come and join in craft creating, game playing and music generating fun! Parents, you can leave your children with us and attend a group class on parenting or have two hours on your own.

Shaping the Faith of Our Children

Saturday, Nov. 21st 10 am – 12 pm

Join CRE Shana Woodbury for a conversation about faith formation of children during the early years.

Discussion topics will include:

- Connection between early childhood development and faith formation
- Weaving faith into daily life
- Importance of families worshipping together
- Building community through intergenerational worship

Adults will join Shana in the Jean Moore Lounge for coffee, pastries and conversation. Children can attend Hearts & Hands event during adult conversation. Nursery Attendant Lily Woodbury will be available to assist younger children with activities.

RSVP to Shana by Monday, Nov. 9th

Meet Our Musicians in Residence

Southminster is now home to the Boise Brass Quintet! The quintet rehearses weekly at Southminster as musicians in residence, and we're delighted to have them. You'll be hearing them in worship before long. We'll announce their first Sunday soon, and no, you can't request "Seventy-Six Trombones." (Yet.)

Heritage Lounge Update

The Heritage Lounge (formerly Classroom 3) is coming together! New sofas, chairs, and end tables now share the room with framed photos of Southminster's pastors and other memorabilia from our 70 years of ministry. Some final touches, including a digital photo frame, are coming soon. Check it out the next time you're on the upper level of the building!

A Look Ahead at Advent & Christmas

Don't look now, but the holidays are fast approaching! If you like to plan ahead, please take note of these upcoming worship services and concerts.

- Sun Nov 29 at 9:30am: 1st Sunday of Advent
- Wed. Dec. 2 at 11:00am: PWS Christmas Concert
- Sun Dec 6 at 9:30am: 2nd Sunday of Advent
- Sat Dec 12 at 5:00pm: 3rd Weekend of Advent (Sabbath Worship)
- Sun Dec 13 at 3:00pm: Sean Rogers Benefit Concert
- Sun Dec 20 at 9:30am: 4th Sunday of Advent (The Joy of Music)
- Sun Dec 20 at 7:00pm: Longest Night Ecumenical Service (More Details Coming Soon)
- Thu Dec 24 at 7:00pm: Christmas Eve Worship
- Sun Dec 27 at 9:30am: Worship (No Adult Ed)

Contemplating how to use your talents in the church?

Join the next **Connections Committee** meeting, Thursday, November 12th, 7-8pm, in the Jean Moore Lounge or on Zoom. We are "entrusted with the vital task of cultivating a warm and inviting environment where members and friends can forge meaningful connections, deepen their sense of belonging, and actively engage in the life of the congregation. Recognizing that genuine fellowship is both a reflection of God's love and a catalyst for spiritual growth, the committee seeks to provide a variety of opportunities for nurturing relationships." Contact Genny C for more information.

PWS Report

We had a fantastic program at our October Gathering. Peter and Jan Lauder spoke eloquently on the Shroud of Turin, accompanied by an engaging PowerPoint presentation filled with fascinating historical and physical facts. Following the presentation, we enjoyed a delicious luncheon of sloppy joes and salad, along with great fellowship.

Our next Gathering will be on November 4th at 11A with a program by Catherine Jones from Crafted Connections who will be helping us design christmas cards that we will distribute to staff and shut-ins at our December Gathering.

Our Holiday Bazaar was a great success. We took in about \$3345.06 after taxes with a few outstanding deposits yet to be counted. We had a good turnout despite the rainy weather.

Stay tuned for more information about a special PWS Gathering coming in December. We would like to include the congregation in this special Gathering.

Mary P—Moderator

Southminster's 70th Birthday Celebration



Participating in Worship this month

November 1

Preaching: TJ Remaley
Liturgist: Janice B
Ushers: Cliff and Pat L, Noreen P, Priscilla O
Nursery: Genny C

November 8

Preaching: TJ Remaley
Liturgist: Ann D
Ushers: TBD
Nursery: Carol T

November 14 – Sabbath

Preaching: TJ Remaley
Liturgist: Carol T
Ushers: Sara N, Steve P, Sue O, Judy V
Nursery: Rae B

November 22

Preaching: TJ Remaley
Liturgist: Priscilla O
Ushers: Betty G, Andy and Helen W, Carla M
Nursery: Roxann H

November 29

Preaching: Seth Wheeler
Liturgist: Michelle G
Ushers: Noreen P, Sara N, Steve P, Sue O
Nursery: Rebekah H

November Birthdays

Carolyn W	1
Joanne P	4
Marva W	4
Dena D	6
Judy V	7
Suzanne S	11
Pam A	15
Larry A	17
Barb P	19
Heide H	19
Scott B	19
Stacy P	22
Carol T	23
Dave S	29

If we missed your birthday,
please let the office know

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 Worship 10:30 Sunday School 11:00 Adult Ed 11:00 Puppets 2:00 PSL meeting 5:00 Boise Brass rehearsal 5:00 Just One Thing	2 12:00 Choristers 12:00 Al-Anon 7:00 Men's AA 7:00 OA	3 7:00 Deacons	4 11:00 PW Gathering 6:00 Bell Choir 7:00 Choir	5 12:00 Al-Anon 1:00 Dominoes 6:00 PSL meeting 6:00 TVCA 7:00 Zoom Book Club	6 7:30 AA	7 10:00 Women's NA 10:00 NOW
8 9:30 Worship 10:30 Sunday School 11:00 Adult Ed 11:00 Puppets 2:00 PSL meeting 5:00 Boise Brass rehearsal	9 12:00 Choristers 12:00 Al-Anon 7:00 Men's AA 7:00 OA	10 11:30 Men's Lunch @ Casa Mexico 5:00 Spiritual Formation 5:30 Building & Grounds	11 6:00 Bell Choir 7:00 Choir	12 12:00 Al-Anon 1:00 Dominoes 6:00 PSL meeting 6:00 TVCA 7:00 Peace Justice & Outreach	13 7:30 AA	14 10:00 Women's NA 5:00 Sabbath
15 no worship 2:00 PSL meeting 5:00 Boise Brass rehearsal	16 8:00 Merry Martha Circle 12:00 Choristers 12:00 Al-Anon 7:00 Men's AA 7:00 OA	17 7:00 Session	18 9:30 Ruth Circle 10:00 Naomi Circle 1:00 Rachel Circle 6:00 Bell Choir 7:00 Choir	19 11:30 SAGES 12:00 Al-Anon 1:00 Dominoes 6:00 PSL meeting 6:00 TVCA	20 7:30 AA	21 10:00 Hearts and Hands/ Childhood Faith Conversation 10:00 Women's NA
22 9:30 Worship 10:30 Sunday School 11:00 Adult Ed 11:00 Puppets 2:00 PSL meeting 5:00 Boise Brass rehearsal 6:00 Brewed for Thought	23 12:00 Choristers 12:00 Al-Anon 7:00 Men's AA 7:00 OA	24 11:30 Men's Lunch @ Life's Kitchen 6:00 TVCA	25 10:00 PC(USA) Advocacy Hour on Zoom 10:00 PW Program Meeting 6:00 Bell Choir 7:00 Choir	26 12:00 Al-Anon 6:00 PSL meeting	27 7:30 AA	28 10:00 Women's NA
29 9:30 Worship 10:30 Sunday School 11:00 Adult Ed 11:00 Puppets 2:00 PSL meeting 5:00 Boise Brass rehearsal	30 12:00 Choristers 12:00 Al-Anon 7:00 Men's AA 7:00 OA					



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Electronic Service Requested

An open and affirming community seeking a caring and just society

Issue 2026:11 The Messenger

This monthly periodical is published by Southminster for free distribution to congregation and friends.

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If you no longer wish to receive this publication please notify the church office at office@spcboise.org or 208-375-5330.