



CROSSROADS
UNITED
METHODIST
CHURCH

The Messenger

VOLUME 9, ISSUE 1

JANUARY 2010

- The deadline for the February, 2010 issue of *The Messenger* is Friday, January 22. Please submit articles to ashaw@mtco.com or send hard copies to the church office.
- Please send address corrections to Angie Shaw at ashaw@mtco.com or call the church office at 444-2381.
- The church calendar and the monthly birthday list are available at the Welcome Desk and on the Crossroads website.

Inside this issue:

RB Game Tournament	2
Guidebook	2
End-of-Year Giving	2
Crossroads Leadership	3
Clothing Center News	3
Single Moms S. School	3
Youth News	4
Faith & Finance	4
Precept Bible Study	4
Just for Kids	5
Mark Schultz Concert	5
Emmaus News	6
Life's Healing Choices	6
GriefShare	6
Sally's Tip of the Month	7
Thursday Nights	7
Senior News	8
Cookbook Corrections	8
Prayer Challenge	9
Library News	9
Pastoral Care	10
UMW	10
Congregational Notes	11

From the Senior Pastor

Hello 2010! Thank goodness the "Aughts" (2000-2009) are behind us and with them the sad (9-11, Hurricane Katrina and the space shuttle "Columbia"), the mad (Bernie Madoff, \$4.00 plus gasoline and the bumbling of FEMA) and the simply crazy (remember saggy pants, the Myspace craze and every Super Bowl half-time show).

As we welcome the New Year and the New Decade, many of us will be making resolutions. Most resolutions involve adding something to our lives, our routines, our habits, or our to-do lists. This year I am resolving to drop some things. I am going to delete rather than add to the craziness of my life.

I am going to delete wasting time playing *Spider Solitaire* on my computer and instead spend my spare time sending an email to a friend telling them they are in my prayers.

I am going to delete complaining about things that are not in my control (traffic problems, nothing good on the television set and the high cost of our utilities) and instead work on some things that are in my control (my attitude, patience and caring for others).

I am going to delete arguing with my family about nonsensical things (like who left the light on in the basement again) and instead focus on simply enjoying the time we have together as a family.

Finally, I am going to delete from my internal hard-drive the memory of every small slight, misunderstood comment and harsh word directed toward me this past year.

Thanks to the help of our "techies" at the church (note that I did not refer to them as "computer geeks"), my laptop is running again at full speed. It

had been slowed down by a growing number of "cookies" (files attached to your computer that track where you go and report to advertisers what sites and consumer products are being noticed). They showed me how to delete these cookies and regain speed when surfing the web or just writing the front page of the Messenger.

I hope that as the New Year approaches, cleaning my internal hard-drive of cookies and characterizations and complaints about the world will help me to run smoother, more efficiently and more hope-filled as we face the "Teens". God only knows what craziness they have in store for us!

It is time to end this, and I just remembered to send another "thinking about you" email to a friend.....

Grace and Peace, Pastor Tom



Ryan Bates
Game Day
to benefit
the new
playground!

Ryan Bates Game Day Tournament

**Saturday,
February 6, 2010**

Registration at 9:00am
Tournament starts at
9:30am

Benefits the Crossroads
all-inclusive
Handicapped Accessible
Playground

\$10 entry fee per player

Games Featured:

Wii Sports (Tennis-
doubles, Pentathlon-cow
racing, bowling, home run
derby, Wii play shooting
game, and a 5th surprise
game)

Bean Bag Tournament
(teams of 2-4 players)

Also featuring a **Bake Sale,
Silent Auction, Bingo, and
great food** (including the
exclusive RBque found
only at the RB Games Day
Tournament)

Sign Ups in Narthex
between services in January

Questions?
Call Bill and Marilyn Bates
at 745-8549

New Guidebooks Under Construction

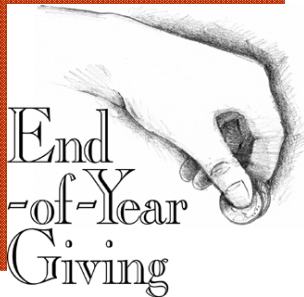
We are in the process of updating our annual Guide Book and Directory for the church. This book helps us all to know more about Crossroads and its people. This book is provided at no cost to the church because it is subsidized with advertisements from local businesses. If you own or manage a business and would like to be included as an advertiser, please contact Laurie Bouton at 444-2381. Crossroads does not solicit ads nor do we design or receive any funds from the

sale of ads. This is done by an outside publication firm.

If you do not wish to be included in the next Guide Book, please contact Laurie Bouton at 444-2381 or lbouton@mtco.com. We do not mail these books to anyone who does not attend Crossroads on a regular basis. Visitors and guests receive the portion of the booklet that lists the ministries only.

We may try to include email addresses this time if we can gather sufficient numbers to make it worthwhile. Again, call or email Laurie to give her your e-mail address.

We anticipate that the new guidebooks will be published and mailed by late Spring or early Summer.



End-of-Year Giving

It is not too late to make a donation for 2009. We can accept donations for 2009 until January 4, 2010. The checks must be dated no

later than December 31, 2009. The checks also need to be clearly marked to tell our money counters what fiscal year they should be

credited. Want hassle free? Maybe now is the time to e-give. Contact Debbie Royer 444-2381 for more information.

Crossroads Leadership

Our Administrative Leadership for 2010 has been approved by our Charge Conference. Charlie Zimmerman will serve as Administrative Council chair, Carol Nelson as Secretary, and John Schultz as Treasurer. Rich Brown will serve as Lay Leader.

Dave Husted will chair the Pastor Parish Relations Team and Brian Uhlenhake the Personnel Team.

Ron Kirby will serve as chair of the Finance Team.

The Board of Trustees will elect their chairperson at their January meeting.

Thanks to those who serve and lead our church!



Clothing Center News

Crossroads has taken a leadership role in helping establish a clothing ministry for all people in this area. Area churches and civic organizations would sponsor a clothing center in an empty storefront in the Sunnyland area. The clothing center would keep regular hours and be available for emergencies, and could be used

by area shelters and special needs housing. All clothing and supplies would be free to the public. Our next team meeting will be on January 19th at 7 PM at the Washington Library Conference Room. **OUR MEETINGS ARE OPEN TO ALL.** For more information, please contact Pastor Tom.

Single Moms Sunday School Class

This new class begins on January 17th and will meet in room 204A for 6 weeks. It be the first of four sessions of the "21 Principles of a Healthy Single Mom" DVD Bible Study Series and is written by single mom, Lori Little.

Topics that will be covered are hope, identity, and victory. Each class will include a DVD lesson and discussion time with other single moms.

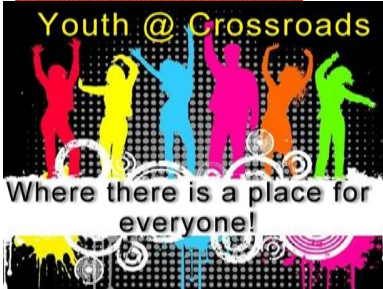
If you are a single mom or know

someone that would like to attend this Sunday School hour, please call the church office or email Marci Weiss at mweiss@mtco.com (for attendance purposes).

As a single mom do you feel that you "just don't fit in anywhere" in the church? Lori Little experienced this feeling. One night when she wanted to give up and quit (after being a single mom for two years) the

Lord gave her 21 verses of scripture. From those scriptures she spent the next 7 years creating the "21 Principles of a Healthy Single Mom". Lori cares about single moms because she is one.





Crossroads Youth News

High School Lighthouse:

Every Wednesday night
6:30-8:30pm
Dinner, small groups,
games, lesson, music and
more!!

*The first Lighthouse for
2010 will be on January 6.*

Middle School Impact:

6th-8th Grade
Sunday evenings
6:30-8:00pm
Fun, games, lesson, snacks
and much, much more!!!

*Impact will meet again on
January 10, 2010.*

Did You Know?

Through the Faith & Finance Ministry, you have Small Group opportunities? Sunday School short term classes? And one-on-one financial coaching?

The purpose of Faith & Finance is to learn and apply God's financial principles. It helps anyone who wants to learn how to better manage finances God's way. We talk about budgeting, saving, giving,

debt, peace & contentment, and much more.

All that we have comes from God and we are to be the best managers we can be, and to put Him first. God promises that He will give us everything we need.

For more information about the Faith & Finance Ministry, please call the church office at 444-2381.



Precept Bible Study

A new Precept Bible Study class will begin on **January 7, 2010** and will continue for 11 weeks. Precept meets on Thursday mornings from 9:00 to 11:00am in room 204.

We will be studying 1 John, and will discover how to know if you have eternal life. How do you

know if you're really born again? What does it mean to be holy...to love God? We will find answers to these and other questions as we take a look back at the fundamentals of Christian beliefs.

For more information or to sign up, please call the church office at 444-2381.

Just for Kids

Kids for Christ

A Kids Club for
3rd, 4th, & 5th graders
Bible time, games, music,
and snacks

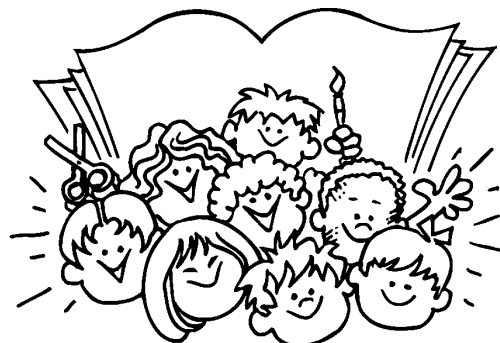
Friday Nights
6:30-8:30pm

KfC Dates:

January 8
January 22
February 12
February 26
March 26
April 16
April 30
May 14

Little Lambs Preschool Openings

There are current openings in
Little Lambs Preschool. If your
child turned 3 or 4 years old by
September 1, 2009 and you
would like him or her to be
involved in this wonderful
program, please call Tracie
Carey, Preschool Director, at
444-2381 or e-mail her at
mstracie@mtco.com.



Mark Schultz returns to Crossroads!

Mark Schultz, Live In Concert

*Crossroads United
Methodist Church
January 30, 2010 - 7:00pm
Doors open at 6:30pm*

\$20 Artist Circle (100 reserved
section seats in the first rows)
\$15 General Admission

Tickets are on sale at
www.itickets.com or in the
Crossroads office.



Walk to Emmaus

Men's Walk

February 4-7, 2010

Women's Walk

March 4-7, 2010

For more information, contact Val Kruzan at 745-3321 or visit the Emmaus website at ilheartlandemmaus.com.



Life's Healing Choices

Have you made a New Year's Resolution? Do you hope to break a habit? Will this be the year you stop smoking, lose weight, cool off your anger, stop worrying so much about what others think or let go of some hurt that lingers in your heart? John Baker and Rick Warren have teamed up on a small group study called "Life's Healing Choices".

"Life's Healing Choices" is an eight-week study beginning on Sunday night, January 10th and continuing on Sunday nights through February 28th. The study runs from 6:30 to approximately 7:45 PM. Free child care is available, but you must pre-register. We will watch a DVD presentation by Rick Warren and then break into

gender-specific small groups for discussion.

You may sign up by contacting the church office (444-2381) or Pastor Tom (pstrtom@mtco.com).

GriefShare

Beginning January 7, 2010

If you have ever lost a loved one, you know the feeling of grief. Finding others who understand is often helpful. GriefShare, a support group offered by Crossroads, is getting ready to begin a 13 week session on Thursday, January 7th, 1 – 3 p.m.

GriefShare is a group that is designed to help when someone is grieving the

death of a loved one. Each week the group meets for 2 hours. During that time the group watches a video, then discusses it. The video is a different topic each week. Some of the topics include: living with grief, when your spouse dies, journey of grief and stuck in grief. More than 40 Christian experts, who have gone through the grieving process, share their experiences and advice on the videos. During the discussion members share their stories and hear others' experiences.

Members receive a workbook for their own personal study which helps to work through the feelings of grief while at home.

Sally Charlton and Bob Albers will facilitate the group.

Although Crossroads sponsors GriefShare, anyone is invited to attend. Please call Sally (444-2381 or 369-5293) with questions or to register.



Nurse Sally's Tip of the Month

Mild Forgetfulness

It is true that some of us get more forgetfulness as we age. It may take longer to learn new things, remember familiar names and words, or to find our glasses. **If you're worried about your forgetfulness, see your doctor.** You also can do many things to help keep your memory sharp.

- Learn a new skill
- Volunteer in your community, school or church.
- Spend time with friends and family whenever possible.
- Make to-do lists and notes to yourself.
- Put your wallet or purse, keys, and glasses in the same place each day.
- Get lots of rest.
- Exercise and eat nourishing meals.
- Don't drink a lot of alcohol.

- Get help if you feel depressed for weeks at a time.

You won't have much luck trying to improve your memory if a health condition is sapping your ability. Here are some ways to protect yourself:

- **Avoid sugar shock.** In a Harvard Nurses' Health Study, women ages 70-81 showed more memory deterioration over a two year period if they had type 2 diabetes. Those taking medication to control glucose levels did better than those not on drugs.
- **Control Your Pressure.** Some "senior moments" have been linked to a reduction of blood flow to the brain caused by high blood pressure. Have your BP checked frequently and if necessary, work with your doctor to reduce it. (Remember, you can have your BP checked at Crossroads on the first Sunday of each month).

- **Keep Breathing.** People with sleep apnea score worse on memory tests. Their scores rise if they use continuous positive airway pressure (CPAP) machines to keep airways open during sleep.

- **Treat Depression.** Memory problems can be a symptom of depression. Older depressed women have a worse problem than non-depressed women.

- **Check your Thyroid.** An underactive thyroid can adversely affect memory. When thyroid hormone levels return to normal with treatment, often memory improves. Older women who go untreated are twice as likely to experience memory problems.

I repeat, if you feel as though you are having more than normal memory loss, please talk with your doctor about it. You may also feel free to talk with me.



Thursday Nights at Crossroads

**Beginning January 7
6:45 -8:30 PM**

ALPHA

Featuring a large group study on the basics of Christianity and small group fellowship and discussion time afterwards.

WOMEN'S SUPPORT GROUP

Led by Darlene Cali, a study of issues for women (including parenting, self worth, finding forgiveness).

CELEBRATE RECOVERY

Large group teaching focusing on healing and peace in our lives, small group sharing, and fellowship time.

Note: Celebrate Recovery will NOT meet on Christmas Eve, but we invite you to attend Christmas Eve worship services. Celebrate Recovery WILL meet on New Year's Eve at 6:00 with a potluck fellowship, praise & worship, and a time of gratitude.

SMALL GROUPS

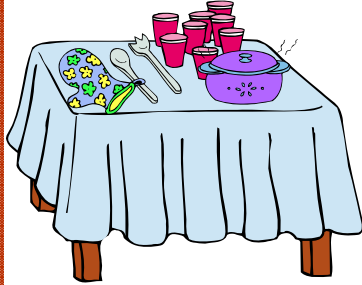
Opportunities to belong to a small group studying a variety of topics.

Free nursery care and AWANA for kids is offered during this time. A meal is offered from 6:00-6:30 PM for a small donation.

For more information or to sign up for any of these opportunities email Pastor Tom at pstrtom@mtco.com; or call the church office 444-2381.

Senior News

JOIN THE M & M's FOR A POTLUCK DINNER January 18, 2010



Bring your favorite dish and join the M & M's for a potluck on January 18th at 5:30 p.m. If you are so inclined, include the recipe for your wonderful dish, or you may want to be coy and keep it a secret; it's up to you. You may bring a vegetable dish, salad, rolls, or dessert. Chicken will be supplied.

Following the meal, the very talented Julie and Jim Bayless will honor us with their wonderful praise music. We are so blessed to have such great talent as part of our church family.

They will also join us for dinner.

Please call the church, 444-2381, to let us know you are coming. If you have questions, call Sally Charlton at the church.

I believe a potluck dinner is the perfect opportunity for older adults to become acquainted with new friends. All you have to do is call the church office, 444-2381, and let us know you will be attending.

If you need a ride to the church and back home again, just let that be known when you call.

Senior Meal

Our Senior Meal will be at noon on Tuesday, January 12. Come and start the new year with good food, fun, and fellowship. Please call the church office at 444-2381 to make a reservation.

Cookbook Corrections

Pg. 6 Baked Brie - submitted by Dottie Seaton Lisa Chambon

Pg. 7 Valerie Kruzan - not Kruzak

Pg. 8 Granola Trail Mix - 1 (16 oz) pkg. granola - NOT guacamole

Pg. 17 Grandma Clark's Salad Dressing - put a parenthesis around ½ c. water and 2/3 c. vinegar

Pg. 59 Ham Balls or Loaf - add 2 beaten eggs

Pg. 78 Hanna's Swedish Pancakes - should be Hannah's - in the directions take out "all-purpose flour"

Pg. 78 Breakfast Fly Off The Plate Pancakes - 1T. Baking powder not 2 T.

Pg. 83 Gram Koch's Shortcake - Add 2 tsp. baking powder - Bake at 375 for 30 min.

Pg. 99 Rhubarb Dessert - delete the second ¼ c. flour

Pg. 107 Chocolate Chip Cookies With Walnuts - was not submitted by Georgia Koch

Pg. 115 Lemon Bark Candy - submitted by Carla Fulton

The cookbook committee apologizes for these errors.

Please save this list for your cookbooks.

Library News

Spirited Book Discussion Group

The Spirited Book Discussion Group will meet on January 19 at 1:00 pm in the church library. We will discuss Amish Grace by Donald Kraybill and others. This is the story of how forgiveness transcended the tragedy of the school shooting at Nickel Mines, PA in 2006. The weather may be cold but we promise a great discussion to warm you up!!

Church Library

Winter is a great time to read. Visit the church library for good, heartwarming books! NEED HELP? Ask Nancy Bullard.

Prayer Challenge

As we look to the beginning of a New Year, it is a typical practice to make New Year's Resolutions. Often times we find ourselves a few months into the year and can hardly remember what the resolution even was. I would like to challenge you to a resolution in 2010. What a great sounding year to get into the practice of praying on a daily basis! For those who are unsure how to pray there are a myriad of books and materials that can guide you.

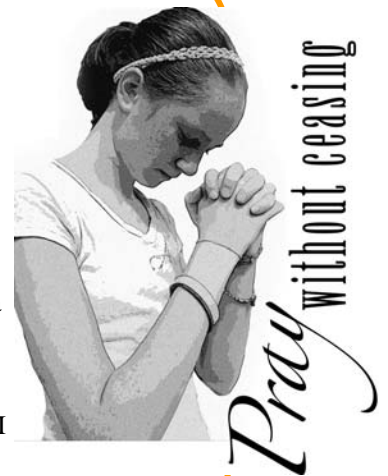
I would like to share a prayer with you that I have been praying every day for over 20 years. I carry this prayer with me and have had to re-print it on many occasions as it became tattered from use. I hope you will use this prayer or another in your resolution to pray daily ~ and may the hand of God touch you in a very special way.

Pray On!
Sherry Guimond

A PRAYER FOR TODAY

This is the beginning of a new day. God has given me this day to use as I will. I can waste it ~ or use it for good, but what I do today is important, because I am exchanging a day of my life for it! When tomorrow comes, this day will be gone forever, leaving in its place something that I have traded for it. I want it to be gain, and not loss; good, and not evil; success, and not failure; in order that I shall not regret the price that I have paid for it.

*Dr. Heartsill Wilson





Pastoral Notes

Congratulations to the following persons who were baptized at Crossroads in December: **Ashlyn Brielle Kinney**, daughter of Britt and Stacy and **Amelia Kay Fowler**, daughter of Matt and Amanda were baptized on December 27th. **Camden and Thatcher Spears** and **Grayson McGraw**, children of Chris and Tracy Spears were baptized on December 26th. **Chris Spears** was also baptized on the 26th.

Welcome to **Amanda Fowler** and **Elizabeth Elting** who joined our fellowship on December 27.

Congratulations to **Matt Ballard** and **Nova Yehl** who were wed at Crossroads on November 28, and **Nate Kinsinger** and **Debra Schwenk** who were wed at Crossroads on December 27.

United Methodist Women



“The organized unit of United Methodist Women shall be a community of women whose purpose is to know God and to experience freedom as whole persons through Jesus Christ; to develop a creative, supportive fellowship; and to expand concepts of mission through participation in the global ministries of the church.”

“Any woman may become a member of the unit who supports the unit through giving, prayer, study, action, or service.”

There will not be a general meeting in January.

The next meeting will be **February 4 at 1:00** in Faith Chapel. The program will be “Memory Fitness” by Carla Fulton. Hostesses are Sally Smith and Nola Finson.

Notes from our Congregation

Our Friday evening performance of "A Christmas I'll Never Forget" was a huge success due to lots of amazing people! Many thanks each of our stars: Roger Roemer, Carol Nelson, R.J. McHenry, Briana Vior, Logan Long, Tiara Long and Jeff Puckett. I also thank so many others that gave their time, energy, and help, and for sharing Church space which made the evening a wonderful blessing. I appreciate the gentlemen, Russell Petri, Bill Witmer and Tom Warren for their fantastic set building...

"Thank you very much!!!"
Thanks for sharing the evening with us and we appreciate the kindness that went toward W.H.I.P. and the Penguin Project. It was a pleasure to have our Jolly Friend stop in from the North Pole for a visit too!

Happy New Year!
Love, Tracie

A zillion thanks to Our Lovely Snack Grandma Georgia, Snack Grandma Peggy, and the darling Husted Ladies for setting up and cleaning the cookies and lemonade, and to Mr. Craig for setting up the room!!!! We also appreciate Mr. George for video recording. The children did a lovely job for our Little Lambs Christmas Program. I hope all the families enjoyed! Thank you for finding time to share our day with us! We were so lucky to have Ms. Angie read to us and to have Santa visit us!!

Thank you to all our helpers!
Love Ms. Tracie

THANK YOU for making the UMW Cookie Walk a big success! I would like to thank all the people that helped the day of the cookie walk, the people that made and donated cookies, and everyone that helped with the advertising. It couldn't have been done without every one of you! God bless each and every one of you!

Linda Woertz

I know that everyone who attended the Crossroads Tour of Homes on December 13th will join us in thanking the Fuessle, Davis, Cline, Sons and Dixon families for opening their homes to us. Each home was beautiful and unique and each host family was extremely hospitable. We are happy to report that we have reached our goal and the AED will soon be ordered.

Thanks also to Russell's Cycle and Fitness and Lindy's Food Market for having tickets available for sale at their establishments.

Also, we want to thank Darlene Dixon and the Dorcas Sewing Group for the beautiful quilts and the quilted wall hanging that they donated for the silent auction. The top bidders were Keith Ferguson, Donna Cimino and Mary Schultz.

**In Christian Love,
The Health and Wellness
Team**

A special thank you to all of you who helped with the Thanksgiving Dinner. Because of all of you, we were able to serve over 150 people!

Nikki Hudson & Gary Barry

Dear Crossroads Family,
We asked you, on short notice, to support Operation Crossroads Christmas Angel—a project that would help Crossroads families have a great Christmas. And help you did—**THANK YOU!!**

What started out as supper conversation grew and grew, and through the generosity of Sunday School classes and several Small Groups, we were able to help bring smiles to 7 of our Crossroads families.

We were overwhelmed by your response, humbled by the responsibility, and grateful that we were given the opportunity to serve the Crossroads family.

The Christmas Angel Team



Pastors & Staff

Directing Pastor

Tom Goodell
pstrtom@mtco.com
(309) 444-8778

Pastor of Congregational Care

Bob DeBolt
pstrbob@mtco.com
(309) 367-2504

Pastor of Discipleship

Bob Lawry
pstrrobt@mtco.com

Parish Nurse

Sally Charlton
charlton@mtco.com

Youth Director

Trevor Bartolomucci
trevorb@mtco.com

Director of Christian Education

Sue Husted
sueh@mtco.com

Nursery Coordinator

Stephanie Wendte
stephw@mtco.com

Building Manager

Craig Hibbard
chibbard@mtco.com

Office Manager

Angie Shaw
ashaw@mtco.com

Business Administrator

Debbie Royer
droyer@mtco.com

Office Assistant

Laurie Bouton
LBouton@mtco.com

Office Assistant

Amber Johnsen
amberj@mtco.com

Video Director

John Sitler
jsitler@mtco.com

Director of Music Ministry

Will Meachum
wmeach@mtco.com

Worship Leader

Jim Bayless
jbayless@mtco.com

Accompanist

Brian Wierenga
bwier@mtco.com

Handbell Director

Cliff Smith

Youth Handbell Director

Kathy Palmer

Little Lambs Preschool Director

Tracie Carey
mstracie@mtco.com

Little Lambs Teachers

Traci Ohlman
mrsohlman@mtco.com
Marci Weiss
mweiss@mtco.com

Amy Jones

msamy@mtco.com

Faith & Finance

fincoach@mtco.com



Nonprofit
US Postage Paid
Washington, IL 61571
Permit No. 17

Return Service Requested

Crossroads United Methodist Church of Washington

Where we meet you at the cross-roads of your life and offer you the good news of Jesus Christ.

P.O. Box 299
1420 N. Main St.
Washington, IL 61571

Office Hours

Monday –Thursday

8:30am-4:00pm

Friday

8:30am-1:00 pm

Phone: (309)444-2381

Fax: (309)444-9818

Sunday Worship Schedule

8:30 am

Spirited Traditional
Sanctuary

11:00 am

Casual Contemporary
Sanctuary

11:15 am

Casual Traditional
Faith Chapel

9:45 am

Christian Education
for All Ages