



FUMCAH NEWS

JANUARY 2019

The Call to Courageous Conversations

Are any of these scenarios familiar?

Just after you find out through a group email that a friend has stage IV cancer, you see her in the grocery store. You freeze in the aisle. You don't know what to say.

Someone higher on the food chain at work disregards the efforts of one of your co-workers on a team project. You suspect sexism or racism could be at play.

At a holiday meal, a family member makes a disparaging comment about an entire demographic. You don't want it to go by unchecked but you're reluctant to disturb the carefully held peace.

Each of these scenarios asks for a courageous conversation. In a courageous conversation, the stakes are high and we have to take a risk. The outcome of a courageous conversation is uncertain, but there's a cost for not engaging in it, too. When we avoid courageous conversations, we risk losing friendships, freezing out colleagues, and missing the opportunity to make a difference.

In worship, Kaleidoscope, adult small groups, and intergenerational opportunities, we'll spend time at FUMCAH in January and February exploring the many different types of courageous conversations and how to have them.

A common theme for each courageous conversation is the invitation to Stop, Drop, and Rise.

Stop – When you realize you're heading into a courageous conversation, stop for a moment. Breathe. Pray. Think about what your goals are for this conversation, what you want for this relationship, and your hopes for the other person.

Drop – Drop your defenses and assumptions. Be vulnerable. Get curious about the other person's views. Speak honestly. Listen to the other person.

Rise – Rise to the occasion. Trust God to be with you. Be brave in speaking and listening. Be your best self.

Pastor Melissa Earley



January Worship Schedule

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| January 6 | We Three Kings: We will celebrate Epiphany, the arrival of the Magi to Bethlehem. |
| January 13 | Baptism of Jesus: We'll remember Jesus' baptism and hear the stories of people's calls into ministry. |
| January 20 | We Have a Voice: We will honor the work of Dr. Martin Luther King, hear a reading of one of his speeches and have the opportunity to respond to it. |
| January 27 |  Courageous Conversations: Tame the Tongue – the Bible says that if we can control what we say we can control our whole selves. |

January Mission: Your gift this month supports the work of the Reconciling Ministries Network.

Since its 1982 founding, Reconciling Ministries Network (RMN) has gone through changes in name, location, and leadership. Through it all, we have remained steadfast, committed, and faithful to the radical and inviting love of God through Jesus the Christ. We are working tirelessly to ensure that love includes a full welcome and tenacious embrace of all people, especially God's LGBTQ+ children, in The United Methodist Church.

In the midst of conversations about our denomination's future, we believe in the necessity of affirming and proclaiming our commitments and beliefs. This is not a statement of persuasion or argument or advocacy. It is testimony. It is witness. It is following in the footsteps of the first one to witness to the good news of resurrection: Mary Magdalene who said to the frightened disciples, "I have seen the Lord!"

We have seen the resurrected Lord as well, and we, like Mary, will not let fear squelch our story. Just as Mary stood firm in her witness, we stand firm in the inclusive nature of God's love and of God's vision for the Church. We tirelessly dedicate ourselves to living the reality of our baptismal vows: resisting evil, injustice, and oppression. We do this by seeking justice for people of all sexual orientations and gender identities. We recognize and celebrate those who have been on the forefront of resisting the evil of homophobia and transphobia: Affirmation, Love Prevails, Methodist Federation for Social Action (MFSA), Methodists in New Directions (MIND), United Methodist Queer Clergy Caucus (UMQCC), Western Methodist Justice Movement (WMJM), other partners from the Love Your Neighbor Coalition (LYNC), and those people who have borne the anger of a bigoted church. Resistance is difficult, but Christ has emboldened and strengthened each organization and person so that they can continue to stand in the face of oppression and hatred.

The journey toward resistance begins with gratitude. The Scriptures tell us that we love because God first loved us. We are grateful for that surprising, unexpected love that God has graciously offered and for the many ways we experience that love first-hand through the lives and stories of so many who have been part of the Reconciling family and movement within our beloved Church. Those stories have made The United Methodist Church stronger and more vibrant across our great connection. We are also grateful to the Council of Bishops and the Commission on a Way Forward for their hard work and discernment in beginning a process that allowed different voices to be heard and a process that, we pray, is given time to bear fruit. The olive tree, once mature, can take 3, 5, or even 12 years to bear fruit. All things will be made right in God's time.

We witness the lives of many of our friends who have not felt welcome inside the doors of United Methodist churches. Their calling, their ministry, and even their baptism have been questioned. But we still believe in the best of what The United Methodist Church can be: a movement where social and personal holiness blossom in a wide variety of contexts, including communities outside of the United States. We have much to learn together. Walking through the challenges of our multi-national contexts strengthens us as we intersect and weave the stories of United Methodists in the world.

We are called to stay in this global movement. We believe in its mission. And, we awaken every day committed to ensuring that LGBTQ+ children of God are both included and affirmed as leaders with gifts to offer The United Methodist Church.

God's love is made perfect in the lives of those who act justly, love mercy, and walk humbly with God. It is with this humility that Reconciling Ministries Network will work continuously within church structures to fully invite, welcome, and celebrate LGBTQ+ people in the life and leadership of our beloved Church. We do not support any plan that calls for dissolution, but we live into the wider movement of the Church: to make disciples of Christ for the transformation of the world. We acknowledge and lament that all currently known plans fall short of the glory of God's fullness. So, we remain committed to the work of adopting legislation that ends oppression as well as the ongoing journey toward doing no harm, doing all the good we can, and loving God. Find out more at www.rmnetwork.org.



January Kaleidoscopes

January 6: Tom Herr, the chairperson of our Building Committee will present an update on current plans and schedule.



January 13: “One-on-Ones” are a vital tool for relationship building and community organizing. Pastor Melissa will offer insights and strategies about this important tool for individuals and congregations.

January 20: Mary Kay Baldino knows the importance of and is an advocate for good conversation. Join her as she discusses some criteria for courageous conversations. Mary Kay will also be leading a short-term class on this topic (See article below) .

January 27: As an introduction to her upcoming “Caregiver Education Series” (see article below), Julie Boggess will provide an overview of areas of concern for family or professional caregivers facing the challenges and rewards of caring for the elderly.



FUMCAH
Building For All

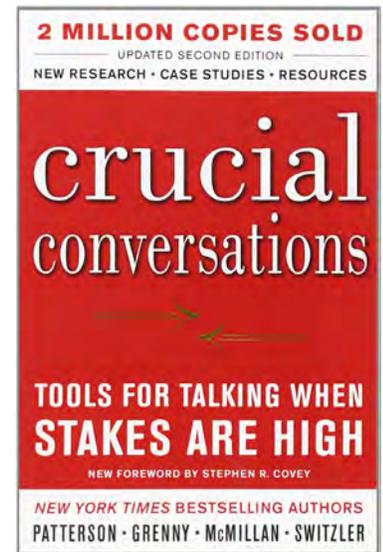


Book Study on Crucial Conversations: Tools for Talking When the Stakes Are High Starts January 29

Crucial Conversations by Kerry Patterson, Joseph Grenny, Ron McMillan and Al Switzler revolutionized the way people communicate when the stakes are high. The insights from this book will help you in those turning point conversations at work, in your family and with friends. The book gives you tools to:

- Prepare for high-stakes situations
- Transform anger and hurt feelings into powerful dialogue
- Make it safe to talk about almost anything
- Be persuasive, not abrasive

Mary Kay Baldino has used this book in her professional life and is trained in teaching others the valuable tools. This study will meet in the Parlor on Tuesdays from 7-8:30pm from January 29 to February 19. Please sign up online at: www.gofumcah.com/crucial/. Books are easily available at most book sellers and libraries. The church library will also have a few copies for members to borrow on a first-come, first-serve basis.



Eldercare Education Series at FUMCAH

We've partnered with Enlighten Eldercare to bring four, 90-minute programs from 7:00 to 8:30pm that will be packed with practical and helpful information about issues related to caring for the elderly.



Feb 7: Making Sense of Elder Services Continuum of Care

Feb 14: Understanding Dementia and Memory Loss

Feb 21: Managing Caregiver Stress

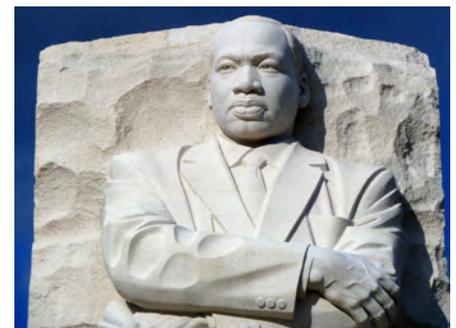
Feb 28: Planning with Advanced Directives

This series is free to FUMCAH Members (non-members \$79 per person). For more information, please contact Julie Boggess at Julie@Ageucate.com or (847) 858-7666.

MLK Faith in Action Assembly January 21

On Monday, January 21, FUMCAH will be going to the annual MLK Faith in Action Assembly at Liberty Baptist Church, 4849 S. King Drive, in Chicago. Community Renewal Society is arranging for a bus to take member churches from Arlington Heights to Chicago that day. Be at Southminster Presbyterian Church at 7:15 am for the bus, and we will be back by 2 pm. Please join the FIA team as we celebrate Dr. Martin Luther King, Jr.'s legacy. There will

be a Chicago mayoral candidate forum, uplifting music, and a commitment to social justice. To reserve a seat or for more information, please contact Allison Anderson at 847-525-7518.



General Conference of the United Methodist Church

From February 23-26, the General Conference of the United Methodist Church will meet in St. Louis to consider plans that will enable our denomination to remain united. In 1972, the General Conference put discriminatory language about homosexuality into our Book of Discipline. Many have been fighting hard to get that language removed. At the General Conference in 2016, the debate reached a breaking point and our denomination was at the point of splitting. The bishops called for a recess and came back with the call for the Commission on the Way Forward. This group of 32 persons from across the denomination have worked for the last 8 months on a way for our denomination to remain united while honoring the cultural contexts in which churches, lay people, and clergy find themselves. They presented three plans to the Council of Bishops: the One Church Plan, the Traditional Plan, and the Connectional Conference Plan. Of the three, the Council of Bishops chose the One Church Plan, which will be voted on at General Conference. The other two plans, and additional plans that surface, will also be available for consideration.

Reconciling Ministries Team

Registration is now open for Winter Warming 2019 at Faith UMC in Dolton, IL on January 19. Winter Warming is hosted by the Northern Illinois Conference Reconciling Ministries Task Force and is an event of workshops, fellowship, and worship with a focus on LGBTQ advocacy and inclusion in the United Methodist Church. While FUMCAH is not hosting this year, we hope to support the event with our presence and our time. If you're interested in volunteering, please contact Liz Evans. If you're interested in attending, please visit their website: <http://www.nicreconciling.org/winter-warming-2019-registration.html>.

In preparation for the Special Session of General Conference of the United Methodist Church in February 2019, where legislative plans regarding LGBTQ inclusion in the UMC will be reviewed and discussed, FUMCAH's Reconciling Ministries Team will launch a letter-writing campaign in January to advocate for full LGBTQ inclusion. We will provide letter templates and writing tips. If you'd like to participate in this advocacy opportunity with the Reconciling Ministries Team, please contact Liz Evans at e.evans@fumcah.com.



Peacemaking Begins at Home: An Intergenerational Workshop

“Let there be peace on Earth, and let it begin with me.” The song has it right. Peacemaking begins with individuals right where they are, with families and friends wherever they may gather. On Sunday, January 20, after worship, we will explore ways to be peacemakers. This multi-generational workshop will meet in Room 32. To help us with our planning, please register by January 14 at www.gofumcah.com/peacemaking.

Something New at Celebration Station

Lindsay Johnson, director of two of our children's choirs, is bringing even more music to FUMCAH. Beginning on Sunday, January 27, Lindsay will lead music activities during Celebration Station, two or three times every month. Music will alternate with Godly Play and some special, multi-generational experiences.

Celebration Station is our mid-morning program for pre-kindergartners through third graders; they meet in Room 32 on the lower level from 10:45-11:45. Our goal is for children to have an opportunity (or another opportunity) to enjoy music at church. While not a “choir,” children will have occasional chances to share their music with others. Stop by on the 27th to learn more or talk to Pastor Lynn and Lindsay.

Crossroads Movie Night Sunday, January 20: Our fellowship group for 4th, 5th, and 6th graders will enjoy a movie together on January 20. Details forthcoming!

Faith Community Homes Seeks Volunteers for Moving

Faith Community Homes connects families in our program with donated furniture. This happens sporadically, and we only accept furniture donations when we have a family that can accept the donation immediately.

We email the volunteers when a move is scheduled, who then accept if they can make it that day.

Volunteers under 18 are welcome but will need written permission from a parent.

If you would like to be on the e-mail list for furniture moving, please let me know at sarah.harte@fchomes.org. Thank you!

Winter Farmers Market Sunday, February 10

FUMCAH will host Winter Farmer's Market on Sunday February 10. Markets feature locally grown produce, meats, cheeses, baked goods, honey, and other foods, as well as other locally produced goods. Enjoy fresh food while supporting farmers and vendors! This market is made possible with the help of Faith in Place. Link cards are accepted for payment at the market and will be matched, up to \$25, for the purchase of fruits and vegetables. See faithinplace.org for more information, or contact Allison Anderson at 847-525-7518.

15 Green New Year's Resolutions from ecoteer.com

As the New Year approaches the FUMCAH GREEN Team would encourage everyone to consider adding a Green New Year Resolution to their list. Please visit this site for a helpful list of ways to go green!



1. Walk more – A double win to get us started, benefit your health and the environment. However, it's not always possible to walk everywhere so if that's not realistic, why not use a bike or public transport more often.
2. Buy and use a reusable water bottle – Cut out those single use plastics. Keeping hydrated is also great for your health.
3. Only shower for 10 minutes – Save water! And if you're still using a bath, switch to showering.
4. Buy more second-hand clothes – Fast fashion is incredibly bad for the environment. Synthetic materials also contain a lot of micro-plastics so opt for clothes made with natural materials. While you're at it, why not commit to donate old/unworn items from your own wardrobe more often?
5. Go vegetarian or vegan – It's surprisingly easy and again comes with many health benefits. This switch will save huge amounts of water, reduce deforestation and habitat destruction, and avoid further pollution of rivers and oceans, to name but a few benefits! There's plenty of research out there showing this is one of the best ways you can do your bit for the environment, so get reading and start eating less meat and dairy.
6. Car pool – If you need your car for a commute why not car pool? Cut your carbon emissions and meet new people in the process.
7. Get a "keep cup" – Curb those coffee cup habits. Many coffee shops now also offer discount for people bringing their own cups so you may even save some pennies.
8. Ditch plastic straws for good – Buying a drink? Remember to politely request for no straws. If you prefer to drink through a straw, get a metal or bamboo reusable one, simple!
9. Switch your shampoo bottles for bars – Cut out another pointless plastic. There are lots of great alternatives out there, particularly online, but also in high street stores like Lush. *Top tip* if you travel a lot, find and reuse a small old tin to store it in. Transporting these can be slippery business.
10. Make your own cleaning products – Green cleaning is another great idea, make the move to switch your cleaning products. Chemicals that are washed down the drain can be hazardous for the environment. Combining simple natural ingredients such as vinegar, baking soda, and lemon means your products contain none of these toxic chemicals and can be picked up cheaply from your local store. If you can't make your own, buy brands like Ecover which use plant-based ingredients that are biodegradable.
11. Compost – Composting is super easy and is great for the environment! It helps soil hold or sequester carbon dioxide reducing your emissions. Plus, it returns valuable nutrients to the soil to help soil quality and fertility whilst reducing soil erosion and preventing storm water runoff.
12. Use reusable shopping bags – Say no to plastic bags. Always carry a reusable one with you.
13. Recycle – Do a bit of research and see what your local council recycles. If they don't do collections, visit your local recycling center. Glass, plastic, newspapers, magazines, clothes and shoes. Even committing to just one of these is doing your bit. Make the extra effort and be sure to make sure all food packaging and waste are cleaned. Oh, and don't forget to check the labels to make sure they are actually recyclable.
14. Take 3 for the Sea – Whenever you visit the beach this year, pick up at least 3 pieces of trash each trip. This initiative has been a great success. If you've got the time, join in with local beach cleans and help prevent rubbish polluting our oceans.
15. Travel with a cause – OK we may be a little biased with this one, but why not benefit the environment on your next holiday? Volunteer with a conservation organization and help with valuable research and promoting conservation action. You'll visit beautiful destinations while contributing to the local community in the process.

Source: <https://ecoteer.com/blog/sustainable-new-years-resolutions/>



STUDIO 1903



Art Classes

Youth Art Classes: From 4-5:30pm on Tuesdays, for ages ten and older, and on Thursdays, for ages 6-9. Projects will include clay, jewelry, drawing, painting, mixed media, and more. The cost is \$6 per class or \$30 for a punch card of six. Participants need not attend every week.

Saturday Open Studio: Whether you are a beginner or have experience, our open studio allows you to work at your own pace on projects of your choice, such as painting, printing, drawing, mosaic tile, glass fusing, and more. Drop in for however long you wish in our relaxing, supportive setting. Saturdays, 9:30-11:45am. Open to ages 13 and up.

2-2-2 Art Workshops: One-time workshops the 2nd week each month during the Thursday or Saturday art classes. To sign up, contact Thom Frerk at 773-507-5340.

Yoga Classes

Christine Pellum, a certified yoga-fit instructor, welcomes adults on Friday mornings from 9:30-10:30am. Cost is \$10 per session. For more information, call the church office at 847-255-5112.

Voice Lessons

Voice lesson times will be offered on Wednesday and Friday afternoons. Individual sessions are \$30 for 30 minutes with discounts available for the full 7-week course. Recommended for ages 12 and up. Scholarships are available. Contact Lorena (lorenacory@gmail.com) for more information about pricing and scheduling.

Zumba®

Burn lots of calories while dancing to a blend of Latin and World music. Routines can be modified for your level of fitness. Classes are led at FUMCAH by one of our own church members, Veronica Biazio, ACE certified group fitness instructor and licensed Zumba® instructor.

Regular Zumba® classes, Wednesday mornings (9:30 -10:30 am), Thursday evenings (6:30pm-7:30pm).

Classes are open to all church members and the public (age 16 and over), \$8/drop-in class, save with a class pass (5 classes/\$35, 10 classes/\$60, 20 classes/\$110).

Seniors (62+) and Students w/IDs (16+), \$6/drop-in or 10 classes/\$50.

Appalachia Service Project Meeting January 6

There will be a mandatory meeting on Sunday, January 6 at 10:45 am in the ROC for all adults and youth (8th grade and up) who are interested in participating in the Appalachia Service Project this summer, June 15-23. We will discuss important dates, deadlines, and preparation. Deposit #1 of \$50 is due January 15. Deposit #2 of \$175 is due on February 15. The final payment of \$100 will be due May 15. Join us in making homes warmer, safer, and drier for folks in need. Questions? Contact Karen Labbe at klabbe516@gmail.com.



ASP Bread Bake and Bread Sale Returns January 26

On Saturday, January 26 Appalachia Service Project team members will gather to make some delicious homemade white bread and the ever-popular cinnamon bread. Friends and ASP alumni are invited to join us. We will be selling our bread on Sunday, January 27, before and after worship.

Plan on purchasing a loaf or two and helping us get to central Appalachia to make homes warmer, safer, and drier. Questions? Contact Karen Labbe at klabbe516@gmail.com.

Recycled Christmas 2019

UMW will once again be accepting gently used Christmas decorations during the month of January. These items will be placed into storage for the 2019 Recycled Christmas sale. Please bring your donations to the church office.

Preschool Registration starts January 7

Preschool/We-e Care Registration opens for the 2019-2020 school year on January 7. We have classes for 16 month - pre-k! Church members, preschool board members and current families get priority registration through February 1. Contact Amy at 847-255-5119 or fumcps@sbcglobal.net for more information.

Building Committee Update

The building committee has met several times over the last couple of months to work on the final drawings for the building project. The drawings will be finished by January 31, at which time, they will be submitted to the Village of Arlington Heights for a building permit. At that same time of permitting, our General Contractor, Efraim Carlson and Son, will be going out for bids for the entire project.

I have met once with the different department heads of the village to go over the base drawings to see if there were any concerns or questions about what we are doing. There were some concerns and a couple of changes that they have requested based on new guidelines that have been put in place since the last phase of the project. We are working to update the drawings based on those concerns.

As of now, there has been no final decision on what will be included in the final project. The committee is waiting until we get the actual bids in from all the subcontractors to make those decisions. Those decisions will be based on the goals of the project that were used during the capital campaign.

We are still on tract to start the project in the spring with the stated goal of being able to do most of the work when the preschool is off for the summer. The Sanctuary will be able to be used for Sunday morning services during construction, but weekly meetings will have to be scheduled around construction.

If you have any questions, please see Tom Herr or one of the Building Committee Members.

2019 Stewardship Update

As of mid-December, we expect 2019 pledge commitments to be in the range of \$605,000, approximately a 2.5% increase from 2018. So far, we have received 162 commitments. Many thanks to the 49 members who increased their pledges and thanks also to the 16 new pledges. There are still nine families we are waiting to hear from whose giving we anticipate will be at the same level as 2018. Thank you as always for your financial and spiritual commitments

to the ministries and mission of our church. If you have any questions or are interested in completing a commitment card, please contact Melinda in the church office.



Thank You to Meals on Wheels Volunteers

In a world demanding of our time, time is one of the most precious commodities we have to offer and you have chosen to give this gift to assist homebound people and those with disabilities.

We want to thank Bruce and Sheryl Anderson, Dick Ault, Dick May, Dick and Gloria Morris, Ralph and Pat Peterson, Ron Reed and Frank Scott for delivering meals with us.

Congregation News

Death
Howard Richardson on November 29



Financial Report through November 2018

November Revenue: \$53,373	Year-to-date Revenue: \$668,308
November Expense: \$62,697	Year-to-date Expense: \$706,970

We have paid over eight months of our 2018 apportionment total of \$85,704: \$59,636

Year-end statements will go out the end of January. If you have questions, or your pledge or donations seem to be recorded incorrectly, please let Melinda know as soon as possible.

Happy New Year and thank you very much for your good stewardship!



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or current resident