



FUMCAH NEWS

OCTOBER 2019

If you knew you only had one year to live, what would you do differently?

Death is a game changer. Most of us most of the time can ignore the reality of our impending deaths. We get busy living our lives, doing our jobs, raising kids, doing laundry, getting the car's oil changed, saving for college, paying off college, saving for vacation, and keeping up with our email. Life consumes us, and we forget that one day each one of us and everyone we know, will die.

Often, when people know they are going to die they get serious about living. They focus on key relationships and let go of obligatory connections. To-do lists get paired down to the most important bucket-list items. Death puts life in perspective.

To overcome our tendency to deny death, the Buddha recommends corpse meditation. Many Theravada Buddhist monasteries in Thailand and Sri Lanka display photos of corpses in various states of decomposition for the monks to contemplate. "This body, too," students are taught to say about their own body, "such is its nature, such is its future, such is its unavoidable fate." (Arthur C. Brooks, Atlantic...) Michel de Montaigne wrote, "Let us deprive death of its strangeness, let us frequent it, let us get used to it; let us have nothing more often in mind than death."

Jesus talked about death a lot. He said things like:

I assure you that unless a grain of wheat falls into the earth and dies, it can only be a single seed. But if it dies, it bears much fruit. Those who love their lives will lose them, and those who hate their lives in this world will keep them forever.

(John 12:24-25)

He didn't say these things because he thought life shouldn't be enjoyed. Or because he thought we all should be martyrs. I think he said them because he knew that when we cling to life we choke the life out of it.

Most of us have to pay attention to concerns of this life. We have bills to pay, retirement to plan, community concerns to engage, kids to raise. If we can keep in a corner of our brain the fact that we will one day die, perhaps we'll be able to hold onto what is most important. When we accept that life is fleeting, we are better able to build lives that really matter.

Pastor Melissa Earley

Worship Schedule

Under Construction: Building a Life that Matters continues through October 13

October 6 A Life that Matters is building the Kingdom – Isaiah 61:1-44
World Communion Sunday. The band Funkadesi will lead us in music. Funkadesi blends Indian music with reggae, funk, and Afro-Caribbean grooves. Funkadesi – Insisting We All Belong – one family...many children.

FUNKADESI

October 13 A Life that Matters is Built on Hope – Hebrews 11:9-11
The Children's choirs will sing

October 20 Grandparents Day
We'll have worship in two places this Sunday. We'll have the Sanctuary service with the same great music, preaching and worship AND Messy Church in the Fellowship Hall. Children, their grandparents, and others who would like to participate in the intergenerational service are welcome to attend Messy Church.
We will bless our PADS volunteers.



October 27 All Saints Sunday
We will remember and honor those from our congregation who have died since the last All Saints Sunday. The scripture texts are Ephesians 1:11-23 and Luke 6:20-31.

FUMCAH CALENDAR

October Event and Contact Information

- 2** Jesus And Me (JAM) begins at 5pm and continues on Wednesdays through March 11. A variety of learning and friendship opportunities for children, preschool through 8th grade. Contact Pastor Lynn with questions.
- 6** World Wide Communion Sunday. The world music band Funkadesi will be lead us in music. ASP Early Summer 2020 Mission Trip Meeting, 10:45am in Room 31. Contact Karen Labbe at klabbe516@gmail.com.
- 8** Faith in Action and Green Team meets 7:15 pm to 8:30 pm in the ROC. Everyone interested in social action and/or "greening" our church is welcome to attend our meetings and share ideas!
- 13** Learning to Speak FUMCAH, 10:45am in the ROC. Learn about FUMCAH's core beliefs, our decision-making structure, and how to get involved. Please direct questions to Pastor Melissa.
- 19** Aging Gracefully, 8:30am-Noon. Susan Frick of Rush University will keynote this day of workshops on aging. Go to FUMCAH.com/aging for information and to register.
- 20** Grandparents Day. We will have a special "Messy Church" with activites for kids and their grandparents. Green Team Bake Sale at Fellowship Hall after worship. Contact Stephanie Sutton at stephanie.c.sutton@gmail.com.
- 25** Commonground Chili Cook Off, 6:30pm. Bring your favorite chili or a side dish and participants will vote for the winners at the home of Stuart and Jennifer Jones. Drinks are provided. Call Jennifer Jones to RSVP, 847-431-2672.
- 26** Pumpkin Cabaret, 7pm in Fellowship Hall. This fundraiser for Hurricane Dorian relief through UMCOR will feature many of our talented church musicians. Desserts and beverages will be served.
- 27** Trunk or Treat, 10:45am. Sign up at the church office or at the table in Fellowship Hall or gofumcah.com/trunk-or-treat/. Youth Field Trip to Ahlgrim's Funeral Home, 5pm. RSVP to patrick.bornhorst@hotmail.com or e.evans@fumcah.com.

Save the Date!

- Nov 2** Feed my Starving Children Packing Event, 2pm, 740 Wiley Farm Court, Schaumburg. Email jmadden@ameritech.net.
- Nov 3** 2020 Stewardship Campaign Kickoff. This year's theme and sermon series is Filled: Celebrating God's Generosity. Learning to speak FUMCAH, 10:45am. Learn about FUMCAH and how to get involved. Contact Pastor Melissa.
- Nov 16** UMW Recycled Christmas Sale, 9am-3pm, Fellowship Hall. Buy gently used Christmas decor to support our missions.
- Nov 24** Stewardship Celebration Sunday. After worship, we'll celebrate our congregation's generosity.
- Dec 7** Breakfast with Santa, 9am. Pancakes, Christmas crafts and a visit with Santa. Visit gofumcah.com/breakfast-with-santa
- Dec 9** Church Conference, 7pm, in the Wesley Room.

Kaleidoscope

It's "something different and colorful" almost every Sunday at Kaleidoscope. Come to this Sunday morning adult faith formation opportunity, as often as the Spirit prompts you.

October 6 – Pastor Melissa concludes her exploration of the Lord's Prayer. Even if you have never attended before, you will be welcomed, and you'll discover something new.

October 13 – Basic Bible Study. We've got Bibles; do you have questions? This Kaleidoscope will consider key Biblical facts and terminology as well as hints for navigating the books of the Bible. Before you leave, you'll even study one whole book – Philemon!

October 20 – Visit "Messy Church" in Fellowship Hall, part of our Grandparents Day celebration.

October 27 – Trunk or Treat; no Kaleidoscope.

JAM Resumes Wednesday Evenings, Oct 2019-Mar 2020

JAM (Jesus and Me), a weekly event for preschoolers through eighth graders and their families, begins on October 2. Three vocal choirs, puppet ministry, handbells, a delicious dinner, and "Church Mice" provide a variety of learning and friendship opportunities for children. Childcare is available for the younger children so that parents can be involved too. We do depend on parent/grandparent involvement at JAM through dinner set-up and clean-up as well as rotating parent help – especially with Cherub Choir and Church Mice. Pick up our registration brochure at the church office for more details.

Thom Frerk is returning as our JAM cook this year. In addition to delicious meals, Thom is always cooking up some fun!

Learning to Speak FUMCAH, October 13 and November 3

Are you ready to go a bit deeper with your relationship to our church? Come to the ROC at 10:45am to learn about FUMCAH's core beliefs, our decision-making structure, and how to get involved. Please direct questions to Pastor Melissa.

October Mission: Tree of Life Ministry to the Lakota Nation

The Tree of Life Ministry feeds, clothes, shelters and loves the Lakota Nation residing in Mission, South Dakota. There is a soup kitchen which provides breakfast and lunch for free, and boxes of food to help supplement the evening meal. They also have a thrift store that provides household goods and gently used clothing for babies, children, teens, men and women. They also have created a mobile thrift store for community members that are not able to get to their home base in Mission. One of their needs for October is hats and mittens. We will be collecting hats and mittens through October 27th. We will have a barrel in Fellowship Hall for your donations. For more information on this ministry, visit treeofliferelief.org.



2020 Stewardship Campaign – Filled: Celebrating God’s Generosity

The Stewardship Committee is hard at work planning for the upcoming 2020 Stewardship campaign. The four-week campaign will start on Sunday, November 3, and conclude with a Celebration Sunday event on November 24. Stay tuned for details on Pastor Earley’s sermon series, activities, special speakers and more!

Register Now for Aging Gracefully, October 19

Aging Gracefully is an opportunity to explore positive responses to some of the life changes that we, or members of our families, experience. On Saturday, October 19, the Adult Faith Formation committee presents the Aging Gracefully conference from 8:30am-Noon. Susan Frick, of Rush University, will present the keynote address regarding lifestyle choices and brain health. There will be two sets of workshops at 10 am and 11am. For a complete seminar description and registration, please go to FUMCAH.com/aging.



Trunk or Treat

Trunk or Treat, the incredibly fun special event, returns to FUMCAH on Sunday, October 27! After worship, children will go from car trunk to car trunk and “trick-or-treat” at cars parked in a reserved area of our parking lot. The participating car trunks will be open, decorated, and full of treats! Your car decorations don’t have to elaborate; just have fun and capture the spirit of the day! To include your vehicle, sign up at the church office OR at the table in Fellowship Hall OR through our web site.

Aging Gracefully October 19 Schedule

8:30 Registration and light refreshments.

9:00 **Keynote Address** from Susan Frick, MSW, LSW, of the Rush Alzheimer’s Disease Center, on how lifestyle choices affect the health of the aging brain.

10:00 **Choice of Workshops:** Writing Legacy Letters, Zumba Gold, Safety and Security for Seniors, Making Sense of the Eldercare Continuum of Care, Art at Every Age, Local Programs and Services to Help You Age in Place.

11:00 **Choice of Workshops:** Renewing our Spirits, Chair Yoga for Everybody in Every Body, Art at Every Age, Safety and Security for Seniors, Making Sense of the Eldercare Continuum of Care, Local Programs and Services to Help You Age in Place.

Is Your Scout Looking to Earn a Religious Award?

We are planning to offer a group class to help Boy/Girl Scouts complete requirements for religious awards. Contact Pastor Lynn if you are interested.

Sisters Has Resumed and Now Meets in the Wesley Room

Women from FUMCAH and the community discuss faith, Wednesdays at 7:15pm.

Financial Report through August 2019

August Revenue: \$49,219

Year-to-date Revenue: \$494,609

August Expense: \$59,854

Year-to-date Expense: \$488,585

We have paid \$49,544 (61%) of our total 2019 apportionment of \$80,624.

Thank you very much for your good stewardship in 2019!

2019-20 Confirmands

7th grade confirmands and mentors:

Ben Biazo - Ryan Kelsey

Liam Blair - Dan Merz

Allison Buck - Stephanie Sutton

Braeden Gadberry - Larry Johnson

Claire Greenwell - Jenny Bornhorst

Eli Merz - Stuart Jones

Will Sieroslowski - Jacqueline Raitano

Shane Sutton - Rich Baldino

Sam Williams - Jonathan Nii

8th grade confirmands and mentors:

Keira Dunnington - Lisa Kelsey

Tye Jones - Kevin Conlee

Mav Lyons - Luis Montgomery

Marie Montgomery - Mary Kay Baldino

Jonathan Raitano - Chad Sutton

Ava Riddle - Anita Herr

Graham Sporcich - Andy Williams

Ben Walczak - Jim Abdnor



FUMCAH 11th Annual Golf Outing

Thanks for Making This Year's Golf Event a Success

The golf outing was marked by wonderful weather and good spirits (if not good golf scores). Over \$9,000 was raised for the ministries of our church. Thank you to the golf outing committee, and all those who donated prizes, sponsored holes, volunteered their time, and participated. A special thanks goes to our title sponsor, Kate Leipprandt of Baldwin Financial Services.





Thanks from the Preschool Board

The preschool board, preschool and we-e care staff and families would like to thank Tom Herr, Melinda Kirby, and all involved who made sure our preschool could open on time. We have full enrollment and are off to a good start. Thank you for the wonderful new spaces for keeping our children safe and secure.

Depression, Bipolar Support Alliance (DBSA)

DBSA was started by Leah and Naoki Nakamura in October of 2005, and they continue to be involved with an active and dedicated Board, group of facilitators, and of course guests who consider this group a life saver.

DBSA is regularly seeing 30+ guests at our Monday night meetings. It is a wonderful feeling to know we are serving so many people of varying ages from many different communities each week.

Thanks to FUMCAH for all the support you have given over the years, and for the donations from the Missions Committee and individuals interested in keeping this group going. Please share the group's presence in our church with family and friends, so anyone struggling with these mental health issues can take advantage of the resource. These are peer-led groups, and extremely confidential.

Please call Joyce Bieritz or Leah and Naoki Nakamura for more information.

Meals On Wheels for Wheeling Needs Volunteers

Plan ahead! FUMCAH will deliver Meals On Wheels for Wheeling Township for the month of November. The meals are picked up at the Lutheran Home in Arlington Heights and are delivered on weekdays, 11am-1pm, to homebound seniors and disabled adults in Arlington Heights, Buffalo Grove, Mount Prospect and Palatine. If you can assist with this program, please contact the Guilfords at 847-392-5512 by October 20.

UMW Funeral Reception Volunteers Needed

United Methodist Women offers to host a reception immediately following funeral/memorial services held at FUMCAH. We need more volunteers to help in the areas of set-up, serving, and clean-up. Baking cookies is also helpful. Contact Barb Donahue at 847-392-1471 for details.

FUMCAH's PADS Program Needs Volunteers

The PADS Program is an emergency shelter ministry for the homeless. On Mondays, FUMCAH provides overnight shelter and meals for them. Last season, the FUMCAH PADS Program served 2,793 meals with 931 guest visits!

Volunteers arrive to set/clean-up, heat and serve dinner, intake and then serve our 30 guests until 7am.

We need your help this season, particularly with 3rd shift that runs from 2:45-7am each Tuesday morning. To get involved, call Laura McKevitt at 847-530-2192.

Imperfect Harmony

Identifying and Recovering
from Intimate Partner Abuse



St. James Laramie Room
(Church Basement)

Saturday, October 5, 2019

6:30– 8:00 p.m.

To register, contact Terri McDonnell at
terrimcdonnell79@gmail.com



We welcome Dr. Erin Leonard, PhD, LCSW, LLC, award-winning author, practicing psychotherapist, and Arlington Heights native to the evening's event. In her 20 years of practice, Dr. Leonard has become appreciated as a highly-trained expert in treating anxiety, trauma, and relationship issues. She currently resides in Mishawaka, Indiana where she raises her two 10-year old children.

The Pinta
Pride Project



presents:

Family-friendly NATIONAL COMING OUT DAY celebration!

OCTOBER 11, 2019

6-10PM

VIPER ALLEY, LINCOLNSHIRE



Music by

Elevated Entertainment

plus:

Food ● **Face Painting & Balloon Animals**
Drag Queen Bingo ● **Vendors**
Rainbow Raffle ● **Art for the kids**
Rainbow Buffalo Souvenir
Rainbow Keepsake Photos & much more!

Before 10/4: \$25 adult / \$15 kids <12 (<3 free)
After 10/4 & @ the door: \$35 adult/\$25 kids <12 (<3 free)
Tickets Available @ pintaprideproject.com



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847-255-5112 · friends@fumcah.com

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Art Classes
 Youth Art Classes: From 4-5:30pm on Tuesdays, for ages ten and older, and on Thursdays, for ages 6-9. Projects include clay, jewelry, drawing, painting, mixed media, and more.
 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, 9:15-11:15am. Open to ages 13 and up.
 All classes are \$7 per class or \$25 for a punch card of four, participants need not attend every week. To sign up, call Thom Freerk at 773-507-5340 or email him at thomfreerk@gmail.com.

Voice Lessons
 Voice lesson times are offered on Wednesday and Friday afternoons. Individual sessions are \$30 for 30 minutes. All ages are welcome. Scholarships are available. Contact Lorena (lorenacory@gmail.com) for more information about pricing and scheduling.

Yoga Classes
 Christine Pellum, a certified yoga-fit instructor, welcomes adults on Tuesday evenings, 7:00-8:30pm, in the Chapel. Molly Kiranovich leads a Friday morning Yoga from 9:30-10:30am in the Chapel. Cost is \$10 per session. For more information, call the church office at 847-255-5112.

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 are Thursday evenings (6:30-7:30pm).
 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.



STUDIO 1903

