



FUMCAH NEWS

SEPTEMBER 2019

Living with Intention

We wanted to miss our flight home. After two weeks in Kailua-Kona, Hawaii, where we breathed in the sweet floral air, bathed in saltwater, and lived the way we wanted to, Meaghan and I longed to leave everything on the mainland behind and plant roots on the Big Island.

Each morning we arose early to sit on the patio by the ocean and watch the waves roll in, hoping to catch a pod of dolphins. We took moments to breathe the sweet aromas of the tropical flora around us and to bask in the strong sunlight. We were as careful with our money as possible. We achieved the perfect balance of relaxation and adventure; we ziplined through the rainforests of Hilo, sunbathed on the white sand beach of Kua Bay, took a snorkeling tour to swim with manta rays, snorkeled on our own with tang and sea turtles, and floated in the ocean that is as turquoise as it appears in pictures. Most nights we ended by watching the sun set over the ocean. We slept through every night and awoke rested every morning.

In Hawaii, we were present. We connected to each other in ways from which our busy lives often prevent us. We modeled the life that we actually want to live—one that matters. In Hawaii, we felt alive.

Of course, we are not moving to Hawaii. Our lives and careers are in the Midwest, as well as the people and fur babies we love. While we aim toward retirement in Hawaii, we are planting our roots in the Midwest.

It's made me think about our upcoming sermon series, Under Construction: Building a Life that Matters. With the fall season comes a fresh school year, a fresh start. What better time is there to make decisions that better align the way we live with our faith?

As we departed the Aloha state, we reminded ourselves that we do not have to live in Hawaii to live the way we want to live. Returning home has been a fresh start for us, where we've decided to be intentional about our outlook, time, space, finances, possessions, values, and needs. We will never be perfect, but none of us has to be to build a life that matters.

Pastor Liz Evans

Worship Schedule

Under Construction: Building a Life that Matters

Our faith has something to say about what makes for a good and meaningful life. We know that we have the promise of eternal life, but we want the days we spend in these bodies and on this earth to matter. We have this sense that life is a gift and we have a responsibility to not waste it.

Our faith offers some guidance. We'll spend six weeks delving into how we can build a life that matters. We'll discover some overlap with secular sources and some important differences. Our faith can spur us to action as well as give us assurance that those actions matter even when they seem inconsequential.

- September 8** Building on Solid Ground – Luke 6:47-49
- September 15** What Matter Doesn't Mean – Luke 12:13-21 & Genesis 11:1-9
- September 22** A Life that Matters is Lived in Community – Ephesians 2:20-22 – Confirmation Blessing
- September 29** A Life that Matters is Connected to God – 1 Peter 2 – Third Graders Get their Bibles
- October 6** A Life that Matters is Building the Kingdom – Isaiah 61:1-4 – World Wide Communion Sunday
- October 13** A Life that Matters is Built on Hope – Hebrews 11:9-11



FUMCAH CALENDAR

September Event and Contact Information

- 7** 11th Annual Golf Outing, Rob Roy Golf Course. Call Darnell McClaney (773-412-9925) or visit go.fumcah.com/golf.
- 8** Student Ministry Kick-Off Picnic, 5-7pm at Amy and Dan Merz's home. Food is provided. Contact Pastor Liz Evans.
- 11** Rainbow Circle, 7pm: LGBTQ folks are invited for conversations about "Tales of the City." Contact Pastor Liz Evans.
- 15** Confirmation Classes for 7th-8th grade students begin in the ROC at 10:45am. Contact Pastor Liz Evans for details. Faith Community Homes' Giving Hope fundraiser, Rolling Green Country Club, 3-6pm. Visit FCHOMES.org for details.
- 16** PADS Seasonal Volunteer Appreciation Dinner in Fellowship Hall at 6:30pm. Contact Laura McKeivitt at 847-530-2192.
- 17** UMW Book Discussion on Angie Thomas' novel, "The Hate U Give," led by Stephanie Sutton at 7pm. Summer Supper for homeless or food insecure, 6:30-8pm. Contact Jacqueline Raitano at 847-612-8444 to volunteer.
- 18** Rainbow Circle LGBTQ-centered worship at 7pm in the ROC. LGBTQ, allies and everyone else is welcome to attend.
- 22** Interfaith Potluck for Peace, 5-7pm, Saint Viator High School. Register online at www.bit.ly/coacregister.
- 25** Sisters Bible Study begins for the 2019-2020 season, 7:15pm in the Wesley Room. Rainbow Circle, 7pm: LGBTQ folks are invited for conversations about "Tales of the City." Contact Pastor Liz Evans.
- 28** Getting to Why, 4-8pm. A workshop about what we do as a church, how we use our resources, how we use our time, and how we reach out to others. Contact Pastor Melissa for details.
- 29** Bible Presentations for third graders and their families in the Sanctuary at the Children's Moment during worship. Northern Illinois Justice For Our Neighbors fundraiser, 6:30pm at Two Brothers Roadhouse. nijfon.org/annual-dinner/

Save the Date!

- October 2** Jesus And Me (JAM) begins and continues on Wednesdays through March 11. Contact Pastor Lynn with questions.
- October 6** World Wide Communion Sunday. World music band Funkadesi will play at worship.
- October 19** Aging Gracefully, 8:30am-Noon. Susan Frick of Rush University will keynote this day of workshops on aging.
- October 20** Grandparents Day. We will honor our grandparents at worship with a special presentation. Green Team Bake Sale at Fellowship Hall after worship. Contact Stephanie Sutton at stephanie.c.sutton@gmail.com.

11th Annual Golf Outing September 7

Join us for a day of golf, folks, food, and fun! Register today at the church office or visit go.fumcah.com/golf!

Confirmation Begins September 15

If you have a 7th or 8th grade student, consider signing them up for Confirmation, a program that teaches students about the history of the church, United Methodism, and John Wesley, studying the Bible, and claiming their faith as their own. Classes begin on September 15 at 10:45am in the ROC. For more information and to register, email Pastor Liz at e.evans@fumcah.com.

World Wide Communion Sunday, October 6

The band Funkadesi will lead us in music during worship. Funkadesi blends Indian music with reggae, funk, and Afro-Caribbean grooves.

Student Ministry

Save these dates for September student ministry programs:

9/8 - Student Ministry Kick-off Picnic from 5-7pm at the home of Amy and Dan Merz. Food will be provided.

9/15 - High School Hangout begins at 10:45am.

Rainbow Circle

Are you an LGBTQ person looking for a group to engage in meaningful discussion about faith and life? Join us on the second and fourth Wednesday of every month at 7pm, for conversation at Pastor Liz's house, 628 Thistle Lane. This month, we are watching and discussing "Tales of the City."

Are you an LGBTQ person or an ally to the LGBTQ community? Join us for a special LGBTQ-centered worship on September 18 at 7pm in the ROC. All are welcome; we mean it!

September Mission: Journeys | The Road Home

Journeys | The Road Home is a non-profit agency providing shelter, social services, and housing to people of all ages who are homeless or at risk of becoming homeless in 37 towns in north/northwest suburban Cook County. In 2017-18, over 50,000 services to almost 900 people were furnished. At the Hope Center, people's cases are managed and they get jobs, mental health, and housing counseling. The Pathways Housing Readiness Program helps prepare those ready to move out of homelessness. The PADS Shelter Program supplies the many homeless with hospitality, food, and overnight shelter during the winter season and the same to a smaller number in the summer season. Our church family has volunteered for both of these PADS programs for many years. Volunteers have grown to know, respect, and care for those we meet... loving our neighbor as we've been taught. A list of needed donations may be found on the Journeys website, and volunteers and donations are always welcome for our PADS ministry.



Church School Promotion Sunday, September 8

On Sunday, September 8, our children will move to their "new" classes. Preschoolers and Kindergartners will meet in Rooms 100 and 200. This fall the children will discover more about loving God and loving neighbor as they hear the Golden Rule and the Lord's Prayer, learn all about prayer, and are reminded that they are loved by God just as they are.

First graders through sixth graders are part of Festival: Adventures in Faith; they begin in worship and leave for classes after the Children's Moment. This fall's theme will be "Bible Story Basics," a time to learn about the Lord's Prayer, the Ten Commandments, and some of our faith founders: Abraham, Sarah, and the prophets. As always, Nursery and Toddler care is provided as well.

Kaleidoscope Begins September 15

You may have memorized it as a child, we recite it every Sunday, it is common to many Christian faith traditions . . . but how much thought do we actually give to the meaning of the Lord's Prayer? Join Pastor Melissa Earley at Kaleidoscope, September 15 - October 6, as she leads a series on the Lord's Prayer. Kaleidoscope meets in the Wesley Room on Sundays after worship.

Getting to Why, September 28

It's easy for us to say what we do, but do we know why we do it? It's the why that motivates us and inspires others. If we lose track of the why then the passion leaks out of our work together. Being clear and having unity about why we do what we do as a church will help us make decisions about how we use our resources, how we use our time, and how we reach out to others. Join us for a 4-hour workshop on Getting to Why, Saturday, September 28 from 3:30-7:30pm. Sign up online at www.signupgenius.com/go/10C0A48A4AA2CABFA7-getting.

Bountiful Harvest Table Every Sunday at Coffee Hour

A good variety of fresh produce from our home gardeners is available, including tomatoes, zucchini, yellow squash, butternut squash, cucumbers, basil, parsley, and rhubarb. Proceeds from sales will be donated to a local food pantry. For more information, contact Nancy Duel at 847-208-1267 or nduel@aol.com.

Financial Report through July 2019

July Revenue: \$56,472 Year-to-date Revenue: \$445,470
July Expense: \$63,708 Year-to-date Expense: \$428,731
We have paid \$43,351 (54%) of our total 2019 apportionment of \$80,624.
Thank you very much for your good stewardship in 2019!

PADS Seasonal Volunteer Appreciation Dinner & Sign-ups

Each year the PADS program helps shelter the homeless in our community. FUMCAH is a proud member of the Journeys | The Road Home network, providing PADS services on Monday nights between October and April.

Please join us for pizza in Fellowship Hall on September 16 at 6:30pm, to celebrate a successful 2018-2019 PADS season and to prepare for the upcoming season starting soon!

We wish to thank everyone who supported the mission with your time and/or donations plus kick off the new season! For those interested in learning more about the program and how to get involved, please join us. We are very much in need of your support more than ever!

Please contact Laura Mckevitt at 847-530-2192 or lauramckevitt@gmail.com to RSVP or you can do so online at <http://evite.me/ZA6eXTNTnn>.

Sunday sign-ups will be held on Sept. 22 and 29 before and after church. We will also have online sign-ups available this year through SignupGenius.

Congregation News

Births:

Roselyn Glenn Reich-Kaempfe on August 16. She is the daughter of Sara Reich and Matt Kaempfe, and the granddaughter of Lori Reich and Jennifer and Bill Kaempfe.



August 5, 2019

First United Methodist Church of Arlington Heights
Attn: Pastor Melissa Earley
1903 E. Euclid
Arlington Heights, IL 60004

Dear FUMCAH Members and Friends:

Thank you for your generous donations of Target and Walmart gift cards for the families of Faith Community Homes. We are overwhelmed by your outpouring of generosity! Your congregation donated \$1020 in gift cards – amazing!

As we all know, back-to-school is an expensive time of year for all parents, especially ones who are working hard to make ends meet. All the adults in the Faith Community Homes program work full-time jobs. Yet even with the rent subsidy we provide, many families have no “extra” money at the end of the month. The gift cards you donated will go a long way to help the parents in our program shop for what their kids need. In some cases, that might be specific school supplies. In other cases, it might be socks and underwear. With your gift cards, parents will be able to make sure their kids start off the school year right.

In addition to financial relief, the gift cards you donated send a message of love and support to the families in our program. With your donations, you are telling these neighbors that you believe in their hard work and you respect their efforts to provide a stronger future for their children through Faith Community Homes. Thank you for sharing your hearts and your pocketbooks with our neighbors in need.

Sincerely,

A handwritten signature in black ink that reads "Sarah Harte". The signature is written in a cursive, flowing style.

Sarah Harte, Program Manager



**FAITH COMMUNITY HOMES
PRESENTS**

giving hope

SUNDAY, SEPTEMBER 15TH • 3-6 PM

ROLLING GREEN COUNTRY CLUB

2525 E. RAND ROAD, ARLINGTON HEIGHTS, IL

join us for an afternoon featuring

HEARTY APPETIZERS • CASH BAR • SILENT AUCTION
RAFFLES • WINE PULL • ENTERTAINMENT AND MORE!

\$60 PER TICKET

RESERVE A TABLE: 8 TICKETS FOR \$450

TO PURCHASE VISIT: FCHOMES.ORG
OR CALL FCH OFFICE: 847-342-0846

Mary Stitt Honored with Kenneth Hood Award

Mary Stitt will be honored for her contributions to the senior community of Arlington Heights on September 3 at the Village Board of Trustees meeting. Mary has served the Arlington Heights community for more than fifty years, beginning as an educator and principal of Olive Mary Stitt School, the Arlington Heights Rotary and the Arlington Heights Senior Center's Board of Directors.

Aging Gracefully

On Saturday, October 19, the Adult Faith Formation Committee of FUMCAH is preparing the first of a series of community presentations, Aging Gracefully. Beginning at 8:30am and ending at noon, the morning will include a keynote speaker and several workshops. Susan Frick, of Rush University, will present the keynote address at 9:00am. In Rush's acclaimed longitudinal study on brain health, researchers have discovered persons who present the pathology of Alzheimer's disease but never develop symptoms during their lifetimes. Susan will explore how different lifestyle choices may have an impact on our brain health.

Participants will also choose two break-out workshops. Options include: writing legacy letters, art and creativity (a hands on experience), community resources, housing options as we age, aging and spirituality, physical fitness, safety considerations for senior citizens.

Aging Gracefully is an opportunity to explore positive responses to some of the life changes that we, or members of our families, experience. For a complete seminar description and registration, please visit the FUMCAH website.

Bible Presentation for Third Graders

Third Graders and their families will not want to miss our 9:30am worship celebration on September 29; that's when FUMCAH offers the gift of a Bible to each third grader. Parents, come to the sanctuary and sit with your child. Both parents and children will be invited to come forward during the "Children's Moment" for the Bible presentation. Afterwards, children may participate in church school or remain with their families in worship. We celebrate that these children are growing in faith and in their ability to be independent readers.

UMW Funeral Reception Volunteers Needed

United Methodist Women offers to host receptions immediately following funeral/memorial services held at FUMCAH. Families really appreciate this during their difficult time. We are updating our diminished volunteer list so we have enough rotation for men, women, and teens to help in the areas of set-up, serving, and clean-up (similar to Sunday morning coffee hour). We are also looking for bakers to contribute homemade cookies. To find out more, contact Barb Donahue at 847-392-1471 or jbd77@comcast.net.

Jesus And Me (J.A.M.) starts October 2

Jesus and Me is a program for kids ages 3 through 8th grade to have fun with a purpose. Our goal is to promote children's spiritual growth through Bible study, worship arts, dinner fellowship and recreation. Our vocal choirs and bell choir perform regularly in Sunday worship. There are three consecutive segments which meet Wednesday evenings from 5-7pm. Children may participate in one, two or all three of the segments. The whole family is invited to join us at 5:45pm for dinner fellowship. Learn more at fumcah.com/children. J.A.M. meets from October 2 through March 11, 2020, except for November 27, December 25, January 1 and February 26.

Join the Chancel Choir

We have a very special Chancel Choir with so many talented, fun, creative, wonderful, generous people... You could be part of this group! We sing in worship every Sunday, September-May. If you enjoy singing, please consider joining Chancel Choir this year. Contact Jeannie Workman at j.workman@fumcah.com for details. Thursday night rehearsals begin on August 29 at 7:30pm in the Music Room on the lower level, below the Sanctuary.

Green Team Bake Sale, October 20 after Worship

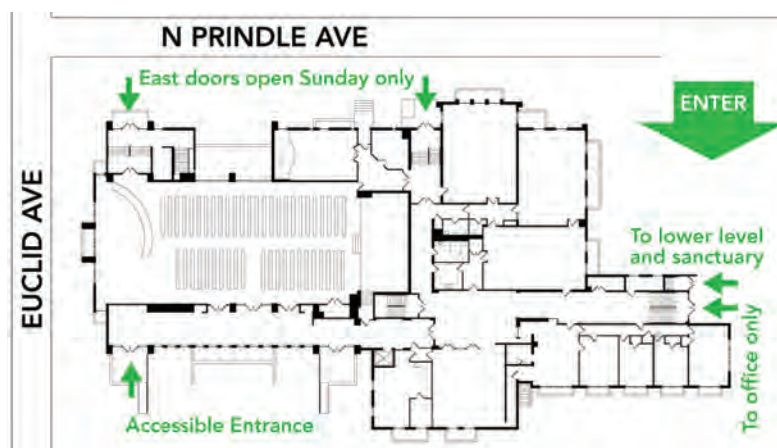
Your purchase of delicious, possibly even good for you, baked goods supports the FUMCAH Green Team's Programming and Special Projects such as: upkeep of our native prairie garden, support of Faith in Place programs and more! Have questions or want to bake for us? Email Stephanie Sutton at stephanie.c.sutton@gmail.com by October 1.

Building For All Update

Windows are going in! The fire suppression system is being installed! The first floor bathrooms not only have walls, but those walls are being painted! Progress is being made! Thank you for your prayers and your generous gifts which help move this project forward!

Work continues in the parking lot, so preschool drop off will be using the east door off of Prindle.

Thank you for your continued patience with our Building for All renovation project. The disruption will be worth it when we have a safer, more accessible, more welcoming church!



United Methodist Women

are hosting

Book Discussion 2019

Tuesday September 17, 2019 at 7 pm

Please join us for a discussion of Angie Thomas' best-selling novel, "The Hate U Give," about racism, police brutality and activism.

Our discussion will be led by Stephanie Sutton.

All are welcome. Refreshments will be served.

Childcare is available if requested by Friday September 13.

Please contact linda_riddle@sbcglobal.net to reserve childcare.

Copies of the book, ebook,
and movie of
"The Hate U Give"
are available at the
Arlington Heights
Memorial Library.





First United Methodist Church
ARLINGTON HEIGHTS

1903 E. Euclid Ave · Arlington Heights, IL 60004
847-255-5112 · friends@fumcah.com

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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.

Voice Lessons

thomftrerk@gmail.com.
up, call Thom Ferk at 773-507-5340 or email him at
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 Ferk at 773-507-5340 or email him at
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.

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.

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.

Thursday evenings (6:30-7:30pm).
Zumba® instructor. Regular Zumba® classes are ACE certified group fitness instructor and licensed by one of our own church members, Veronica Biazio, for your level of fitness. Classes are led at FUMCAH Latin and World music. Routines can be modified Burn lots of calories while dancing to a blend of

Zumba®

Christine Pellum, a certified yoga-fit instructor, welcomes adults on Tuesday evenings, 7:00-8:30pm, in the Chapel. Molly Kravovich 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.

Yoga Classes

STUDIO 1903

