



# FUMCAH NEWS

JULY 2018

## Letter from the Pastor

God's glory is on tour in the skies,  
God-craft on exhibit across the horizon,  
Madame Day holds classes every morning,  
Professor Night lectures each evening.  
Psalm 19:1-2, The Message

It's summer, and for many that means a summer vacation trip, perhaps a chance to appreciate some of the wonders of God's creation. Too often, however, we get so caught up in the day-to-day details and worries that we fail to notice all the amazement that surrounds us. In her book, *Grateful*, Diana Butler Bass points out that gratitude promotes our physical, emotional and spiritual health. She notes, "Gratitude is something we feel and something we do. If we attend to the emotion of thanks and intentionally act gratefully, however, we actually become thankful people. Social scientists have discovered that positive emotions of gratitude drive out negative emotions like fear and anxiety; that practicing gratitude creates new connections of community. Thankfulness creates personal well-being and fosters the common good. Being a grateful person means being resilient in crisis and strengthens us to resist injustice."

We can gradually improve our thankfulness quotient by practicing gratitude; it can become a spiritual discipline. This vacation why not set aside a few minutes before sleep to reflect on a WOW moment of the day. When were you filled with Wonder? When were you Open to God's work in the world or your life? What inspired Worship, a time you were aware of God's presence? Any or all of these things can help us experience thankfulness.

Of course, you can continue the practice when you get home. WOW moments are everywhere. By the way, this works equally well on staycations.

Do you already have a gratitude practice of your own? I'd love to hear about it.

Feeling thankful to be a part of FUMCAH,

Pastor Lynn Mikels

## July Worship Schedule

### What?!? THAT'S In the Bible?

**July 1** – Pastor Melissa preaches on the story from Acts of a married couple who hold back part of their wealth from the early church and drop dead because of it.

**July 22** – Pastor Lynn preaches on a text of terror - story of Hagar, the mother of Abraham's first son who gets sent into the desert to die.

**July 29** - Pastor Melissa preaches on the bizarre story of when Jesus suggests the disciples find their temple offering in the mouth of a fish (Huh?)

### Garden Grace Worship Services

This informal worship service will include a regular person giving a short talk on "What God's done for me lately." Services take place July 22 and August 26 from 8:00 to 8:45 am in the Resurrection Garden. Bring your own lawn chair or blanket (folding chairs available upon request) and enjoy this simple summer worship service.

July 22: Grace Baldino will preach and Liz Evans will lead music.

## July Mission - Solar Ovens



During July FUMCAH has designed Solar Oven Partners as our mission project. Their motto is: Empowering People Through Self-Help Solar Cooking and Water Pasteurization

Currently focusing on the Dominican Republic and Sierra Leone the program provides knowledge and tools to alleviate hunger and human suffering through clean, affordable solar cooking.

Solar Oven Partners has a twofold approach. First is Education providing the concepts of solar box oven cooking to conserve meager family income and to reduce the environmental devastation of clear-cutting trees. The second objective is Training to maximize the use of solar energy for basic human needs of safe water and healthy food.



Solar Oven Partners has distributed over 10,000 ovens. Each oven costs \$150 to build and ship. Any donation will be put to good use.

See more at their facebook page <https://www.facebook.com/solarovenpartnersumc>.

A trip is being planned to Sierra Leone Nov 25 – Dec 7. If you are interested please contact Marj Evans-de-Carpio at [sopdir@swiftgel.net](mailto:sopdir@swiftgel.net).

## Gospel on Broadway is Almost Here!

Join us in worship for our Gospel on Broadway series. Gifted singers from our church family will present several songs from Les Misérables on July 8 and Moana on July 15 (We invite the congregation to wear tropical attire on July 15). Below is a list of the featured songs and singers.



### Les Misérables

I Dreamed a Dream - Anna Arza  
Who Am I - Jim King  
Castle on a Cloud - Sylvia Merz  
On My Own - Kim Buck  
Empty Chairs at Empty Tables  
Stars - Max DeTogne  
At the End of the Day - vocal ensemble

Do You Hear the People Sing? - vocal ensemble  
One Day More - vocal ensemble



### Moana

Where You Are - vocal ensemble, featuring Anthony Livoti, Alice Kelsey, Lisa Kelsey, and Lorena Cory  
How Far I'll Go - Paige Alvarado  
You're Welcome - Chad Sutton  
I Am Moana - Lorena Cory and Paige Alvarado  
Know Who You Are - Paige Alvarado  
We Know the Way - vocal ensemble

## Faith Community Homes - School Supplies Needed



During July, Faith Community Homes will be collecting school supplies and backpacks for 26 children from families in the Faith Community Homes program. Please look for the sign-up opportunities that will appear in the e-news later this month.

## Join DBSA's Board of Directors



Depression and Bipolar Support Alliance

DBSA (Depression and Bipolar Support Alliance) of Arlington Heights extends an invitation for you to join our Board of Directors. We have grown and continue

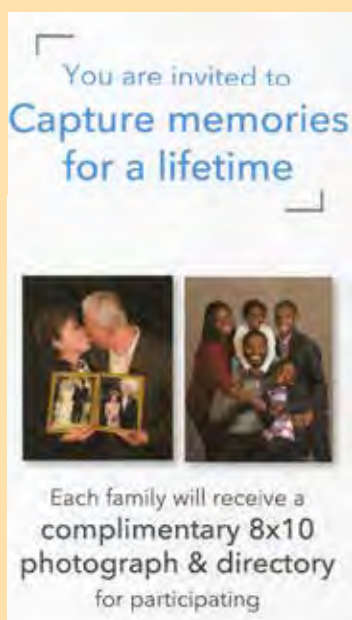
to look to expand and/or improve the services our chapter provides. In addition to our weekly support meetings, we are working to increase our newly formed veteran's support group (Among Vets). Since our church is such an important supporter of this organization, we thought it would be very helpful to have a church member join our Board of Directors. This person would not have to be personally affected in some way with mental health issues, but be interested in educating the public about mental health issues and eliminating the stigma. Please consider this important opportunity to help make a difference.

## Help an artist, help FUMCAH missions.



For the next three months if you commission a painting with Thom Frerk he will donate 50% of the proceeds to the FUMCAH group of your choice. This is a great way to support FUMCAH's artist in residence as well as church programs such as the building fund, preschool, ASP, Missions, and more! Minimum commission of \$75. For more information you can reach Thom at 773-507-5340 or thomfrerk@gmail.com.

## Be a part of our new photo directory program!



FUMCAH is partnering with Lifetouch for professional photography that will connect our families. After being photographed, you will be able to view your photographs immediately and make purchases if you desire. Each family will receive a complimentary 8"x10" photograph and directory just for participating. The dates for scheduling photography sessions are Thursday and Friday, August 2 and

3, Saturday, August 4, and Wednesday, Thursday, and Friday, September 19, 20 and 21, and Saturday, September 22. Times range from 2:00-9:00pm on weekdays and 10:00am-2:00pm on Saturdays. Please register online as soon as possible to get your desired date and time ([go.fumcah.com/photo](http://go.fumcah.com/photo)).

## Missionary Visit



Betty T'shala, the missionary from Zambia our congregation supports, will be visiting the Northern Illinois Conference July 27 – August 15. Betty is traveling with her 2 sons, Lans and Shone. We are hoping Betty will be able to speak to the congregation and Missions Committee the evening of

Monday August 6. The Missions Committee is looking for someone to host Betty and her children by providing lodging, meals and transportation to the church on Monday. Please email [jmadden@ameritech.net](mailto:jmadden@ameritech.net) if you can help.

**Vacation Bible School Registration is Still Open**  
**July 9 - 12**



FUMCAH invites preschoolers (must turn 3 by September 1, 2018) through sixth graders to experience the ride of a lifetime with God at Rolling River Rampage Vacation Bible School! This “white water rafting adventure” includes exciting new music, amazing science, creative crafts, fun recreation, and memorable Bible stories that will help children know that God is always with them as they ride the rapids of life.

The rapids are running Monday through Thursday, July 9-12, from 3:00-5:15 pm. There is no fee; VBS is priceless. Pick up a brochure at church or register online at [go.fumcah.com/vbs2018](http://go.fumcah.com/vbs2018).

**We Need VBS Helpers!**

As always, parents, grandparents, interested adults and students are invited to share the fun as guides and station leaders. You can register online at [go.fumcah.com/vbs2018](http://go.fumcah.com/vbs2018) or contact Pastor Lynn to sign up!

**Art Camp**  
**July 16 - 19**

Set your inner artist free at this summer’s Art Camp, Monday through Thursday, July 16-19, 9:30-noon. Open to children (those who have completed 2nd grade, or first grade if attending with a parent/caregiver), youth and adults, this year’s theme is “Paint It!” Participants will learn to paint with brush and non-brush techniques, on various two and three dimensional surfaces, while exploring a variety of paint mediums.

Whether a novice or experienced artist, this camp will help you develop your skills. Our leaders, Peg Frerk and Thom Frerk, are both experienced artists and teachers.

Peg has degrees in Art and Interior Design and has taught children and adults at the Studio in the Woods and at Kaleidoscope in Barrington. During her winters in Florida, she teaches classes for newcomers at her local United Methodist Church. Thom has his degree in Advertising and Design. He has been Art Camp Director for the City of Evanston, Artist in Residence for the Chicago Park District, and was Co-Director of the not for profit group, Friends of the Arts. Thom currently teaches art in our Studio 1903 at FUMCAH, leads the Arts Ministry, and serves in ministry as artist-in-residence at FUMCAH. We are fortunate that Peg and Thom are once again sharing their artistic gifts with our church.

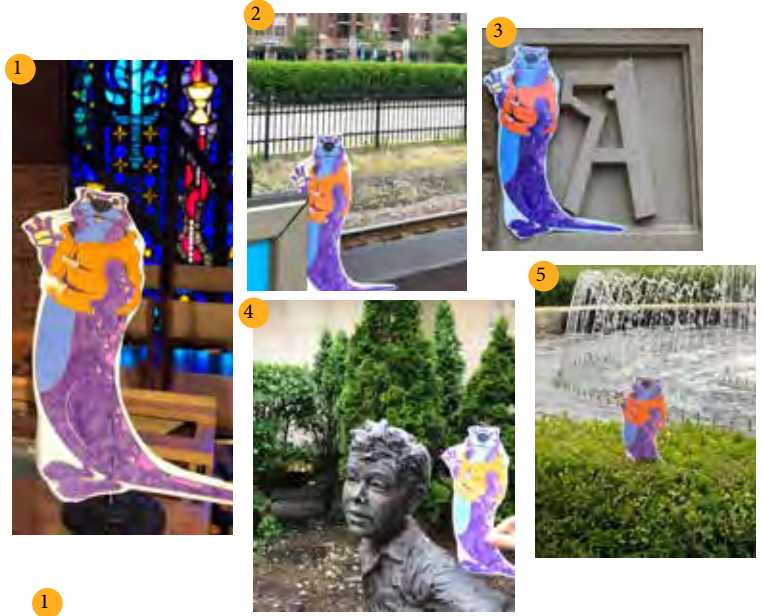
Cost of Camp is \$8.00 per individual session or \$25.00 for all four days. Register for camp through the church office or online at [go.fumcah.com/artcamp](http://go.fumcah.com/artcamp).

**Flat Romper the River Otter**

Romper, our 2018 Vacation Bible School mascot just arrived in the northwest suburbs. Won’t you help introduce him to the area? Download the picture of Romper at [go.fumcah.com/romper](http://go.fumcah.com/romper), color it, and take him along for summer fun! Email Pastor Lynn your pictures of Romper enjoying all his new adventures ([l.mikels@fumcah.com](mailto:l.mikels@fumcah.com)). We’ll post them on our church Facebook page.

**Where is Romper?**

Can you identify where Romper is in the pictures below? Answers on page 7.



- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_



**Music Camp**  
**August 13-16**

Setting the Stage staff will once again lead our amazing Music Camp, Monday through Thursday, August 13-16, 1-3 pm. Children will sing, dance and play the parts

of characters from Joseph and the Amazing Technicolor Dreamcoat, performing in worship on Sunday, August 19. Registration is \$40 per child (\$20 each for additional children in the same family); please sign up by July 31. Invite your friends! Our summer programs present great opportunities to introduce others to FUMCAH.

Visit [go.fumcah.com/musiccamp](http://go.fumcah.com/musiccamp) to learn more and register online.

## Letter from Anthony Livoti

When God tells Abraham to pack up and go to the land to which God was calling, it seems like he does so without hesitation. There is no verse in the Bible that says, “So Abraham calculated the risk of moving to a land he’d never been to before, did a cost analysis of the difference between U-Camel and U-Donkey, evaluated the school districts, and then decided when the time was right to go.” God said move. Abraham did so. Such is the nature of call. In the United Methodist Church, ministers are called to new places all the time. We are a connectional church, which means we share in each other’s ministry and resources. The Church benefits from this set-up. But it doesn’t always feel like it does. Naturally, ministers and their families get attached to people in the congregation. If we didn’t, I’d think there was something wrong.

But that means following God’s call is all the more difficult.

When I first got to FUMCAH, it felt like home. I was excited to be doing the youth ministry, yes, but it was more than that. People welcomed us with open arms. We were given love and nurturing and in addition, we made good friends. This church has been the best church for which I have ever worked. So when I received a phone call about a full-time youth ministry position, my answer was “No. I’m happy where I am.” And that hasn’t changed. FUMCAH still feels like home. But after a few more phone calls, God began to open my heart to the possibilities of taking on full-time youth ministry. Eventually, I said “I might as well try.” As it would come to pass, that was the first step in following God’s call in this season of my life.

I wonder if Abraham thought that about Ur, where he lived. As he walked on top of a hill, knowing that his next step would drop him out of sight of his home, I wonder if he felt that sadness that comes from leaving the people and places you grow to love. Because I feel that. But then I remember the rest of the story; God’s people exist because of Abraham’s faith. And I took a big step out in faith to go for this position in Texas.

I love FUCMAH. But I also understand what it means to follow God’s call. It means to sacrifice things that are important to you and go where God leads. It’s not always easy, but I know in this case it’s the right and best thing to do. This opportunity I have been given is going to be an amazing one for me personally, yes. But it’s also good for the Church. I feel called to make a difference in the youth ministry of the United Methodist Church, and Chapelwood UMC in Lake Jackson is offering the resources to make that possible.

Remember, we are a connectional church. The work that I get to do in tandem with other people is going to make a difference at FUMCAH. And, FUCMAH is going to do amazing things with our local youth ministry program. We are already involved in cohorts and look to continue doing so. We have solidified the confirmation process and arrived at good curriculum. Students have opened up and taken leadership in new areas, and our volunteer base has grown significantly.

It’s not the person in the youth director position that makes the youth ministry. It’s the local church that makes it spectacular. And FUMCAH is a spectacular church. I will miss you all. I pray that you continue to seek your calling... and follow it.

At the name of Jesus,

Anthony Livoti

## *Green Corner Tip!*

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### Wasting Food Hurts Our Environment

A recent study by the journal PLOS found that Americans wasted 25% of their food from 2007-2014. Wasted food not only waste money but has a huge environmental toll.

Each year 4.2 trillion gallons of water are used to grow this uneaten food. Farmers also used 1.5 billion pounds of phosphorus fertilizer (that feeds algae blooms and causes harm to fish) and 2.3 billion pounds of potassium potash fertilizer annually to grow these wasted crops, and applied nearly 780 million pounds of pesticide to protect food that we never ate.

It is important that we are all mindful of this issue and do our best to reduce waste.

## Pop Tab Collection



Did you know that FUMCAH collects pop tabs for Ronald McDonald House (RMH)? Collecting pop tabs is a great way to teach kids about philanthropy and the importance of recycling while raising funds to help children and their families at the same time. Revenue from recycling these little

bits of aluminum helps RMH keep families together and close to the care of their ill children when they need it most. There is a container for your pop tabs on the Welcome Desk.



## Plan Ahead for a "Bountiful Harvest"

May is planting time, so please consider planting a little extra this year to bring to the "Bountiful Harvest". "Bountiful Harvest" is a time on Sunday mornings when gardeners in our congregation may bring their garden produce to our table to share with others.

Money donated and any produce leftover is contributed to an area food pantry. For more information contact Nancy Duel at 847-259-3793 or nduel@aol.com.

## Faith Circle Summer Salad Supper and Service Project July 19



FAITH members and guest are welcome to join our Annual Summer Salad Supper and Service Project. It will be held July 19, at 6:30 pm, hosted by Diane Mier. Attendees are asked to bring a salad to share. RSVP to Patty Neuswanger (pattyneu@sbcglobal.net.) All are welcome.

## Act 2 Summer Picnic July 28



Act 2's Summer Picnic takes place Saturday, July 28 from 3-9 pm. Join us at Pavilion #2 at Twin Lakes Recreational Area, 1200 Twin Lakes Drive in Palatine.

Plan to bring a dish to share and your choice of beverage. The only cost will be a small fee to cover the pavilion rental (estimated \$5 per person). Sand volleyball and boat rentals will be available. More details to follow. Please contact Patty Neuswanger (pattyneu@sbcglobal.net) to RSVP.

## 10th Annual FUMCAH Golf Event & Dinner at Rob Roy

"A Milestone Event"

September 8th



### Registration is Open!

FUMCAH's 10th Annual Golf Event & Dinner will take place on Saturday, September 8. Join us for this milestone event, and enjoy a day of golf, folks, food, and fun! Register today at the church office or visit [go.fumcah.com/golf](http://go.fumcah.com/golf). Please contact Lee Saip for additional information (leesaipandassoc@aol.com or 630-715-9160).

## March in the 4th of July Parade!



What's Red, White and Blue, and Green? The Arlington Heights' Fourth of July parade, with the Interfaith GreenPartners recycling brigade! The FUMCAH Green Team will join partner churches (with their recycling bins) to promote recycling and green efforts in the community. Join us at the parade on Tuesday, July 4! We'll gather at 10:00 am to prepare, march the 1.5 mile parade route, and be finished by 12:30 pm. We encourage you to wear GREEN or a church hat or T-shirt, and be prepared to spend a delightful couple of hours connecting with other earth care advocates. Please contact Christina Crusius ([christina.crusius@gmail.com](mailto:christina.crusius@gmail.com)) if you'd like to join us.



## Congregation News

### Death

June 17 - Meg Easterwood

### Birth

June 19 - John James Russ, son of Jamie and Paul Russo, grandson of Jim and Judie King

### Baptism

June 24 - Bentley Tristan Cunningham, son of Jennifer and Ben Cunningham, brother of Braden, and grandson of Jane and Scott Madden

## Financial Report through May 2018

May Revenue: \$45,741

Year-to-date Revenue: \$348,794

May Expense: \$76,854

Year-to-date Expense: \$349,166

We have paid five months of our 2018 apportionment total of \$85,704: \$35,710

We encourage you to consider Electronic Funds Transfer – no need to worry that you don't have your checkbook or cash with you! And, please let me know if you'd like any help looking at your pledges and contributions on our church database, Access ACS.

With Access ACS, you can also set up contributions, through your bank account or credit card. Please consider rounding up your donation to cover the fees for this service, especially on credit card charges (2.25%). We really encourage EFTs; it's great for household and church budgeting!

Contact Melinda in the church office with any financial questions or concerns.

Thank you very much for your good stewardship in 2018!

## Flat Romper Game Answers:

1. FUMCAH's Sanctuary
2. Arlington Heights Train Station
3. Arlington Heights Village Hall
4. Arlington Heights Library
5. North School Park Fountain.



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