



FUMCAH NEWS

JUNE 2019

Sabbath

Remember the sabbath day and keep it holy. (Exodus 20:8) You may have read those words from the Ten Commandments, even memorized them along with the other nine, but what does that mean for the contemporary Christian? This summer, through a variety of experiences including both “Re-Creation” and “Sabbath Seats” we will consider just how we, as individuals and as community, “keep sabbath.” What makes sabbath holy?

I sometimes think that I am just too busy for intentional sabbath-keeping. I can easily become one of those people, as Wayne Muller points out in his book *Sabbath*, who have lost the rhythm between work and rest. As Muller writes, “Because we do not rest, we lose our way. We miss the compass points that would show us where to go, we bypass the nourishment that would give us succor. We miss the quiet that would give us wisdom. We miss the joy and love that would give us effortless delight... the Chinese pictograph for “busy” is composed of two characters: heart and killing.”

What might sabbath be for you? Turning off your smart phone for the evening and embracing the quiet, praying while you take a long walk, reconnecting with a friend, counting the stars as you worship, carving out time to work for a cause you believe in, re-discovering an artistic passion, finally reading one of the books that are piling up on your bedside table – or shelving every one of those books and writing your own story?

God calls us to abundant living, not exhaustion; to healthy spirits as well as healthy bodies. This summer, I pray that we might nurture one another in ways that encourage us to discover the true gift of sabbath and that, in doing so, our souls might be restored and renewed.

Pastor Lynn Mikels

Worship Schedule

June 2 Make Us One (John 17: 20-26)

June 9 Pentecost (Acts 2:1-21)

Summer Sabbath Series

Do you revel in summer’s slow pace? Or do you long for summers past when you managed to fill days with not much at all? Does one day slide into another with little time to breath? Or do you find that each day is the same with nothing special to mark your days? This summer, we will discover how the ancient practice of Sabbath-keeping, taking a day off of work, worry, and consumption can make space in our lives for real living. Sabbath-keeping can open ordinary days to moments of sacred joy.

You can start the Sabbath-keeping habit by simply turning off your phone for a few hours one day a week, deciding one meal a week that the family will eat together and not talk about school or work. If dinner together doesn’t work you might try breakfast by candlelight. Does the news have you anxious? Try one a day a week when you don’t watch, read or listen to the news. Sabbath-keeping isn’t mostly a list of what you can’t do. Sabbath-keeping is recognizing that time is not the enemy but God’s gift to us and we get time every week to give thanks for being alive.

June 16 Sabbath is the First Commandment

June 23 Sabbath is Freedom from Favoritism (Reconciling Sunday Celebration)

June 30 Sabbath is Being Slaves No Longer



FUMCAH CALENDAR

June Event and Contact Information

- 2** Buffalo Grove Pride Parade, 10am on Checker Drive. Festival follows at Mike Rylko Community Park, Noon-4pm. Liz Evans will be commissioned to Deacon, 4pm, at the Schaumburg Convention Center.
- 3** The Genesis I Youth Choir concert, "A Time to Praise," 7pm in the Sanctuary. The choir is from Munsey Memorial United Methodist Church in Johnson City, TN, where Pastor Melissa's mother attends. The concert is free.
- 8** Re-Creation: Kayaking at Ned Brown Preserve, 8:45am. Learn more at <http://www.fumcah.com/re-creation>.
- 9** All church birthday party to celebrate Pentecost. Sit by your birthday month in Fellowship Hall after worship for cake, games and fun. If you'd like to host/decorate a birth-month table, or provide treats, please contact Pastor Melissa.
- 11** Holocaust Museum Tour. Meet Pastor Lynn in the church parking lot at 11am to carpool, have lunch at North Branch, see the museum and special exhibit, "Purchased Lives". Tickets are \$15, free for 11 and under, \$10 for ages 12-22. RSVP.
- 16** Re-Creation: Hiking at Deer Grove East, 8:30am. Learn more at <http://www.fumcah.com/re-creation>.
- 18** Summer Supper for homeless or food insecure, 6:30-8pm. Contact Jacqueline Raitano at 847-612-8444 to volunteer.
- 22** Re-Creation: Stargazing at the Karl G Henize Observatory, 9pm. Learn more at <http://www.fumcah.com/re-creation>.
- 30** Chicago Pride Parade, Montrose Avenue and Broadway, noon. Email Deacon Liz Evans to carpool and march with the Reconciling Ministries Team: e.evans@fumcah.com.

Save the Date!

- July 15** Vacation Bible School, July 15-18, 3-5:15pm. Ages 3 (by September 1) through completion of 6th grade.
- July 16** Summer Supper for homeless or food insecure, 6:30-8pm. Contact Jacqueline Raitano at 847-612-8444 to volunteer.
- July 22** Art Camp, July 22-25, 10am-noon. 3rd grade-adults welcome. Contact Thom Frerk at 773-507-5340.
- Aug. 4** Gospel on Broadway: The choir will sing selections from the musical, "Wicked".
- Aug. 5** Creation Camp, August 5-8, 1-3pm. Explore caring for God's creation and making a difference in the world together.
- Aug. 11** Gospel on Broadway: The choir will sing selections from the musical, "Dear Evan Hansen".
- Aug. 12** Music Camp, August 12-15, 1-3pm, performing in August 18 worship.
- Aug. 18** Gospel on Broadway: Music Campers will sing selections from "The Greatest Showman".
- Aug. 20** Summer Supper for homeless or food insecure, 6:30-8pm. Contact Jacqueline Raitano at 847-612-8444 to volunteer.
- Sept. 7** 11th Annual Golf Outing, Rob Roy Golf Course, Contact Darnell McClaney at 773-412-9925.
- Sept. 17** Summer Supper for homeless or food insecure, 6:30-8pm. Contact Jacqueline Raitano at 847-612-8444 to volunteer.

Super Summer Camp Experiences at FUMCAH

Vacation Bible School

At VBS, we will journey "to Mars and beyond" and discover a new realm of possibilities, reaching for the stars and encountering the limitless power and love of God. Ages 2 (by September 1) through completion of 6th grade.

Art Camp

July 22-25, 10am-12pm. Set your inner artist free at this summer's Art Camp! For those who have completed grade 2 through adults.

Creation Camp

August 5-8, 1-3pm. We will blend science, faith, and fun to explore caring for God's creation and making a difference in the world together. For those who have completed grades 3-6.

Music Camp

August 12-15, 1-3pm. Setting the Stage staff will lead our amazing Music Camp with songs from "The Greatest Showman". Actors must have completed Kindergarten. Performance in worship on August 18.

June Mission: Bishop's Appeal Scholarship Fund

Bishop's Appeal Scholarship Fund supports two urban summer week-long programs that provide opportunities for children and youth who otherwise may not financially be able to attend camp.

The camp experience broadens campers' horizons. It provides opportunities to explore their faith and to learn new skills.

Bishop's Appeal, selected by Bishop Sally Dyck, is held each year. This year funds go to the Northern Illinois Conference Outdoor & Retreat Ministries.



Re-Creation: Outdoor retreats that will last about an hour.

Re-Creation is intended to be a way for us to connect with people who want to connect with God but are unlikely to come to church on a Sunday morning. We'd love for members of FUMCAH to help host anyone new we meet. If you have ideas on where to post information about Re-Creation retreats, let Pastor Melissa know. Learn more at www.fumcah.com/re-creation.

June 8, 8:45am – Kayaking at Busse Woods

June 16, 8:30am – Hiking at Deer Grove East

June 22, 9pm – Star-gazing at the Karl G. Henize Observatory at Harper College

July 6, 9:15am – Hiking the Des Plaines River Trail

July 14, 8:30am – Kayaking at the Skokie Lagoons

July 20, Sunrise – Location TBA

August 3, 9am – Montrose Dog Beach

August 11, 8:30am – Chicago Botanic Garden

August 17, 8:30pm – Night walk and campfire at Camp Alphonse



Liz Evans is Being Commissioned!

Liz Evans, Director of Justice and Reconciling Ministries, is being commissioned as a Deacon, which is the final step before ordination. Join the FUMCAH family at the ordination and commissioning service on June 2 at 4pm at the Schaumburg Convention Center, at 1551 North Thoreau Drive.

Genesis I Youth Choir Concert at FUMCAH, June 3, 7pm

The choir is from Munsey Memorial United Methodist Church in Johnson City, TN, where Pastor Melissa's mother attends. The concert is free.

Pentecost Birthday Party in Fellowship Hall, June 9 after worship

Sit with your birth-month table for cake, games and fun. If you'd like to host or decorate a birth-month table, or provide treats, please contact Pastor Melissa.

Gospel on Broadway, August 4, 11 and 18

Music director Jeannie Workman leads the choir and soloists in singing selections from Broadway musicals, which will also resonate with the sermon. August 4 will feature "Wicked," and August 11 will feature "Dear Evan Hansen". On August 18, the Setting the Stage staff will lead Music Camp kids with songs from "The Greatest Showman".

Financial Report through April 2019

April Revenue: \$58,682

Year-to-date Revenue: \$275,237

April Expense: \$69,977

Year-to-date Expense: \$253,639

We have paid \$20,875 (26%) of our total 2019 apportionment of \$80,624.

Thank you very much for your good stewardship in 2019!

Sabbath Seats

We want to invite our neighbors to take some Sabbath rest by providing "Sabbath Seats" throughout our communities. On June 9 and 23, we'll paint wooden chairs in fun, creative, eye-catching ways and place them in our yards and around the church. Each chair will have a sign inviting folks to take a rest.

Do you have an outdoor chair that's seen better days? Are you ready to give it a new purpose? Let Pastor Melissa know if you have chairs.

Congregation News

New Members on April 28:

Rick and Sheila Blair

Carl and Kallie Ewald

Andrew and Alexandra Namowicz

Jim and Linda Wyatt

Youth Confirmed on May 19:

Julianne Conlee

Julianna Conroy

Owen Foutch

Zach Greenwell

Matthew Jones

Kyle O'Neal

Deaths

Gilbert Lim on May 3

Jack Cutlip on May 5

Fran Lubarski on May 13

Bob Ziwicki on May 15

Sally Clancy on May 21



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or current resident

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, 9:00-11:15am. 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.

Yoga Classes

Christine Pellum, a certified yoga-fit instructor, welcomes adults on Friday mornings from 9:30-10:30am and Mondays, 12:30-1:30pm. Cost is \$10 per session. For more information, call the church office at 847-255-5112.

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 (lorenacorry@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 (9:30-10:30am), and 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.

STUDIO 1903

