



FUMCAH NEWS

JULY 2019

Finding God in Nature – Naturally

I love to be outside. A long leisurely walk, a heart-pumping hike, exploring a lagoon on a kayak, smelling the flowers at the Botanic Garden, pulling weeds in my garden; all restore my soul. Though summer is particularly lovely, I also love to explore the re-made world after a heavy snow. When I can't be out in nature, I like to be near it. I almost always choose the spot near a window, preferably with plenty of light.

I'm not sure that I find God in nature as much as I am found. My rough edges get smoothed. The negative voices get quiet. I can breathe again.

Combining time outside with prayer just makes sense to me. In preparing for our Re-Creation outreach events, I found a form of prayer called Lectio Divina in Nature in Teresa Blythe's book, 50 Ways to Pray: Practices from Many Traditions and Times. This practice is based on the practice of sacred reading called Lectio Divina, but here, instead of reading a sacred text you "read" nature. Here is a summary of her steps:

Silencio: In silence, become present to your surroundings in nature. Ask God to speak to you in this prayer through nature.

Lectio: Take in your surroundings with your senses. Notice what draws your attention. As you gaze on it (listen to it, smell it, etc.), imagine God gazing on it (listening to it, smelling it, etc.) as well.

Meditatio: Be with this part of nature that has drawn your attention. What do you know about it? What might be the connections with your life right now? Be aware of your feelings and your thoughts. What might God be saying to you through this encounter with nature?

Oratio: Respond to God's gift of nature. Resist editing yourself. Simply communicate with God.

Contemplatio: Rest with God in what you notice. Open your whole self to God by moving beyond words and images. Bask in nature; bask in God.

If you try this practice, I'd be interested in knowing how it goes.

Pastor Melissa Earley

Worship Schedule

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 breathe? 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. 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.

- July 7** Sabbath is Freedom from Worry
- July 14** Sabbath is Saying Yes to What Matters
- July 21** Sabbath is Rest Even in Difficult Circumstances
- July 28** Sabbath is God's Gift to Us



FUMCAH CALENDAR

July Event and Contact Information

- 6** Re-Creation, Hiking the Des Plaines River Trail, 9:15am.
- 14** Re-Creation, Kayaking at the Skokie Lagoons, 8:30am. | VBS Decoration & Orientation, 10:15am in the ROC.
- 15** Vacation Bible School, July 15-18, 3-5:15pm. Ages 3 (by September 1) through completion of 6th grade.
- 16** Summer Supper for homeless or food insecure, 6:30-8pm. Contact Jacqueline Raitano at 847-612-8444 to volunteer.
- 17** Summer Sisters, 10am in the Wesley Room; studying Barbara Brown Taylor's Holy Envy: Finding God in the Faith of Others.
- 20** Re-Creation, Evening Hike at Busse Woods, 7pm.
- 22** Art Camp, July 22-25, 10am-noon. 1st grade-adults welcome. Contact Thom Frerk at 773-507-5340.

Save the Date!

- Aug. 3** Re-Creation, Montrose Dog Beach, 9am.
- 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** Re-Creation, Chicago Botanic Garden, 8:30am.
- 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 the August 18 worship.
- Aug. 17** Re-Creation, Night Walk and Campfire at Camp Alphonse, 8:30pm.
- Aug. 18** Gospel on Broadway: Music Campers will sing selections from "Cinderella."
- 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 (773-412-9925) or go.fumcah.com/golf.
- Sept. 17** Summer Supper for homeless or food insecure, 6:30-8pm. Contact Jacqueline Raitano at 847-612-8444 to volunteer.

Vacation Bible School Decoration and Orientation

TURN FUMCAH INTO AN OUTER SPACE EXPERIENCE! Join the fun on Sunday, July 14, after worship, for our VBS Decoration and Orientation Adventure. Please meet in the ROC to claim the "outer space station" (that's VBS talk for area of FUMCAH's lower level that you will transform). All supplies will be waiting for you along with pizza for lunch. RSVP to Pastor Lynn at l.mikels@fumcah.com.

Super Summer Camp Experiences at FUMCAH

Sign up online at www.FUMCAH.com/children

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 3 (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 Kindergarten through adults. Suggested donation is \$15.

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. Cost is \$25.

Music Camp

August 12-15, 1-3pm. Setting the Stage staff will lead our amazing Music Camp with songs from "Cinderella." Actors must have completed Kindergarten. Performance in worship on August 18. Cost is \$40, additional children \$20 each.

July Mission: Arlington Cares

Arlington Cares is a not-for-profit organization created to assist Arlington Heights residents who are in need of temporary economic support. They may need help with utility bills, transportation, or medical bills. They may be experiencing loss of employment, loss of spousal support, or other hardships. Each year, Arlington Cares raises funds to supplement the Village of Arlington Heights Emergency Assistance Fund. The Social Service office of the Village works with the residents, offers counseling and helps them to manage their financial emergencies, as well as connecting them with additional community resources. Last year, with this fund, the Village was able to assist 570 residents.



Re-Creation: Hour-Long Outdoor Retreats

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.

- July 6, 9:15am – Hiking the Des Plaines River Trail
- July 14, 8:30am – Kayaking at the Skokie Lagoons
- July 20, 7:00pm – Evening Hike at Busse Woods
- August 3, 9:00am – Montrose Dog Beach
- August 11, 8:30am – Chicago Botanic Garden
- August 17, 8:30pm – Night Walk and Campfire at Camp Alphonse

Summer Suppers Still Needs Food Donations

Thanks to everyone who has volunteered to serve at Summer Suppers. Every third Tuesday in the summer, volunteers gather downstairs in the ROC at 5:45pm to serve donated food to homeless or food insecure people from 6:30 to 8:00pm. Upcoming Summer Suppers are July 16, August 20 and September 17. If you can donate food, please sign up at <https://www.signupgenius.com/go/20f0f4ca4aa2fab9-fumcah4> or contact Jacqueline Raitano at 847-612-8444 or JacquelineRaitano@yahoo.com.

School Supply Drive for Faith Community Homes

Each year we support the children of Faith Community Homes by buying school supplies for them. In an effort to streamline the process, we are instead collecting gift cards this year. How wonderful for each student to be able to pick out the specific supplies that they need! If you can help, purchase a Walmart or Target gift card and drop it off in the church office before August 1 or give it to anyone on the Missions Committee. We also welcome cash donations and will take care of buying gift cards with donations received. You can give cash to the church office, or make a payment on the FUMCAH website (fumcah.com/give). Choose the Missions fund, and please put FCH in the memo line.

If you have any questions, contact Carolyn Conlee at 630-747-1137 (cell) or carolynconlee@mac.com. Thank you for your generosity!

Financial Report through May 2019

May Revenue: \$48,726 Year-to-date Revenue: \$323,963
May Expense: \$59,225 Year-to-date Expense: \$312,854
We have paid \$30,965 (38%) of our total 2019 apportionment of \$80,624.
Thank you very much for your good stewardship in 2019!

Sign Up to Help with Coffee Hour

Please see the new Coffee Hour Sign-Up poster in Fellowship Hall and be sure to sign up to help serve on a date or dates during the months of July through December. We need and will very much appreciate your help on Sunday mornings! If you have questions, please contact Joyce in the office (847-255-5112 or j.hawley@fumcah.com).

Congregation News

At Baccalaureate Sunday, FUMCAH recognized the hard work of our students. Congratulations to our new graduates!

High School Graduates

- Alex Boggess
- Lucy Bornhorst
- Drew Conlee
- Taylor DiPrima
- David Dohse
- Megan Greene
- Wesley Jones
- Emma Riddle
- Tommy Wiemold

College Graduates

- Mikaela Boldt
- Dan Crusius
- Connor May
- Erin McAlhaney
- Nicole Neumann

Advanced Degree Graduates

- Kyle Gentile
- Matthew Labbe
- Neil Mier

Report on the Northern Illinois Conference of the United Methodist Church

The Annual Conference of the Northern Illinois Conference of the United Methodist Church was held June 2-4 in Schaumburg. The theme was Back to the Future as we celebrated numerous anniversaries – 180 years of the conference, 200 years of mission through the General Board of Global Ministries, 150 years of United Methodist Women, and 50 years of Black Methodists for Church Renewal.

The symbol of the conference was the sankofa, a mythical bird from Ghana. The name means “go back and fetch”. The body represents the past, the head represents the present, and the egg represents the future. We were celebrating our past, looking at who we are now, and pondering who we will be.



As expected, much of the conversation, legislation, and voting for delegates to the 2020 General and Jurisdictional Conferences centered on the current state of the United Methodist Church. Bishop Sally Dyck stated that the Traditional Plan is untenable and unsustainable. With its passage, something has truly shifted in the Church and we can't go back to where we were. Conversations are beginning, there are no solid proposals yet, but she asked that we allow everyone to get to the future intact. Let us do no harm.

Legislation was passed to form a task force to explore the way forward for the conference, to send petitions to General Conference, to remove the discriminatory language against LGBTQ persons, and to suspend payments to the General Administration Fund of the United Methodist Church until structural changes are made to the General Conference. A straw poll was conducted to gauge the feelings of the conference on being more inclusive (441) versus the current status of the church (79). The Annual Conference is overwhelmingly ready to affirm full inclusion of LGBTQ persons, but there were differences on how to let that be known to General Conference.

We heard reports from the Cabinet of District Superintendents, the Board of Pensions, the laity, campus ministries, the Committee of Religion and Race and the Committee on the Status and Role of Women, and the Shepherding Teams. There were two wonderful Bible Studies by Harriet Olson, the CEO of United Methodist Women.

Reminding us that we are still in ministry and mission while we look at the future of the church, the Shepherding Team shared our top goals: Grow in discipleship and share our faith with others, Live out the conviction that racism is incompatible with Christian teaching, and Address capacity and sustainability as local churches and an annual conference. Look for more in the coming months.

Other highlights include the commissioning of Elizabeth Evans towards Deacon's Orders and seeing former pastors and friends of FUMCAH, including Will Green, Tedd Steele, Bonnie Beckonchrist, and our own Anna Voinovich. Bishop Sally Dyck also announced her retirement in September 2020.

FUMCAH was well represented by Christina Crusius, Thom Frerk, Mike Mikels, and Beth Williams. Jean Wood, Nancy Duel, Stephanie Sutton, and Shane Sutton were also present as were Pastors Melissa Earley, Lynn Mikels, and Liz Evans. This was the first Annual Conference for Christina and Thom.



Elizabeth Evans commissioned towards Deacon's Orders

Thom was moved by the conversations on race and white privilege, how we worked to be inclusively represented to General Conference, and that nearly all of the lay and clergy delegates were endorsed by the Reconciling Ministries Network (RMN) and Methodists for Social Action (MFSA). “I am happy to say we are United Methodists – Praise God!”

Christina said, “I was grateful to have a voice and vote at this critical time for the church. I did my best to use both well, and I found the experience empowering. It's a challenging time to be United Methodist, but I'm encouraged by the work we did this week. Thanks to Nancy Duel, Jean Wood, and the FUMCAH leadership who saw the value of diversifying our representation, and subsequently gave Thom and me this opportunity.”

Overall, the Annual Conference reminded us of our imperfect, but impactful past, and reassured us of our ability to continue to be and to make disciples of Jesus Christ for the transformation of the world! Thanks be to God!

Liz Evans to be the Pastor of Student and Justice Ministries

The Staff Parish Relations Committee is excited to announce that on July 1, Rev. Liz Evans will take on the newly created position, Pastor of Student and Justice Ministries. In this 32-hour-a-week position, Liz will provide leadership for sustainable ministries with students, the LGBTQ community, and advocacy on justice issues.

Staff Parish Relations believes that Liz has the unique combination of gifts to execute this position well. A team made up of SPRC members, parents, and youth met for several months to determine the job outline for a director of Student Ministry. After conversations with teens and parents in our church and with professionals who work with teens in other churches and the community, the team determined that we need to think about student ministry differently. Instead of seeing all of the student ministry in the hands of one person, they determined FUMCAH needs the director of Student Ministry to equip persons in our church to do ministry. The director is the ministry coordinator, trainer, communicator, not a solo implementer.

In addition to Student Ministries, Liz will continue to lead Rainbow Circle and be the staff liaison to the Reconciling Ministries team and Faith in Action. Her primary foci will be Student Ministries, Confirmation and Rainbow Circle. Please congratulate Liz on her new role, and pray for her and our church as we navigate this important change.

Online resources related to the NIC Annual Conference

Statement after the May Council of Bishops meeting:
http://s3.amazonaws.com/Website_Properties/news-media/press-center/documents/A_Common_Word_from_the_Council_of_Bishops.pdf

Short article on May Council of Bishops meeting:
<http://www.umc.org/who-we-are/bishops-offer-pastoral-word-make-key-decisions-at-may-2019-meeting>

Reconciling Ministries – What can you do?
<https://rmnetwork.org/rise-resist/>

Uniting Methodists: <https://unitingmethodists.com/>

UM Forward: <https://um-forward.org/>

Bishop Dyck's reflection on the Judicial Council:
<https://vimeo.com/333963540>

Original Legislation:
<https://www.umcnic.org/media/files/annual%20conference/All%20Legislation%202019.pdf>

Results of Voting – Legislation and Delegates:
<https://www.umcnic.org/AC2019>

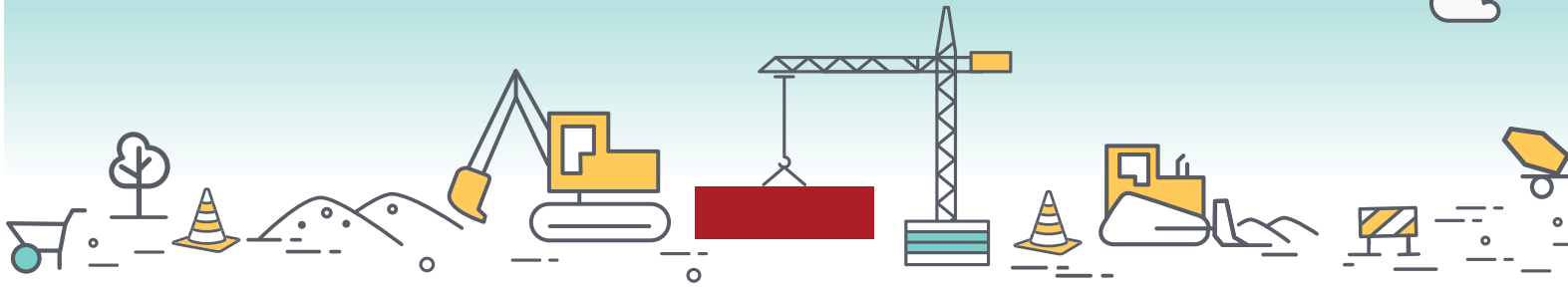
Videos of the services, Episcopal Address, Ordination Service, special sections, and plenary sessions:

<https://www.youtube.com/channel/UCOXoZRSwRY2-V8IfYDvVFaa>



Pastor Lynn Mikels (far left) reading at the NIC conference stage with Bishop Sally Dyck (far right).

FUMCAH UNDER CONSTRUCTION



Building For All Campaign Update

The construction/destruction has begun! Walls are coming down and here we go! This serves a great reminder for our pledges to the Capital Campaign-A Building For All! Also, if you recently made a decision to call FUMCAH your home please consider a pledge to our building!

If you need to speak with Melinda in office to refresh your memory on your pledge, please reach out to her!

Thanks to all (congregation and staff!) for “adjusting” to our changing environment at FUMCAH! Keep an eye on the newsletters and emails as to what doors will get us to service!

Thanks to Our Volunteers

The church staff would like to thank ALL the people who helped get the church ready for construction! These people packed up books, office, supplies, files, the kitchenette, and other church necessities. They helped move office furniture, wall hangings, and boxes into new offices, to the PODS, and to other rooms in the church. They helped us clean out closets, files, and corners. Thank you!

Volunteers Who Helped Pack and Organize for the Move

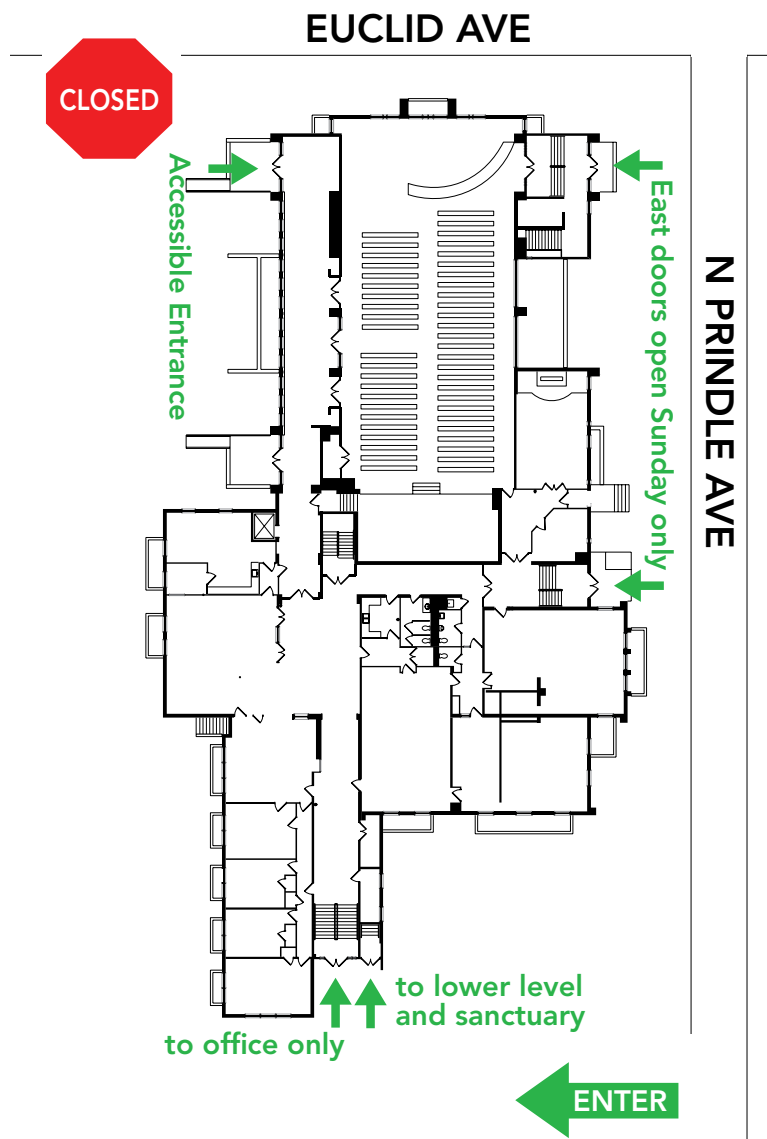
Bruce and Sheryl Anderson	Amy Neumann
Nancy Duel	Kathy Pollard
Kevin Gentile	Ron Reed
The Herr Family	Lori Reich
Dave and Laura Jerbi	Sara Reich
Deb Johnson	Linda Riddle
Geralyn and Rich May	Janet Tyse

Office Volunteers Who Also Helped

Gail Becker	Karen Garst
Barb Donahue	Betty McAlhaney
Dale Ford	Sue Mika
Janet Fuller	Jill Mikesell

Euclid Parking Lot Entrance Temporarily Closed

Because of construction, the Euclid Avenue entrance to FUMCAH is closed. Enter the parking lot via Prindle Avenue. If you need an accessible entrance, please drive through the construction gates (someone will be there to show you where the entrance is). The northwest loggia entrance will be open for those who need an accessible entrance. The elevator is available during construction. If you do not need an accessible entrance, please enter via the south or east doors. See the diagram below for details.



Register Now for FUMCAH's Golf Event

FUMCAH's 11th Annual Golf Event & Dinner will take place on Saturday, 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. You can use the handy registration form on this page to sign up or to participate or advertise in our golf program. For additional information, contact Darnell McClaney at 773-412-9925 or dmcclaney@hotmail.com.

Golf Outing Gift Basket Donations

Want to donate a prize for the 11th Annual Golf Event and Dinner? Donating a gift basket is a great way to be a part of this milestone event. Stop by and sign up at the golf registration table on Sunday mornings for some fun gift basket ideas. For other prize donations, please contact Darnell McClaney at 773-412-9925 or dmcclaney@hotmail.com, or call the church office at 847-255-5112.

11th Annual FUMCAH Golf Event & Dinner at Rob Roy

-ON COURSE CONTESTS
-MULLIGANS AVAILABLE
REGISTER BEFORE JULY 31 FOR
SPECIAL PRICE DRAWING
ONLY 80 PLAYER SPOTS



Saturday, September 7, 2019

Rob Roy Golf Course
505 E. Camp McDonald Road
Prospect Heights, IL

11am–Check-in, Refreshments, Putting Contest
12:30pm–Shotgun Start - Scramble Format
4:30pm–Social Hour, Cash Bar*, Contests
5:30pm–Dinner, Prizes, Awards

*Please do not bring alcohol onto the premises

Registration for GOLF & DINNER - Fill in how many people for each event

ADULT (over age 19)

_____ Golf & Dinner \$85
_____ Dinner Only \$30

YOUTH (age 10-18)

_____ Golf & Dinner \$60
_____ Dinner Only \$30

Name(s):		
Street Address:	City:	Zip:
Phone Number:	Email:	

Registration for ADVERTISING - Please check all that apply:

- Hole Sponsor (hole sign, business card ad, web & program listing) - \$75
- Business Card ad only in program guide - \$25
- Prize Donation - Value \$ _____
- Items (please list) _____



Name(s):		Company:	
Street Address:	City:	State:	Zip:
Phone Number:	Email:		

Advertisers: Please submit your business card and/or logo (in digital or print format) by August 23.

Payments - please select one:

- Check (make payable to FUMCAH) Cash Visa/MC/Discover Card
- # of Adult Golfers _____ @ \$85 # of Youth Golfers _____ @ \$60 # of Dinner Only _____ @ \$30
- Total Amount Due \$ _____ Total Amount Paid \$ _____ Date ___/___/___ **Thank You!**

Contact Darnell McClaney at dmcclaney@hotmail.com or 773-412-9925 FUMCAH office 847-255-5112



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

PRST STD
Non-profit
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PAID
Palatine P&DC IL
Permit No. 593

or current resident

Art Classes
Open Studio, Thursdays, 6:30pm - 8:45pm, and Saturdays, 9:00am - 11:15am. Whether you are a beginner or have experience, our 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 as long as you wish in our relaxing, supportive setting. Open to high schoolers and adults.

Yoga Classes
Christine Pellum, a certified yoga-fit instructor, welcomes adults this summer on Wednesday mornings from 9:30 – 10:30am. Cost is \$10 per session. 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, 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.

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.

STUDIO 1903

