



## JANUARY 2017

January 2017 is a month of “firsts” at FUMCAH. Don’t let it be a cold and cruel month for you. Resolve that your spirit, at least, will be warm as you accept a “challenge” to read the Gospel of Matthew during this first month of the year. Matthew is the first of the Gospels in the New Testament and has 28 chapters – that’s one chapter a day with three days off: New Year’s Day, Martin Luther King’s holiday, and January 28 (because there are 28 chapters in this book of the Bible.) To encourage you in your reading, your clergy and program staff have written a question for each day – see the calendar on page 2 of this newsletter.

Reading this Gospel corresponds with our first worship series of the year: “Spiritual Affective Disorder.” During worship, we will explore everyday life activities (for many of us this includes time for reading) that can become spiritual practices, making our lives more meaningful and truly bringing light to our days.

It’s been a while since I’ve read the Book of Matthew from “cover to cover” so to speak. As I prepared my questions for the calendar, I was reminded of the inspiring and thought-provoking stories it contains. Reading it through provides a context and rhythm that is missed when we only hear a passage here and there. I’m looking forward to reading Matthew again and discussing it with others. I hope you’ll join me in reading and in another first-ever experience. We will be posting the questions on our Facebook page so you can share your thoughts and we can discuss the questions together.

May God bless us as we grow together in faith and fellowship throughout the month of January and all year long.

Pastor Lynn Mikels

### New Sermon Series, “Spiritual Affective Disorder”

Winter can be a time of Seasonal Affective Disorder when the lack of sunlight affects our moods and ability to cope effectively. But Spiritual Affective Disorder can also be a factor as we lead lives that are too crowded, busy, overcommitted, sometimes disturbing and uncertain. As we start a new year, we will explore everyday life activities that can become spiritual practices—deepening our experience of a meaningful life and making us more “light-hearted.”

### Worship Schedule, 9:30am

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January 1:	“Flip the Switch” Isaiah 60:1-6 & Matthew 2:1-12
January 8:	“Make My Day” Micah 6:6-8 & Matthew 12:9-14
January 15:	“Walk This Way” Deuteronomy 30:15-20 & Matthew 15:29-31
January 22:	“Leave Room for Dessert” Leviticus 19:1-2; 9-18 & Matthew 25:35-40
January 29:	“Get Up and Don’t Be Afraid” Joshua 1:1-9 & Matthew 17:1-9

## Gospel of Matthew Reading Challenge

We challenge you to read the Gospel of Matthew during the month of January. Matthew is the first of the Gospels in the New Testament and has 28 chapters, that's one chapter a day with three days off: New Year's Day, Martin Luther King's holiday, and January 28.

### WEEK 1

**January 2 • Chapter 1:** Where do you see signs of Immanuel – “God is with us” in your life and the world as you enter the new year?

**January 3 • Chapter 2:** How does God speak to you through your dreams?

**January 4 • Chapter 3:** How do you seek to repent your sins and receive God's forgiveness?

**January 5 • Chapter 4:** What are the voices of temptation for you and how do you plan to resist them today?

**January 6 • Chapter 5:** How will you seek to be truly blessed/happy as Jesus taught, today?

**January 7 • Chapter 6:** Pray the Lord's Prayer 3-5 times throughout the day and meditate on its words.

### WEEK 2

**January 8 • Chapter 7:** Which of Jesus' teachings is most troubling to you? Why?

**January 9 • Chapter 8:** Why do you think the townspeople begged Jesus to leave their neighborhood? (v. 34)

**January 10 • Chapter 9:** “The harvest is plentiful but the laborers are few.” Where does the Church need laborers today?

**January 11 • Chapter 10:** What cross might you be called to take up?

**January 12 • Chapter 11:** Jesus promises “rest for your soul.” What would that rest look like for you?

**January 13 • Chapter 12:** What do you think are fruitful ways to observe the Sabbath? Should anything be considered “unlawful?”

**January 14 • Chapter 13:** Which parable is closest to your ideas about the Kingdom of Heaven? How do you picture the Kingdom of Heaven?

### WEEK 3

**January 15 • Chapter 14:** Where are you experiencing storms in your life? How might these storms be calmed?

**January 17 • Chapter 15:** How do you see the humanity of Jesus come through in this chapter?

**January 18 • Chapter 16:** How do Jesus' words to Peter change throughout this chapter?

**January 19 • Chapter 17:** What do you think ties this chapter together with the chapter before it?

**January 20 • Chapter 18:** What does Jesus say to you, specifically, in regards to status in this chapter?

**January 21 • Chapter 19:** The rich young ruler is looking for a special circumstance so that he doesn't have to “become like a little child” to inherit the Kingdom of Heaven. Where are you finding it difficult to be like a little child?

### WEEK 4

**January 22 • Chapter 20:** According to this chapter, what do you see as Jesus' definition of fairness and justice?

**January 23 • Chapter 21:** How do Jesus' ideas on status in the last few chapters influence the way he acts in this chapter?

**January 24 • Chapter 22:** What does it mean that all the law and the prophets hang on the two commandments Jesus shared in verses 37-39?

**January 25 • Chapter 23:** What does this chapter say about humility?

**January 26 • Chapter 24:** What does Jesus say about what it truly means to follow Jesus? Is that a path you're ready for?

**January 27 • Chapter 25:** Who are “the least of these” among us today, and how are we treating them?

### WEEK 5

**January 29 • Chapter 26:** What does it mean that those who betrayed, denied, and mocked Jesus were some of his own followers? What was at stake for them?

**January 30 • Chapter 27:** Notice that it was the women who stayed near the cross as Jesus died. Why did the disciples flee? What does it say that women were present for Jesus' death and Resurrection?

**January 31 • Chapter 28:** How do you live out the Great Commission today? In what ways does our church live it out? How can we improve?

Join the discussion!

Visit [FUMCAH.COM](http://FUMCAH.COM) or [FACEBOOK.COM/FUMCAH](https://FACEBOOK.COM/FUMCAH)

## January Mission: JOURNEYS | The Road Home



JOURNEYS provides shelter, social services and housing to the homeless and those at risk of becoming homeless in north/northwest suburban Cook County. The agency consists of the PADS Shelter Program, the HOPE Center Supportive Services Program, and the Pathways Housing Readiness Program. The mission of JOURNEYS is to individually assess and serve its clients, while broadening community awareness and involvement.

The HOPE Center provides free services to the homeless and those at risk of becoming homeless. Services include case management, job counseling, mental health counseling, and housing counseling, as well as healthcare and legal referrals. The HOPE Center is also where people register to use emergency shelters in the area. A Family Nurse Practitioner offers free health care every week including help accessing prescriptions.

The PADS Emergency Shelter Program provides food and overnight emergency shelter to the homeless, seven days a week from October 1 to April 30. The sites are staffed by volunteers who set up, supervise and clean sleeping accommodations, as well as prepare and serve dinner, breakfast and a sack lunch.

The Pathways Program offers hope for someone ready to take the next step in moving out of homelessness. Pathways prepares them to become housing ready. Once housed, JOURNEYS' clinical team provides clients with the necessary support and counseling services to achieve the goal of permanent housing.

We appreciate your ongoing support of the PADS program through your donations of time and food. Please support the overall program of Journeys by giving to this January mission.

### PADS Food Donation Opportunities

As the second season of PADS begins mid-January, we are again seeking contributions of food and time to help us continue our mission to our homeless neighbors. Please stop in the loggia before or after the church service on January 8 and January 15 to sign up to prepare meals, donate food, and volunteer to work on Monday nights - Tuesday mornings. Your help is needed (and very much appreciated) to make this program a success. Please contact Gail Becker ([megabecker@att.net](mailto:megabecker@att.net)) or Nancy Dorsey ([njdorsey@comcast.net](mailto:njdorsey@comcast.net)) if you have any questions.

### Kaleidoscope

Kaleidoscope is one of our adult faith formation opportunities and meets in the Wesley Room (lower level) after worship each Sunday. Grab a cup of coffee or tea, if you wish, in Fellowship Hall before the presentation. All adults and youth are welcome.



#### January 8 and 15

This month we are exploring the Gospel of Matthew. Come share your reflections on what you have read during the Gospel of Matthew reading challenge.



#### January 29

Join our Artist in Residence, Thom Frerk for our topic: A Timeline of Faith and Art. Thom will guide us through some of the general periods of Art History. It is a perfect preview to our Picturing Jesus worship series in February.

**There will be no Kaleidoscope on January 1 or January 22.**

### Save the Date! Art Museum Visit

We are planning a trip to the Art Institute of Chicago on February 19. We would like to organize car pools and are looking for folks who would be willing to drive. If you could help out, please contact Thom Frerk ([thomfrerk@gmail.com](mailto:thomfrerk@gmail.com)) or Pastor Lynn ([l.mikels@fumcah.com](mailto:l.mikels@fumcah.com)).

## Preschool/We-e Care Registration



The First United Methodist Church Preschool/We-e Care Program (DCFS licensed and NAEYC Accredited) will begin accepting registrations for the 2017/2018 school year in January. (Placements will be made at the end of January.) Preschool classes are offered for children ages 2 ½ to 4/5 years. Preschool hours are 9:00 to 11:30am for 2 ½ year olds, and 3 year olds; 4/5 year olds are offered 9:00 to 11:30am classes as well as one 12:30 to 3:00pm class. Days in session depend on the age of the child. (Monthly tuition rates: 2 days per week Preschool--\$155.00; 3 days per week Preschool--\$190.00; 4 days per week Preschool--\$235.00; non-refundable registration fee \$75.00 per child.) We-e Care classes are offered for children ages 16 months to 2 ½ years. We-e Care hours are 9:30-1:00pm, on Wednesdays or Thursdays beginning in October. (Monthly tuition for We-e Care: \$95.00; non-refundable registration fee \$75.00 per child.) For more information or to schedule a tour, call 847-255-5119 or send an email to [fumcps@sbcglobal.net](mailto:fumcps@sbcglobal.net).

## Student Ministry Leaders

Our church is doing great work in social justice, outreach, and children's ministry. One area we would like to grow is student ministry. Our teenagers have so much to offer and just need a little encouragement and facilitation to help them develop. Our student ministry director, Anthony Livoti, is looking for volunteers to join the Student Ministry team. As a team member you will receive leadership training and your input will help develop our activities. Please consider taking on this important role as we help our students on their paths to becoming leaders.

- **Confirmation Mentors:** Attend once a month meetings with a confirmation student.
- **High School Discussion Leaders:** Help facilitate discussions among High School students 2-3 Sundays a month, from 3:00-4:30pm
- **Middle School Activity Leader:** Participate in fun activities for Junior High students 2-3 Sundays a month, from 3:00-4:30pm

Please contact Anthony ([a.livoti@fumcah.com](mailto:a.livoti@fumcah.com)) with questions.

## Register Now for ASP 2017



This year FUMCAH students will travel to Kentucky on June 10 and return on June 18. While there, they will provide home repair for families in need, engage in evening gatherings that connect our service

to our faith, and learn a bit about life in the Appalachian mountains. The deadline to sign up is February 1. The cost to participate this year is \$315. Please contact Anthony with any questions ([a.livoti@fumcah.com](mailto:a.livoti@fumcah.com)).

## ASP Pancake Breakfast



The ASP pancake breakfast fundraiser is a major contribution to the mission of ASP. However, there is a change! Typically the pancake breakfast is on the Sunday

before Ash Wednesday. This year, it is on January 22 to accommodate for the Farmer's Market Sunday. So, please come and support the youth and adults who are traveling to Kentucky to serve! Thank you in advance.

## **Annual Martin Luther King, Jr. Faith in Action Assembly**

Join the FUMCAH Faith in Action Team and other northwest Community Renewal Society churches at the annual Martin Luther King, Jr. Faith in Action Assembly on Monday, January 16, 9:00am - 12:30pm.

The 2017 Assembly will be held at St Mark United Methodist Church, 8441 South Saint Lawrence Avenue, Chicago, 60619. We, with CRS, a faith-based organization, work to address racism and poverty and transform society towards greater justice and compassion. The Assembly is an opportunity to share our priorities with our elected officials.

## **Winter Warming Reconciling Training & Workshop**



Join FUMCAH on January 14, from 10am to 4pm. We will host Winter Warming, the annual Reconciling Training and Workshop event in Northern Illinois. Gather for a time of learning, training, and education.

Bishop Karen Oliveto, the first consecrated lesbian bishop in the United Methodist Church, will bring us a message of hope and restoration during these challenging times. Worship will begin at 11:00am, followed by lunch and two sets of workshops. Online registration can be found at [www.WinterWarming2017.eventbrite.com](http://www.WinterWarming2017.eventbrite.com).

## **Devotion Book Published**

Mary Ann Laforet has published a book "Finding Strength in the Everyday: Seeing the Spiritual All Around You". This book of 366 devotions can begin any time of year, and it is designed to be read by persons of all faiths, not just Christians. It would make a wonderful Christmas present and she will be happy to autograph your copy(ies). The book may be found online at Barnes and Noble and Amazon.

## **Book Study The Relationship Principles of Jesus**

All ladies are invited for A 40 day adventure with Tom Holladay's Book, "The Relationship Principles of Jesus." Jesus was the relationship expert! Start the New Year improving your relationships by learning to love the way Jesus loved. Meet in the Wesley Room for a discussion group on Tuesdays from 9:00-10:30am, January 10 - February 28. You may purchase the book on-line, or contact Terry Clements via phone or text (847-687-2696).

## **UMW Gathering: Night Owls**

Night Owls is a program allowing special needs children to enjoy dinner and activities for a few hours while their parents enjoy a night out. United Methodist women invite you to hear Pastor Lynn Mikels speak about this program on Tuesday, January 17, 9:30 - 11:30 am. All are welcome! Refreshments will be served. Childcare reservations can be made by emailing [shunter20@hotmail.com](mailto:shunter20@hotmail.com).



## **FaithLink: where faith and headlines meet**

The New and Revised FaithLink continues to meet on Sundays in Room 31 after worship. Grab that cup of tea or coffee, if you wish, and join the conversation which revolves around very current events. Since it is based on timely news, the FaithLink resource is emailed to leaders each week. While there is no guarantee about what will be discussed, the discussion is guaranteed to be open and though provoking. Child care for preschoolers and Celebration Station for older children is available.



## **Recycled Christmas Sale Donations**

UMW will once again be accepting gently used Christmas decorations during the month of January. These items will be placed into storage for the 2017 Recycled Christmas sale. Please bring your donations to the church office. (Due to limited storage space, please save items for our Spring rummage sale until the end of April.) Contact Jacqueline Raitano (847-612-8444) with any questions.

## Welcome Center Feasibility Study Summary

FUMCAH has been talking about adding a Welcome Center to the west side of the sanctuary. The Generosity Group spoke with 49 people in 32 different interviews the week of November 14-19. Their focus was to test the feasibility of this project. They found there was strong support the basic concept of the program- to make the church building more accessible and to provide accessible restrooms on the first floor near the sanctuary as well as a flexible space for coffee fellowship and other activities on the first floor. Please visit [www.fumcah.com/whats-new](http://www.fumcah.com/whats-new).

## Solar Panel update

One of the things to come out of this process is that we had to replace the SolarWorld 285 watt module for one that has a little higher power wattage – a Panasonic 325 watt unit. By doing so we were able to nearly match the power rating from the original proposal in 2015. The Panasonic unit is actually a more expensive module and only recently available in the US as most manufacturing was dedicated to meeting demand in Japan after the Fukushima disaster. We will install the 52 unit Panasonic array for the same price as the 60 unit SolarWorld array.

Because the system failed to meet the Guaranteed Energized Date (Install Date) of November 4, 2016, SRECTrade requested an extension to our due date. On November 2, the Illinois Power Agency granted an install date extension to May 12, 2017.

Hopefully we're almost done. Once approved we will order equipment and get on the installation schedule for the spring. This has been quite the learning experience! Please let me know if you have any questions regarding the Solar Panel project.

Very Respectfully,  
Richard Baldino  
Chair, Board of Trustees.

## An Expression of Thanks to Our Church Leadership

The work of the church is accomplished by our pastors and staff along with a community of volunteers from the congregation and beyond. We are grateful to the leaders who will serve on the Church Council this year.

<b>Chairperson</b>	<b>Board/Committee Chairpersons</b>	<b>At-Large Members</b>
Doug Leipprandt	<b>Adult Faith Formation</b> Carolyn Conlee	<b>Class of 2017</b> Greg Ford
<b>Secretary</b> Kathy Heilig	<b>Building</b> Tom Herr	<b>Class of 2018</b> Jacqueline Raitano
<b>Treasurer</b> Patrick Nudo	<b>CAFÉ</b> Sharon Nudo	<b>Class of 2019</b> Alisa Leoni
<b>Lay Leader</b> Judy Standefer	<b>Faith in Action</b> Allison Anderson	
<b>Lay Members of Annual Conference</b> Nancy Duel, Mike Mikels, Anna Voinovich & Beth Williams	<b>DBSA</b> Joyce Bieritz	
<b>Alternate Members of Annual Conference</b> Allison Anderson & Patty Crusius	<b>Finance</b> Larry Johnson	
	<b>Missions</b> Wendy Dunnington	
		<b>Nominations</b> Ouk-Yean Kim Jueng
		<b>Preschool</b> Liz Nierman/Cindy Smiskol
		<b>Reconciling Ministries</b> Suzanne Nice
		<b>Staff Parish Relations</b> Mary Kay Baldino
		<b>Stewardship</b> Jim Abdnor
		<b>Trustees</b> Rich Baldino
		<b>United Methodist Women</b> Linda Riddle
		<b>Youth Ministry</b> Becky McClaney

## A special thank you to the outgoing Church Council Leaders

Cheryl Anderson - Chairperson, Debbie Williams - Secretary, Marry Stitt & David Rich, - Lay Members of Annual Conference, Joseph Salvato - Faith in Action, Beth Williams - Staff Parish Relations.

## New Members



### **Erik Groner**

Erik and Tiffany have been married for 8 years and have 2 beautiful daughters, Isabelle (5) and Carolynn (2) who keep them very busy. They moved from New York to Arlington Heights in February 2016 for a job relocation with the company Erik works for. He and his family and have grown to love this area due to the neighborhoods, great school system, and activities for kids. The Groner family feels that the community, and especially the church family have been so warm and welcoming to them from day one. They look forward to meeting more of the FUMCAH family through the many activities this church champions in the months and years ahead.



### **Jennifer and Chad Curtis**

Jennifer and Chad Curtis are native Iowans and love the Cyclones. They moved to Chicago about 13 years ago and then to Arlington Heights from Wicker Park two years ago. They have two children, Spencer (5), and Lauren (2.5). Jen leads Corporate Social Responsibility for North America at Schneider Electric. Chad works in sales at CH Robinson, a 3PL transportation business based in Lincoln Park. You can find them exploring Chicago, satisfying their food cravings, or at Pioneer Park with their kids!



### **Jay and Amanda Hager**

Jay and Amanda have lived in Arlington Heights for eight years after two years living in South Carolina. Jay is a Distribution System Dispatcher for ComEd and Amanda is an Instructional Coach in Community Consolidated School District 59. They have three children, Kate (12), Jacob (8), and Lauren (1). As a family, they spend a lot of time at the pool where Kate and Jacob participate in swim team. Jacob also participates in Tae Kwon Do. Lauren happily follows the older kids wherever they go! They are very happy to have found our church home here at FUMCAH.

## **Birth**

Molly Bell Worthington - November 16  
Daughter of Megan and Darrin Worthington, sister of Grace and Claire

## **Marriage**

Jamie King and Paul Russo on December 3

## **Deaths**

Bette Nystrom - November 28  
Pam Quade - December 7  
Keith McAlhaney - December 8  
David Johnson - December 15

## **Message from the McAlhaney Family**

*Thank you so much to everyone for all the wonderful cards, love, care and support we have received during Keith's illness and death. It has meant so much to us during a very difficult time.*

*Betty McAlhaney, Kevin, Kristen and Grandchildren*

## **Financial Report through November 2016**

November Revenue: \$67,265  
Year-to- date Revenue: \$691,996

November Expense: \$62,890 Year-to- date  
Expense: \$690,612

We have paid \$71,000 (10 months) of our \$85,920 apportionment for 2016.

Contact Melinda in the church office with any financial questions or concerns. Consider Electronic Funds Transfer – no need to worry that you don't have your checkbook or cash with you!

***Thank you very much for your good stewardship in 2016!***



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