

September 2023

Rev. Jeff Bandy
937-372-7601 office@fcum.org www.fcum.org
9:00 Sunday School
10:00 Fellowship Time
10:30 Contemporary Worship
We are a Stephen Ministry Congregation

Attendance

<u>Date</u>	<u>Worship</u>	<u>S.S.</u>
July 23	99	36
July 30	80	23
August 6	74	14
August 13	92	18
August 20 - Worship in the Park		

From the Pastor

In the heat of the day it still feels like we are in the middle of the summer. However, with the sight of the yellow school buses and the shorter days, we know a new season is upon us. New seasons bring new things or at least fresh starts to common things. In the church we will be kicking off Sunday School for our children and youth, and the bell choir returns on September 10th. On September 24th we plan to welcome the chancel choir back from their summer vacation as well. As we are ramping up for the fall, we are continuing to organize our new hospitality team, who will be assuring we provide a nice environment to build community with all who come to worship. If you would like to be a part of the hospitality team please let me know.

Also, I want to encourage you to consider one of two things. One, be open to the Lord leading you to help with leading a Meet & Eat small group in your home. There is no prescribed formula for these groups, but we hope these groups will meet and eat together and discover how they can share their life of faith with one another. So, the second thing I want you to consider is committing to being a part of a Meet & Greet group. Meeting this way is foundational to the Christian community as shared by Luke in Acts 2: "They de-

voted themselves to the apostles' teaching and to the fellowship, to the breaking of bread and to prayer...Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people." (Acts 2:42&46-47a, NIV). The community we build within will impact the community outside our walls. Let me know how the Lord is leading you.

Finally, I ask that we all be praying for our church and our community specifically for the Holy Spirit to show us who we are to meet and how we are to meet them, so we can begin to share our faith with them and build our community of faith for the glory of the Lord.

In Christ,
Pastor Jeff

A Voice for Environmental Stewardship September 2023

A new book that I have been reading is entitled simply, AWE, by Dacher Kelnter, a professor of psychology at the University of California at Berkeley. He is a renowned expert in the science of human emotions, and the faculty director of the UC Berkeley Greater Good Science Center.

It is impossible to define what AWE is in a simple concise statement because it is so many different things to different people. For the purpose of this article I will focus on what my experiences of AWE have been.

To start with I will offer my experiences as a child. Our family lived in a house in Verona, New Jersey,, where my brother Tom, who is 18 months older than me, and I had a bedroom window that led to the roof over our front porch. On clear nights we would climb out the window on to the roof and lie on our backs looking up into the starry night sky. We had learned in school that our sun was just a medium sized star with 9 planets making our solar system. But there were so many, many stars in our field of vision; we only saw a small fraction of the sky. I remember talking together about how far away the other stars were. We knew that a light year was the distance that light can travel in one earth year. It is nearly 6 trillion miles. The nearest star is Proxima Centauri, which is 4.24 light years from earth. That is more than 24 trillion miles from earth. We

couldn't imagine even 1 million miles let alone 24 trillion miles, and Proxima Centauri was the closest star, other than our sun, to Earth. This blew our minds. We were AWE STRICKEN.

Another AWE experience I had was when I was a hospice chaplain in Cincinnati, Ohio. I was called to a nursing home where there was an old black lady who was struggling with anxiety because she was dying. I would often sing meaningful hymns to my hospice patients. I was led by the Holy Spirit to sing "Precious Lord, Take My Hand" to her. As I sang the first verse, her anxiety seemed to calm. When I sang the second verse, she had a smile on her face. With both hands, she reached up and "took the Lord's hands," and breathed her last breath. The staff of the nursing home thought that it was a MIRACLE. We were all AWE STRICKEN.

Walking in the woods, when I was a pastor needing a break from the stress of my work, I would always experience an AWESOME release from my stress being among the trees and birds singing. The vibrations of the natural world are healing! All this is to say that when we are open to the vast healing power of nature and of our faith, God can do AWESOME things in our minds and spirits. – Rev. Alan Barone, B.A. in science education, M.Div., Ohio Certified Volunteer Naturalist

United Methodist Women

Women United Circle will meet on Monday, September 18 at 1:30pm in the Parlor. All women are welcome to attend.

Dorcas Circle will meet on Tuesday, September 19 at 1:00 pm in the Parlor.

United Methodist Men of Faith

The Men of Faith will meet on Monday, September 18 at 6 PM in Room 16A & B (Community Center). All men are invited to join us. A meal will be prepared by Rhonda Cook. We will have a social time during the meal. We are continuing our study *Rooted: Grow Deep, Live Strong* (Lesson 3) followed by a meeting discussing the garden and garage sale projects, and other activities. All men are urged to attend.

Proactively Planning For Your Future

Knowledge is power. One of the constants in life is change. How prepared are you for life's inevitable changes? Have you talked about or made plans for the "what if's" in life? Do you know what your parents want? Your spouse? You can have alternatives to your health care, living conditions, legal issues, and end of life wishes, but only if you plan. Preparing for the future doesn't have to be frightening. In fact, it can be freeing. Instead of waiting until there is a crisis, be proactive.

Acquire information, evaluate options, decide preferences, and then let loved ones know. Whether you are tackling this planning for the first time or revisiting what you have already decided with updated information, you will be better equipped to provide peace of mind to yourself and others.

The Unbroken Circle is sponsoring an educational series designed to help participants make informed decisions. Sessions will cover legal, financial, healthcare, housing options, and funeral/memorial service planning. We'll begin with "Explaining Ohio's Advance Directives" presented by Julie Wickline, Director of Education and Staff Development at Ohio's Hospice. Join us on Saturday, September 16th from 10-11 am in the Youth Lounge. This series is open to all, so feel free to invite family, friends, and anyone you think might benefit. Reservations are requested but not required. Contact the church office 937-372-7601 if you are interested.

Stephen Ministry

Five Ways To Show You Care During Difficult Times Dare to Care!

1. Be aware of those around you, and ask if it seems like something is wrong. You never know what's going on in someone else's life. By being intentional about caring, you may be able to help.
2. Listen—really listen. Just by asking a question or two, someone may feel comfortable sharing what's going on. If they do start to share, resist the urge to jump in and try to "fix" their problems. Just sit down, lean in and listen.
3. Validate emotions. We all want to be heard and understood by those around us, even if no one else is going through the same challenges. That's why listening is so important. Listen, then let them know that you hear them, you under-

stand, and you care. Just those few words can make a difference.

4. Pray. Ask them if you may pray for them. You may tell them, as one of our Stephen Ministers does, that she will pray for them in her head. If appropriate, you may pray with them before the conversation ends. Take your lead from them. Whether they are receptive to prayer or not, you can always pray silently. Follow through by continuing to pray.
5. Follow up. By following up, you show that you remember someone's struggles. You are saying, "I heard you, I understood you, I prayed for you, I CARE." How you follow up can vary from a simple text message, a phone call, an invitation to lunch or coffee, to sending a card or note that arrives just when that person needs it. Dare to Care!

(Suggestions prompted by *The Gift of Empathy* by Joel P. Bretscher & Kenneth C. Haugk, and *5 Ways to Show You Care During Difficult Times* by Kim Marquette, July 27, 2023.)

It's Kit Time

From our loving gifts we share Christ's love and give hope and experience the joy of our giving. Festival of Sharing is a chance to share in supplying the needs of others. Our church has been involved for more than 30 years. This year we have a new kit which we will make in a group or individually due to the abundance of supplies. For the many women and girls who experience period "puberty" we will gather feminine hygiene products. These will be distributed in the U.S. in the homeless shelters. This has been under study for several years. They are not going to be distributed worldwide as there are numerous countries in Africa that place a serious tax on them, per a BBC news article in early August. In the same article the women are restricted on where they can be at this time of life.

A list of the contents for the school bags, the hygiene and period pack will be in the Narthex. There is a tub ready and waiting for your gifts. Please bring the items to the church by Monday, September 25. If you are unable to help make a kit, we invite you to make a donation for the shipping funds.

If you have any questions please contact Betsy Murray (937-372-8376) or Scott and Carol Jenkins (937-372-1372).

In Honor of Stephanie (Montgomery) Blackburn's Birthday

Most of you know how much Stephanie loved and supported the One Bistro in Xenia. We have the opportunity to honor her memory while participating in a Community meal. Stephanie's birth date is September 21, and on the Wednesday night prior, September 20, the meal will be in her honor. None of us can do it alone, therefore we are asking her family and friends who are able, to please donate towards that meal. Donations can be mailed to One Bistro or given online. In addition, 12 volunteers are needed to serve that evening. Please contact Kim Frank (315-408-1726) if you are interested and willing to help. Donations can be sent to One Bistro, PO Box 223, Xenia, OH 45385, or email www.onebistro.org/donations.

Passings

Prayers and Sympathy are extended to family and friends of Lois Fisher, John Bailey, Minnie Sturgeon, and Patricia Chapman, sister of Shirley Newton.

Thank You

Dear precious friends,

God has blessed us with many precious gifts. Life, Christian friends, prayers, hope, dreams.

The weekly sermons are a light to our week. Janet Schellin and team, thank you so much for the weekly program and letters! God Bless Faith Community.

Richard and Tammy Byers



Thank you so much to those who participated in the Casserole Caravan to provide meals to me and my family during my recovery from eye surgery. Your thoughtfulness was overwhelming (and delicious).

Our Love – Laurie, Eddie & Jake Fox



Dear Ladies of FCUM,

Thank you all so very much for throwing a baby shower for me and the other new moms! I feel so blessed by the outpouring of gifts and the talents on display. Extra thanks to Sandy for organizing the special event!

Blessings to all, Erika Stone



I would like to thank everyone who attended the baby shower and gave us such wonderful gifts. We are truly grateful and so appreciative! Raelynn is doing well after her surgery. All her outfits fit well. Thank you so much.

Jaylynn Green

FCUM
July 2023 Financials

Monthly Income	\$18,477		YTD Income	\$ 195,425	
Monthly Expenses	\$19,938		YTD Expenses	\$ 200,178	
Difference	\$ (1,460)	-7.90%	Difference	\$ (4,753)	-2.43%

Manley Proverbs

(Contributed by Charles Manley)

Tell me and I will forget. Teach me and I will remember. Involve me and I will learn.

**Deadline for October Faith Links:
September 18**

Men of Faith Garage Sale – Friday, September 8, 6-8pm and Saturday, September 9, 9am-12 noon.

Items can be dropped off on Thursday, September 7 from 12 noon to 8pm and Friday morning, September 8, 9am to 12 noon. If you have furniture or large items that you'd like picked up early, contact Bob Whipp. We have storage space in the garage and may post the items on Market Place to sell ahead of the garage sale. For pick up and more information, call Bob at 937-668-3137 or email at

robert.whipp@yahoo.com. Thanks for your support.

All proceeds go to local missions and projects.

List any major items you plan to donate and put in the offering plate, drop off at the office or give to Bob Whipp.

1) _____

2) _____

3) _____

4) _____


Name _____

Address _____

Phone _____

If pickup is needed, check box ()

September 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3 9:15-10:15am-Sunday School 10:30-11:30am-Worship	4 LABOR DAY Office Closed	5 10am-11:30am-Bible Study-Parlor 6-8:15pm-Girl Scouts-FH15-ABC & Youth 16A-B 6:30-8:30pm-Trustees-Parlor 7-8:30pm-SPRC-Lib.	6 9am-pm-District Superintendent 1-on-1-Parlor 6:15-7:15-Bells practice-Music Room	7 11am-12pm-Prayer Shawl-Parlor 1:30-4pm-Women's Club of Xenia-Parlor	8 6-8pm-Men's Garage Sale-FCC	9 9am-12pm-Men's Garage Sale-FCC
10 9:00-10:00am-Sunday School 10-10:30am-Hospitality Time-Narthex 10:30-11:30am-Worship	11 6:30-7:30pm-Cub Scouts-15 A-B 7-8:30pm-Boy Scouts-15C	12 10am-11:30am-Bible Study-Parlor 6-8:45pm-Girl Scouts Leader Meeting-15A	13 6:15-7:15-Bells Practice-Music Room 7:30-9pm-Choir Practice Sanctuary	14 11am-12pm-Prayer Shawl-Parlor 12:30-1:30pm-Membership Care-Parlor 2-4pm-Grief Support-Parlor	15	16 9:15-12pm-Unbroken Circle Committee Mtg.-16A
17 9:00-10:00am-Sunday School 10-10:30am-Hospitality Time-Narthex 10:30-11:30am-Worship	18 1:30-3pm-Women United-Parlor 6-8:30pm-Men of Faith-16A-B 6:30-7:30pm-Cub Scouts-15A-B 7-8:30pm-Boy Scouts-15C	19 10am-11:30am-Bible Study-Parlor 1-3pm-Dorcas Circle-Parlor 6-9pm-Dayton Area Harp Ensemble-16C 6-8:15pm-TK Girl Scouts-15A,B,C, 16A-B	20 6:15-7:15-Bells Practice-Music Room 7:30-9pm-Choir Practice Sanctuary	21 11am-12pm-Prayer Shawl-Parlor 6:30-8:30pm-Ad Board Council-15C	22	23 6-8pm-Double I-15A
24 9:00-10:00am-Sunday School 10-10:30am-Hospitality Time-Narthex 10:30-11:30am-Worship	25 6:30-7:30pm-Cub Scouts-15A-B 7-8:30pm-Boy Scouts-15C	26 10am-11:30am-Bible Study-Parlor	27 6:15-7:15-Bells Practice-Music Room 7:30-9pm-Choir Practice Sanctuary	28 11am-12pm-Prayer Shawl-Parlor	29	30