

April 2025

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

Attendance

Date	Worship	Sunday School
March 2	81	31
March 9	93	10
March 16	83	27

Stephen Ministry

Maintain a Strong Support System-Part II

Accept help. Accepting help is not a sign of weakness. Embracing help can provide much-needed relief in times of stress. It also allows those who are part of the support system to feel involved and useful, which is important for the health of any relationship. Expressing gratitude through a simple “thank you” can go a long way in maintaining strong relationships, especially during difficult times. Open communication is essential. It becomes even more crucial in the context of a health journey. Effective communication helps prevent misunderstandings and ensures that the support provided is in line with what’s needed. Caring Bridge which was highlighted in February’s Faith Links is one resource that can facilitate communication by making it easier to provide updates and stay connected without having to repeat information over and over – something that can be exhausting.

Give back when possible. A support system is strongest when there is a sense of reciprocity. Lend an ear or be there for others when you can. There will be times when your ability to give back is limited, especially during intense phases of a health journey. Don’t feel guilty. Remember that support systems are meant to be flexible and adapted to fit what each person can offer at any given

time and what each needs. Read “Thoughtful Ways to Thank Someone for Their Support.”

Respect boundaries. Each individual in a support system has his or her own life, challenges, and limitations. Be mindful of the time, emotional capacity, and level of support they can realistically provide. Open conversations about boundaries, expectations, and capabilities can help create a support system that is realistic, resilient, and lasting. It prevents burnout among supporters and ensures that the help provided is sustained.

Consider support groups. Sometimes the support needed is beyond what family and friends can provide. Support groups can offer a place where one can connect with others who are undergoing similar health journeys. These groups can offer empathy, understanding, and advice specific to your circumstances. Support groups can be invaluable for family caregivers who often face their own challenges and emotional burdens. To explore options for caregiver support groups, visit [Caregiver Support Groups](https://www.caringbridge.org/resources/caregiver-support-groups/), (<https://www.caringbridge.org/resources/caregiver-support-groups/>). For those dealing with cancer, check out “[Cancer Support Group Resources](https://Caringbridge.org/resources/how-to-find-and-join-a-cancer-support-group),” (<https://Caringbridge.org/resources/how-to-find-and-join-a-cancer-support-group>).

Consider Counseling. Individual, professional counseling can be an invaluable resource as can group therapy. Group therapy provides opportunities to share and learn from others’ experiences in a guided setting. It can be extremely useful for families navigating the health journey together as participants learn to see things from each others’ perspectives. Do all you can to nurture yours. Stephen Ministers are available to walk alongside you during difficult times as part of your support. To learn more, contact Becky Cultice at 937-376-5747. See below.

Compassion Fatigue, A Hazard of Caring – Caregiver burnout is real. To learn more about ways to prevent it and strategies to deal with caring for oneself as a caregiver, join members of the Greater Dayton Stephen Ministry Network inservice at Fairhaven Church in Centerville on Sunday, April 27th. Registration for this free workshop is at 2:15. The program runs from 2:30-4:30 with a break for refreshments. Feel free to invite others to come with you.

Look for details in the next few weeks in the bulletin and in the Wednesday email blasts. For more information, contact Becky.

A Voice for Environmental Stewardship Earth Day 2025

Earth Day is celebrated on April 22 around the world. It was initiated in 1972, making this the 53rd year of world-wide celebrations. What does it mean to celebrate Earth Day. People who live on this planet who love and respect our Earth as a precious and unique planet in our solar system know that humanity must do everything they can to limit global warming, climate change and destruction of species diversity. It makes no sense for ignorant people to continue to call them a hoax, in spite of the fact that 98% of the climate scientists from around the world say that this crisis is REAL and getting worse. God gave us this beautiful and unique planet as a SACRED TRUST. If humans, you and I, don't do anything we can to honor this SACRED TRUST, then we are saying to God that we don't care about this SACRED TRUST. Are we putting fossil fuel corporate greed and our addiction to fossil fuel energy ahead of our respectful relationship with God? I hope not!

On this 53rd anniversary of Earth Day let us examine our relationship with our MAKER and resolve to honor the SACRED TRUST that our God has given to us every day that we are GIVEN THE GIFT OF LIFE ON THIS PRECIOUS PLANET EARTH.

Rev. Alan Barone, B.A. in science education, M.Div.
Ohio Certified Volunteer Naturalist

Introducing Sue Ann Beam

If you ask about her profession, she will reply that she is a farmer. Her family roots in Greene County date to the early 1800's when her ancestors arrived in a covered wagon. That same wagon is on display in the Carriage House of the Greene County Historical Society, if you are interested to see

it up close. Her father, Ted Ater, donated the wagon many years ago.

Sue Ann recalls attending First Methodist Church with her mother at an early age, and when old enough, became a member of that church. (Probably 75 or so years ago). As you know, First and Trinity merged a numbr of years ago to become Faith Community United Methodist Church. While at First Methodist she taught Sunday school and additionally served as superintendent of the Sunday school. Of course, she always helped at Vacation Bible School.

While at First, she helped prepare a breakfast on Easter Sunday morning when Sunday morning sunrise services were held. This wasn't just coffee and donuts. The Sunday school class prepared a huge breakfast for the congregation.

Among other activities at Faith Community she has helped with Shoes for the Shoeless and has been a Sunday morning greeter several times.

To see her in church, you would never realize that she has such a diverse schedule – being a farmer takes a great deal of time, energy and talent. She always worked beside her husband on the farm, and could and still can do the chores required. She was the one in charge of taking care of four horses, among other duties.

At one time, they had an excavating business in addition to the work on the farm, raising cattle and hogs, chickens and of course, fields of wheat and corn. She accomplished all this in addition to a large garden of fresh vegetables which she canned for the family. She recalled one May when the weather turned cold unexpectedly; so cold it actually snowed! Her husband got on the tractor, in spite of the snow, and proceeded to plant the corn. He said if he didn't plant at the right season, the corn would not be ready to harvest in the fall.

A "Jill of all trades", she can and does drive all the equipment on the farm, from semis to tractors working the ground. In addition, she mows her own lawn.

This lady very much enjoys being out of doors, taking on

whatever chores are needed to keep the farm running smoothly. She is an asset to Faith Community UMC as well as Greene County.

— Joan Baxter

Men of Faith

Exciting Updates for 2025!

Join the Garden Project! – We’re excited to continue *The Garden Project in 2025*, with plans to expand the garden area! We invite all members, especially families, to lend a hand in this rewarding mission. Volunteering just an hour or two to till, weed, or harvest can make a big difference. Very soon we will need some help clearing land! Find your pioneer spirit and get ready to volunteer you or your family.

Garage Sale Donations Wanted - Our garage sale fundraiser will continue with a focus on selling large items through Facebook Marketplace. If you have furniture or appliances to donate, please contact Bob Whipp at (937) 668-3137. Your donations support our mission and make a real impact!

Men of Faith Monthly Meeting – Monday, April 21 at 6 PM in Room 16A&B of the Community Center. All men are welcome to join us for *Delicious Dinner: Grilling hamburgers and hot dogs, *Fellowship and meaningful connections.

*** Eric Montgomery will provide the second of a three-month series on planning,**

***Inspiring Bible Devotional to nourish the spirit. Look for more details in your email soon. We can’t wait to see you there!**

United Methodist Women

Women United will meet on Monday April 14 at 1:00 pm in the parlor. All women are invited to attend. To raise

money for our mission projects we will be selling carnations for Mother's Day.

Dorcas will meet on Tuesday April 15 at 1:00 pm in Room 15A&B.

Mary & Martha

Come one, come all, for this extra special evening sponsored by the Mary & Martha gathering and jointly supported by the United Methodist Men of Faith. Our very own Xenia High School Jazz Ensemble has agreed, AGAIN, to share their musical talents for a toe-tapping, joy-inspired evening of entertainment on Monday, April 7, 6pm in the Community Center. All women, men and children are welcome to join us for this open event. Potluck, as always will be provided by the women—with a return of our signature church ham loaves! Let's show our support for these talented young people in our neighborhood while reminding ourselves of the loving community here at FCUM!

Questions, call Laurie Krakowiak at 937-694-8114 or the church office at 937-372-7601.

Educational Assistance

Guidelines and application forms are available in the narthex and church office. This year assistance will be offered to graduating high school seniors who are contemplating entering a college or technical school in the fall of 2025 as well as to upper classmen currently enrolled in college. These forms must be completed and returned to the church office by Sunday, April 20.

Lenton Offering for VBS

During the season of Lent through Easter Sunday, April 20, the church will be collecting a special offering to support Vacation Bible School. Your gift will help provide for children participating in this year's program. The cost is approximately \$30 per child and our goal is to raise \$3000. VBS Offering Envelopes will be available on the table in the narthex

or in the office. Please mark your check VBS. Thank you for your prayers and support as we prepare to explore God's goodness.

Violence Free Futures is holding a child abuse awareness 5K here at Faith Community. Join us on Saturday, April 26, 9:00-11:00am for an exciting and meaningful event to raise awareness for Child Abuse Awareness Month! Dress up as your favorite superhero and run, walk, or stroll in our Superhero 5K. This family-friendly event is perfect for all ages and even welcomes your furry friends. Let's come together as a community to support a great cause and have a great blast while doing it. The cost is \$30 and you can register at <https://runsignup.com/Race/OH/Xenia/Superhero> CAPEKWalkRun. Don't forget to bring your super hero spirit!

Race or Sponsorship Inquiries:

Heather.Culbreath@violencefreefutures.org or 937-8526,ext.112. Sponsorship packets are on the table in the narthex.

Jackson Area Ministries Seed Program

The "JAM" program provides garden plants and seeds for the residents in need so they can provide veggies and fruits for their family. Please consider making a donation (mark checks J.A.M. project) and place in the offering plate or drop seed packets into the basket in the narthex through Sunday, April 13.

Versiti Blood Drive

We will have a blood drive in the Community Center on Monday, April 28, 2:00pm to 6:00pm. You can make a reservation for your preferred appointment time to donate by going to www.donortime.com or 937-461-3220. Remember that your donation can save as many as THREE lives!

Prayer Shawl Ministry

Our Prayer Shawl Ministry is expanding and we need your help. Besides the prayer shawls and lap blankets, we are now also making chemo hats for those suffering hair loss due to chemo treatments. Please let the office know if you are aware of anyone who would find comfort in these hats, prayer shawls, or lap blankets given for those who are going through serious injuries, surgeries, illnesses or grief of death, divorce, job loss, depression or loneliness. We will see that they receive our gift.

We are also asking for more volunteers who knit or crochet to join our Thursday group (11-12:30) or would like to do projects at home. We very much would appreciate those who can teach these skills or can help problem-shoot for new members wanting to learn these skills. Please call Judy Mahan at 937-372-5711 or 937-416-4015

Greeters Needed

Would you like to be a greeter on Sunday mornings? We have a sign-up sheet on the table in the narthex and you can choose the days you would like to greet.

Passings

Faith Community offers our sincere prayers and sympathy to family and friends of Joann Sidders who passed away on March 14.

Deadline for May Faith Links is April 17.

EASTER BLESSINGS

April 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 10-11:30am-Bible Study-Parlor 3:30-5:30pm-XHS Winter Guard-FCC 6:30-8:30pm-6-8:30pm-Girl Scouts-15A,B,C;16 A-B 6:30-8:30-Trustees-Par.	2 6:15-7:15- Bells practice-Music Room 7:30-9pm-Choir Practice-Sanctuary/Chapel	3 11-12pm-Prayer Shawl-Parlor 2-3:45pm-Women's Club of Xenia -Parlor 6-7:30pm-Magic Volleyball Practice-FCC	4 3:30-5:30pm-XHS Winter Guard-FCC	5
6 9-10am-Sunday School 10-10:30am-Hospitality Time-Narthex 10:30-11:30am-Worship Services-Sanctuary	7 6-8pm-Mary & Martha Gathering-FCC 7-8pm-Cub Scouts-15A-B 7-8:30pm-Boy Scouts-15C 7-9pm-Stephen Ministry-Library	8 10-11:30am-Tuesday Bible Study-Parlor 3:30-5:30pm-XHS Winter Guard-FCC 6:15-8:45pm-Girl Scouts Leaders Meeting-FH 15C	9 6:15-7:15- Bells practice-Music Room 7:30-9pm-Choir Practice-Sanctuary/Chapel	10 11-12pm-Prayer Shawl-Parlor 6-7:30pm-Magic Volleyball Practice-FCC 6:30-8:30pm-Scouting America Sycamore District-FH 15A-B 7-8:30pm-Christian Ed Meeting-Room 8	11 3:30-5:30pm-XHS Winter Guard-FCC	12
13 PALM SUNDAY 9-10am-Sunday School 10-10:30am-Hospitality Time-Narthex 10:30-11:30am-Worship Services-Sanctuary	14 1-3pm-Women United-6:30-7:30pm-Cub Scouts-15 A-B 7-8pm-Boy Scouts-15C	15 10-11:30 Bible Study-Parlor 1-3pm Dorcas 15A-B 3:30-4:30pm-Mission/Outreach Team Mtg. 6-8:30pm-Girl Scouts-FH-15A,B,C & CC16-AB	16 6:15-7:15pm-Bells Practice-Music Room 7:30-9pm-Choir Practice-Sanctuary/Chapel	17 11-12pm-Prayer Shawl-Parlor 6-7:30pm-Magic Volleyball-FCC 7-8PM-MAUNDY THURSDAY SERVICE-Sanctuary	18 <div style="text-align: center; color: purple; font-weight: bold;">GOOD FRIDAY</div>	19
20 EASTER 9-10am-Sunday School 10-10:30am-Hospitality Time-Narthex 10:30-11:30am-Worship Services-Sanc. 10:10:30am-Egg Hunt	21 OFFICE CLOSED 6-8:30pm-Men of Faith-16-A-B 7-8:30pm-Boy Scouts-15C 7-8pm-Cub Scouts-15C	22 10-11:30 Bible Study-Parlor	23 6:15-7:15 pm-Bells-Practice- Music Room 7:30-9pm-Choir Practice-Sanctuary/Chapel	24 11-12pm-Prayer Shawl-Parlor 6-7:30pm-Magic Volleyball-FCC	25	26 9am-11am-SuperHero 5K-Violence Free Futures Parking Lot, FCC North End 5-9pm-Double I-15A
27 9-10am-Sunday School 10-10:30am-Hospitality Time-Narthex 10:30am-11:30am Sanctuary	28 2-6pm-Blood Drive 6:30-7:30pm-Cub Scouts-15 A-B 7-8:30pm-Boy Scouts-15C 6:30-7:30pm-Cub Sc. 7-830-SPRC-Library	29 10-11:30am - Bible Study-Parlor	30 6:15-7:15pm-Bells Practice-Music Room 7:30-9pm-Choir Practice-Sanctuary/Chapel			