Dear friends,

It’s great to see many of you in both services this memorial Sunday. The long weekend is such a great opportunity to take a break and embrace the beginning of summer. I hope the slow summer in Carbondale will give you time to do things that you haven’t had time for.

If you can slow things down in summer, I hope it also gives you time for some meaningful reflections, focusing on the significance and what truly matters in your life and noticing the deepest belonging that makes our days meant to be lived. I like the lyrics of the hymn *Because He Lives* that we sang Sunday morning during worship:

> Because he lives, I can face tomorrow; because I know he holds the future, and life is worth the living just because he lives.

Summertime is also fun because of all kinds of trips. Twenty-six members and students in our Sanctuary Choir went to NYC and sang in Carnegie Hall Sunday afternoon with a total of 250 singers from all over the country. Their concert was called *Immortal Invisible: The Music of Pepper Choplin and Mary McDonald*. I already saw lots of wonderful photos about how much fun they had in NYC on their social media pages. We’re so happy for them and we pray for their safe travels and look forward to hearing their stories.

Another fun trip will be our annual Appalachian Service Project mission trip in June. This year we have 24 participants going to Knox County in KY from 6/15 to 6/22 for a mission trip and home repair service. Our ASP team wants to thank all donors and bidders in our silent auction. Your generous donations largely supported us and made this event a successful fundraiser. We also appreciate those who joined the ASP Sending Team and became partners with our ASP participants. Without your help we couldn’t make the trip happen. This coming Sunday 6/2 will be the last day when you can still sign up to join the Sending Team.

Finally, I read a letter that our SPRC wanted me to make the announcement Sunday morning: “In a few weeks we will have a pastoral transition. Pastor Alan and Connie will retire on 6/30 and pastor Howard White and Leah with their children Sophie and Dow will join us on 7/7. Two great days are coming that are very special for our church.” Please pray for their transitions and express our thanks. Please also plan on attending the special service on 6/30 at 10 a.m. with a light lunch to follow at the City Civic Center and be a part of the send off for Alan and Connie.

God bless FUMC,

Yiwen
In Church This Week

Pentecost Sunday is June 9, 2019

Don’t forget to wear RED!!!

Let’s get RE-acquainted! We can start by WEARING OUR NAMETAGS again! Get to know your pew-mates and our new members and visitors.

Look for name tag racks in the Narthex. (Let the office know if you don’t have a name tag.)

Disciples for Sunday, June 2, 2019

Coffee: 8:15 Deanna & Ron Diel
Hosts: 10:45 Mari Ann & Jim Oberg
Outside Greeters: Mike & Joyce Vancil
Van Driver: Don Bryant, Jr.
June Nametags: Barb Bedient
Welcome Center: 8:15 Judy Dilling, 10:45 Jim & Mari Ann Oberg
June Ushers: John Washburn, Captain; 8:15 Larry Good, Bill Tally, 10:45 Don Bryant, Jr., Paul Chugh, Greg Gibson, John Hinde, Angie Voss

Pentecost Sunday

Your Name: ____________________________

In Memory / Honor of (circle one): ____________________________

Enclosed is $3.00 for each geranium. __________ x $3.00 = Total $________

__________ I will take the geranium home after worship on June 9.
__________ I will take the geranium to a homebound friend.

SAVE THE DATE: The next Saturday Night Live will be on June 1 at 5:30 p.m. Location: New Thompson Lake Shelter, Hosts: Pat Cuendet and Lorraine & Ron Stadt.

The Service Music and the anthems during the month of June have been chosen based on favorites of Alan and Connie Rhein. This is our musical “Thank You” to them for ten years of service and their strong support of the music program at FUMC.

ANNUAL SUBSCRIPTION SERIES RECITAL—Monday, June 3rd - 7:30 PM, SHRYOCK AUDITORIUM - ADMISSION FREE, featuring Isabelle Demers, Organist, A native of Quebec and a Doctoral Graduate of The Juilliard School, Isabelle Demers is Organ Professor and Head of the Organ Department Baylor University in Texas

Thank you for your generous giving, the Easter offering of $16,019.10 will be distributed among agencies on the offering list and to agencies of your designation. Your offering will help those agencies fulfill their respective missions.

Help decorate the Sanctuary with red geraniums this year on Pentecost Sunday, June 9.

You may order a 5” Potted of Geranium for $3.00. To order a geranium and place a memorial / honor listing in the bulletin, return this form to the church office no later than Friday, May 31.

SUMMER CHURCH CAMP is just around the corner! Camps are available for Kindergarten—Adults. Check it out at www.igrc.org/camping. Carbondale First UMC will pay half of the registration cost for students from our church who wish to attend an IGRC camp and half for one friend who attends with them. Please, register through the church office. Campaign brochures, camping information, and registration information are available from Yiwen Bi.

Call for Volunteers: We need volunteers to be Usher Captains for May/November 2019. Regular Ushers needed at 8:15 a.m. for August and June/December. Please call the Church Office to volunteer.

Thank you for your generosity, the Easter offering of $16,019.10 will be distributed among agencies on the offering list and to agencies of your designation. Your offering will help those agencies fulfill their respective missions.

Missions Committee
Another season of camping is near at Little Grassy Camp and that means much preparation is needed for the season. A work day at the camp is scheduled for June 1, 2019, weather permitting, and all are invited to participate. The work day will be from 9:00 a.m. to 4:30 p.m. and lunch, which is served at 12:00 noon, will be provided by the camp staff. If you are only able to work part of the day, that is fine. It is necessary that camp staff has a firm number of people who will eat lunch at the camp as they provide food for lunch. Bring any snacks and water/drinks you may need during the day.

There are many projects on the to-do list for all skill levels including, but not limited to, painting, cleaning, washing. Supervisors and workers are needed. A parent or other adult supervisor is responsible for those under age 16 years. You may bring your own work gloves if desired, although the camp will supply gloves. Please wear protective footwear and do not wear open toed footwear (flip flops, sandals, etc). A sign up sheet is available in the Narthex and everyone is welcome. Adult supervision is required for those under 16 years of age. If you’re interested in working at the camp that day, please sign up by May 17th if possible. If you have any questions, contact Jon Gobert at j_gobert@msn.com. Additional information, including allergy (food) and health concerns will be gathered once participants are committed.

Midwest Mission Distribution Center (MMDC) TRIP PLANNED

The next trip to the Midwest Mission Distribution Center is planned for Tuesday, June 4th. We will be leaving the church at 7:00 A.M., drive up to the center and arrive home around 6 or 7:00 p.m. Bring a lunch, your insurance card and wear closed toed shoes. There is something for everyone, whether you are young or old and can’t stand for long periods of time. Sign up on the sign-up sheet in the Narthex. If you have questions, call Nancy Mitchell at 618-303-3127. Also bring completed registration forms and the release form.

Thank you for the support of our various campaigns. Our cooperation with MMDC and other agencies help make a difference across our local area, the state, nation and world. Missions Committee

SOUTHERN ILLINOIS MUSIC FESTIVAL CONCERTS

The Southern Illinois Music Festival is coming to FUMC. The 15th annual Southern Illinois Music Festival begins soon and includes four concerts here at FUMC. The complete schedule can be found at sifest.com. Concerts at FUMC include:

- Tues., May 28, 7:30 pm – Chamber Orchestra Concert ($20/$8)
- Wed., May 29, 5:00 pm – Eric McCluskey Recital (Anita Hutton, piano) (Free)
- Tues., June 4, 7:30 pm – Chamber Music of Women Composers ($15/$5)
- Thurs., June 6, 5:00 pm – Benyas Family Recital (Donation)
This summer, we will again collect canned/boxed food for local food pantries. We are working to assist food pantries that have more school age clients since school lunch programs do not usually operate during the summer. We ask that you bring in one can or one boxed food item every Sunday (or each time you come into the church). We will distribute the collected food as follows:

**June:** Jesús es el Señor in Cobden

**July:** Feed My Sheep at Bethel AME Church

**August:** Wesley Foundation Food Pantry

Please help us help others in the campaign against hunger. Thanks.

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**SUNDAY CHRISTIAN EDUCATION**

**Children’s Opportunities, Sundays**

*Sundays at 9:30 a.m. Children’s Sunday School (K-5th grade)* uses the *Deep Blue* from Cokesbury. **Main Topic:** “Church Family” – June 2 Sunday School—“Peter and John”

*Sundays at 10:45 a.m. Children’s Church* (K-5th grade). All children are invited to Children’s Church following the Children’s Time at the 10:45 a.m. worship service.

**Youth Opportunities, Sundays at 9:30 a.m.**

*Sundays at 9:30 a.m. Junior/Senior High Class* meets in Room 414 and uses a variety of materials connecting the lessons of the Bible with issues relevant to today’s youth.

**Adult Opportunities, Sundays at 9:30 a.m.**

*Renew Class* - Renew is a group of women seeking deeper meaning in their lives through Bible study, reflection and prayer. They meet in the Chapel. Women of all ages are welcome.

*The Electives Class* - Scripture studies following the lectionary led by Rev. John Sims. They meet in the Heritage Room. All are welcome!

**Small Group Opportunities**

*The Daniel Plan Essentials* meets in Room 403 at 9:00 a.m. on Tuesdays. They started the series *The Science of Natural Healing* on April 2. Everyone welcome.

*Grateful Hearts* meets on Wednesdays at 6 p.m. in Room 308. They are studying *Bad Girls of the Bible* by Liz Curtis Higgs.

*Youth Group* meets on Wednesdays at 6 p.m. in the Chapel.

*Men’s Group* All men of the church are invited to coffee and refreshments on Tuesday mornings at 8:30 a.m. in the Heritage Room. We discuss anything and everything from the perspective of our relationship with God.

*Gentle Toning, Stretch, and Yoga Techniques* meets on Thursdays at 5:45 p.m., Rm 404, the Chapel.

*Golden Yoga* meets on Tuesdays at 10:15 a.m. and on Fridays at 9:30 a.m., Rm 404, the Chapel.

Get Connected...to great opportunities for spiritual growth and fellowship on your Christian journey.

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**FAITH COMMUNITY NURSE NEWS**

Parish Nurse Ministry

It seems that allergy season came upon us with a bang this year. So, those of you who are allergic to substances in the environment, may be suffering right now. Symptoms may be worse during times of high winds when offending pollens are spread rapidly. Late mornings or early afternoons tend to have higher pollen counts. The heavy air from high temperature and humidity (Southern Illinois’ summers!) will trigger an asthmatic’s allergies. Of course, different types of pollen are prevalent at different times of the year.

Besides environmental triggers, allergies can be categorized as chemical (perfumes, latex, medication), foods (especially nuts, milk, wheat) or surroundings (animals, mold, bee stings). No matter what triggers an allergy, the diagnosis can be made through medical testing or perhaps the detective process of an individual. Be observant to symptoms and the activities leading up to an allergy attack. Was there a change in diet, environment or product use?

Consider others and eliminate bringing potential triggers into public venues whenever possible. To help others, know if the cologne you are wearing could bother asthmatics. Label your food dish if it contains allergens, like peanuts or shellfish. Take non-latex balloons to the party. Little steps like these can go a long way to prevent someone’s discomfort.

Betty Graig, Parish Nurse

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**Get Connected...to great opportunities for spiritual growth and fellowship on your Christian journey.**
JOIN US FOR AN

ASP MEETING

WE WILL GO OVER RULES, PAPERWORK, ITINERARY, AND OTHER IMPORTANT INFORMATION ON THE TRIP. ALL PARTICIPANTS PLEASE ATTEND.

★★★★

In church right after 2\textsuperscript{nd} service on June 2
Heritage Room