Our Mission Statement: “Called together by the Holy Spirit, we proclaim God’s presence and love in the world through prayer, worship, education and service. We invite children, youth and adults to become disciples of Jesus Christ, live fully in the Holy Spirit, and embrace God’s love.”

Pastor: The Rev. Alan R. Rhein
Associate: Tom Byford
Dir. of Christian Education: Necia Jannings
Prayer Chain: Email Sara Hinde at sjhinde04@gmail.com
Broadcast: 10:45 service is heard live on WCIL-AM (1020)
For van rides: Call the church office (457-2416)
Email: fumc@fumc-cdale.org
Website: www.fumc-cdale.org
Facebook: www.facebook.com/FirstUnitedMethodistCdale
Twitter: @FUMCCarbondale

Dear Friends,

By the time you receive this issue of the “Asburian,” the 2018 session of the Illinois Great Rivers Conference will have begun at the Peoria Civic Center. This annual meeting will bring together over 1,000 United Methodists from all over the state of Illinois - - from Interstate 80 all of the way to Cairo. The theme of the Conference this year is “Let’s Get Fired Up: Moving Forward.” There is always a variety of things that take place at Conference - - from worship to business decisions.

We will have a service to remember those pastors and leaders who have died this last year. We will have a special time to recognize those who are retiring; there are 33 pastors retiring this year, totaling 933 years of service to the United Methodist Church. There is also a “clergy session” and a “laity session.” Each of these will deal with issues relating to clergy and laity. In the clergy session, those who are candidates for some level of ministry, are presented and voted on. The interesting thing here is that as a clergyperson, you have to be voted; when you retire, you have to be voted out! There will be a time to do the business of the Conference, such as a new budget for 2019, electing leaders for the coming year, hearing from the children who are present at the Conference, and reports from various agencies.

The last day of the Conference is a very important and moving time. Saturday morning will be a time when people will be commissioned or ordained for service in the church. This year there are 13 people who will be introduced to the Conference. This, for me, is a moving worship service because these individuals are making a full-time commitment of some kind to serve Christ and the Church. Some may be missionaries; some may be doing a chaplaincy somewhere, while others will be ordained as local church pastors.

The final part of the Saturday worship is a time that is called “Setting of Appointments.” This is when pastors are appointed to a church or ministry for the coming year. There was a time, not too many years ago, when a pastor and church did not know what appointment they would have for the coming year until Saturday morning. I can remember pastors having to make a call home to tell their spouse to get packed because they would be moving in a few weeks. I am glad that has changed. Appointments are made in consultation with the pastor, a staff-parish relations committee, and the district superintendent. This is done prior to the conference. As a pastor, you always feel a little anxiety until you see your name, printed by the church you have been appointed to.

The individuals who will be representing our church this year are Joan Hart, Carol Cain, and I. I ask for your prayers for us as we travel, as we represent Carbondale First, and for the Conference as it makes decisions that will affect us all.

See you Sunday,
**IN CHURCH THIS WEEK**

**June**

**6 Wednesday**
9:00-3  Healing Touch (by appt. only) Rm.308
10:00  CANCELED Children's Story Time

**7 Thursday**
1:00  Priscilla Circle, Room 210
6:00  Education Committee, Room 410
5:00  SI Fest at FUMC:  Benyas Family Recital:  Bach, Haydn, Bruch and Mendelssohn (donation)
7:00  Choir Rehearsal, Sanctuary

**8 Friday**
9:30  Golden Yoga, Room 404

**9 Saturday**
ASPI Trip - June 9-16, 2018

**10 Sunday**
8:30  Worship Service
9:30  Sunday School
10:45  Worship Service

**11 Monday**

**12 Tuesday**
9:00  Daniel Plan, Room 403
10:15  CANCELED Golden Yoga

**13 Wednesday**
10:00  CANCELED Children’s Story Time
6:00  Scout Committee, Room 410

**14 Thursday**
6:00  Education Committee, Room 210
7:00  Choir Rehearsal, Sanctuary

**15 Friday**
9:30  CANCELED Golden Yoga

**16 Saturday**

**Father's Day**
8:30  Worship Service
9:30  Sunday School
10:45  Worship Service

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**PARISH PULSE**

**As of June 5, 2018**

**In Sympathy:**  Sympathy to C.L. & Millie Murden, family and friends, on the death of their daughter, Carol S. Murden, who passed away on May 18, 2018.

**In Sympathy:**  Sympathy to Julie Beck, family and friends, on the death of her brother, Merritt Beck, who passed away on June 3, 2018.

**Thoughts and Prayers:**  Please keep the ASP Team in your thoughts and prayers as they travel and work in Tennessee this week.

**You CAN Make a Difference:**  Remember I CAN, ONE (1) CAN and bring in one can or one boxed food item each Sunday.  This month the food you donate will be distributed to Jesús es el Señor.  Please share what you CAN.  Thank you!

Help beautify our Sanctuary with altar flowers. A sign-up sheet is located on the wall along the incline leading to the church office.  **Flowers are needed for July 8 and August 5 and 26.**  Please sign up and include your desired memorial, birthday, or congratulatory message, or contact the church office.  Thank you!

**Save the Date:**  PrimeTimers Luncheon and Program will be held Thursday, June 28, 2018 at 11:30 a.m. in Fellowship Hall.  Craig Hinde will share his knowledge and experience in theater arts.

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**FAITH COMMUNITY NURSE NEWS**

A BAD COMBINATION:  HEAT, SUN AND MEDS

Some medications may make you far more sensitive to the summer sunlight and heat than you would usually be.  The heat may affect certain over the counter and prescription antihistamines and antidepressants in that they reduce your ability to sweat.  This makes it difficult for your body to regulate its temperature properly.  Also, if taking a diuretic, you may be boosting the likelihood of developing dehydration.

The sun may affect you in the form of a rash or blistering if you are taking certain antibiotics or using topical pain relievers (such as Flector, Pennsaid or Voltaren).  Sun exposure after taking a diuretic such as HydroDiuril, can cause permanent dark patches on the skin.

- Know your meds.  Ask the doctor if your medication is sun or heat sensitive.
- Be sun-safe.  Use sunscreen.
- Stay cool.  Do outdoor activities in the early or late hours.
- Stay hydrated.
- Know the signs of heat related illness.

Betty Graig, Parish Nurse

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**Morning Circle**

Tuesday, June 19, 2018 at 10:00 a.m.
Heritage Room
Theresa Gilbert will speak about “Bald Knob Cross.”
Barbara Kimmel will be hostess for the meeting.
SUNDAY CHRISTIAN EDUCATION

Children’s Opportunities

Sundays at 9:30 a.m. Children’s Sunday School - (K - 5th grade) uses Deep Blue from Cokesbury. The morning begins with music at 9:30 a.m. in Room 415.

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.

June Sunday School: Main Topic: “Jesus’ Teachings”
June 10: “The Birds of the Air”

Youth Opportunities, 9:30 a.m.

Faith development through Bible lessons, emphasizing a relationship with God through Jesus.

Middle School meets in Room 410 and uses On the Go.

High School Class meets in Room 409 and uses a variety of materials connecting the lessons of the Bible with issues relevant to today’s youth.

Adult Opportunities, 9:30 a.m.

Renew - Renew is a group of women seeking deeper meaning in their lives through Bible study, reflection, and prayer. They meet at 9:30 a.m. in Room 402. Women of all ages are welcome.

The Investors Class - Investors is an intergenerational class for all adults. They are studying “Anxious for Nothing, Finding Calm in a Chaotic World,” by Max Lucado. They meet at 9:30 a.m. in Room 404 (the Chapel). Everyone welcome!

The Electives Class - Scripture studies are led by John Sims. They meet at 9:30 a.m. in the Heritage Room. All are welcome!

Small Group Opportunities

The Daniel Plan meets in Room 402 at 9:00 a.m. on most Tuesdays. Check the church calendar. Everyone welcome.

Grateful Hearts has recessed for the summer and will resume in Fall, 2018.

Youth Group has recessed for the summer and will resume for the 2018-19 school year.

Spero Family Services (formerly United Methodist Children’s Home) reports that foster youth are some of the most resilient individuals they have ever seen. Children in foster families have access to other services they need through Spero. Spero Foster Care provides Foster Parents with regular training and ongoing support. The Foster Parents gather monthly to collaborate, share successes and support one another. You would be surprised at the number of children (hundreds in Illinois alone) waiting for a loving and stable home. We need your help to give them a strong foundation to reach their full potential and become more resilient. Not everyone is able to be a Foster Parent. Maybe you know someone who is, or maybe you’re able to make a financial gift, to support recruitment efforts to find more Foster Parents.

Information is available at 618-242-1070 or www.sperosfs.org.