Dear Friends,

Here it is August and school will begin very soon throughout the area. More and more elementary, middle, and high schools are starting earlier. It is always important to take a few moments and think about what we can do to help, particularly, younger families as they begin school. It has been a custom of Connie and I, each year, to purchase school supplies for our grandchildren. So, the first two of our grandchildren brought home a list of items they needed for school. One child is going to be in kindergarten and the other in the third grade. Connie took them and their lists and when it was all said and done the cost was $146 and some change! That seems a bit much to me, but it is what it is. I know some families do not have grandparents ready to buy their supplies and their parents can’t afford to buy them; so what do they do? They may have to go without or teachers buy extra supplies for these children because many school districts will not. So, if you know of a child or family in your neighborhood who might need some help, figure out a way to discreetly help them with school supplies. Also, there are different organizations around town that have special drives for school supplies and this is a great way to make a donation that will help. It is a simple thing, but something that can mean a lot to a child and the child’s family.

Also, mid-August is the time when SIU will begin its new academic year. Let’s do what we can to welcome the new students who will be attending worship with us as they attend SIU this fall. We often have students attend and we want to make them feel welcome as they begin or continue their journey in higher education. I can remember my college days when I attended a local church in the town my college was in. It meant a lot to me to feel that I was a part of that church family even though it was only while I attended school there. I made some friends that are still friends in that local church today. This is a ministry we can all do.

I would like to mention that we will have another new member class this coming Sunday, 9:30 a.m., August 12, in room 308. We had a class last week and this week’s class will cover the same things that we did last week. It is just another opportunity for those who did not make it last week. If you or someone you know is considering becoming a church member let them know about this class. And, if you don’t mind, give me a call and let me know who to expect for the class.

Finally, I would like to thank Nancy Mitchell and Sally Washburn for being in charge of our Church directory. They put a lot of time and energy into getting it done, so take a moment and thank them when you see them. The directories are in for those who had their picture taken and a sign-up sheet for those who would like a directory even though they didn’t have their picture included in the directory. Directories may be picked up at worship on Sunday or you may come by the church office from 8 a.m. to 5 p.m., Monday through Thursday and 8am until noon on Friday.

See you Sunday,

Alan
In Church This Week

9 Thursday
10:00 Gentle Toning, Stretch, Yoga, Rm. 404
7:00 CANCELLED Choir Rehearsal, Sanctuary

10 Friday
9:30 Golden Yoga, Room 404

11 Saturday

12 Sunday Blood Pressure Checks
8:15 Worship Service
9:30 Sunday School
10:45 Worship Service

13 Monday
1:30-5:45 Red Cross Blood Drive
7:00 Boy Scouts, Room 410

14 Tuesday
8:30 Men’s Group, Heritage Room
9:00 Daniel Plan Essentials, Room 403
10:15 Golden Yoga, Room 404
4:00 Health Kit Assembly, Wesley Foundation

15 Wednesday
9:00-3 Healing Touch (by aptt. only), Rm. 308
10:00-11 Children’s Story Time, Diane Neill Dorsey Memorial Children’s Library

16 Thursday
5:45 Gentle Toning, Stretch, Yoga, Rm. 404
7:00 Choir Rehearsal, Sanctuary

17 Friday
9:30 Golden Yoga, Room 404

18 Saturday

19 Sunday
8:15 Worship Service
9:30 Sunday School
10:45 Worship Service

Our New Church Directories Are Here!
Copies of our new Church Directory will be available to pick up in the Narthex following the first service this Sunday, August 12. You may also come by the church office to pick up your copy.
If you had your photo taken for the directory, your copy is FREE. Thank you!

SIGN UP TODAY!
AMERICAN RED CROSS BLOOD DRIVE at FUMC
Monday, August 13
1:30 - 5:45 p.m., Heritage Room
The most efficient way to schedule a donation is to register at www.redcrossblood.org
There is an urgent need for blood of all types.

Health Concerns: Cliff Neill is at Bounce Back.
Evelyn Gates is in Barnes Hospital in St. Louis.

Altar Flowers: Can you help beautify the Sanctuary on September 16 or 30? If you can help, please contact the Church office at 457-2416. Altar flowers are only $49. Thank you.

Thank you: “My sincerest thanks to everyone for all of the thoughtful cards and well wishes I received! Even though I’ve left the Office Assistant position at FUMC, my new, upcoming position as first-time grandmother will keep me busy. I also plan to stay involved with church activities and look forward to seeing many of you again. Until then, with warm regards,” Julia Morrill

Please Welcome: We have a new Office Assistant. Her name is Barbara Mueller (Barb). Please stop by and say “Hello” and make her feel welcome. Send e-mails to barbm@fumc-cdale.org for Asburian items or changes in scheduling.

Lost and Found: If anyone has lost a part of their hearing aid, please check with the Church office staff to reclaim it.

Disciples for Sunday, August 12, 2018
Outdoor Greeters: Gordon & Carol White
Van Drivers: Dan Anderson III, Don Bryant, Jr.
Welcome Center: 8:15 Barb Bedient; 10:45 Helen Deniston
Coffee Hosts: 8:15 Jan & Dick Verduin; 10:45 Allison & Trent Funk
Parish Nurses: 9:15 Betty Graig; 11:45 Dana Oberg
Children’s Church: K-5th Jennifer Woolridge;
Youth Helpers: Catherine Mitchell, Brenden McNally
Children’s Church Registration: Barb Swinburne
August Nametags: Carolyn Saunders
Thanks for FUMC’s I CAN 1 CAN donations in June. 11 bags of groceries and other items were delivered to Jesus es el Senor. Camp was underway at the time of delivery. About 50 kids ranging from pre-school to middle school were participating in the camp. The food was very welcome. The new pastor, Hiram Gonzalez, was present. We look forward to working with him and the continuing staff at Jesus. I CAN I CAN will collect food for Good Samaritan in July. Hope we will continue to help with local food drives this summer. Remember I CAN 1 (one) CAN! And you can too!

SPERO FAMILY SERVICES (formerly United Methodist Children’s Home) announced that a new Engagement Coordinator has joined its staff. Amanda Lee’s job is to make campus life for the residential youth more like the rest of the world’s experiences. Recreation opportunities must be more than playing video games or watching TV. Engagement is about more than just exercise and fresh air. Amanda’s goal is to seize every opportunity to broaden the youth’s horizons and expose them to new experiences. She plans to introduce them to bike riding, fishing, music lesson, softball, robotics, gardening and more! Spero is especially excited to partner with BnC Bikes this year. They will host a bike safety workshop, teach kids basic bike riding skills, and guide them on a trail ride. Do you have any things in a garage or storage such as bikes, outdoor games, fishing gear, instruments, frisbees, baseball gear, board games or other items that might still be of good use? Spero would love to receive them. Monetary gifts will help purchase items for the new engagement activities also.

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

Missions Committee
Courage to Quit® is a stop smoking program sponsored locally by Southern Illinois Healthcare and the Respiratory Health Association. Courage to Quit® sessions help you make a personal quit smoking plan, identify your triggers to smoke and gain new skills to deal with those triggers. You will learn about quit smoking medication options and strategies to prevent relapse. Courage to Quit® works to build your confidence to start your new tobacco-free life. Each session includes information, practice skills, and support to help you reach your smoke-free goal.

Courage to Quit® is based on the work of Dr. Andrea King, a faculty member at the University of Chicago and licensed psychologist with a research background in tobacco and other addictions. The program’s effectiveness has been documented in the American Journal of Public Health. Certified Courage to Quit® program leaders are committed to help you achieve your smoke-free goal. They come from different backgrounds, including nursing, social work, and community organizations. Leaders are not current smokers.

The next FREE program will begin on Wednesday, September 19 from 10:00 - 11:30 am at John A Logan College, Carterville -- Room H 123.

There are 6 sessions -- September 19 and 26, October 3, 10, 17 and 31. Participants should attend all six sessions. Quit day is scheduled for the third session. Every Courage to Quit® program begins with an orientation so you can decide if this is the right program for you.

Register NOW with the SIH Call Center 866.744.2468
For more information and a flyer that you can print off and POST: https://www.hsidn.org/uploads/6/6/8/7/66873073/courage-to-quit_sept-oct.pdf

Southern Illinois Healthcare is dedicated to promoting the health and well being of all of the people in the communities we serve.