September 8th  
Thirteenth Sunday after Pentecost

Sermon Series: **Happy People**  
The Sermon: “Take Faith Seriously”  
Rev. Howard White

Scripture: Psalm 16: 5-11

Anthem:  
8:15 When I Think Upon Thy Goodness  
Olivia Donnel, solist

10:45 Call to Praise  
Sanctuary Choir

Hymns:  
60 I’ll Praise My Maker While I’ve Breath  
424 Must Jesus Bear the Cross Alone  
553 And Are We Yet Alive  
382 Have Thine Own Way, Lord

September 15th  
Fourteenth Sunday after Pentecost

Sermon Series: **Happy People**  
The Sermon: “Happy People Seek People”  
Rev. Howard White

Scripture: Luke 15: 1-10

Anthem:  
8:15 Great Is Thy Faithfulness  
Jeremy Holmes, solist

10:45 Great Is Thy Faithfulness  
Sanctuary Choir; Joe Walczyk, director

Hymns:  
66 Praise, My Soul, the King of Heaven  
523 Saranam, Saranam  
732 Come, We That Love the Lord  
98 To God Be the Glory

Newsletter of:  
The First United Methodist Church  
214 W. Main St.  
Carbondale, IL 62901

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.”

**ASBURIAN**

**FIRST Thoughts**

A parable by Gordon McDonald describes a foolish man who built a most impressive sailboat. It was his goal to have the most impressive vessel in his boat club, so he spared no expense “outfitting his craft with colorful sails, complex rigging, and comfortable appointments and conveniences in its cabin. The decks were made from beautiful teakwood; all the fittings were custom-made of polished brass” (“The Life God Blesses”).

When he took his new sailboat out on the ocean for the first time, the time flew, and he did not notice the increasing strength of the waves and force of the wind. His inexperience on the open ocean resulted in his being caught in a sudden storm. He tried to turn for port, but was too late. A large wave hit the boat and it capsized.

Most sailboats right themselves after capsizing. The weight below the waterline is greater than that above, so they are pulled right. But this man was so interested in impressing his boat club members that he invested heavily in the things that could be seen above the water, and he chose not to invest below the waterline. Without proper ballast below the waterline, however, the sailboat couldn’t right itself.

This parable says something to me about how our culture approaches Happiness. We invest heavily in the things people see - the outward appearance of our lives. We know this doesn’t lead to lasting happiness, because we’ve watched so many lives of celebrities, friends and family members get washed out.

Anyone can have their life upended by a big enough wave, but we see those who invest below the waterline ride out storms and even find joy in the midst of them. If we are searching for lasting happiness and contentment, there are habits we can cultivate which help change our perspective. This “below the waterlines” work is the subject of our worship services for the next three months, starting on September 8. I hope you will make the investment by attending worship as many Sundays as you can this Fall. (Hint: attending worship is one of those helpful habits.)

God Bless, Pastor Howard
In Church This Week

Sept. 5 to Sept. 19

5 Thursday
1:00 Priscilla Circle
5:45 Gentle Toning, Stretch and Yoga
6:00 Education Committee
7:00 Choir Rehearsal, Sanctuary

6 Friday
9:30 Golden Yoga, Room 404 *

7 Saturday
Saturday Night Live: 5:30 p.m., Pita Alley
Hosts: Mary Beth Aguilar, Elaine Crain

8 Sunday
8:15 Worship Service
9:30 Sunday School
10:45 Worship Service
11:45 Trivia Night Planning Meeting

9 Monday
6:00 Good News Sing, Atrium
6:30 Open Hearts, Minds, Doors, Rm. 410

10 Tuesday
8:30 Men’s Group, Heritage Room
9:00 Daniel Plan, Room 403 - NOT MEETING
10:15 Golden Yoga, Room 404 * - NOT MEETING
Noon-10 p.m. AGO Choral Clinic, Sanctuary

11 Wednesday
8:30 Let’s Walk Campus Lake, Becker Pavilion
9:00-3 Healing Touch (by appointment), Rm 403
4:45 Handbells
6:00 Grateful Hearts, Rm. 308
6:00 Scout Committee, Rm. 410
TBD Youth Group, TBD

12 Thursday
5:45 Gentle Toning, Stretch and Yoga
7:00 Choir Rehearsal, Sanctuary * - A fee is charged.

5th Sunday Loose Change Offering

Fifth Sunday Loose Change Offering
Please consider donating your loose change to the 5th Sunday loose change offering.
The donated monies will go to the I Can Read program. Thank You, Missions Committee

13 Friday
9:30 Golden Yoga, Room 404 * - NOT MEETING

14 Saturday
9:30 Worship Service
10:45 Worship Service and Super Church

15 Sunday
8:15 Worship Service
9:30 Sunday School
10:45 Worship Service and Super Church

16 Monday
5:00 Missions Committee
7:8:30 Boy Scouts, Rm. 410

17 Tuesday
8:30 Men’s Group, Heritage Room
9:00 Daniel Plan, Room 403
10:00 Morning Circle
10:15 Golden Yoga, Room 404 *
5-6:30 Rotary Club, Heritage Room
6:30 Eagle Board, Rm. 308

18 Wednesday
8:30 Let’s Walk Campus Lake, Becker Pavilion
9:00-3 Healing Touch (by appointment), Rm 403
4:45 Handbells
6:00 Grateful Hearts, Rm. 308
6:00 Scout Committee, Rm. 410
TBD Youth Group, TBD

19 Thursday
5:45 Gentle Toning, Stretch and Yoga
7:00 Choir Rehearsal, Sanctuary

Volunteer Opportunity: A volunteer is needed to coordinate the Coffee Hosts for 10:45 a.m. Please contact the Church Office if you are interested.

2020 Flower Chart: is ready for sign ups. It is in the same location — on the wall at the incline, leading to the church office. Thank you.

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.

Saturday Night Live: Date: Sept. 7, 2019, Time: 5:30 p.m., Location: Pita Alley, Hosts: Mary Beth Aguilar and Elaine Crain.

PARISH PULSE
As of September 4, 2019

Series: Happy People—Sept. 8 to Nov. 24

Helen Keller said, “Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties.” She also said, “When one door closes, another opens. But we often look so regretfully upon the closed door that we don’t see the one that has opened for us.”

Our Fall sermon series is an opportunity to focus on the “open door” of happiness. The emerging field of Positive Psychology shows that there are things we can do and choices we can make that help us feel more contentment and happiness. It probably shouldn’t be surprising that most of these are things the Bible and church tradition also teach. Our new sermon series - “Happy People” - will be a motivating walk through Spiritual Disciplines such a Bible Reading, Meditation and Prayer, Generosity, Fasting, and Worship. It will encourage you to grow in faith and also show how these practices lower anxiety, improve health, and have the benefit of helping us become more “Happy People.” Make a point of joining us every Sunday when you are able.

Noon-4 All Church Fall Kickoff at Little Grassy Camp

Sunday September 29

September 8 noon - 4 pm
Sign up by August 25

12:15-1 pm Lunch provided 5:30 pm Swimming, boating, fishing, hiking 1-3 pm Entertainment, tours of cabins and facilities 3 pm Bonfire and smores 4 pm Closing time.

Lunch menu: Pork Loin, roasted chicken, vegetarian pasta, tri-color potatoes, green beans, salad, rolls, and dessert.
Disciples Corner

Disciples for Sunday, September 8, 2019, Blood Pressure Sunday

Altar flowers are given by Fran Shiplett in honor of my five children.

Acolytes: Madison Voss, Rayna Lucas
Indoor Greeters: Tom & Martha Campbell
Liturgists: 8:15: Steve Mitchell; 10:45: Gene Morgan
Sound System Operators: 8:15: Joyce Crippen; 10:45: Keven Mitchell
September Ushers: Ron Diel, Sue Stucky, Captains; 8:15 Ron Diel, Sue Stucky, and Jean Hoagland; 10:45 Dan Kimmel
Parish Nurses: Sharon Meyer, Lianne Watson
September Nametags: Sally Washburn

Coffee Hosts: 8:15: Jan & Gary Austin; 10:45 Marianne & Steve Lather
Outside Greeters: Jon & Sandy Gobert
Van Driver: Brian Gorecki
Welcome Center: 8:15 Sara Pilger; 10:45 Barb Swinburne
Children’s Church
Registration: Sharon Sims
Children’s Church: Rob & Linda Lucas
Youth Helpers: Kayli & Rayna Lucas

Disciples for Sunday, September 15, 2019

Altar flowers are given by Barbara Stotler in memory of mom, dad and brothers Donny, John, Butch and David.

Acolytes: Anne Marie Simonds, Margo Simonds
Indoor Greeters: Pat Cuendet
Liturgists: 8:15: Joyce Vancil; 10:45: Will Stevens
Sound System Operators: 8:15: Joe Swindell; 10:45: Mike Hanes
September Ushers: Ron Diel, Sue Stucky, Captains; 8:15 Ron Diel, Sue Stucky, and Jean Hoagland; 10:45 Dan Kimmel
September Nametags: Sally Washburn

Coffee Hosts: 8:15: Barb & Doug Bedient; 10:45 Lynette & Barry Beauspre
Outside Greeters: The Koch Family
Van Driver: Dan Anderson III
Welcome Center: 8:15 Sharon Meyer; 10:45 JoVonna Noble
Children’s Church
Registration: JoVonna Noble
Children’s Church: Necia Jannings
Youth Helpers: Olivia & Lily Bishop

A New Small Group: Searching for Happiness

A new small group is starting soon to accompany the upcoming Fall Sermon Series: “Happy People”


When: Sunday mornings at 9:30 a.m., Sept. 15 to Nov. 10, 2019

Where: Will meet in Rm. 308

For more information contact: Leah Farrar-White at (309) 318-9372 or Lfarrarwhite@hotmail.com. You can also call the Church Office at (618) 457-2416 to sign up for the class.

Let’s Walk Campus Lake

• Be Social  • Connect  • Be Healthy

Who: All are welcome, invite friends—Just Show Up

What: Meet, greet, and gather for a brief scripture and prayer before we walk Campus Lake.

When: Wednesdays at 8:30 a.m. for 6 weeks (9/11 to 10/16) * Not meeting if it rains *

Where: Meet at the Becker Pavilion (SIU permit required—nearby visitor lot 37 can pay $1 to park)

Contact: Leah Farrar-White, (309) 318-9372 (call or text) or e-mail Lfarrarwhite@hotmail.com
Classes for Middle School
Classes for 1st-5th grades
Friday, Sept. 20, noon—2 pm
Middle School Classes
“Knot” Sewing; The Early Bird Gets the Worm...but what about the Owls; and Arts Alive: Worship Arts
1st-5th Grade Classes
It’s All in the Hands; Hammers, Nails, and Other Stuff; and Scrapbooking
REGISTERATION AND $10 FEE DUE BY SEPTEMBER 8
Contact Necia at 457-2416 or neciaj@fumc-cdale.org

Count Down of 10 Reasons to teach...
3. You will become part of a team of new friends.

BONUS: Along the way, you’ll grow in patience, humility, and selflessness

SKILLS NEEDED: ability to read, sense of humor, caring spirit, love of God growing in your heart.

Contact Necia at 457-2416 or neciaj@fumc-cdale.org

ON SALE!!!!

CHURCH T-SHIRTS
Get yours for our fall activities.
Children sizes-$5.00
XS, SM, Med, LG
Adult sizes-$7.00
SM, LG, XL, XXL

Please join Southern Illinois Group for Coffee & Donuts and the St. Louis Symphony as they Present Brahms’ Fourth Symphony on Friday, November 15, 2019

6:30 a.m. Departure from the South End of the SIU Arena Parking Lot
We will make our way to Powell Symphony Hall this morning for their popular program - the Coffee and Donuts Concert. We will arrive just in time for the pre-concert lecture. Enjoy this interesting perspective of the music which you will hear about from one of the conductors of the Symphony.

PER PERSON COST: $115
For Information Call: Don Boehne - (618) 549-1319
All payments are non-refundable.
Reservations are due no later than September 27, 2019. Due to the policy of the Symphony all payments are due by that date and are non-refundable. Please call (618) 536-7751 with your payment information. If adequate numbers are not met, the tour will cancel and all monies refunded back to you.

After the concert, return to our motor coach and travel to the “Hill” for a late lunch at Favazzia’s. After lunch, we’ll stop at the Missouri Bakery here on the “Hill” for a little shopping time. Then we’ll return back to Carbondale arriving at approximately 6:30 p.m.

Drive Thru Coat Drive
Saturday, September 28 10:00-noon
Warm, gently used coats, winter hats & gloves.
Drive up to the atrium entrance with your donations on Sept. 28 and our kids will be at the door ready to collect them.
Contact Necia for more information or to volunteer to help.

Printed //www.rotation.org
Open Hearts, Open Minds, Open Doors
Next Meeting Monday, September 9
6:30 p.m. Heritage Room

This group is meeting in response to the General Conference 2019 vote on LGBTQ issues, with a goal of affirming that First United Methodist Church of Carbondale welcomes everyone. It is also a place for sharing information about what is happening across our denomination and ways to effect change. If you would like to learn more about this topic, please join us.