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.”

September 15th
Fourteenth Sunday after Pentecost
Sermon Series: Happy People:
The Sermon: “Happy People Seek People”
Rev. Howard White
Anthem:
8:15 Great Is Thy Faithfulness
Jeremy Holmes, soloist
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

September 15th
Fourteenth Sunday after Pentecost
Sermon Series: Happy People:
The Sermon: “Happy People Seek People”
Rev. Howard White
Anthem:
8:15 Great Is Thy Faithfulness
Jeremy Holmes, soloist
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

September 22nd
Fifteenth Sunday after Pentecost
Sermon Series: Happy People: 
The Sermon: “Happy People Resist Greed”
Rev. Howard White
Anthem:
8:15 Deep River
Rob Lucas, soloist
10:45 O For a Thousand Tongues To Sing
Sanctuary Choir, Joe Walczyk, director
Hymns:
85 We Believe in One True God
453 More Love to Thee, O Christ
206 I Want to Walk as a Child of the Light

In Church On Sunday
September 11, 2019 Issue
8:15 and 10:45 a.m. Worship Service
9:30 a.m. Sunday School

FIRST Thoughts

I had so many requests for this list from Sunday’s sermon that I decided to share it here. A Duke University study concluded that there are 6 attributes which foster happiness. I found this list and scripture suggestions in the book, “Happiness” by Randy Alcorn. The point is to see how our faith aligns with contemporary research in Positive Psychology.

1. Avoid suspicion and resentment - Nursing grudges is a major factor in unhappiness.
   a. Jesus said, “Whenever you stand praying, forgive, if you have anything against anyone, so that your Father also who is in heaven may forgive your trespasses.” Mark 11:25

2. Don’t live in the past. Obsessing over past mistakes leads to depression.
   a. Paul, who persecuted the church in his past, wrote, “One thing I do: forgetting what lies behind and strains forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus.” Phil 3:13-14

3. Don’t waste time and energy fighting conditions that can’t be changed. People are happier when they cooperate with life and deal with the things they can control.
   a. Jesus said, “Do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on…Which of you by being anxious can add a single hour to his span of life?” Matt. 6: 25,27
   b. Or maybe you’ve heard this prayer “God, grant me the serenity to accept the things I cannot change, Courage to change the things I can, And wisdom to know the difference.”

4. Stay involved with the living world - resist the desire to become reclusive during times of emotional stress.
   a. The wisdom literature of the Bible states: “Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow.” Ecc 4: 9-10

5. Refuse to indulge in self-pity when handed a raw deal. Nobody gets through life without sorrow and misfortune.
   a. Paul wrote, “I have learned in whatever situation I am to be content. I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need.” (Phil. 4:11-12)

6. Cultivate old-fashioned virtues - love, humor, compassion, and loyalty.
   a. Doesn’t that list sound a lot like Peter’s list in 2 Peter 1: 5-7: “Make every effort to supplement your faith with virtue, and virtue with knowledge, and knowledge with self-control, and self-control with steadfastness, and steadfastness with godliness, and godliness with brotherly affection, and brotherly affection with love.”

7. Not expecting too much of oneself. When the gap is too wide between self-expectation and a person’s ability to meet the goals he or she has set, feelings of inadequacy are inevitable.
   a. The Bible reminds us that we have limitations, but tells us there is a place to go with our failings and limitations. “Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.” Heb. 4:16

8. “Finding something bigger to believe in. Self-centered, egotistical people score lowest in any test for measuring happiness.”
   a. Jesus cut right to the heart of self-centeredness by telling us the two greatest priorities in life are Loving God and Loving our neighbor. In Matthew, he said “Seek first the kingdom of God and his righteousness (6:33). Paul wrote, “Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves.” Phil. 2:3

Join us as we drill down on individual faith practices over the next couple months.

God Bless, Pastor Howard
In Church This Week

Sept. 12 to Sept. 26

THURSDAY, SEPT. 26  
11:30 A.M. Heritage Room  
LUNCHEON & PROGRAM, Cost $8  
Presentation: Mission Trip to India

SUNDAY SEPTEMBER 29  
Fifth Sunday Loose Change Offering  
Please consider donating your loose change to the fifth Sunday loose change offering. The donated monies will go to the I Can Read program. Thank You, Missions Committee

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.

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.

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 as 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.

Series: Happy People—Now thru Nov. 24

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

A New Small Group: Searching for Happiness

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.

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.

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 as 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.

Series: Happy People—Now thru Nov. 24

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

A New Small Group: Searching for Happiness

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.

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.

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 as 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.

Series: Happy People—Now thru Nov. 24

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

A New Small Group: Searching for Happiness

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.

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.

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 as 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.

Series: Happy People—Now thru Nov. 24

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

A New Small Group: Searching for Happiness

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.

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.

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 as 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.
Disciples Corner

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 Cuedet
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

Disciples for Sunday, September 22, 2019, Blood Pressure Sunday
Altar flowers are given by the family of Frances Shiplett in celebration of her birthday.

Acolytes: Paige Hefferman, Reese Matzenbacher
Indoor Greeters: Armen & Debbie Asaturian
Liturgists: 8:15: Mary Pohlmann; 10:45: Linda White
Sound System Operators: 8:15: Joyce Crippen
10:45: Ron Browning
September Ushers: Ron Diel, Sue Stucky, Captains;
8:15  Ron Diel, Sue Stucky, and Jean Hoagland
10:45  Dan Kimmel
Parish Nurse: Carol White (after early service)
September Nametags: Sally Washburn

Coffee Hosts: 8:15 Barb & Doug Bedient
10:45 Lynette & Barry Beaufpre
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

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.

All Church Family Fun Day at Bandy’s Pumpkin Patch
Sunday, Oct. 6, 12:00 noon
Come to worship dressed for a day on the farm (hint...church t-shirts would be very appropriate), then come out to Bandy’s for lunch and an entire afternoon of exploring the corn maze, playing in the kids barn, a hayride, and lots of fellowship. Want to just hang out by the fire? Bring your bag chair.
SIGN UP IN THE ATRIUM

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—pay $1 to park
Contact: Leah Farrar-White, (309) 318-9372
(call or text)
or e-mail Lfarrarwhite@hotmail.com

Super Church 9/15 10:45AM
Youth Worship at 1st UMC Carbondale
618-657-2416
YEAR-TO-DATE FINANCIAL REPORT  
AS OF AUGUST 31, 2019

<table>
<thead>
<tr>
<th>GENERAL FUND</th>
<th>BUILDING FUND</th>
</tr>
</thead>
<tbody>
<tr>
<td>Income</td>
<td>$ 455,912.69</td>
</tr>
<tr>
<td>Expenses</td>
<td>$ 535,119.27</td>
</tr>
<tr>
<td>INDEBTEDNESS</td>
<td>$ 715,331.57</td>
</tr>
<tr>
<td>BUILDING FUND BALANCE</td>
<td>$ 41,302.56</td>
</tr>
</tbody>
</table>

CALENDAR OF UPCOMING EVENTS

Sept. 17 Morning Circle, 10 a.m., Heritage Room
Co-hostesses: Evelyn Legendre and Betty Bishop

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: “Communities Welcome” - Sept. 15 Sunday School—“Welcoming Others”
Sept. 22 Sunday School—“Communities Forgive”

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.

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.

Searching for Happiness—How Generosity, Faith, and Other Spiritual Habits Can Lead to a Full Life by Martin Thilen. The class will be led by Pastor Howard White and Leah Farrar-White. Meeting Dates: Sept. 15-Nov. 10, Room 308.

Renew Class - Renew is a group of women seeking deeper meaning in their lives through Bible study, reflection and prayer. New study started August 11: Five Means of Grace-Experience God’s Love the Wesleyan Way. 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

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. A fee is charged for this class.

Grateful Hearts meets on Wednesdays at 6 p.m. in Room 308. Class will resume on September 11.

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.

Open Hearts, Open Minds, Open Doors meets in the Heritage Room. Help us explore ways we can share the love of Christ with all people? Come share your ideas. Looking forward to seeing you!

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.

Youth Group meets on Wednesdays at 6 p.m. in the Chapel. They resumed meeting on August 21. Time and location to be determined each week.

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

Count Down of 10 Reasons to teach...

2. Because we all really do have time for what’s important and fun.

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 Nekia at 457-2416 or neciaj@fumc-cdale.org

Printed from https://www.rotation.org

Classes for Middle School
Classes for 1st-5th grades
Friday, Sept. 20, noon—2 pm
$10/CLASS
THERE ARE STILL A FEW SPOTS OPEN.
Contact Necia for more information 457-2416

Classes for 1st-5th grades
Friday, Sept. 20, noon—2 pm
$10/CLASS
THERE ARE STILL A FEW SPOTS OPEN.
Contact Necia for more information 457-2416