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

September 29th
Sixteenth Sunday after Pentecost
Fifth Sunday Loose Change Offering
Sermon Series: Happy People
The Sermon: “Happy People Practice Generosity”
Rev. Howard White
Scripture: 1 Timothy 6: 6-19
Anthem: 8:15 Jesus Is Lord of All
Paula McNally, soloist
10:45 O Sing for Joy
Sanctuary Choir
Hymns: 160 Rejoice, Ye Pure In Heart
143 On Eagle’s Wings
413 A Charge to Keep I Have
729 O Day of Peace That Dimly Shines

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.”

First Thoughts
“Just like your body needs certain nutrients to make it healthy, your heart, mind, and soul need certain practices to make them happy.” Henry Cloud

The “Happy People” series will continue to explore spiritual practices that contribute to happiness. Some of these practices are what you will expect: like reading the Bible, praying, going to church. Some seem to be harder to believe until you try them: serving, fasting, giving. Marketers are so effective at convincing us that we are miserable without some product, car, vacation or medication, the truth that sacrifice leads to more long-term happiness than indulgence is lost on many people.

Folks in our church who serve for a week with Appalachia Service Project say it’s the best week of their year - better than Disney. My family likes Disney, and we have been a few times, but our best family vacation may have been a mission trip to India where we lived at an orphanage and volunteered at a village hospital.

I resisted fasting for years, using a number of excuses. But when I started fasting and praying through Lent along with several members of one of my congregations - praying for that congregation’s mission - I don’t think it was a coincidence the church started to thrive, though the community it was in was struggling. John Wesley fasted 2 days a week most of his life. His fast began after supper one night and finished with supper the next day. Did that practice have anything to do with God blessing his ministry?

Over the next few weeks, our finance and stewardship team will be inviting you to consider the level of your financial support for First Church during 2020. My life changed when this question stopped being a pragmatic one about how much the church needs and became a spiritual one. Now I ask, “how much is God leading me to give as a way of making sure God is in first place in my life?” This has led us as a family to a higher level of generosity than I ever imagined I would see when I started this journey as a 26 year-old. But I’ve never been able to out-give God. As a pastor I’ve learned that where giving is viewed as a spiritual practice, the church will be fully resourced.

Thanks to God’s grace, spiritual practices are not how we are saved. Spiritual practices ARE how we become more like Jesus, and in the process of becoming like Jesus, we participate in God’s joy and happiness.

God Bless, Pastor Howard
In Church This Week

Sept. 19 to Oct. 3

19 Thursday
5:45 Gentle Toning, Stretch and Yoga – NOT MEETING
7:00 Choir Rehearsal, Sanctuary

20 Friday
9:30 Golden Yoga, Room 404 *
12:20 SOAR Classes, 4th level

21 Saturday

22 Sunday Blood Pressure Today
8:15 Worship Service
9:30 Sunday School
10:45 Worship Service
5:30-7 Boy Scouts (w/ girls), Room 410

23 Monday
6:00 Finance Committee, Room 308
7:00 Church Council, Heritage Room
7:30-9 Boy Scouts, Room 410

24 Tuesday
6:30 Men’s Group, Heritage Room
9:00 Daniel Plan, Room 403
10:15 Golden Yoga, Room 404 *

25 Wednesday
8:30 Let’s Walk Campus Lake, Becker Pavilion
9:00-3 Healing Touch (by appointment), Room 403
10:30 PrimeTimers Committee, Room 308
4:45 Handbells
6:00 Grateful Hearts, Room 308

26 Thursday
11:30 PrimeTimers, Luncheon/Program, Heritage Room
4:00 Chimes
5:45 Gentle Toning, Stretch and Yoga
7:00 Choir Rehearsal, Sanctuary

27 Friday
9:30 Golden Yoga, Room 404

28 Saturday
10-Noon FUMC Coat Drive, Atrium

29 Sunday Fifth Sunday Loose Change Offering
8:15 Worship Service
9:30 Sunday School
10:45 Worship Service

30 Monday
6:30 FUMCNext Meeting, Heritage Room
7-8:30 Boy Scouts, Room 410

1 Tuesday
8:30 Men’s Group, Heritage Room
9:00 Daniel Plan, Room 403
10:15 Golden Yoga, Room 404 *

2 Wednesday
1:00 Priscilla Circle, Heritage Room
4:00 Chimes
5:45 Gentle Toning, Stretch and Yoga
6:00 Education Committee
7:00 Choir Rehearsal, Sanctuary

3 Thursday

4th Saturday 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

As of September 18, 2019
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.

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.

Pastor Howard White and Leah Farrar-White will lead a study of the book:
Searching for Happiness: How Generosity, Faith and Other Spiritual Habits Can Lead to a Full Life by Martin Thielen.
Sunday mornings at 9:30 a.m.
Sept. 15 to Nov. 10, 2019 in Room 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.
Disciples for Sunday, September 22, 2019, Blood Pressure (after early service)
Altar flowers are given by the family of Frances Shiplett in celebration of her birthday.

- **Acolytes:** Paige Hefferman, Reese Matzenbacher
- **Indoor Greeters:** Amen & 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 Carol & Gordon White; 10:45 Shelby Seegers
- **Outside Greeters:** John & Sally Washburn
- **Van Driver:** Don Bryant, Jr.
- **Welcome Center:** 8:15 Judy Dilling; 10:45 Sara Hinde
- **Children’s Church Registration:** Mari Ann Oberg
- **Children’s Church:** Tabitha Koch
- **Youth Helpers:** Michael & Abby Koch

Disciples for Sunday, September 29, 2019
Altar flowers are given by Mike & Emma Jean Durr in loving memory of Virginia Durr.

- **Acolytes:** Lexi Frick, Logan Frick
- **Indoor Greeters:** Jim & Mari Ann Oberg
- **Liturgists:** 8:15: Carol White; 10:45: Dan Anderson, III
- **Sound System Operators:** 8:15: Scott Wright; 10:45: Keven Mitchell
- **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 Carol & Gordon White; 10:45 Lane & Joe Hudgins
- **Outside Greeters:** Kathy Hollister
- **Welcome Center:** 8:15 Jan Verduin; 10:45 Terri Glasser
- **Children’s Church:** George & Shirley Everingham
- **Children’s Church Registration:** Mari Ann Oberg
- **Children’s Church:** Sam Indorante, Carolyn Gibson
- **Youth Helpers:** Guy and Katie Indorante

**FUMCNext-Carbondale** (formerly Open Heart, Minds, Doors) will meet on September 30 at 6:30 p.m. in the Heritage Room. The group changed its name to be more consistent with the national movement in Methodist churches to express their inclusiveness. Come join us.

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**CALENDAR OF UPCOMING EVENTS**

**Oct. 3**  
Priscilla Circle, 1 p.m., Heritage Room

**Oct. 15**  
Morning Circle, 10:00 a.m.

**Count Down of 10 Reasons to teach...**

1. **Because there’s no higher calling than helping raise up a new generation of disciples.**

**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

**Mark Your Calendars: Oct. 20, 10:00 a.m. worship**

The children will be singing the anthem with the choir

Rehearsals during Children’s Church each Sunday and at 9:30 a.m. on Sunday, Oct. 20 in the Sanctuary

Pick up a practice CD in the atrium or at the Children’s Church desk

**ON SALE!!!!**

**CHURCH T-SHIRTS**

Get yours for our fall activities.

Children sizes-$5.00  
Adult sizes-$7.00

XS,SM, Med, LG  
SM, LG, XL, XXL

**Pumpkin Patch**
Good Morning, Families :)  

We hope your family can join us on Sunday, October 6th, 12:30 - 3:30 p.m. for our Families in Progress Fall Picnic Event! Dress casually for the church service and then meet at Little Grassy Camp afterwards for food, fun & fellowship. It will be a great opportunity for our young FUMC families to get acquainted! Come out and enjoy:

- Grilled Burgers & Dogs  
- Face & Pumpkin Painting (some pumpkins to be delivered later in the week to our church shut-ins)  
- Games for all ages  
- C.J. Nelson, "The Balloon Guy" will also be there!

If anyone has a pickup truck & trailer and would like to volunteer to do a hayride, that would be awesome!

Also, if your kiddos would like a dress rehearsal for Halloween, feel free to have them wear their costumes.

RSVP by replying to this email or on the sign-up sheet in the church atrium. We also now have a group Facebook page. Just search FUMC Families in Progress to join!

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

All Church Family Fun Day at Bandy’s Pumpkin Patch Sunday, Oct. 13, 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

Join FUMC college students & young adults for free pizza @ 2 Guys Pizza. Church van will leave from church parking lot @ 12:12pm. Come to destress & know friends in our church!

COLLEGE STUDENTS & YOUNG ADULTS PIZZA SOCIAL

Sunday 10/27
After 2nd Worship Service
BEST WISHES TO THESE CHURCH MEMBERS AND FRIENDS WITH BIRTHDAYS IN OCTOBER

October

October 01
Alaina Ham
Elizabeth Ham

October 02
Julie Beck
Charles Jannings
Don Wright

October 03
Sara Brown
Emma Campbell
Lindsey Depolo
Crystal Mitchell
John Watson

October 04
Lisa Hill
Bob Wallace

October 05
Terri Glasser
Paul Chugh
Shirley White

October 07
Dorothy Roe
Susan Burke

October 08
Susan Burke
Rob Bartelsmeyer

October 10
Sara Brown
Emma Campbell
Lindsey Depolo
Crystal Mitchell
John Watson

October 12
Sara Brown
Emma Campbell
Sara Brown
Crystal Mitchell

October 14
Sara Brown
Emma Campbell
Sara Brown
Crystal Mitchell

October 15
Rob Bartelsmeyer

October 16
Donnie Bryant, III
Emma Presley

October 17
Sara Brown
Emma Campbell
Lindsey Depolo
Crystal Mitchell
John Watson

October 18
Sara Brown
Emma Campbell
Lindsey Depolo
Crystal Mitchell
John Watson

October 19
Rhonda Knight
Paulette Milroy
Karol Phelps

October 20
Will Eberle
John Washburn

October 21
Betty Bishop
Ben Depolo
Woody Thorne

October 22
Jan Austin

October 23
Judy Dillinger
Rob Dosier
Randy Dozier

October 24
Isabella Jaramillo
Steve Lather

October 25
Marilyn Annable
Tabitha Koch

October 26
Al Felthous
Carol Mocaby
Daryl Ukrop

October 27
Isabella Jaramillo
Steve Lather

October 28
Gillian Diel
Bill Doerr
Leah Hesketh

October 29
Todd Hefferman
Alexander Harrison
JeVonna Noble
Bentley Shultz

October 30
Alexander Harrison
JeVonna Noble
Bentley Shultz
Cooper Cook

October 31
Alexander Harrison
JeVonna Noble
Bentley Shultz
John Pohlmann
D. W. Presley

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. 22 Sunday School—“Communities Forgive” Sept. 29 Sunday School—“Children Contribute”

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 Thielien. The class will be led by Pastor Howard White and Leah Farrar-White. Meeting Dates: Sept. 15 to Nov. 16, Room 308.

Renew Class - Renew is a group of women seeking deeper meaning in their lives through Bible study, reflection and prayer. New study starting September 22: Holy Spirit Here and Now by Trevor Hudson. 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 is a group of women who meet to strengthen their faith through Bible study, fellowship, and prayer. They plan to begin the study Mountaintop Moments by Ed Robb on Wednesday, September 18th at 6 p.m. in room 308. All women are welcome.

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. Time and location to be determined each week.