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.”

October 20th
Nineteenth Sunday after Pentecost
Commitment Sunday
(One Service only at 10:00 a.m.)
Sermon Series: Happy People
The Sermon: “Happy People Grapple with God”
Rev. Howard White
Scripture: Genesis 2:22-31
Anthem: 10:00 Children of Love, Children of Light
Sanctuary Choir & Youth Choir
Hymns: 96 Praise the Lord Who Reigns Above
51 Be Thou My Vision
386 Come, O Thou Traveler Unknown
467 Lord, Speak to Me

October 27th
Twentieth Sunday after Pentecost
Sermon Series: Happy People
The Sermon: “Happy People Don’t Judge”
Rev. Howard White
Scripture: Luke 18: 9-14
Anthem: 8:15 Alleluia
Robert Weiss, trombone
10:45 He’s Callin’ My Name
Sanctuary Choir
Hymns: 152 I Sing the Almighty Power of God
124 Seek the Lord
357 Just As I Am, Without One Plea
402 Lord, I Want to Be a Christian

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 8 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 straining 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 drift down on individual faith practices over the next couple months.

God Bless, Pastor Howard
In Church This Week

Oct. 17 to Oct. 31

17 Thursday
4:00 Chimes
5:45 Gentle Toning, Stretch and Yoga
7:00 Choir Rehearsal, Sanctuary
18 Friday
9:30 Golden Yoga, Room 404 *
19 Saturday
10:00 Worship Service (Kids Sing with Choir)
11:30 Celebration Brunch, Civic Center
5:30-7 Scouts Girl Troop 66, Room 410
20 Sunday Commitment Sunday (one service - 10:00 a.m.)
10:00 Worship Service
11:30 Celebration Brunch, Civic Center
5:30-7 Scouts Girl Troop 66, Room 410
21 Monday
7-8:30 Scouts Boy Troop 66, Room 410
22 Tuesday
8:30 Men’s Group, Heritage Room
9:00 Daniel Plan, Room 403
10:15 Golden Yoga, Room 404 *
5:30 Staff Parish, Conference Room
23 Wednesday
4:45 Handbells
6:00 Grateful Hearts, Room 308
6-7:00 Youth Group, Youth Room
24 Thursday
11:30 PrimeTimers Luncheon/Program, Heritage Room, $8
Program: "Learning in Retirement" Speakers: Don Boehne, Gary Hartlieb
4:00 Chimes
5:45 Gentle Toning, Stretch and Yoga
7:00 Choir Rehearsal, Sanctuary
25 Friday
9:30 Golden Yoga, Room 404
26 Saturday
4:00 Chimes
5:45 Gentle Toning, Stretch and Yoga
7:00 Choir Rehearsal, Sanctuary

27 Sunday Pastor/Staff Appreciation Sunday
8:15 Worship Service
9:30 Sunday School
10:45 Worship Service
10:45 Super Church, Youth Room

Boy Scouts to sell wreaths after each Service.

Spirit of Christmas—Select Gift Requests
(before & after Worship Service)
Noon Pizza Social, College Students/Young Adults
Location: 2 Guys Pizza
5:30-7 Scouts Girl Troop 66, Room 410

28 Monday
6:30 FUMC Next, Heritage Room & Atrium
7-8:30 Scouts Boy Troop 66, Room 410

29 Tuesday
8:30 Men’s Group, Heritage Room
9:00 Daniel Plan, Room 403
10:15 Golden Yoga, Room 404 *
5:30 Staff Parish, Conference Room

30 Wednesday
4:45 Handbells
6:00 Grateful Hearts, Room 308
6-7:00 Youth Group, Youth Room

31 Thursday
4:00 Chimes
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. 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.

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.

Cards and Letters: Paulette Milroy’s address is Carmi Manor, 615 W. Webb Street, Carmi, IL 62821. Hint: Her birthday is October 19th. She misses her church family.

Dear Friends,
Thank you for your prayers, love and support. After receiving my cancer diagnosis almost two years ago, my church family has been the hands and arms of Jesus Christ wrapped around Joyce and me. I am eternally grateful! First United Methodist Church has been the center of my faith journey since I was a small boy. Through teaching, small group study, wonderful pastors and other leaders, I have developed a faith in the Father, the Son and the Holy Spirit, that has carried me through the darkest hours.

FUMC faces some challenges in the coming days. It is my prayer that we can continue to love, support and accept one another’s differences. Whether they be political or theological. We as a Christian Church can be a light on the hill that shares love for one another. FUMC truly is the heart of Christ in the heart of Carbondale, in the heart of our country!

Please continue your support of FUMC through your prayers, your support and your service; so our children and grandchildren will have the church family to support them in their darkest hours.

May God bless each of you today and every day. Bill Crippen

Keep the cards and notes coming!

We will continue to collect cards and written notes of thanks for our pastors and church staff this Sunday. If you haven’t had a chance, please write a note of thanks and place it in the "Basket of Thanks" in the Atrium. A cake and card reception will follow both services. Please join us for Pastor/Staff Appreciation Sunday, October 27th.

Thank You!

It is a good thing to say Thanks.
BOY SCOUT TROOP 66 CHRISTMAS WREATH SALE
SUNDAY, OCTOBER 27, after both services
The wreath sale is the largest Troop fundraiser. The funds raised help pay for summer camp and other scouting events. Call Brian Gorecki at 534-9617 for more info.

STOP BY AND VISIT WITH US ON THE 27th!

Disciples for Sunday, October 20, 2019-Commitment Sunday
Altar flowers are given by Elaine Crain in memory of Bob Crain’s Birthday.

Acolytes: Rayna Lucas, Reese Malzemberger
Indoor Greeters: Don & Jean Boehne
Liturgists: 10:00: Darren Bailey
Sound System Operators: 10:00: Mike Hanes
October Ushers: John Williams, Captain; 10:00: Ed Tresnak, Krishna Balasubramanian, Mythali Rundblad, Bruce Wallace

Outside Greeters: Jan & Gary Austin
Van Driver: Don Bryant, Jr.
Welcome Center: 10:00 Elaine Crain
Children’s Church Registration: JoVonna Noble
Children’s Church: Jennifer Woolridge
Youth Helpers: Catherine Mitchell, Julia Oberg
October Nametags: Sally Washburn

Disciples for Sunday, October 27, 2019—Blood Pressure Sunday
Altar flowers are given by Kathy Bertsche, Virginia Stein, Naomi Miali in celebration of Bill Doerr’s Birthday.

Acolytes: Paige Hefferman, Olivia Bishop
Indoor Greeters: JoVonna Noble, Cindy Berth
Liturgists: 8:15: Gordon White 10:45: Janet Earnest
Sound System Operators: 8:15: Joyce Crippen 10:45: Ron Browning
October Ushers: John Williams, Captain; 8:15 Kathy Hollister, Joe Swindell, Dick Verduin; 10:45 Ed Tresnak, Krishna Balasubramanian, Mythali Rundblad, Bruce Wallace
October Nametags: Sally Washburn

Coffee Hosts: 8:15: Deanna & Ron Diel 10:45
Outside Greeters: Carol & Gordon White
Van Driver: John Graig
Welcome Center: 8:15: Sharon Meyer 10:45: Barbara Kimmel
Children’s Church Registration: George & Shirley Everingham
Children’s Church: Howard White
Youth Helpers: SUPER CHURCH
Parish Nurse: Carol White (9:15)

FUMCNext-Carbondale Event—(SAVE THE DATE)
The United Methodist denomination is engaged in a debate about the Wesleyan understanding of LGBTQ inclusion. The FUMC Next-Carbondale group is sponsoring a special meeting at 6:30 p.m. on October 28. The meeting is intended to offer the opportunity for dialogue on this important issue. Representatives of other southern Illinois churches have been invited. Dr. Jennie Edwards Bertrand who is the lead pastor at Hope UMC in Bloomington and co-chair of IGRC for Unity (Illinois Great Rivers Conference) and Rev. Paige Campbell will be our speakers. You are welcome to attend whether or not you have attended any of the past meetings.

SPIRIT OF CHRISTMAS

Spirit of Christmas is an anonymous gift program. The gifts you will be giving may be the only ones the person will receive. We ask that you include only new, nicely wrapped items. It is not necessary to purchase every item requested. With your help, over 1,000 Jackson County residents will have a more joyous Christmas.

Gifts are due by or before Sunday, November 24
You will have an opportunity to select gift requests that you fulfill, along with additional instructions, before and after church services on Oct. 20, Oct. 27, Nov. 3, Nov. 10, Nov. 17 and Nov. 24.

For more information on this project, contact FUMC Coordinators Doug & Amy Baker at 618-457-0630.

This trivia night is an ASP fundraiser open to all in our church and in communities. Please help in spreading the news, joining the event, and/or inviting others to join us, particularly if you plan to go to ASP 2020. We also welcome donations of light refreshments (ex: popcorn) and drinks for the participants at the tables, candy bars as the 2nd-place prizes, and door prizes. Please contact Yiwen (yiwen@fumc-cdala.org). Thank you for your contribution.

Disciples Corner

Altar flowers are given by Kathy Bertsche, Virginia Stein, Naomi Miali in celebration of Bill Doerr’s Birthday.

Acolytes: Rayna Lucas, Reese Malzemberger
Indoor Greeters: Don & Jean Boehne
Liturgists: 10:00: Darren Bailey
Sound System Operators: 10:00: Mike Hanes
October Ushers: John Williams, Captain; 10:00: Ed Tresnak, Krishna Balasubramanian, Mythali Rundblad, Bruce Wallace

Outside Greeters: Jan & Gary Austin
Van Driver: Don Bryant, Jr.
Welcome Center: 10:00 Elaine Crain
Children’s Church Registration: JoVonna Noble
Children’s Church: Jennifer Woolridge
Youth Helpers: Catherine Mitchell, Julia Oberg
October Nametags: Sally Washburn

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Liturgists: 10:00: Darren Bailey
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We Are Called for Detention Visitation

Carbondale Interfaith Council is developing an immigration detention spiritual care ministry. We are looking for people who are willing to visit detained immigrants in Ullin, to listen to their stories with compassion and to provide spiritual care, offering calm presence, reading and prayers. Volunteers will be required to take a training workshop. The training session will be on Thursday, October 17, 6-8:30 p.m. at the First Christian Church.

We are seeking volunteers from all faith backgrounds. While Spanish speakers are particularly needed, English speakers and people with other language skills are also welcomed. Counseling experience may be helpful, but is not required.

If you have an interest or questions or would like to contribute, please fill out the form or email at SIDetentionVisitation@gmail.com or leave a voicemail at (773) 234-1238. The interest form is found at https://forms.gle/hwVwicuCFWACJLBK9.

If you would like to contribute to this urgent and meaningful ministry financially, you may write a check to Carbondale Interfaith Council, noting Detention Visit in the memo line and mail to Interfaith Council, P.O. Box 854, Carbondale, IL 62903.

It is a critical time for us to make a difference for detained immigrants and their families.

SUNDAY CHRISTIAN EDUCATION

Children’s Opportunities, Sundays


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 the Youth Room 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 Thielen. The class will be led by Pastor Howard White and Leah Farrar-White. Meeting Dates: Sept. 15 to Nov. 10, Room 308.

Renew Class - Renew is a group of women seeking deeper meaning in their lives through Bible study, reflection and prayer. The group is studying 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

FUMCNext-Carbondale 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!

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. The group is studying Mountaintop Moments by Ed Robb on Wednesdays, 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.

The Daniel Plan Essentials meets in Room 403 at 9:00 a.m. on Tuesdays. They are studying the series The Science of Natural Healing. Everyone welcome.

Saturday Night Live is a group of “mature” or “maturing” adults who meet monthly for dinner and fellowship. The group usually meets the first Saturday of the month at 5:30 p.m. Watch the Asburian calendar for dates and location information. Everyone is welcome.

Youth Group meets on Wednesdays at 6 p.m. in the Youth Room. Time and location to be determined each week.