In Church This Sunday
October 22, 2017

10:00 a.m. Combined Worship Service

Sermon:  “Give All You Can”
Rev. Alan Rhein


Anthem:  10:00  You Raise Me Up
Sanctuary Choir

Hymns:
73  O Worship the King
298  When I Survey the Wondrous Cross
420  Breathe on Me, Breath of God

Commitment Celebration Sunday,
October 22, 2017

ATTENTION DISCIPLES:  10:00 A.M. SUNDAY SERVICE ONLY
Altar flowers this week are given by Elaine Crain, in memory of Bob Crain,

Inside Greeters:  Karol & John Phelps
Acolytes:  10:00 John and Madison Voss
Sound System Operator:  10:00 Ron Browning
Liturgist:  10:00  Darren Bailey
October Ushers:  John Williams, Captain;
10:00  Ed Tresnak, Krishna Balasubramanian,
Mythali Rundblad, Bruce Wallace

Dear Friends,

It was great to hear the “Chimers” and the “Youth Choir” on Sunday as they shared music with us along with the Sanctuary Choir. A special “thank you” goes to those who worked with the Chimers and the Youth Choir for their part in the worship service. It goes without saying that music is an important part of First Church. For many years there has been a tradition of providing excellent music, in various forms, for worship each week. As you know, Bob Weiss, our Director of Music, works very hard to make the music a part of worship and make certain that the music enhances our worship experience. For this, I know, we are all grateful.

This coming Sunday, October 22, is our Commitment Sunday. This time of commitment will be for our “General Fund” of the Church, which is the fund that enables us to do the everyday business of the Church and enables us to do the ministry we do here in Carbondale and around the world. We will have one service at 10:00 a.m., and then we will go to the Carbondale Civic Center for a brunch at 11:30 a.m. I know I have said this several times already, but I do hope you have signed up to join us for the brunch, even if you choose not to make a commitment, as it is an excellent time of fellowship. Soon, we will have a special Church Conference to vote on a proposal to remodel the older part of the Church building to enhance the music and youth areas of the building. Then, if that proposal passes, we will have a special “Building Fund Campaign” to fund that remodeling. Also, we would have the Commitment Sunday for the remodeling on March 25, 2018 if the proposal passes. Many of you have been contributing to the Building Fund even though we have not had a specific building project going on. We have accumulated around $200,000 in that fund and you are encouraged to continue to give to that, if you so desire. This just gives us a “leg up” if the proposal is accepted. You will be given all of the information on the proposal in a few weeks.

But, this Sunday, October 22, is the commitment for our “General Fund.” As I have shared with you before, financial commitment such as this is your own personal decision to make, based on how you feel that God has blessed your life. Of course, our Finance Committee uses what is committed to set the budget of the Church each year, so this is an important time. Beyond this, it is also an important time because it gives each of us the opportunity to prayerfully consider the commitment we want to make to the ministry of the Church and that, again, is a personal decision. The theme for Commitment Sunday will be the final part of our study of us the opportunity to prayerfully consider the commitment we want to make to the ministry of the Church God has blessed your life. Of course, our Finance Committee uses what is committed to set the budget of the Church. Before, financial commitment such as this is your own personal decision to make, based on how you feel that God has blessed your life. Of course, our Finance Committee uses what is committed to set the budget of the Church each year, so this is an important time. Beyond this, it is also an important time because it gives each of us the opportunity to prayerfully consider the commitment we want to make to the ministry of the Church and that, again, is a personal decision. The theme for Commitment Sunday will be the final part of our study we have been using these past four weeks. Our theme has been what John Wesley, our founder, offered to the people of his day --- “Earn all you can, save all you can, give all you can.” We will focus on “give all you can” this week. We will share about how we give and how that is a reflection on how we view God’s activity in our life, and the life of the Church.

As a part of this, we are having a “Prayer Vigil,” which is a time we set aside each year to pray about the future ministry of our congregation, as we prepare to make our financial commitments for the coming year. All of the time slots for the vigil are full and I want to thank you for your commitment to pray for First Church! Even if you didn’t sign up, I encourage you to take thirty minutes on Friday or Saturday of this week to pray for the ministry and mission of this church. This is an important part of our Church year because we have a chance to prayerfully reflect on our spiritual journey, in and through the Church. I look forward to seeing you Sunday at worship and at the brunch.

See you Sunday,

Alan

ATTENTION DISCIPLES:  10:00 A.M. SUNDAY SERVICE ONLY
Altar flowers this week are given by Elaine Crain, in memory of Bob Crain,

Inside Greeters:  Karol & John Phelps
Acolytes:  10:00 John and Madison Voss
Sound System Operator:  10:00 Ron Browning
Liturgist:  10:00  Darren Bailey
October Ushers:  John Williams, Captain;
10:00  Ed Tresnak, Krishna Balasubramanian,
Mythali Rundblad, Bruce Wallace

Dear Friends,

It was great to hear the “Chimers” and the “Youth Choir” on Sunday as they shared music with us along with the Sanctuary Choir. A special “thank you” goes to those who worked with the Chimers and the Youth Choir for their part in the worship service. It goes without saying that music is an important part of First Church. For many years there has been a tradition of providing excellent music, in various forms, for worship each week. As you know, Bob Weiss, our Director of Music, works very hard to make the music a part of worship and make certain that the music enhances our worship experience. For this, I know, we are all grateful.

This coming Sunday, October 22, is our Commitment Sunday. This time of commitment will be for our “General Fund” of the Church, which is the fund that enables us to do the everyday business of the Church and enables us to do the ministry we do here in Carbondale and around the world. We will have one service at 10:00 a.m., and then we will go to the Carbondale Civic Center for a brunch at 11:30 a.m. I know I have said this several times already, but I do hope you have signed up to join us for the brunch, even if you choose not to make a commitment, as it is an excellent time of fellowship. Soon, we will have a special Church Conference to vote on a proposal to remodel the older part of the Church building to enhance the music and youth areas of the building. Then, if that proposal passes, we will have a special “Building Fund Campaign” to fund that remodeling. Also, we would have the Commitment Sunday for the remodeling on March 25, 2018 if the proposal passes. Many of you have been contributing to the Building Fund even though we have not had a specific building project going on. We have accumulated around $200,000 in that fund and you are encouraged to continue to give to that, if you so desire. This just gives us a “leg up” if the proposal is accepted. You will be given all of the information on the proposal in a few weeks.

But, this Sunday, October 22, is the commitment for our “General Fund.” As I have shared with you before, financial commitment such as this is your own personal decision to make, based on how you feel that God has blessed your life. Of course, our Finance Committee uses what is committed to set the budget of the Church each year, so this is an important time. Beyond this, it is also an important time because it gives each of us the opportunity to prayerfully consider the commitment we want to make to the ministry of the Church and that, again, is a personal decision. The theme for Commitment Sunday will be the final part of our study we have been using these past four weeks. Our theme has been what John Wesley, our founder, offered to the people of his day --- “Earn all you can, save all you can, give all you can.” We will focus on “give all you can” this week. We will share about how we give and how that is a reflection on how we view God’s activity in our life, and the life of the Church.

As a part of this, we are having a “Prayer Vigil,” which is a time we set aside each year to pray about the future ministry of our congregation, as we prepare to make our financial commitments for the coming year. All of the time slots for the vigil are full and I want to thank you for your commitment to pray for First Church! Even if you didn’t sign up, I encourage you to take thirty minutes on Friday or Saturday of this week to pray for the ministry and mission of this church. This is an important part of our Church year because we have a chance to prayerfully reflect on our spiritual journey, in and through the Church. I look forward to seeing you Sunday at worship and at the brunch.

See you Sunday,

Alan

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.”
Thank you: We wish to thank the following dedicated people who helped water the church flower beds this past summer: Jan Verduin, Sharon Meyer, Barbara Bedient, Jean Hoagland and Lyn Christy.  Thank you!  Jean Boehne

Thank you: Thanks to all those who signed up to pray at our 24-hour prayer vigil on October 20 and 21.  There are 62 people praying for the church and its ministries.  God bless you all.  Joan Hart

Save the Date: Thursday, October 26 is the PrimeTimers Luncheon and Program.  Nancy Mitchell will give a presentation on the Midwest Mission Distribution Center.  Lunch $8.  See you there!!!

Save the Date: FUMC is sponsoring a Red Cross Blood Drive, Monday, November 6, 1:45 - 6:00 p.m., in the Heritage Room.  Give Blood and Save a Life!

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

Sunday, October 29
Fifth Sunday Loose Change Offering
This Sunday’s Loose Change Offering will go to Hurricane Relief

Order your Ham Loaf by October 22
INA BELLE’S HAM LOAF SALE
Help Priscilla Circle Fundraise for UMW Missions Home and Abroad
Sunday, October 29
Order Ina Belle’s Ham Loaves to be picked up after either Worship Service.

Last day to place your order is October 22.
* Include cash or make check payable to UMW.
Questions? Contact Kathy Hollister, 549-6529
(Please respond with this form in the offering plate or to the office.)
Order forms also available at fumc-cdale.org/ Resources/Current Forms

I would like to order:
NAME________________________ PHONE #____________________
I would like _____PRE-COOKED, SINGLE SERVING HAM LOAVES x $3.00 = $______
Paid by Cash:_________ Check____  * Make check payable to UMW

Welcome Center: 10:00 Elaine Crain

Nursery: Abby Koch, Angie Voss
Van Drivers: Dan Anderson III, Don Bryant, Jr.
Outside Greeters: Joyce & Mike Vancil

As of October 17, 2017
In Church This Week

October
19 Thursday
5:45 Gentle Toning, Stretch & Yoga, Room 404
7:00 Choir Rehearsal, Sanctuary
20 Friday
9:30 Golden Yoga, Room 404
21 Saturday
22 Sunday  Commitment Celebration Sunday
One Service at 10:00 a.m.
No Sunday School Today
10:00 Worship Service and Children’s Church
11:30 Celebration Brunch, Civic Center
23 Monday
24 Tuesday
8:30 Men’s Group, Heritage Room
9:00 Daniel Plan, Room 403
10:15 Golden Yoga, Room 404
25 Wednesday
10:00 Children’s Storytime, Diane Neill Dorsey
Memorial Children’s Library, Room 413
26 Thursday
11:30 PrimeTimers Luncheon and Program,
Fellowship Hall, $8 lunch
5:45 Gentle Toning, Stretch & Yoga, Room 404
7:00 Choir Rehearsal, Sanctuary
27 Friday
9:30 Golden Yoga
7:00 SI Audubon Society, Fellowship Hall
28 Saturday
29 Sunday Pastor/Staff Appreciation
5th Sunday Loose Change Offering
8:15 Worship Service
9:30 Sunday School for all ages
Renew Class and Electives Class: Earn, Save, Give. by James A. Harnish
10:45 Worship Service and Children’s Church
4:45 Handbells Rehearsal
6:00 Final Wednesday Night Downtown Book Study,
Led by Pastor Alan, Heritage Room
6:00 Chime Choir
6:00 Grateful Hearts, Room 308
6:00 Jr. High Youth, Fellowship Hall and Rm. 409

ORDERS FOR OCTOBER 22
INA BELLE’S HAM LOAF SALE
Help Priscilla Circle Fundraise for UMW Missions Home and Abroad
Sunday, October 29
Order Ina Belle’s Ham Loaves to be picked up after either Worship Service.

Last day to place your order is October 22.
* Include cash or make check payable to UMW.
Questions? Contact Kathy Hollister, 549-6529
(Please respond with this form in the offering plate or to the office.)
Order forms also available at fumc-cdale.org/Resources/Current Forms

I would like to order:
NAME________________________ PHONE #____________________
I would like _____PRE-COOKED, SINGLE SERVING HAM LOAVES x $3.00 = $______
Paid by Cash:_________ Check____  * Make check payable to UMW

Earn. Save. Give.
by James A. Harnish

Sunday, October 29
Fifth Sunday Loose Change Offering
This Sunday’s Loose Change Offering will go to Hurricane Relief

Disciples for Celebration Sunday, October 22, 2017
10:00 A.M. SERVICE ONLY
Outside Greeters: Joyce & Mike Vancil
Nursery: Abby Koch, Angie Voss
Van Drivers: Dan Anderson III, Don Bryant, Jr.
Welcome Center: 10:00 Elaine Crain
UMW October/November Events

Saturday 21    Cache River District Retreat, Little Grassly Camp
Thursday 2     Priscilla Circle, 1:00 p.m., Room 210

Friday 3       CWU World Community Day  Kindling New Fires for Peace,
Bethel African Methodist Episcopal Church, 316 E. Jackson
10:30 Bible Study, 11:30 a.m. Potluck Luncheon
12:15 p.m.  Celebration

Wednesday 8    Women’s Wednesday Fellowship, 1:30 p.m., Heritage Room

Thursday 21    Morning Circle, 9:30 a.m. Hostess: Mary Chew

JOIN US FOR AN EXCITING DAY IN GRAND RIVERS, KENTUCKY FOR THE
KENTUCKY CHRISTMAS CELEBRATION!
THURSDAY, NOVEMBER 16, 2017

Southern Illinois Group invites you to celebrate a
Down Home Country Christmas
Cost per person: $92.00. For Information, call Don Boehne at 618-549-1319. All payments are non-refundable AFTER Oct. 6, 2017.

Your first stop is lunch at Patti’s 1880’s Settlement, with a wonderful assortment of entrée choices. As you dine, enjoy the finery of the holidays with ornaments filling the restaurant from floor to ceiling!

Following lunch, the Badgett Playhouse presents a “Down Home Country Christmas.” Join the professional cast as they pay tribute to the great country songs that always put us in the holiday spirit.

Following the performance, it’s shopping time in the Settlement and a chance to enjoy the dazzle and twinkle of the village lights.

Bus departs from the south end of the SIU Arena parking lot at 9:30 a.m. on Thursday, November 16, 2017, returning approximately 7:00 p.m.

NUT FUNDRAISER COMING SOON!
Our Youth Nut Fundraiser is right around the corner!
Nut Order Forms will be available soon. As usual, a great selection of nuts will be available, while supplies last. All proceeds benefit the Youth Programs at FUMC.

Youth Super Church is Sunday, October 29, 2017.
Join us is in the Chapel

Thank you to
Linda Meredith,
Joan Hart, Rayna Lucas, Landon, Heather,
Timothy, Abigail, and Andrew Young for helping with the coat drive. Also, a big thank you to all for generously giving your gently-used winter coats to help those in need.
Necia and The Education Committee

Parents and children are invited to join us
Wednesdays 10:00 - 11:00 a.m.
Diane Dorsey Memorial Children’s Library

Kids Movie Night
Friday, Nov. 17  5:30 – 7:30 p.m.
4 years - 5th grade
Bring your sleeping bag or blanket and pillow
We will sack out on the Fellowship Hall floor as we watch
Merry Larry and the True Light of Christmas
Pizza, popcorn, and drinks will be provided Crafts, games, and lots of fun!!!
Pre-register by Nov. 12 in the Atrium  Contact Necia for more information

CHECK IT OUT!!!...
in the Diane Neill Dorsey Memorial Children’s Library
The Very Beary Tooth Fairy
by Arthur A. Levine

“Zach is a little bear with a very loose tooth who hears a boy and his mother talking about the tooth fairy. Will the very "beary" tooth fairy come to his bedroom tonight?”

Thank you to
Linda Meredith,
Joan Hart, Rayna Lucas, Landon, Heather,
Timothy, Abigail, and Andrew Young for helping with the coat drive. Also, a big thank you to all for generously giving your gently-used winter coats to help those in need.
Necia and The Education Committee

Parents and children are invited to join us
Wednesdays 10:00 - 11:00 a.m.
Diane Dorsey Memorial

Kids Movie Night
Friday, Nov. 17  5:30 – 7:30 p.m.
4 years - 5th grade
Bring your sleeping bag or blanket and pillow
We will sack out on the Fellowship Hall floor as we watch
Merry Larry and the True Light of Christmas
Pizza, popcorn, and drinks will be provided Crafts, games, and lots of fun!!!
Pre-register by Nov. 12 in the Atrium  Contact Necia for more information

CHECK IT OUT!!!...
in the Diane Neill Dorsey Memorial Children’s Library
The Very Beary Tooth Fairy
by Arthur A. Levine

“Zach is a little bear with a very loose tooth who hears a boy and his mother talking about the tooth fairy. Will the very "beary" tooth fairy come to his bedroom tonight?”

Thank you to
Linda Meredith,
Joan Hart, Rayna Lucas, Landon, Heather,
Timothy, Abigail, and Andrew Young for helping with the coat drive. Also, a big thank you to all for generously giving your gently-used winter coats to help those in need.
Necia and The Education Committee

Parents and children are invited to join us
Wednesdays 10:00 - 11:00 a.m.
Diane Dorsey Memorial

Kids Movie Night
Friday, Nov. 17  5:30 – 7:30 p.m.
4 years - 5th grade
Bring your sleeping bag or blanket and pillow
We will sack out on the Fellowship Hall floor as we watch
Merry Larry and the True Light of Christmas
Pizza, popcorn, and drinks will be provided Crafts, games, and lots of fun!!!
Pre-register by Nov. 12 in the Atrium  Contact Necia for more information

CHECK IT OUT!!!...
in the Diane Neill Dorsey Memorial Children’s Library
The Very Beary Tooth Fairy
by Arthur A. Levine

“Zach is a little bear with a very loose tooth who hears a boy and his mother talking about the tooth fairy. Will the very "beary" tooth fairy come to his bedroom tonight?”
VOLUNTEERS NEEDED!

ATTENTION CHURCH MEMBERS!

1. Are you able to prepare a green bean casserole, potato casserole, or dessert once or twice a year?
2. If cooking is not your forte, could you occasionally help serve a meal in the Fellowship Hall?
3. Or, are you best at drying and putting away dishes, or tidying the kitchen?

Whichever way you can serve, the Funeral Dinner Committee needs your help! You would not be asked to help often, because many months there are no funerals in our church. Please consider how you can best serve, and telephone Kathy Swindell at 618-529-5727 and have your name placed on the volunteer list. Thank you.

SIGN UP TODAY

Midwest Mission Distribution Center

On Tuesday, October 31, FUMC volunteers will travel to the Midwest Mission Distribution Center in Chatham. Help is needed with their disaster relief efforts.

The church bus will leave at 6:30 a.m. A sign-up sheet is in the Narthex. Please join us!

SUNDAY CHRISTIAN EDUCATION

Children’s Opportunities

Sundays at 9:30 a.m. Children’s Sunday School - (K - 5th grade) uses Deep Blue from Cokesbury. The morning begins with music at 9:30 a.m. in Room 415.

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.

October Children’s Church

The Boy’s Lunch (John 6:1-14) “There is a boy here who has five barley loaves and two fish. But what are they among so many people?” (John 6:9) Jesus accepted a boy’s simple, yet generous gift of two fish and five loaves of bread. Jesus blessed this gift and turned it into a feast for more than five thousand people.

Youth Opportunities, 9:30 a.m.

Faith development through Bible lessons, emphasizing a relationship with God through Jesus.

Middle School meets in Room 410 and uses On the Go.

High School Class meets in Room 409 and uses a variety of materials connecting the lessons of the Bible with issues relevant to today’s youth.

Adult Opportunities, 9:30 a.m.

Renew - Renew is a group of women seeking deeper meaning in their lives through Bible study, reflection, and prayer. For the Fall Financial Commitment, they are studying Earn. Save. Give. by James A. Harnish. They meet at 9:30 a.m. in Room 402 on Sundays. Women of all ages are welcome.

The Investors Class - Investors is an intergenerational class for all adults. They are studying, “All the Places to Go!” by John Ortberg. They meet at 9:30 a.m. in Room 404 on Sundays. Everyone is welcome!

The Electives Class - For the Fall Financial Commitment, they are studying Earn. Save. Give. by James A. Harnish. They meet at 9:30 a.m. in the Heritage Room on Sundays. Join us!

FINAL WEEK - Book Study, Wednesday Night Downtown - Led by Pastor Alan. Moses: In the Footsteps of the Reluctant Prophet, by Adam Hamilton, Wednesdays at 6:00 p.m. now through October 25, in the Heritage Room.

Small Group Opportunities

Book Study, Wednesday Night Downtown - Led by Pastor Alan. Moses: In the Footsteps of the Reluctant Prophet, by Adam Hamilton, Wednesdays, 6:00 p.m. now through Oct. 25th in the Heritage Room. Everyone welcome!

The Daniel Plan meets in Room 402 at 9:00 a.m. on most Tuesdays. Check the church calendar. Everyone welcome.

Grateful Hearts meets Wednesdays at 6:00 p.m. in Room 308.

Jr. High Youth meets at 6:00 p.m. on Wednesdays in Room 409 and Fellowship Hall.

October=Walk-tober

Just like other exercise, walking helps you achieve a number of important benefits. It is simple, safe, gentle, accessible and doesn't require any practice. A brisk walk can decrease the risk of heart attack by the same amount as more vigorous exercise. Walking can help you:

Decrease LDL-the bad cholesterol
Increase HDL-the good cholesterol
Decrease blood pressure
Decrease the risk or manage type 2 diabetes
Manage weight
Improve mood
Stay strong and fit

Even though walking isn't as likely to cause injury as other types of exercise, it is best to take time to prepare. For example, wear comfortable, supportive footwear and loose fitting clothing. Perhaps dress in layers to adjust to temperature change. Use proper posture and take time to warm up by starting slowly. Remember to stretch after the warm up then increase your pace. After a vigorous walk, cool down by walking slowly for about 5 minutes, then stretch again.

You can increase the amount of time that you walk by increments. It is easier (and more fun) to commit to a walking schedule if you have a buddy you can walk with. Keep it interesting by varying your route. Take advantage of this time of year to get out and get moving.

Your senses will enjoy the beautiful autumn sights and smells!