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.”

November 10th
Twenty-second Sunday after Pentecost
Sermon Series: Happy People
The Sermon: “Happy People Live By Faith”
Rev. Howard White
Scripture: Job 19: 23-27a
Anthem:
8:15 A Pine Place
Kathy Hollister, Native American flute
10:45 Give Thanks from Native American Thoughts
Sanctuary Choir
Hymns:
660 God Is Here
480 O Love That Will Not Let Me Go
377 It Is Well With My Soul
308 Thine Be the Glory

November 17th
Twenty-third Sunday after Pentecost
Sermon Series: Happy People
The Sermon: “Happy People Take Their Faith Public”
Rev. Howard White
Scripture: Isaiah 65: 17-25
Anthem:
8:15 Beautiful City
Howard White, soloist
10:45 Sing Unto the Lord
Sanctuary Choir
Hymns:
383 This Is a Day of New Beginnings
724 On Jordan’s Stormy Banks I Stand
729 O Day of Peace That Dimly Shines
428 For the Healing of the Nations

I probably listen to more sermons than I preach, so in addition to constantly seeking to improve as a preacher, I also look for tools that will help me be a better sermon listener. Unfortunately, this is no easy task.

What are the challenges to listening well? The book, “Study is Hard Work,” points out two. First, we can think four times as fast as the average teacher can speak. You have to train your brain to move at the speed of the speaker. Second, when listening, someone else is controlling the learning experience. Think about that. Right now, you are controlling how fast your eyes take in these words, and whether or not you are going to read them. But when you listen, you have to coordinate your mind with the speed and content of the person who is speaking.

Being a good listener is not automatic, but it is something we can get better at. Sermons are largely speaking and listening events, so anything we can do to improve our listening will help us get more out of sermons. Here are a few ideas. I’m sure you’ll think of many others.

Prepare: Getting the most out of a sermon starts before Sunday morning. Read the scripture ahead of time. Upcoming verses are usually in the Asburian. Pray for the preacher. When you have prayed for the preacher, in addition to invoking some supernatural aid, it also creates some ownership of the sermon for you. It makes you feel like you are on the preacher’s team. Get enough sleep Saturday night. Do your best to set your worries and distractions on God’s shoulders for that hour. Come to church expecting to encounter God in worship.

During the sermon: You can take notes - sometimes this helps your mind track with the speaker, and it also helps with memory. Trying to keep your eyes focused on the person who is speaking helps many people. Think around the subject - It’s true that your brain can think faster than the preacher can talk, so instead of making a mental grocery list, use that extra capacity to think about things related to what is being said. For instance, you can ask where you have seen this happen in your life, or how it might apply, or even how you would say it. Don’t kick yourself if your mind wanders. Some of that self-reflection is important and useful, and the environment of worship is a good place to ask big questions. I intentionally build several “on ramps” into my sermons so that if a mind has wondered, it can catch up.

After a sermon: Maybe something that was said can trigger a discussion over lunch. If you have taken notes, you can review them. Preachers often make connections from one week to the next, especially in a sermon series.

Listening is a discipline and it improves with practice, so attending church regularly is important for getting better at it. Besides, as one preacher points out, “God doesn’t give us quick fixes that come from hearing one or two Sunday sermons; he shapes and molds our minds, our hearts, and our character over time by the steady drip, drip, drip of his Word. (Christopher Ash, from the Tyndale House website). Also, over time, we learn the styles, dialects, and patterns of individual preachers. Every time I hear or read a comment from someone about their preacher’s sermons “getting better,” I think, “Maybe it’s the sermons. But maybe they need to give themselves credit for becoming better listeners.”
In Church This Week

Nov. 7 to Nov. 21

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

8 Friday
9:30 Golden Yoga, Room 404

9 Saturday
6-8:00 Trivia Night (ASP Fundraiser), Heritage Room

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

NUT Sales (ASP Fundraiser)
5:30-7 Scouts Girl Troop 66, Room 410

11 Monday Veteran’s Day (Church Office Closed)
6:30 FUMCNext-Carbondale, Heritage Room
7-8:30 Scouts Boy Troop 66, Room 410-NOT MEETING

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

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

14 Thursday
9-12:30 The Assimilation Seminar for Pastors, Fellowship Hall
4:00 Chimes
5:45 Gentle Toning, Stretch and Yoga
6:00 Charge Conference-Grace UMC
7:00 Choir Rehearsal, Sanctuary

15 Friday
9:30 Golden Yoga, Room 404 *

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

NUT Sales (ASP Fundraiser)
5:30-7 Scouts Girl Troop 66, Room 410
7:00 So. Illinois Flute Concert, Sanctuary

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

NUT Sales (ASP Fundraiser)
5:30-7 Scouts Girl Troop 66, Room 410
7:00 So. Illinois Flute Concert, Sanctuary

18 Monday
Noon Poinsettia Order Deadline to Church Office
5:00 Missions Committee, Heritage Room
7-8:30 Scouts Boy Troop 66, Rm 410

19 Tuesday
8:30 Men’s Group, Heritage Room
9:00 Daniel Plan, Room 403
10:00 Morning Circle, Heritage Room
10:15 Golden Yoga, Room 404 *
5:45 Rotary Club, Conference Room
6:00 Finance Committee Meeting, Rm. 308
6:30 Eagle Board, Rm. 308
7:00 Church Council, Heritage Room

20 Wednesday
9:00-3 Healing Touch (by Appointment), Room 403
4:45 Handbells
6:00 Graceful Hearts, Room 308
5:30-8 Youth Group, Kitchens & Heritage Room

21 Thursday
4:00 Chimes
5:45 Gentle Toning, Stretch and Yoga
7:00 Choir Rehearsal, Sanctuary

In Sympathy: Sympathy to family & friends of Joann Diedrick who died on October 29, 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.

THANK YOU!!
Thank you for the thoughtful cards, gifts and acts of kindness given us in celebration of Pastor and Staff Appreciation week. We enjoy working for you! From Pastor and Staff

Parish Pulse
As of November 6, 2019

NUT Sales In November!
Our youth group’s annual nut fundraiser continues Sunday 11/10. A great selection such as fancy mammoth pecan halves, deluxe mixed nuts, giant whole cashews, healthy nut mix, fruit & nut mix, dark chocolate almonds….All proceeds benefit the youth ASP mission trip in summer 2020. Thank you for your support!

Thank you for the thoughtful cards, gifts and acts of kindness given us in celebration of Pastor and Staff Appreciation week. We enjoy working for you! From Pastor and Staff

Trivia Night
Saturday, 11/9 | 6:00pm – 8:00pm
Join us at Carbondale 1st UMC
214 W Main Street
100% of the donations go to youth annual service project
Contact church (618-457-2416, farm@fumes-cdla.org) to register or for any question.
$15 per person or $30 per couple of 2 people.
Come to win 1st place prizes, 2nd place prizes, and door prizes.

Contact farm: farm@fumes-cdla.org
618-457-2416
Disciples for Sunday, November 10, 2019—Blood Pressure Sunday

Altar flowers are given by Fran Shiplett in memory of Joseph Shiplett. Special flowers are given in honor of the veterans in our church family. Veterans or family of veterans may take a carnation after the service.

Acolytes: Madison Voss, Rayna Lucas
Indoor Greeters: Ben & Kathryn Balsano
Liturgists: 8:15: John Brocato
10:45: Claudia Broom
Sound System Operators: 8:15: Steve Mitchell
10:45: Keven Mitchell
November Ushers: 8:15 Mike Durr, Joyce & Mike Vancil, John Phelps; 10:45 Mary Beth Aguilar, Wilma Davis, Joe Lenzini
November Nametags: Betty Graig

Coffee Hosts: 8:15 Jean & Don Boehne
10:45 Bobbe & Joe Lenzini; Michelle & Mike Nell
Outside Greeters: Sally & John Washburn
Van Driver: Dan Anderson III
Welcome Center: 8:15 Sharon Meyer
10:45 Sara Hinde
Children’s Church Registration: Mari Ann Oberg
Children’s Church: Joan Hart, Cayden & Carlisle Hinde
Parish Nurse: Betty Graig (9:15) Lianne Watson (11:45)

Disciples for Sunday, November 17, 2019

Altar flowers are given by Nelda Hinckley in memory of Conrad and Galen Joanne Hinckley.

Acolytes: Anne Marie Simonds, Margo Simonds
Indoor Greeters: Lavina Thomas, Wilma Davis
Liturgists: 8:15 Mary Pohlmann
10:45: Brian Matzenbacher
Sound System Operators: 8:15: Scott Wright
10:45: Mike Hanes
November Ushers: 8:15 Mike Durr, Joyce & Mike Vancil, John Phelps; 10:45 Mary Beth Aguilar, Wilma Davis, Joe Lenzini

Coffee Hosts: 8:15 Charlena & Mike Bitting
10:45 Sally Washburn, Carole Daesch
Outside Greeters: Jon & Sandy Gobert
Van Driver: Don Bryant, Jr.
Welcome Center: 8:15 Jean Boehne
10:45 Mary Lou Goodman
November Nametags: Betty Graig
Children’s Church Registration: Sharon Sims
Children’s Church: Sam Indorante, Carolyn Gibson

FUMCNext-Carbondale Event—November 11, 6:30 p.m.

We plan to review ideas from the October 28 meeting as well as what is next to come for us in Carbondale. Come and hear our story. The meeting is in the Heritage Room.

Name: ___________________________ Daytime Phone: __________________________

I would like to order the following:

I will be bringing a poinsettia _______(✓) in the amount of $ __________.00

Enclosed is cash or a check

<table>
<thead>
<tr>
<th>Color</th>
<th>Regular Size (6”)</th>
<th>Large Size (8”)</th>
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</thead>
<tbody>
<tr>
<td>Red</td>
<td>$10.00</td>
<td>$23.00</td>
</tr>
<tr>
<td>White</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pink</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

in honor of ____________________________________________________________

in memory of __________________________________________________________

other (please state) ____________________________________________________

I will pick up after the 7:00 p.m. Christmas Eve service on Tuesday, December 24th.

Additional forms may be found in the Church Office, the Welcome Center in the Narthex, or at www.fumc-cdale.org/Resources/Current Forms

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 receive a gift this Christmas. Gifts are due by or before Sunday, November 24.

PLACE YOUR POINSETTIA ORDER NOW!

The tradition of decorating the Church with poinsettias continues. You may either order a poinsettia through the church or make your own arrangements. If ordering through the church, please order early to insure the size and color you want! Orders and all memorial information must be in the Church Office by 12:00 Noon, Monday, November 18, 2019.

If making your own arrangements, please wrap the pot in foil and bring the plant in during office hours on December 11 or by noon on the 12th.

For further information, contact Rhonda Kelley (618) 534–6950.
The Good Sam staff were very appreciative of the support that First UMC provides for the I Can 1 Can Read program. The donation will be used to purchase program material. All persons who donated are thanked for the help.

This Able Veteran will hold a Post Traumatic Stress Disorder (PTSD) ‘Education and Awareness Conference’ on Saturday, November 16, 2019 at John A. Logan College. The announcement mentions that 20 veterans die by suicide each day. The conference is an opportunity to learn, engage, and help by reducing the stigma associated with PTSD. Continuing education credit is available. Register at thisableveteran.org or call 618-964-1162.

Thank You, Missions Committee

CALENDAR OF UPCOMING EVENTS

Nov. 7 Priscilla Circle, 1 p.m.
Nov. 19 Morning Circle, 10:00 a.m., Heritage Room

Program: Pastor Howard—
Living for a year in John Wesley’s home in London.
Hostess: Sue Stucky; Co-Hostess: Mary Nell Chew

Eagle House Ministries will hold a Thanksgiving Meal on November 28. Meals will be delivered to those who call 618-658-0099. Eagle House serves those in the Buncombe, IL area.

I Can 1 Can food was delivered to Good Sam. Our donations included considerable amounts of Progresso soup, mac and cheese boxes, peanut butter, and a variety of canned vegetables and fruits. The Good Sam staff were very appreciative of the support that First UMC provides for the food pantry. Hope you will continue to bring items that we deliver to other food providers.

The Salvation Army is asking for Thanksgiving donations to help provide a holiday meal for their clients. All local food pantries will welcome assistance for the major holidays in the last two months of the year.

Murphysboro Food Pantry has had its roof repaired after the damage sustained in the summer. All persons who donated are thanked for the help. A “heads up” about “Scouting for Food” that will be held November 16, 2019. Place canned goods in a plastic sack and leave the sack by your mailbox. Food “sack by your mailbox.”

Bible Study—All about 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.

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Thank You, Missions Committee
## Youth Mission Trip Fundraiser Nut Sale

### Order Form

(All of these are 1 lb. bags & available while quantities last)

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Quantity</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fancy Mammoth Pecan Halves</td>
<td>$11</td>
<td>_______</td>
<td>______</td>
</tr>
<tr>
<td>Deluxe Mixed Nuts (No Peanuts)</td>
<td>$11</td>
<td>_______</td>
<td>______</td>
</tr>
<tr>
<td>Heart Healthy Nut Mix</td>
<td>$9</td>
<td>_______</td>
<td>______</td>
</tr>
<tr>
<td>Giant Salted Whole Cashews</td>
<td>$11</td>
<td>_______</td>
<td>______</td>
</tr>
<tr>
<td>Fruit &amp; Nut Mix</td>
<td>$8</td>
<td>_______</td>
<td>______</td>
</tr>
<tr>
<td>Sweet &amp; Salty Trail Mix</td>
<td>$8</td>
<td>_______</td>
<td>______</td>
</tr>
<tr>
<td>Chocolate Pecans</td>
<td>$11</td>
<td>_______</td>
<td>______</td>
</tr>
<tr>
<td>Dark Chocolate Almonds</td>
<td>$10</td>
<td>_______</td>
<td>______</td>
</tr>
</tbody>
</table>

**Order Total** (Paid at time of placing the order) $__________

**Name:** __________________________________________________

**Contact phone #:** ________________________________________

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**PLACE YOUR NUT ORDER SUNDAYS IN THE NARTHEX OR THE CHURCH OFFICE.**

**PLEASE MAKE CHECKS PAYABLE TO FUMC/ASP**