In his writing Wesley criticized people who were “not obliged to work for a living” for their practice of waking up late (8 or 9 a.m.) after sleeping perhaps 9 or more hours. As an old man he decided such people weren’t necessarily “on the way to hell” for sleeping past nine. But they weren’t exactly “taking up their cross daily.” He certainly didn’t have access to the science on sleep that we have, which recognizes that different people need different amounts of sleep. He also didn’t have the benefit of electric light, so he planned his day to maximize the use of natural light. But it was certainly true that by 9 a.m. Wesley had already accomplished more than most “gentlemen” would accomplish in a whole day.

Wesley knew that working people - farmers, miners, and factory workers, etc. - didn’t have leisure to sleep late, but for those who did he had an excellent reason for getting enough, but not too much sleep. He observed that the right amount of sleep kept people healthier and against many cures and treatments.

For the last advice, Wesley admits training yourself to wake early every day is hard for humans, but nothing is hard for God. He says if you make a habit of praying immediately after waking it will not only become possible but easy to wake earlier.

This is the daylight savings time week that I like - the one where we “Fall back” and get a 25-hour day. There is also a potential gift here for people who struggle to find time in the morning to spend with God. Changing the clock on the microwave doesn’t change your internal clock. Our bodies naturally want to go to sleep at the time they are used to - which is now an hour earlier. Or you could compromise with the clock and move your bedtime and waking time just a half hour earlier. That may be enough time for devotion and to take some of the stress and rush out of the day.

Jesus certainly made a habit of early morning prayer (Mark 1:35). It was the common practice of Psalmists ( Ps. 119:148). And the Proverbs celebrate the one who is up before the sun and able to provide for her family (31:15). Then again, the Bible also says we shouldn’t be anxious to do anything before the Lord (Ps. 127:2). There is a potential gift here for people who struggle to find time in the morning to spend with God.
**In Sympathy:** Sympathy to Bill Doerr & family on the death of his brother, Max Doerr, who passed away on October 22, 2019.

**Save the Date:** **Saturday Night Live,** November 2, 2019. Hosted by Jan Waggoner, Location: Yamato Steak House of Japan, Time: 5:30 p.m. Everyone Welcome. Reservations needed for headcount by Wednesday, October 30.

**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.

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**In Church This Week**

**Oct. 31 to Nov. 14**

**31 Thursday**

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

**31 Thursday**

7:00 Choir Rehearsal, Sanctuary

**31 Thursday**

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

**31 Thursday**

8:00 Education Committee

**31 Thursday**

9:30 Golden Yoga, Room 404

**31 Thursday**

6:00 Charge Conference-Grace UMC  
7:00 Choir Rehearsal, Sanctuary

**31 Thursday**

5:30-7 Scouts Girl Troop 66, Room 410

**31 Thursday**

8:30 Scouts Boy Troop 66, Room 410-NOT MEETING

**31 Thursday**

7:00 Scouts Girl Troop 66, Room 410

**31 Thursday**

4:00-5:45 Blood Drive, Heritage Room  
6-8:00 Good News Sing, Atrium  
7-8:30 Scouts Boy Troop 66, Rm 410

**31 Thursday**

4:45 Handbells  
6:00 Grateful Hearts, Room 308  
6-7:00 Youth Group, Service at Gum Drops

**31 Thursday**

10:15 Golden Yoga, Room 404

**31 Thursday**

9:00 Daniel Plan, Room 403  
10:15 Golden Yoga, Room 404 *

**31 Thursday**

5:45 Gentle Toning, Stretch and Yoga  
6:00 Charge Conference-Grace UMC  
7:00 Choir Rehearsal, Sanctuary

**31 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

**31 Thursday**

* A fee is charged.
Disciples for Sunday, November 3, 2019—Communion Sunday & All Saints Sunday

Altar flowers are given by B.C. Rice & family in honor of W. Manion Rice.

Acolytes: Lexi & Logan Frick
Indoor Greeters: Beck & Heather Simonds & Family
Liturgists: 8:15: Kathy Hollister
10:45: Claudia Broom
Sound System Operators: 8:15: Joe Swindell
10:45: Ron Browning
Communion Ushers: Karl Bartelsmeyer, Captain; George Everingham, Jan Waggoner
November Ushers: 8:15 Mike Durr, Joyce & Mike Vancil, John Phelps; 10:45 Mary Beth Aguilar, Wilma Davis, Phil Gilbert
Coffee Hosts: 8:15: Barb & Doug Bedient
10:45: Bobbe & Joe Lenzini; Michelle & Mike Neill
Outside Greeters: Sally & John Washburn
Van Driver: Dan Anderson III
Welcome Center: 8:15: Deanna Diel
10:45: Betty Bishop
November Nametags: Betty Graig
November Communion Committee: 8:15 Ron & Deanna Diel; 10:45 Setup: Jan Weiss, Betty Buzbee, Clean Up: Jan Weiss, Tracy Gibson, Sally Washburn
Keven & Nancy Mitchell

Disciples for Sunday, November 10, 2019—Blood Pressure Sunday

Altar flowers are given by Fran Shiplett in memory of Joseph Shiplett.

Acolytes: Lexi & Logan Frick
Indoor Greeters: Beck & Heather Simonds & Family
Liturgists: 8:15: Kathy Hollister
10:45: Tabitha Koch
Sound System Operators: 8:15: Joe Swindell
10:45: Ron Browning
Communion Ushers: 8:15 Karl Bartelsmeyer, Captain; George Everingham, Jan Waggoner
November Ushers: 8:15 Mike Durr, Joyce & Mike Vancil, John Phelps; 10:45 Mary Beth Aguilar, Wilma Davis, Phil Gilbert
Coffee Hosts: 8:15: Barb & Doug Bedient
10:45: Bobbe & Joe Lenzini; Michelle & Mike Neill
Outside Greeters: The Koch Family
Van Driver: Brian Gorecki
Welcome Center: 8:15: Deanna Diel
10:45: Betty Bishop
November Nametags: Betty Graig

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 Nov. 3, Nov. 10, and Nov. 17.

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

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) 534–6590.

Name: ___________________________________________ Daytime Phone: ___________________________

I would like to order the following:

I will be bringing a poinsettia _______ Regular Size (6") $10.00
Large Size (8") $23.00

Enclosed is cash or a check made out to First UMC Red ________ White ________ Pink ________
in the amount of $_________ 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
Nov. 7    Priscilla Circle, 1 p.m.
Nov. 19   Morning Circle, 10:00 a.m.

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

CALENDAR OF UPCOMING EVENTS

Youth Mission Trip Fundraiser Nut Sale
Order Form

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

Fancy Mammoth Pecan Halves  $ 11 x __________ = __________
Fancy Medium Pecan Pieces    $ 11 x __________ = __________
Light Walnut Halves & Pieces  $ 11 x __________ = __________
Deluxe Mixed Nuts (No Peanuts) $ 11 x __________ = __________
Heart Healthy Nut Mix        $ 9 x __________ = __________
Giant Salted Whole Cashews    $ 11 x __________ = __________
Honey Roasted Cashews         $ 11 x __________ = __________
Fruit & Nut Mix               $ 8 x __________ = __________
Sweet & Salty Trail Mix       $ 8 x __________ = __________
Chocolate Pecans              $ 11 x __________ = __________
Dark Chocolate Cranberries    $ 9 x __________ = __________
Dark Chocolate Almonds        $ 10 x __________ = __________

Order Total                    $ __________

Name: ____________________________
Contact phone #: __________________

PLACE YOUR NUT ORDER SUNDAYS IN THE NARTHEX OR THE CHURCH OFFICE.
THE NUT SALE BEGINS SUNDAY, NOVEMBER 3
PLEASE MAKE CHECKS PAYABLE TO FUMC/ASP
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: "Stories That Shape Our Faith Community" - Nov. 3 Sunday School—"Adam and Eve" Nov. 10 Sunday School—"Noah and the Flood"

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.