Dear Friends,

This is one of those times when I have several things to share with you. First, this past Sunday was our Commitment Sunday when we made our financial commitments for the coming year, 2019. As of Sunday, we have 107 giving units that have committed $492,278. This is a great start toward our budget of $836,619. If you have not made your commitment as yet, please do so as soon as you can by either dropping it off at the church office or mailing it in.

The second thing I would like to mention is that this coming Sunday, November 4, 6 p.m., at Marion Aldersgate United Methodist Church, our Cache River District Rally for clergy and laity will take place. The rally will be led by Rev. Dr. Terry Tekyl, who is a recognized leader in prayer. Dr. Tekyl is a pastor and author with a motivating style for sharing about prayer. His topic Sunday evening will be “Praying with Shameless Audacity”. Then on Monday, afternoon, November 5, at 3 p.m. there will be a clergy gathering with the topic, “The Seven Marks of Spiritual Leadership”. Finally, there is another gathering for both clergy and laity on Monday evening at 6:30 p.m. The topic in this session will be “Building the House of Prayer.” I encourage you to attend at least one of the evening sessions as each of them will be different. This is an opportunity to hear this excellent speaker and learn more about prayer.

Next, our bishop, Frank J. Beard, will be hosting meetings throughout the Illinois Great Rivers Conference discussing the three plans which have been offered as plans for “A Way Forward” with regard to the issues of human sexuality. Bishop Beard will be in our district on Thursday, November 15, 7 p.m.—9 p.m., at Marion First United Methodist Church. The Bishop is asking that persons pre-register for this event to insure there is adequate seating. If you plan to attend you may call the church office (457-2416) and we will register you or you may register online at www.igrc.org.

Finally, this has been a painful weekend for this nation when 11 Jewish persons were murdered in Pittsburgh, Pennsylvania, while they were worshiping in their synagogue last Saturday. This is a tragic time in our country, especially for our Jewish sisters and brothers. This kind of tragedy affects us all because it is not just “their” tragedy but “ours” as well. For persons to be shot and killed while worshiping is unimaginable, but real. I hope that each of us will take time to offer prayers for those friends and family members who lost loved ones in this shooting, as well as offering a prayer for the man and his family who committed this violent act. We should also pray that this kind of senseless violence will end. Hatred, religious or otherwise, has no place in our society and the only way it will end is if we all commit ourselves to living in peace with one another regardless of whether we agree with a person’s viewpoint or not.

See you Sunday,

Alan
In Church This Week

November

1 Thursday
1:00 UMW Priscilla Circle
4:50 Chimes Rehearsal, Rm. 415
5:45 Gentle Toning, Stretch, Yoga, Rm. 404
6:00 Education Committee Meeting
7:00 Choir Rehearsal, Sanctuary

2 Friday
9:30 Golden Yoga, Rm. 404

3 Saturday
NOTE: TURN CLOCKS BACK ONE HOUR TONIGHT!
Saturday Night Live at Bandanas, 5:30 p.m., Hosts: John & Sharon Sims

4 Sunday
Pastor/Staff Appreciation Sunday Communion Sunday, All Saints Day
8:15 Worship Service
9:30 Sunday School
10:45 Worship Service
3:30 Michael Koch Eagle Scout Ceremony and Reception, Sanctuary & Heritage Room
Youth Group Nut Sales after both services

5 Monday
1:30-5:45 Red Cross Blood Drive, FUMC

6 Tuesday
8:30 Men’s Group, Heritage Room
9:15 Golden Yoga, Rm. 404
10:30 The Way Forward Class (Final Class), Rm 410

7 Wednesday
10:00 Children’s Story Time, Diane Neill
Dorsey Memorial Children’s Library
4:45 Handbells Rehearsal, Rm 418
6:00 Grateful Hearts, Rm. 308
6:00 Youth Group, Chapel

8 Thursday
4:50 Chimes Rehearsal, Rm. 415
5:45 Gentle Toning, Stretch, Yoga, Rm. 404
7:00 Choir Rehearsal, Sanctuary
9 Friday
9:30 Golden Yoga, Rm. 404
10 Saturday
10:00 Children’s Story Time, Diane Neill

10 Sunday
10:45 Worship Service
9:30 Sunday School
10:45 Worship Service
After 10:45 Service ASP Meeting
Youth Group Nut Sales after both services

12 Monday Church Office Closed Honoring Veteran’s Day

2019 FLOWER CHART
Our 2019 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.

Disciples for Sunday, November 4, 2018
Outside Greeters: John & Sally Washburn
Van Drivers: Dan Anderson III, Don Bryant, Jr.
Welcome Center: 8:15 Deanna Diel; 10:45 Elaine Crane
November Communion Ushers: Karl Bartelsmeyer, Captain; George Everingham, Jan Waggoner
November Communion Committee: 8:15 Henry & Judy Dillinger; 10:45 Setup: Jan Weiss, Carole Daesch; Clean Up: Jan Weiss, Sally Washburn, Tracy Gibson, Keven & Nancy Mitchell

In Sympathy:
Sympathy to Elizabeth and Sarah Matthews and family and friends on the death of Sidney Matthews (husband and father), who passed away on October 29, 2018.
Sympathy to Steve & Catherine Mitchell and family, on the death of his cousin, Frieda Martin, who passed away on October 22, 2018.
Sympathy to Jim and John Jennings & family on the death of their brother, Sam Jennings, who passed away on October 28, 2018 in Albuquerque, New Mexico.
Congratulations: Congratulations to Emily & Mustafa Coskum on the birth of their daughter, Nora Ela Coskum, October 21, 2018, in Boston, Massachusetts. Proud grandparents are Sara & Ted Pilger.
Thank You: Many thanks from me and our children, Russell Hinckley and Kristin Bradfield, for all the cards and memorial gifts in memory of Conrad Hinckley. The delicious meal prepared by the United Methodist Women was most appreciated. Pastor Rhein’s prayers, scripture selections and remembrances of Conrad and the beautiful music supplied by Anita Hutton and Dr. Ed Benyas were most comforting to us. Thank all of you very much, Nelda Hinckley

Altar Flowers for December 9: Can you help beautify the Sanctuary on December 9 with Altar flowers? If you can, please contact the Church Office at 457-2416. Altar flowers are only $49.00. Thank you.

Call for Volunteers: We need volunteers to be Usher Captains for May/November 2019, March/September 2019. Regular Ushers needed on a continual basis. Call the Church Office to volunteer.

PARISH PULSE
As of October 31, 2018


Red Cross Blood Drive
Monday, November 5 - 1:30 - 5:45 P.M., Heritage Room
Who Needs Blood? A 3-year-old has cancer. Leukemia strikes a high schooler preparing for college. A young mother has unexpected complications after giving birth. A grandfather needs open heart surgery. Every day, patients across the U.S. need an average of 44,000 units of blood. That’s about 17 million donations - or nearly 23 million blood products - trans fused to 5 million patients a year.

Make your reservation today in the narthex!

Don’t forget! For the fastest donation experience possible, go to www.redcrossblood.org/rapid

Notes:
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Lifeline to the Community.

The New friendships and old friends.
Remember to turn your clocks BACK one hour on Sunday, November 5 at 2:00 a.m.

**Daylight Savings Time Ends**

This Sunday, November 4, we will celebrate our pastors and church staff with a cake and card reception following both services. This will be our time to say thank you in person! If you forgot your note or card, it’s not too late! The "Basket of Thanks" will be in the Atrium through the second service. Please join us for

**Pastor / Staff Appreciation**

*This Sunday, November 4*

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**FAITH COMMUNITY NURSE NEWS**

**November is Caregivers Month**, shown by a blue ribbon edged in gold.

Here are some tips for family caregivers:

1. Caregiving is a job and respite is your earned right. **Reward yourself** with respite breaks often.
2. **Watch out** for signs of depression, and don't delay in getting professional help when you need it.
3. When people offer help, **accept the offer** and suggest specific things that they can do.
4. **Educate yourself** about your loved one's condition and how to communicate effectively with doctors.
5. There is a difference between care and doing. **Be open** to technologies and ideas that promote your loved one's independence.
6. **Trust your instincts**. Most of the time they'll lead you in the right direction.
7. Caregivers often do a lot of lifting, pushing and pulling. **Be good to your back**.
8. Grieve for your losses, and then allow yourself to **dream new dreams**.
9. **Seek support from other caregivers**. There is great strength in knowing you are not alone.
10. **Stand up** for your rights as a caregiver and a citizen.

Tips taken from the *Church Health Reader*.

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**FUMC T-SHIRTS**

**NOW AVAILABLE** in the NARTHEX

or see Necia for more information

Child sizes—XS, S, M, L $8

Adult Sizes—S, M, L, XL, XXL $10

Proceeds go to the FUMC Sanctuary Choir for their trip to Carnegie Hall

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**50th Annual Thanksgiving Day Meal**

All are welcome to enjoy this free delicious Thanksgiving meal of turkey, traditional holiday sides and desserts!

**Thursday, Nov. 22—Noon—2 P.M.**

At 715 S. Washington Street in Carbondale

Between the SIU Rec Center and the train tracks

To volunteer, make a donation, or have a meal delivered, please call 618-529-3311 by 4 p.m. Wednesday, November 21.

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**JOIN US FOR AN**

**ASP MEETING**

OPEN TO EVERYONE INTERESTED IN

ASP SUMMER 2019. WE WILL CHOOSE A WEEK FOR THE TRIP

In church right after 2nd service on November 11

Snacks/pizza provided | Room TBD

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**FAITH COMMUNITY NURSE NEWS**

**November Calendar**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday 1</td>
<td>UMW Priscilla Circle, 1 p.m.</td>
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</tbody>
</table>
| Tuesday 20 | UMW Morning Circle, 10 a.m.  
  Speaker: Doug Kimmel  
  Hostess: Barbara Kimmel  
  Location: Heritage Kimmel |

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**T-Shirts**

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**Newman Catholic Student Center**

Sponsored by the Newman Catholic Student Center, The Clinton County Knights of Columbus, area churches, businesses and generous individuals.

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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: “Different Kinds of Family” — November 4 Sunday School—"Naomi and Ruth"

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 8:30 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.
Renew - Renew is a group of women seeking deeper meaning in their lives through Bible study, reflection, and prayer. They meet in Room 402. Women of all ages are welcome.

The Investors Class - On Sunday, the study title for the Investors class is THE STORY CONTINUES by J. Ellsworth Kalas. Investors is an intergenerational class for all adults. They meet in Room 404, the Chapel. Everyone 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
The Daniel Plan Essentials meets in Room 403 at 9:00 a.m. on Tuesdays. Everyone welcome. Daniel Plan will not meet in October.

Grateful Hearts meets on Wednesdays at 6 p.m. in Room 308. They will be starting a study of Anxious for Nothing by Max Lucado on September 19.

Youth Group meets on Wednesdays at 6 p.m. in the Chapel.

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.

Gentle Toning, Stretch, and Yoga Techniques meets on Thursdays at 5:45 p.m., Room 404, the Chapel.

Golden Yoga meets on Tuesdays at 10:15 a.m. and on Fridays at 9:30 a.m., Room 404, the Chapel.

Get Connected...to great opportunities for spiritual growth and fellowship on your Christian journey.

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