

Mequon United  
Methodist Church  
11011 North Oriole Lane  
Mequon, WI 53092  
262-242-4770  
www.mequonumc.org

+

# the Spire

October 2013



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**Raise your hand ...  
answer the call  
to these needs**

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- ◆ **CROP Hunger Walk on October 12** -- walk and/or volunteer to help at the event
- ◆ **Children's Sabbath on October 20** -- celebrate children and pray for their well-being
- ◆ **Thanksgiving Food for Family Sharing** -- bags and shopping lists will be available on October 27
- ◆ **Children's Ministries** -- adults can help at Sunday School, provide Sunday evening dinners, and more!
- ◆ **Kids** -- come to Sunday School and Yo-Ho Heroes; join choir; sign up for Kids' Corp and the Christmas program
- ◆ **Mealsite on October 31** -- sign up to serve or to provide desserts and fresh fruit
- ◆ **Women's and Men's Prayer Breakfasts** -- share concerns and joys during prayer time



*On clear, crisp autumn days, as  
well as under gloomy, gray clouds,  
you carry us in your loving arms.  
Thank you, Lord Jesus!*

## Pastor Tim's Message

As many of you know our household has welcomed a little bundle of joy. An adorable guinea pig named Mickey now lives in Connor's room as his pet. He wanted a mouse, hence the name Mickey, but Audra put her foot down on that one. She wasn't all that excited to have any rodent in the house, but Mickey is a very cute rodent.

So, Connor is learning a big lesson that wanting and having a pet are two different things. Having to daily take care of this little creature (who seems to make going to the bathroom a lot his main hobby) takes some work. As we all know, when you are eight the last thing you want to do is stay in from riding your bike to clean a dirty cage or spend time with a pet that really likes playing a game of running away from you.

However, given all this newfound responsibility Connor has formed quite a bond with his new pet. As I watch him take care of his little friend, I think about how important animals are to all of us. What would our world be like without all the animals that share this planet with us? I think it would be a quieter and colder place without their presence. After all, whose day is not brightened even a little by the affection shown by our pets when we return home?

When you look at scripture you see that God called all creatures, both human and non-human, good since all life reflects the beauty of our Creator. Throughout scripture you see the importance of animals whether it is a big fish that gave Jonah a little time to think about God's wide ranging love, a donkey that played a major role in carrying Jesus into the city of Jerusalem, or the image of the future peaceable kingdom where the lion and lamb will lie down together.

As I watch Connor play with his new friend, I am glad that he has this opportunity to practice showing unconditional love and care to another living creature. St Francis of Assisi once said, "If anyone will exclude any of God's creatures from the shelter of compassion and pity, you will have people who will deal likewise with their fellow man." So, I'm thankful for this chance to teach him, as well as remind ourselves, what it means to be a steward and caretaker of God's creation from the birds of the air, fish of the sea, trees of the forest, the air we breathe and certainly our dogs, cats, and guinea pigs. Never forgetting that when we care for all of God's world, our hearts are opened to connect with each other from the poor on the streets, the people working for peace, and certainly the smallest child reaching for a dream.

In God's Love  
Pastor Tim



→ **Sunday, October 6<sup>th</sup> at MUMC** ←

### **Bread Sunday – An Opportunity to Fight Hunger** **October 6**

As we have witnessed through work at our meal site and Hunger Task Force, the need for food by those in our community, as well as across our nation, has been increasing dramatically. Your participation on Bread Sunday is one way you can help.

Please consider baking bread, rolls, muffins or other delicious creations and bring them to church on Sunday, October 6. You will be able to purchase wonderful baked goods for a minimum donation of \$5 or, if you prefer, take the no calorie approach by merely making a generous donation!

All funds raised on Bread Sunday will go to CROP/CWS (CROP Hunger Walk/Church World Service) to fight hunger locally and around our world. We hope you will all join the MUMC Outreach Team as we raise funds to fight hunger on Bread Sunday. Also, please consider helping or walking on October 12 as MUMC hosts CROP Walk in Ozaukee County. We're confident it will be lots of fun and a special opportunity for our church family and our community to assist others in need.



### **Influenza Vaccines Available** **October 6**

The Parish Nurse Ministry will be sponsoring a flu vaccine clinic after worship on October 6 in Fellowship Hall. Wheaton-Franciscan Home Health Nurses will be providing the flu vaccine as well as the pneumonia vaccine.

Medicare Part B and most Medicare Advantage insurances will be accepted as payment. Your card(s) must be presented at the clinic in order to bill the insurance. For those not covered by Medicare Part B, the cost of the flu vaccine will be \$30. Flu vaccines are available for ages 10 and up. Pneumonia vaccines are available for ages 16 and up at a cost of \$80. The nurses will accept payment of cash or check.

The Parish Nurses will be checking blood pressures during the flu clinic time which will run until 11:30 AM.



## Native American Ministries Sunday – October 27

Look for the envelope in your bulletin on Sunday, October 27 for United Methodist's Native American Ministries Special Sunday and help support these special missions in Wisconsin and throughout the United States. Our donations go to the Native American churches and missions, provide scholarships for Native Americans attending United Methodist schools of theology. Help strengthen, develop and equip Native American rural and urban congregations and their ministries, as they meet the needs of their communities.



## CROP Hunger Walk -- Saturday, October 12

MUMC is the host church for Ozaukee County's CROP Hunger Walk on Saturday, October 12, 2013, with registration starting at 8:30 AM and the walk beginning at 9:00 AM. We have walkers coming from churches all over Ozaukee County to participate. The CROP Hunger Walk raises money for Church World Service's ministries to fight hunger throughout the world, with 25% of what we raise going to Family Sharing of Ozaukee County.

You have the option of walking 1, 2, 3 or 4 miles from our church through the local Oriole Lane neighborhood, or rocking in a rocking chair. The band, Close Enuf is joining us again this year. Local businesses who are supporting us with food and drinks are: Metro Market, Einstein Bagels, 1505 Café and Barthel's Farm.



### Volunteers –

The volunteer meeting is on Friday, October 11, at 5:00 PM. We will start to set up the Fellowship Hall. We will be setting up the tables for refreshments, getting a table and chairs for the registrars, and setting up the rockers.

On Saturday, volunteers should be at the church by 7:30 AM. This is when we will actually put up the signs and walk route markers and greeting the walkers from other churches.

And a Big THANK YOU to everyone who is helping make this event a great success for Ozaukee County and Church World Services.

## Marsh Meadow Workday

**Saturday, November 2**

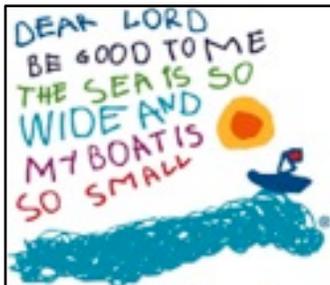
**9:00 AM - Noon**

Join us for the final workday this fall in the Marsh Meadow. Linda Mordy says, "We will be removing buckthorn. My goal is to find the fence along the southern edge of the church property in the back corner!!! Bring leather gloves and loppers if you have them. I will provide water and snacks."

For more information or if you have questions, contact Linda at 262-242-8091.

## Children's Sabbath -- October 20

*[God] shall judge between many peoples, and shall arbitrate between strong nations far away; they shall beat their swords into plowshares, and their spears into pruning hooks; nation shall not lift up sword against nation, neither shall they learn war anymore; but they shall all sit under their own vines and under their own fig trees, and no one shall make them afraid; for the mouth of the Lord of hosts has spoken.*  
Micah 4:1-5



The 2013 Children's Sabbath focuses on how we can end the gun violence that takes a child's life every 3 hours and 15 minutes and how we can equip all families with the tools for economic well-being so that more than 16 million children will no longer suffer the violence of poverty in our rich nation. Together, we will commit to realizing a vision in which all of our children and families know peace, security, and well-being. Sponsored by the Children's Defense Fund, the National Observance of Children's Sabbaths Celebration is a way for faith communities to celebrate children as sacred gifts of the Divine, and provides the

opportunity for houses of worship to renew and live out their moral responsibility to care, protect and advocate for all children.

This celebration is a part of a broader children's movement that aims to unite communities and religious congregations of all faiths across the nation in shared concern for children and a common commitment to improving their lives and working for justice on their behalf. In that respect, each action is bigger, more powerful and more inspiring than the efforts of any one celebration.

### Children and youth are needed.

This important worship service cannot take place without the involvement of our children and youth, who will lead us that morning. If your child or youth would be willing to help out in this important way, please contact Peg at [mumckidstuff@gmail.com](mailto:mumckidstuff@gmail.com) or 262-242-4770. Readers are asked to arrive at 8:00 AM on October 20 to practice before the Youth and Children's Choir rehearsals.

*"The test of our progress is not whether we add more to the abundance of those who have much; it is whether we provide enough for those who have too little."*  
Franklin Delano Roosevelt

## October's book: "insightful, bold, irreverent, and raw"

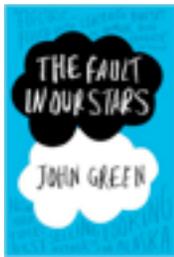
The Reflections Book Group will meet Thursday, October 10<sup>th</sup> at 7:00 PM in the Parlor. Our discussion book will be *The Fault in Our Stars*, by John Green.

*From the hardcover book jacket . . .*

Despite the tumor-shrinking medical miracle that has bought her a few years, Hazel has never been anything but terminal, her final chapter inscribed upon diagnosis. But when a gorgeous plot twist named Augustus Waters suddenly appears at Cancer Kid Support Group, Hazel's story is about to be completely rewritten.

Insightful, bold, irreverent, and raw, *The Fault in Our Stars* is award-winning-author John Green's most ambitious and heartbreaking work yet, brilliantly exploring the funny, thrilling, and tragic business of being alive and in love.

Reflections is a women's book discussion group that meets the second Thursday evening of each month during the school year. Please contact Barb Henneck at 238-0707 for more information.



## The Joys and Challenges of Aging November 6

Every age and stage of life has its joys and challenges. As we reach the "elder statesman" stage we experience more loss in the form of failing health, friends passing and having to give up things we've enjoyed doing for many years. When this happens we have a tendency to put more weight on the "challenge" scale and less on the "joy" side of it. You are invited to join Adele Lund, Director of Community and Business Relations for The Laureate Group, to explore the following questions:



- How can we expand the joy in our life despite the losses?
- Why is worry a wasted emotion?
- Are you stuck in the past, anchored to the present, or ready to live your tomorrows?
- Do you really believe the Lord would allow you to be rendered useless in later years?

This interactive discussion will take place on Wednesday, November 6 from 7:00-8:00 PM. Everyone is invited to the program and there is no charge to attend. Refreshments will be served. This program is sponsored by MUMC Parish Nurse Ministry.

## Confirmation Class

~~ A message from Pastor Tim ~~

Our 2013-2014 confirmation class is underway. We gather on Sunday evenings at 6:00 p.m. right after our all-church supper. I'm excited about this class and being with these youth on their journey of faith. The youth in this year's confirmation class are:

Hailey Stephany  
Tyler Bair  
Ben Hoffman  
Ellie Hoffman  
Sam Laferriere



I invite you all to pray for our youth as we gather together and move forward in this time of confirmation.



## Adult Spiritual Formation Opportunities

### Lunch Bunch

**Bible Study – 11:00 a.m.**

**Lunch – 12 p.m.**

Beginning in October, we will be starting a new study called – *Jesus Revealed: Encountering the Authentic Jesus*. In this study we will take a new look at Jesus through the use of dramatic reenactments watched on a DVD, reading the Gospels, and through our discussions. As we take a fresh look we will peel away the safe and sanitized view of Jesus to answer the question: Is he the Jesus we think we know?

After our study we will gather together in Fellowship Hall for a delicious lunch of homemade soup, rolls, and a delicious desert. Pastor Tim invites you to come out for this time of feeding our bodies and our souls.

Come as you are able – you are welcome anytime, every time!



### Women's Prayer Breakfast

**Wednesday, November 13**

**\*\* Date change for November only \*\***

Women of all ages are invited to gather at 7:00 a.m. on **Wednesday, November 13** for a simple breakfast, Bible study, and prayer. We conclude our time together with open Communion. Our breakfast lasts only an hour, so it is the perfect way to start your day and begin the month.

### Men's Prayer Breakfast

**Thursday, November 14**

**\*\* Date change for November only \*\***

Men of all ages are invited to gather at 7:00 a.m. on **Thursday, November 14** for a simple breakfast, Bible study, and prayer. We conclude our time together with open Communion. Our breakfast lasts only an hour, so it is the perfect way to start your day and begin the month.

## Tai Chi -- changes coming

**A message from Jacquie Yedinak, Tai Chi leader**

Fall is here with changing leaves and cooler temperatures so the Yedinaks are thinking about heading south. One of my gifts to the Lord is my time to teach others the joys and benefits of Tai Chi. Although I do not charge for the class, I ask participants to give their thanks to the Lord with a gift to MUMC (marked "Tai Chi"). The last class I will be leading for the year will be October 18. Thanks to all of you who have joined me in this class. I have enjoyed spending time with you and look forward to working with you again sometime in the spring.

### Tai Chi continues --

The adventurous group that has met at MUMC for Tai Chi will continue after Jacquie heads south for the winter. Herb Ayres has filmed her leading the class and we have acquired the soothing zen music that Jacquie uses. So, while we will miss Jacquie, Tai Chi will continue in her absence -- but with her spirit present!

#### **Schedule:**

There will be a break after Jacquie leaves. Her last day will be October 18. The next session will be Friday, November 1. Going forward from there, the existing schedule will be followed which is Mondays and Fridays at 11:00 AM in MUMC Fellowship Hall. Join us!!

## Music Notes



Thanks to the Shulers, Marcia Schwager, and Jim Stout for providing Special Music for the month of September. Also, thanks to the Sanctuary Choir for all the dedication to weekly rehearsals and Sunday mornings!

You are now going to be hearing the children of our church through THREE choirs:

- our already-established Youth Choir
- our newly named THE High School Choir
- WIRED!, our new Sunday afternoon program choir.

Thank you to the kids AND their teachers!

### Music at worship:

October 6 – WIRED and Youth Choir  
October 13 – Men's Choir  
October 20 – WIRED and Youth Choir  
October 27 – Sanctuary Choir  
November 3 – THE High School Choir



## Thanksgiving Food Collection

The Outreach Committee will be collecting nonperishable food donations for Family Sharing from Sunday, November 3 through Sunday, November 10. There are bags available at the church. Each decorated shopping bag has a list of most needed items attached but any donation is welcome. Thank you for helping to provide a Thanksgiving dinner to an Ozaukee County family in need.

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Pick up a bag at MUMC.  
Go shopping with the list in the bag.  
Return the FILLED bag to MUMC.  
It's just that easy to help someone in need.

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## Nursery Care Provider Position

The Children's and Families Ministries Team is looking for an individual to provide care for children ages 1 month to 4 years in our nursery during Sunday worship services. This is a paid position. Compensation is \$30 per Sunday. If you know of someone who might be interested, have them contact Audra or Pastor Tim for more information on the duties and qualifications. Interested applicants can also send an email inquiry to the church office at [office@mumc.org](mailto:office@mumc.org) or call the church office (262) 242-4770.

Please join us in thanking Hanna Maris for her service and wishing her the best as she focuses on school.



**The MUMC office has new office hours:**

**Monday - Thursday: 8:30 am - 2:00 pm**

**Friday: 9:00 am - noon**

**Email: [office@mequonumc.org](mailto:office@mequonumc.org)**

## MUMC has plans for your New Year's Eve!



- 4:00 pm: Greece
- 5:00 pm: Germany
- 6:00 pm: United Kingdom
- 7:00 pm: Greenland
- 8:00 pm: Brazil
- 9:00 pm: Argentina
- 10:00 pm: Canada
- 11:00 pm: New York
- 12:00 pm: Mequon

What does this list of times and countries mean to Mequon/Thiensville? Well, beginning at 3:30 pm on December 31<sup>st</sup>, we will begin our New Year's Eve celebrations from around the world. Dinner and homemade eggnog, games, and videos are provided for everyone to enjoy throughout the night but there's more and here's how it will work:

First, with the help of country labeled clocks placed around the Fellowship Hall, we will countdown every hour to welcome in the New Year for that part of the world. Please bring horns, hats, beads, or anything else you wish to use to open each New Year around the world. We will have a small devotion with each celebration.

Second, we will enjoy a little sampling of that nation's food offering. These yummy tidbits are donated by you, the party goers, who either have a background in that ethnic background or love the food offerings from that country. For example, in our 4:00 pm hour someone who has Grecian heritage or a love for Greek food may bring loukoumades, which are doughnut holes, for us to enjoy.

Watch for more information on MUMC's Interactive New Year's Eve Party! If you have any questions or already know which hour you wish to provide the yummy offering, please call Audra at 242-2032 or email her at [audraobrien931@gmail.com](mailto:audraobrien931@gmail.com). This is open to all so feel free to invite your friends, family, and/or neighbors.

## Reconciling Rainbow Library

We have a wonderful starter library of informational resources on LGBT and inclusion issues for children and adults available, thanks to Elna Hickson. This new library will be going onto some of the shelves in the parlor as soon as it is cataloged and gets check-out pockets attached.

These important resources have languished far too long and they need your help. If you would be willing to be part of a team to help sort out, label, catalog and shelve this new library, please let Peg know. We will schedule a work date and get it done.

You may be wondering why this resource library is going in a special place instead of on our Room 108 library shelves. This is because the MUMC Library in room 108 downstairs is a well-loved but sometimes roughly used resource for both our church and daycare families. Some of our rainbow resources address sensitive issues that are not appropriate for everyone, so we need a bit of a filter. This special location on the shelves in the parlor will also serve as a compact resource for MUMC classes addressing these issues, and will be more readily accessed by our entire congregation. If you have ideas for titles that should be included in our Rainbow Library, please let Peg know.



Reconciling Ministries Library

## The Leadership Library is in the parlor bookcases at MUMC!!

The leadership series is based upon the NY Times, Wall Street Journal and USA Today best seller *Launching a Leadership Revolution*, written by Chris Brady and Orrin Woodward, in which leadership is taught in a way that applies to everyone.

Materials (books and CD's) are ready for check out from the bookcase in the parlor at MUMC! Just fill out the card with the date and your name and leave the card on the bookcase. Please return the materials within 2 weeks so others may also enjoy and apply the information!

Whether you are seeking corporate or business advancement, community influence, church impact, or better stewardship and effectiveness in your home, the principles and specifics taught in the leadership series will equip you with what you need.



## MUMC geocache update

For those who are unaware, MUMC hosts a geocache in the Marsh Meadow. Geocaching is an outdoor recreational activity, in which the participants use a GPS (or mobile device) to hide and seek containers, called "caches," anywhere in the world. There are over 2 million around the world -- and one is hidden right in the MUMC Marsh Meadow! The coordinates are posted on the geocache website ([www.geocaching.com](http://www.geocaching.com)) for seekers to use.

After finding a cache, participants post their success online and often leave a message. Here are a couple of recent messages:

- Very nice area of trails here. We enjoyed the painted rocks and tree dedications along the ones we took. Very peaceful area. Thanks.
- Very nice trails, very pretty. Saw a really neat caterpillar walking down the path.



# Children's Ministries update for October

Exciting new things continue to grow for children of all ages this fall at MUMC. Please plan to participate each and every week so you don't miss any of the fun! Here are some of the things your family can do:

### SEEDS OF FAITH:

Our spiritual formation program happens every Sunday morning with hands-on activity stations for children in preschool through middle school, focusing on service to our families, church and community. Dress to play because we will be busy inside and out! On the first Sunday of each month we participate in Family Sundays, worshipping together, singing for the service, and sharing Holy Communion.

### YO-HO HEROES:

From 4:00 to 6:00 PM each Sunday night through October 6, voyage on high seas of fun and learning with Veggie Tales' "Pirates Who Don't Do Anything." This VBS-type formatted program includes our new Wired ensemble, where we rock out to tunes on videos and CDs. Both CDs and DVDs of the music are available for purchase. Dinner is served each evening at 5:30 PM.

*On Sunday night, October 13, the whole church is invited to come for a Pirate Dinner at the Movies starting at 4:00 PM!*



For a copy of our Children's Ministries schedule, as well as for additional information on these programs and others, be sure to visit the Children's Ministry page of our MUMC website at <http://www.mequonumc.org/tp40/page.asp?ID=269545>.

### NATIONAL OBSERVANCE OF THE CHILDREN'S SABBATH:

This year's theme is "Beating Swords into Plowshares: Ending the Violence of Guns and Child Poverty." Children are asked to help lead this worship service as liturgists, actors, and helpers. The service will take place on Sunday morning, October 20.

### CHILDREN'S CHRISTMAS PROGRAM:

Our Christmas Program rehearsals start on October 20. This year's program is called "The Night Shift Before Christmas," and will once again feature our amazing MUMC junior thespians and musicians. Rehearsals will be Sunday nights at 4:30 PM, and will include dinner at 5:30 PM.

### CHILDREN'S CHOIRS:

Our Youth Choir meets each Sunday evening at 5:30 PM, with dinner following. THE High School Choir meets at 5:00 PM. The Joyful Noise Choir will be part of Wired in early October, and part of the Christmas program rehearsals in late October and through November.

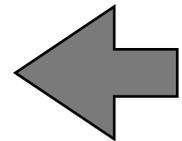
**NO CHILDREN'S PROGRAMMING ON OCTOBER 27** due to Mequon-Thiensville Trick-or-Treating.

### MUMC KIDS' CORPS:

Our children will once again serve as acolytes, assistant ushers, and UMCOR coffee vendors each Sunday morning starting in November. A schedule is being created now, so please let Peg know if your child is willing to be a part of this significant ministry.

**FAITH MENTORS ARE NEEDED IN ALL SHAPES AND SIZES – as well as all ages – TO MAKE THESE PROGRAMS POSSIBLE!**

Your presence provides a powerful witness to the meaning of Christianity, as you show the children that Jesus asked us to do more than talk about our faith – he called us to put it in action. Your work with our children helps build the faith of the next generation. Please pray hard and listen for the call – our children need you!



**Adults:  
our  
MUMC  
children  
need  
you!**

### Stewardship Nugget

After walking through a cemetery, a man said, "Have you noticed how much meaning a dash can have? Born 1921—Died 1981. What a way to summarize a life—with a dash!" That will eventually describe the years of every person's life—a dash. We cannot stop our movement toward the final destination, but we can choose what we do with our dash. We can spend it on significant matters or on meaningless trivia. Thus a congregation's ministry of stewardship is a matter of ultimate importance—far more significant than fund-raising.

Shrouds have no pockets. We do not see Brinks trucks in funeral processions. Hearses do not pull U-Haul trailers. But stewardship lets us take it with us. "Lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal" (Matt. 6:20).

Through prudent stewardship, we can enter the abundant life of joy and meaning. Through stewardship, we can protect ourselves from being possessed by our possessions, thinking they are permanent and that they buy permanent security. Through stewardship, we can grow spiritually. Through stewardship, we create a meaningful dash.



**MUMC Children's  
Christmas Program 2013  
"The Night Shift Before Christmas"**

Join the other "night-owls" at Bethlehem's only 24-hour roadside restaurant, the Falafel House! Owner Mo has announced that the overnight business is just too slow, even with the recent census crowds, to justify staying open all night anymore. But head waitress Flo has a heart for those night-shift shepherds, the local innkeeper and the other regulars who frequent the eatery in the wee hours. Mo's complaint that "nothing ever happens at night in this sleepy little town" goes down the drain with the dirty dishwater when a brilliant light splits the darkness over the fields outside of town, and surprised shepherds burst through the doors with a stunning tale of angels and an amazing birth announcement. Soon, the late-night crowd is bristling with excitement to join the shepherds to see and worship the long-awaited Savior, born during the night shift -- right there in Bethlehem! Featuring ultra-cool songs, solid Biblical message, fun characters and a story that kids love.

**Plan to join the fun!**

Rehearsals start Sunday night, October 20<sup>th</sup> with a read-through of the script so actors can get a feel for the parts from 4:30-5:30 PM, with dinner to follow. After that the regular schedule begins as follows:

October 20	Program Read-Through	4:30-5:30 PM
	Dinner	5:30 PM
November 3	Christmas Program Rehearsal	4:30-5:30 PM
	Dinner	5:30-6:00 PM
	Youth Choir – Full Ensemble	5:45-6:00 PM
November 10	Christmas Program Rehearsal	4:30-5:30 PM
	Dinner	5:30-6:00 PM
	Youth Choir – Full Ensemble	5:45-6:00 PM
November 17	Christmas Program Rehearsal	4:30-5:30 PM
	Dinner	5:30-6:00 PM
	Youth Choir – Full Ensemble	5:45-6:00 PM
November 24	Christmas Program Rehearsal	4:30-5:30 PM
	Dinner	5:30-6:00 PM
	Youth Choir – Full Ensemble	5:45-6:00 PM
December 1	Christmas Program Rehearsal	4:30-5:30 PM
	(Thanksgiving Dinner weekend)	5:30-6:00 PM
	Youth Choir – Full Ensemble	5:45-6:00 PM
Saturday, December 7	Christmas Program Dress Rehearsal	11:00 AM-1:00 PM
	(Includes lunch at 11:00 am)	
December 8	Children's Christmas Program	9:30 AM at worship
	(Children, Please be at the church by 8:15 AM)	



**Mealsite thanks**

On September 26, MUMC volunteers served at the St. Gall mealsite. On that night 210 guests came to the mealsite for dinner. First, a big thanks goes to those who helped serve. Second, more thanks go to everyone who provided desserts for the dinner. And a special thanks to everyone who provided fresh fruit. Both the desserts and fruit are highly prized by the guests!

For this meal, some of the desserts had been made by Sunday School students as part of this year's Seeds of Faith programming. A BIG thanks to the student-bakers! Their desserts were selected with delight by the guests -- and were ALL eaten quickly!

**Next mealsite date: October 31**

**Thanks to greeters and coffee hosts**

Thank you to all the lovely people who provided the coffee, tea, juice and delicious treats for the social time after the Sunday church service: Herb and Ginger Ayres, Dave and Penny Gruettner, Marie and Jeff Widder, and Dave and Kristin Traut. We appreciate your efforts.

Thank you also to our greeters for their cheerful faces and warm handshakes which help everyone to feel welcome. Please remember to stand back from the stairway as we don't want anyone to fall back on the stairs, or you can stand at the bottom of the stairs if it's a warm enough morning.

We're so happy to have visitors and we hope that they feel welcome here also.

**BIG thanks to Ed and Linda!**

There was a hint of fall in the air but spirits were riding high at the Rally Day roast provided by Ed and Linda Mordy. The food was terrific. The conversations were humming. The Marsh Meadow saw more folks navigating the pathways than ever before on a single day! Lots of folks signed up for CROP Walk. And MUMC kicked off fall programs and the beginning of Sunday School in awe-inspiring style!

Thanks, thanks, and more thanks to Ed and Linda for the huge spread of food, the tables and chairs, and the golf cart. Thanks also to everyone else who helped (chauffeur Glen; musicians Penny and Dale; and everyone who helped to organize, set up and clean up).

A marvelous time was had by everyone who attended. The Marsh Meadow thanks you for your care, concern, and contributions.



# Brain Health

This information is from the MUMC Parish Nurse Team.

Unfortunately, many of us may have friends and family who suffer from Alzheimer's disease, a form of dementia. The question is, can this disease be prevented? Research is suggesting that keeping our brains healthy as we age might reduce the risk of dementia. So, what are some things we can do to keep our brain healthy?

Suggestions from the Alzheimer's Association include:

- 1) Stay physically active. This helps to maintain blood flow to the brain and encourages the development of new brain cells.
- 2) Eat a brain healthy diet. As with the rest of our body, the brain needs the right balance of nutrients to function well.
  - Reduce high fat and cholesterol foods.
  - Keep a healthy weight. One study cited in the Alzheimer's Association website reported that adults who were obese in middle age were two times as likely to develop dementia later in life.
  - Certain foods may protect brain cells. These include dark-skinned fruits and vegetables (e.g. spinach, blueberries, strawberries), cold water fish (e.g. tuna, halibut, salmon), nuts (e.g. almonds, pecans, walnuts)
  - Vitamins may be helpful as well including vitamin E, vitamins E and C together, vitamin B12 and folate.
- 3) Be social! Social activities can reduce stress levels which help to make healthy connections among brain cells. Some research has shown that sports, cultural activities, emotional support, and close personal relationships together appear to be protective against dementia.
- 4) Keep your brain active. This may increase its vitality and build reserves of brain cells and connections. Some suggestions:
  - Read
  - Write
  - Attend lectures
  - Go to plays
  - Play games
  - Try memory exercises.

Reference: Alzheimer's Association. [www.alz.org](http://www.alz.org)



## With sympathy

The MUMC congregation extends sincere condolences to Marie and Jeff Widder and their family. Marie's father recently passed away. Our prayers go with the Widder family.



*Dear MUMC Congregation,*

*Thank you so much for your prayers, thoughtful cards, and kind words of support following the passing of Lou's dad. We feel so blessed to be part of such a caring community of faith.*

*Sincerely,  
Lou and Barb Henneck*

## MUMC kids perform!

Two MUMC kids have been selected for parts in Mequon-Thiensville Rec Department's presentation of the play *Snow White & the Seven Dwarfs or Maybe Eight* written and directed by Cheryl Figg. Devin Curran will play the Prince and Kaitlyn Sisney will play the Queen's Maid of Honor Eleanor. Devin and Kaitlyn are very excited and enthusiastic about their roles. They are rehearsing weekly to prepare.



Performances will be December 6th at 7:00 PM, and December 7th at 2:00 PM. Performances will be at the Range Line School Gym and Stage. Maybe some of their "cheerleaders" from MUMC might enjoy the performance!

**Sonlight Scoop**  
October 2013

*Sonlight Child Development Center, established by and operated as a ministry of Mequon United Methodist Church, is open to children from infant through 5 years old, including K2, K3, and K4 programs.*

Sonlight's Autumn season has started out WARM – allowing the children lots of outside play time. **Mrs. Linda** brought her September “Nature Lady” program to the Toddlers and older children, helping them to learn all about colors and patterns in the Fall leaves. Of course, the children had to find just the right color and shape leaves to complete their project of the day! **Mrs. Judy**, our Music Lady – along with her guitar – returned in September to lead all of the children in singing and moving to her wonderful songs.

**Mrs. Peg** is again teaching the older children a wonderful weekly VBS-like class with Veggie Tales’ *Yo-Ho Heroes: The Pirates who don’t do anything*. This program explores how heroes discover God’s love, with wonderful Bible stories, music, games and other FUN.

Sonlight also celebrated with parents and guests at their **5<sup>th</sup> Annual Open House** on September 11 – Sonlight Center is now 5 Years Old!!!



Sonlight children with their most fearsome pirate faces!



Our **Fall Harvest Party** is coming up on Thursday, October 24. You are invited to join us at 10:30 AM in the front circle for our costume parade! Parade will be inside if the weather does not cooperate...

Colorful Fall blessings to you,  
Kathy and Sue



**Reconciling  
Ministries  
Network**

**MUMC is a Reconciling Congregation.  
This is our Welcoming Statement.**

Mequon United Methodist Church affirms that all people are created in God’s image and are of sacred worth. We affirm Jesus’ example of love without reservation and we sacredly promise to deal compassionately and justly with one another. Therefore, this inclusive and nurturing community of faith openly invites and welcomes persons of every age, gender identity, sexual orientation, race, physical or mental ability, ethnic origin, socioeconomic status, marital status -- any and all diversities -- as full participants in the life and work of this reconciling community.

As we journey towards reconciliation, we proclaim this statement of welcome to all who have known the pain of exclusion and discrimination. We are a church community seeking to embrace you and celebrate with you in God’s redeeming love for all.

*All this from God, who reconciled us....through Christ, and who gives us the ministry of reconciliation. II Corinthians 5:18*

## My Father's World - by Ginger Ayres

Don't you just love daffodil cake! Maybe I should ask ... do you know what a daffodil cake is? Simply put, it is "marbled" angle food cake. The broad marbling stripe is yellow with a light lemon flavor. My grandmother made the bestest-ever, most-perfect daffodil cake. But I describe her daffodil cake not as what it looked like or what it tasted like. To me, her daffodil cakes were love, hugs, smiles, and welcome. She made a daffodil cake when family was coming. She made one when guests were coming. Family felt her love. Guests felt her welcome. You see, her daffodil cakes made everyone feel special. I learned two lessons from my grandmother's daffodil cakes.

*Daffodil cake lesson number one:*  
You can do something for another person that is so simple for you but has a profound effect on the recipient. Making a daffodil cake was effortless for my grandmother. She could whip one up while scores of other cooking projects were underway in her kitchen. But every taste was exquisite to each person who took a bite.

The New Testament tells stories over and over of Jesus' miracles. In every one, we are keenly aware of the overwhelming effect on the recipients but we do not read of any effort by Jesus. We see him performing miracles by simple word or touch. Think about the effect on the people in these examples. Jesus fed five thousand with five loaves and two fishes. He raised Lazarus from the dead. He cleansed lepers. He healed the blind. He calmed a storm. All were life-changing to the recipients. Who received the most far-reaching effect of a Bible miracle? We all did -- by his resurrection Jesus defeated death for us all. Jesus drew on the unlimited resources of God. "For nothing is impossible with God." (Luke 1:37, NIV)

*Daffodil cake lesson number two:*  
A reputation might be enhanced by just a bit of mystery. My goodness, surely Jesus' miracles are mysterious beyond our meager ability to comprehend. Our belief in the mysteries of Jesus' miracles is what we unquestionably call faith.

As for my grandmother's daffodil cake, here's what I know. She was very willing to share. She gave her recipe to countless of my aunts and cousins. But, to this day, not one of us has ever been able to replicate her daffodil cake. My analysis is that the "mystery" is in her definition of a "cup" measure. There was an old cracked teacup in her flour bin. That was her "cup" -- a cup which can never be duplicated by a proper measuring cup from today's kitchen gadget store. As time goes by, the mysteries of my grandmother's daffodil cake just leave stronger memories of her love.

Now ask yourself what is easy for you to do ... and go do your special gift for someone. My grandmother taught me to crochet when I was five years old. It's so elementary for me to do so I make baby blankets for the hospital nursery. Easy for me but warmly welcomed by new babies and mommies. What are your talents or gifts? You can do something as simple as making a neighborly phone call, or sending a card, or serving at the mealsite, or shopping for food to put in the Thanksgiving food bags at MUMC. Or say a prayer for someone in need. Or be a friend. Think about this quote that comes from one of those email lists: "God won't ask how many friends you had. He'll ask how many people to whom you were a friend."



### What we'd like to hear in church

- Hey, it's my turn to sit in the front pew!
- I was so enthralled, I never noticed your sermon ran longer than usual.
- I'll volunteer to be the permanent junior high Sunday school teacher.
- I love it when we sing hymns I've never heard before.
- Because we're all here, let's start the worship service early.
- Pastor, we'd like to send you to this Bible seminar in the Bahamas.
- Nothing inspires me and strengthens my commitment like our annual stewardship campaign.



## *the Spire*

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### *Sunday schedule:*

9:30 AM: Worship Service

First Sunday - Family Sunday  
(no Sunday School)

9:45 AM: Sunday School

10:30 AM: Fellowship for all

*Everyone is welcome!*

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CHANGE SERVICE REQUESTED

### A child's prayer for protection

If indeed childhood was ever carefree, it's hardly so now. Some children face bullying, while others deal with rough home lives. Many fret over their performance at school and in sports. News of dangers and tragedies makes parents want to shelter their kids from worldly harm.

Whether real or imagined, childhood anxieties are best confronted in the same way as adult anxieties: through prayer and the assurance of God's presence. Teach this traditional prayer to a young person in your life — and find comfort in it yourself:



God in heaven, hear my prayer.  
Keep me in thy loving care.  
Be my guide in all I do.  
Bless all those who love me too.  
Amen.



### *UMCOR asks for prayers for flood survivors and peace*

UMCOR (United Methodist Committee on Relief) is supporting local church relief and recovery efforts in Colorado after severe flooding raged across 17 counties in the foothills of the Rocky Mountains. Please continue to pray for flood-affected survivors as they begin the overwhelming job of cleanup.

Pray, too, for the survivors of floods and landslides in Mexico. Residents of 24 of Mexico's 31 states were affected when two fierce tropical storms pelted the country from the east and from the west. At least 110 people are known to have died, while another 68 remain missing and unaccounted for. UMCOR is responding with emergency grants.

And please pray for peace. In recent days, our world has witnessed horrific scenes of violence, from the siege of a Nairobi, Kenya, shopping mall, to the bombing of a church in Pakistan, to the shooting deaths in the Washington Navy Yard and in the Back of the Yards neighborhood in Chicago. At least 165 people died in total in the three events and many more were left hurt and traumatized. Please also add Israel and Palestine to your prayers for peace this week.