

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

+

the Spire

September 2013

Get **IN**volved

Rally Day - Sunday, September 8

- ◆ Celebrate MUMC Marsh Meadow
- ◆ Kick-off Sunday School
- ◆ Kick-off Fall MUMC activities
- ◆ Pig and Turkey Roast
- ◆ Confirmation meeting
- ◆ Yo-Ho Heroes -- evening program for children



Get involved! Sign up! Participate!

- Join choir
- Be a liturgist during worship
- Be a Sunday School teacher
- Take part in Men's or Women's Prayer Breakfast
- Come to Lunch Bunch -- starting up on Sept. 10
- Serve at the mealsite -- Sept. 26
- Attend the Sleep Wellness program -- Sept. 11
- Celebrate Sonlight -- Open House Sept. 11
- CROP Walk - volunteer, walk, support financially



Dear Lord, we come in eager expectation, knowing you have much to teach us this day and year. Please bless our leaders, our teachers, and our learners. Amen

Pastor Tim's Message

Recently I heard this cute joke: *Luke comes home from his first day of school, and his mother asks, "What did you learn today?" "Not enough," Luke replies. "They said I have to go back tomorrow."* It's that time of year again when kids go back to school and summer ends. However, all of us are on a journey where we are learning and growing in our faith life. So, here are some back to school tips for all of us in the school of life.

Get Enough Sleep. (Rest in the Lord)

As parents we all know the benefits of getting our children to bed early on a school night. They need that added rest in order to get up early in the morning. A good night's sleep will work wonders on your attitude the next day and it will help your whole outlook. Resting in the Lord means we make time in our busy days to stop, rest, and recharge as we open our hearts to the peace of God.



Get a Healthy Breakfast. (Have Prayer and Worship)

The experts all agree that giving a child breakfast before school helps in knowledge retention, test scores, and overall learning. We too need a healthy breakfast of prayer. Having some type of daily personal devotions, like the Upper Room, will fuel you for the day. In addition, we need the fuel that comes from the Spirit when we regularly join together in worship to sing our praises, lift up our prayers, hear the scriptures related to life and grow in our faith.

Develop Good Work and Study Habits. (Develop Good Bible Study Habits)

Developing good study habits is essential for success in school. We need to develop good study habits too when it comes to knowing and living out the Bible in our lives. The hope and wisdom found in searching our scriptures are a guide pointing us down the path to forgiveness, grace, and hope. Use this resource: YouVersion.com to find a Bible study plan that works for you.

Do your homework. (Living Your Faith)

In school we all got homework that helped us better understand what we were learning. On our journey, the homework given to us is to: "Love God with all your heart, mind, soul, and strength and love your neighbor as yourself" As we practice and live out this love through regular service and mission, we too better understand and integrate our faith into our daily lives.

Check on Your Classmates. (Practice Loving Service)

When children are taught to get along and look for other kids who are struggling and need help it leads to such a good atmosphere for learning and growing. We too are called through our faith to check on one another as we practice loving service. There are many people around us who are struggling in one way or another and we need to ask the question as we check on them, "How am I being called this day to serve? To be a blessing to someone else? To make God's love real?"

So, as we continue on our journey ahead, my hope and prayer is for all us to keep learning, growing, and living our faith. Because the school of life truly is the journey of a lifetime.

In God's Love
Pastor Tim



Outdoor Summer Worship Service

Saturday, September 28 at 6:00 p.m.

-- an invitation from Pastor Tim --

We have had a great time during our summer outdoor services and there is one more left. As we head into Fall, you are invited to our last outdoor worship service on **Saturday, September 28 at 6:00 p.m.** I hope you will come on out to enjoy the warmth of the fire and fellowship as we worship together. This service is very casual and prayerful through the music, readings, and devotions that we do together. Also, after we are done you can stick around to roast hot dogs, make a Smore, and continue enjoying the fellowship around the fire. Come as you are and worship with us.



RALLY DAY ROAST
SEPTEMBER 8
Right after Church
(Plenty of time to get home for
the Packers' Game – take
home a game day doggie bag!)

Celebrate
the MUMC Marsh Meadow
and the start of another
Sunday School year!

- Pig Roast
- Roast Turkey
- Fellowship in the Big Tent
- Walks in the Marsh Meadow
- Catered by Smokin' Joe's BBQ
- Costs underwritten by Ed & Linda Mordy
- No fee to attend.
- A Tax-deductible contribution to the church's Marsh Meadow Fund may be made if you'd like.
- Casual dress is encouraged.
- Bring a friend!

The Rally Day Roast is being sponsored by Linda and Ed Mordy as a thank you to all of the church members and friends for their support (contributions and work days) of the Marsh Meadow. This church asset is used regularly by the Children's Ministry Program, the Sonlight Daycare Ministry and the public. The Rally Day Roast also celebrates the beginning of another year of exciting programs and activities for the church.

RSVP's are needed by Sunday, September 1,
so Ed can order the right quantity of food and beverages.
Please see or call Ed Mordy to sign up.

See you there!

New Sunday Morning Programs for
Children start this Month!

Our children's spiritual formation programming this fall starts on the morning of September 8, with Bibles for our third graders, and our new Seeds of Faith Sunday School. We will be rotating each week between hands-on activity stations that include outdoor explorations, cooking, crafts, science, Bible stories, movies and games. This is an active program for children in preschool through middle school, with opportunities each week for every learning style. Our focus will be on Bible basics and involving the children more fully in the life of the church. For example, as part of our cooking station, the children will be preparing desserts for our mealsite and our crafts will include Christmas gifts for our SERRV sale. We will also be reinstating the MUMC Kids' Corps, involving our children as acolytes and assistant ushers, and operators for our UMCOR Fair Trade Coffee "Booth." Our nursery program will include a Bible story as well.



Kids, invite your friends. Each Sunday morning promises to hold exciting surprises, and more friends means more fun! Parents, please check your e-mail and sign up your child or children for Kids' Corps!

If you would like to help make any of our programs possible as a Faith Mentor/Teacher or as an assistant, please see Peg. More hands means less work for everyone and more witnesses of Faith in Action for our young people to see!

Starting September 8 ~~~ 4:00-6:00 PM

YO-HO HEROES: The Pirates who don't do anything

Children in preschool through middle school are invited to join us each Sunday night for a rollicking voyage upon the high seas with Veggie Tales' "The Pirates Who Don't Do Anything." Based on a VBS format, this program explores how heroes discover God's love. Each evening will contain breathtaking Bible stories, lively worship and music, action-packed games, science experiments and nautical crafts.



The fun starts Sunday night, September 8, from 4:00 to 6:00 PM and continues each week through October 6. Dinner is included. On October 13, the whole church is invited to join us for a "three hour tour" aboard our Dinghy Diners as we watch the Pirate movie while we enjoy dinner together.

The Sonlight Preschoolers will also enjoy a version of our program each Wednesday morning, and will be invited to our closing movie.

PLEASE HELP! *Won't you help our ship take sail? We need actors to produce a video that will run each week as part of our program. High school youth would be PERFECT for this! We can put it together at your convenience before school starts. No youth? Adults would work as well! We also need helpers for crafts, games and Bible stories on either Sunday nights or Wednesday mornings. Please let Peg know if you can help in any way.*

It will be high-sailing fun for all! So climb aboard!

Most of all we need cooks for our galley! If you would be willing to provide a meal for about 30 people on September 8, 15, 22 or 29, or October 6, or help with our movie meal on October 13, please let Audra know.

**MARK YOUR SEPTEMBER CALENDAR
WITH THESE ACTIVITIES!**

**Confirmation Class
Informational Meeting for
Parents and Youth
Sunday, September 8
at 10:30 a.m.**



-- a message from Pastor Tim --

Confirmation class will be beginning in September and I would like to share the details of this upcoming confirmation year with parents and youth at a meeting right after church on September 8.

We will be talking about the schedule, expectations, and the curriculum for the 2013-2014 confirmation year including some field trips and retreats with other United Methodist Churches of our circuit.

If you have an eighth grader who would like to be a part of confirmation and you have not let me know, please speak with me by phone (242-4770), e-mail (pastor@mequonumc.org) or in person.

**United Methodist
Student Sunday
September 15**

It's a new school year, and time to help United Methodist Students continue their faith journey with scholarships provided by the United Methodist Student Sunday. This is one of six special Sundays we support during the year.

Your donations go to the United Methodist scholarships and U.M. Student Loan Fund, administered by the General Board of Higher Education and Ministry (GBHEM). The scholarships go to students attending United Methodist and other colleges and universities. This fund helps our students go to college and reduce the heavy financial burden.

Just ask our Pastor about how this fund helps our Wisconsin students!

**Sleeping Well
September 11, 2013
7:00-8:00 PM**

Are you interested in learning about general sleep wellness? Do you know the signs of a sleep problem and how lack of sleep affects your health? Join Dr. Alexander Villareal, Sleep Medicine Physician, from The Sleep Wellness Institute for a discussion on these topics as well as learning possible solutions to improve sleep. The program will take place on Wednesday, September 11 from 7:00-8:00 PM. There is no charge to attend; bring your family and friends to this event. Refreshments will be served. This program is sponsored by the Parish Nurse Ministry Team.



**September women's
book group**

The Reflections Book Group will resume its monthly meetings in September. We're moving to the second Thursday of the month – so our first meeting will be Thursday, September 12th. We begin at 7:00 pm in the Parlor.

We'll be discussing *Gone Girl*, by Gillian Flynn. Here's a brief summary from amazon.com . . .

On the day of their fifth wedding anniversary, Nick's wife Amy disappears. There are signs of struggle in the house and Nick quickly becomes the prime suspect. It doesn't help that Nick hasn't been completely honest with the police and, as Amy's case drags out for weeks, more and more vilifying evidence appears against him. Nick, however, maintains his innocence. Told from alternating points of view between Nick and Amy, Gillian Flynn creates an untrustworthy world that changes chapter-to-chapter.

Reflections is a women's book group that meets monthly during the school year for discussion. New women are always welcome! Contact Barb Henneck at 238-0707 for more information.

**Adult Spiritual
Formation
Opportunities**

**Lunch Bunch –
Returning on
Tuesday, September 10**

Lunch – 12:00 PM
Bible Study – 1:00 PM

The Lunch Bunch will be returning for the Fall with a delicious meal including homemade soup and our Bible study.

We will be starting with a study called – *Why? Making Sense of God's Will*. What is God's will for our lives? Where is God during the tragedy's and struggles of life? Is there a plan for our lives? In this study we will through scripture and a DVD discuss and examine these questions as we look at God's plan for our lives and how God works in our world. Pastor Tim leads this study and he hopes you will come on 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, September 4**

Women of all ages are invited to gather at 7:00 a.m. on **Wednesday, September 4** 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 –
Date change ←**

Thursday, September 12 –

Men of all ages are invited to gather at 7:00 a.m. on **Thursday, September 12** 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.

Mealsite -- September 26

Watch for the sign-up sheet for servers, desserts, and fresh fruit. Servers carpool from MUMC at 4:30 PM. Desserts can be brownies, bar cookies, cupcakes, cakes, etc. Fruit should be hold-in-the-hand like bananas, oranges, apples, pears, peaches, etc. MUMC's desserts and fresh fruit are highly appreciated by the guests!!



Tai Chi ... for health and relaxation

We have all heard about the advantages of relaxation exercises such as yoga and tai chi. Research suggests that these activities minimize chronic pain, lower blood pressure, and sharpen concentration. Our Lord has told us to "pray without ceasing." A Tai Chi class is being offered at our church that will offer an opportunity to achieve both goals.

Tai Chi classes are being held on Mondays and Fridays at 11:00 a.m. In addition to the above benefits, we will work at exercising every joint in the body, work to improve balance and will learn to do deep breathing. While doing our deep breathing, we will do a Breath Prayer. Breath Prayers are short, silent prayers that help you become more aware of the Holy Spirit.

Don't be frightened or intimidated by the thought of exercise or "Tai Chi." It is easy to learn and so good for you. Many of the exercises can be done from a chair. If you have questions, call Jacquie Yedinak, 262-416-8888.

WANTED -

WILLING TAKER of a free, good quality CD player ... holds 5 CDs at a time. Needs to be hooked up to a speaker. With the complete audio-visual system installation in the Sanctuary, MUMC has no further use for the CD player. Trustees would like to see it go to a good home! Contact: Trustees Chair, Connie Pukaite 262-242-2778

Welcome to the Choir Season!

We're expecting everyone who has sung to return, and we're hoping for new members in EVERY choir! We have fun, we sing, we learn, AND we **give service** by doing so! Please join us! All rehearsals take place on Sundays!

The following choirs rehearse on Sundays on a regular basis:

Joyful Noise Choir: ages 3 through 4th grade
4:00 – 5:30 PM (during the Sunday Children's Program)

High School Choir: grades 9 - 12
5:00 – 5:30 PM

Dinner for everyone at 5:30 pm

Youth Choir: grades 4 - 12
5:45 – 6:00 PM

Sanctuary Choir: 7:00 – 8:30 PM



These choirs meet for three rehearsals and then sing:

Men's Choir: 6:00 – 7:00 PM (they sing twice a year)

Women's Choir: 6:00 – 7:00 PM (they sing twice a year)

A big THANK YOU to all who participated musically this summer to enhance our worship services!!!

CROP Hunger Walk

Saturday, October 12, 2013

8:30 AM – 12:00 PM

Save the date and be a part of the Ozaukee County CROP Hunger Walk hosted by MUMC again this year. The Walk will start and end at our church, with registration in Fellowship Hall. Our band is back, with Penny Leferrier, to entertain us. Refreshments are being provided by our community sponsors, and we will have pumpkins for sale.

CROP Hunger Walk is a community-wide effort to raise funds to fight hunger around the world and here at home. Family Sharing of Ozaukee County receives 25% of the money we raise. To find out more, go to Church World Services' website: <http://www.cwsglobal.org/>

Mission Outreach is organizing the walk and has recruited more than 15 churches in Ozaukee County to come join us.

Here are the key dates coming up:

September 8 – Volunteer & Walker Sign-Ups

Mission Outreach members will be at the Rally and passing out information about the walk and asking you to participate. The walker packets are ready and you can begin to get your sponsors. On the day of the event we will need help setting up and registering walkers. There are many jobs to be done!

October 11 – Afternoon set up and preparation

Volunteers will meet in Fellowship Hall at 4:00 PM to setup the registration, band and refreshment areas.

October 12 – CROP WALK

As hosts, we will set up the route, greet CROP Walkers, help them register, set out the refreshments, and lead the walk around the neighborhood.

Questions? Contact a MUMC Mission Outreach team member:

Marilyn Zwissler – 414-351-0774

Betty Draughon – 262-242-9570

Jean Storer – 262-242-6776

Lou Henneck – 262-238-0707

Ireene Sullivan – 262-242-3832

Karen Stern – 262-242-7811



COMING IN OCTOBER AND NOVEMBER!

World Communion Sunday

October 6

On October 6, MUMC will be celebrating World Communion Sunday. On this day we celebrate our oneness in Christ, the Prince of Peace, in the midst of the world we are called to serve -- a world ever more in need of peacemaking. We celebrate this special Sunday with Christians around the world. This Sunday calls the church to reach out to all people and model diversity among God's children.

MUMC celebrates this special Sunday with a bread sale to support our members who are in the CROP Walk.

A special offering collected on this day provides undergraduate and graduate scholarships for US racial- and ethnic-minority students and international students. The scholarships go to students who study in areas including family pastoral care, clinical psychology, peace and governance, Christian-Muslim relations, crop production, health, law and rural development. World Communion Sunday is a time to join Christians all over the world and enable support of ministries that change lives.



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.



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.

The Joys and Challenges of Aging

November 6, 2013

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

Liturgists needed!!!

We have a great group of liturgists in our church. However, we would welcome having more people become liturgists. The liturgist's responsibilities during Sunday morning worship include reading the call to worship, leading the opening prayer, inviting the congregation to share the Peace of Christ, and reading the new testament. Liturgists who help on any first Sunday also participate in serving communion. Time commitment is infrequent -- usually once every 3 or 4 months.

This is an easy and rewarding way to serve MUMC on Sunday mornings. If you are interested, call Marilyn Cullinan at 262-242-1876 or Pastor Tim at 262-242-4770.



Meet our New Members

In June, we welcomed John and Bridgett Baker as new members to our church. John and Bridgett were married here at MUMC three years earlier, also in June. Bridgett is an osteopathic Board-Certified Family Medicine Practitioner. Her hobbies include roller skating and reading. John is the Director of the UWM STEM-Inspire WisCAMP Program for Underrepresented Minorities. He is also a Certified Sexuality Educator and Mind-Body Medicine Practitioner. His hobbies include hunting, powerlifting, reading and writing. They have two girls, Brinya, who is five, and Jordyn who is a year and a half. John and Bridgett live in Fox Point.



Good News from the Finance Team!

As we have talked about in the past, we are controlling our budget by postponing expenses that can be deferred. One such deferred expense is apportionment. Apportionment is the support we give to our Wisconsin ministries, and the Methodist ministries throughout the US and the world. Our total commitment is around \$20,000 for 2013, and we haven't paid any of that. Until now!

Because of your gifts, both pledged and non-pledged, the Finance team has elected to pay \$5000 of our apportionment commitment. It is our goal to pay the complete amount by year end. But that will be because your gifts allow that to happen.

Thanks to everyone for what you do for MUMC, and for helping Make God's Love Real.

Stewardship Nugget: Be Thankful That Our Church Needs Money

I'm glad my church needs money! If it didn't, it would mean it wasn't supporting missionaries and living out the Gospel in other places and had no missionary zeal.

I'm glad my church needs money! If it didn't, it would mean it wasn't doing anything to support the homeless and needy and had no compassion.

I'm glad my church needs money! If it didn't, it would mean it wasn't interested in expanding into other areas of service and had no vision.

I'm glad my church needs money! If it didn't, it would mean it wasn't interested in providing wholesome activities for our teenagers and had no concern.

I'm glad my church needs money! If it didn't, it would mean it wasn't interested in teaching children in those impressionable years and had no future.

Yes, I'm glad my church needs money and that I have an opportunity to give! The fact that it does need money means it has not forfeited its zeal, compassion, expansion, vision, concern, mission, and future.

My church needs my gifts and I'm glad. I wouldn't want to be a member of any other kind.



Children's Ministries this Fall at MUMC

There are exciting new things in store 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 things to look forward to:

Seeds of Faith:

Our new Sunday School program starts September 8, 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!

Yo-Ho Heroes:

Each Sunday night from 4:00 to 6:00 PM, September 8 to October 6, we will voyage on high seas of fun and learning with Veggie Tales' "Pirates Who Don't Do Anything." This VBS-type formatted program will include our Joyful Noise choir rehearsal, and both CDs and DVDs of the music will be available for purchase. Dinner will be served each evening at 5:30 PM. On Sunday night, October 13, the whole family is invited to come for a Pirate Dinner at the Movies!

MUMC Kids' Corps:

Our children will once again serve as acolytes, assistant ushers, and UMCOR coffee vendors each Sunday morning starting in September. Our prayer bears will return, and we need children to distribute and collect them. A schedule is being created soon, so please let Peg know if your child is willing to be a part of this significant ministry.

Children's Choirs:

Our Youth Choir will meet each Sunday evening at 5:45 PM, following our dinner together. The high school choir will meet at 5:00 PM, and the Joyful Noise choir will learn their music as part of the Yo-Ho Heroes program this fall.

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:

As hard as it is to believe, 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.

For a copy of our Children's Ministries schedule this school year, 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>.

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!

Trustees Report

-- from Connie Pukaite, Chair --

All members received a direct mail August Trustees' letter about "*Things Unseen*" -- projects around the Church buildings and grounds that have been accomplished to date this year as well as projects on our list that need to be done. I inadvertently omitted Busch Bushman's name as one of the dedicated Trustees to whom members may direct any questions or comments; but do speak with him ... or Doug Burns, Tom Ellis, Don McLean, Ed Mordy, Jeff Nowak, Dain Shuler, Bruce Stern, Connie Pukaite... if you have any questions.

The most urgent of the "Needs to be Done" is chimney repair, tuck-pointing of all the brick, and re-caulking of older windows and exterior doors. Our contractor is targeting late September/early October, so expect to see ladders, scaffolding or mechanical lifts around the church during that time.

Members' responses to the August letter have been very supportive. Some have even made personal designated donations to help cover the cost of the chimney repair or other projects. One special project of interest is installation of a mechanical door-opener at the handicap-Sonlight entrance to make it easier to enter for people who have difficulty walking, with walkers or in wheel-chairs. This important project could possibly get done before winter if designated gifts are received in September or October.

Below is a chart reflecting again all the projects that need to be done, and the costs of those projects, in case anyone would like to consider making a special designated donation to help accomplish a project sooner rather than later.

| PROJECTS NEEDING TO BE DONE, IN PRIORITY ORDER | PROJECTED COST |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|
| Repair chimney, Tuck-point the church, and caulk window sills, windows and exterior doors | \$12,000 |
| Install door-opening assist at wheel-chair entry | Est \$4,900 |
| Upgrade 2 furnaces on upper level of education wing, add A/C | Bids pending |
| Raise asphalt drive at front door sidewalk, eliminate trip hazard | Cost TBD |
| Paint Parsonage aluminum siding/shutters | \$3,000 |
| Remove and replace original 1960's Parsonage Driveway | \$9,000 |
| Seal-coat, re-stripe parking lot & drives ... extend life of pavement | \$9,000 |
| Replace 20-yr old John Deere tractor-mower when it fails | Cost TBD |
| Replace/upgrade sign at Oriole Lane drive entrance | Est \$6,000 |
| Add insulation to Parsonage attic to lower energy costs | Cost TBD |
| Re-paint or replace half-columns @ church front-entrance | Cost TBD |
| Replace 11 old fluorescent FIXTURES in lower Education Wing for energy efficiency | Cost TBD |
| Replace windows in Education Wing for energy efficiency & improved operation | Cost TBD |
| Correct trip-hazards in choir loft for improved safety, and improve sound projection | Est \$4,800 |
| Create shrub/tree planting beds as Peace Garden around existing trees in front yard to reduce lawn maintenance and attract community to enjoy MUMC peaceful surroundings (phase in over time as special gifts are received) | Cost TBD |



Dear MUMC Congregation,

With the passing of my Mom on June 25, 2013 ... I would like to thank you for the prayers, cards and comforting words. I appreciate the support you have given me during this difficult time.

Sincerely,
Sheryl Reed

Dear members of Mequon United Methodist Church,

Thank you so much for all of your thoughts, prayers, concern and good wishes following my accident on the farm on June 15. The fall shattered 5 ribs and collapsed my left lung. I was in the hospital for 16 days and had two reconstructive surgeries on my rib cage.

I am doing pretty well now. I am up and around. My energy level is good. I am back to work full-time, am doing my own chores again and am taking care of things on the farm. I am still sore and have some swelling but I'm told that may last a while.

I am sure that there are literally thousands of people praying for me around the world. Thanks again for all of your prayers and for being a part of all those who are loving me back to health.

Sincerely,
Jim Stout

Stress Reduction Strategies
-- from the MUMC Parish Nurse Team --

Stress is part of everyone's daily life. A certain amount of stress can help us deal constructively with daily problems and meet challenges, but too much can be devastating to our health. Depending on the source of stress (i.e., personal environment, work stressors and general emotional health), stress-reduction strategies should be tailored to the specific stressor. A stressor is a chemical or biological agent, environmental condition, external stimulus or an event that causes stress to an organism.

Not effectively dealing with stress can leave a person feeling emotionally exhausted, and cause cardiac, respiratory and emotional health problems. Stress releases insulin and cortisol that accelerate cellular aging, triggering diabetes and other chronic diseases. While stress is inevitable for all, people in impoverished areas are often faced with situations that they cannot control and tend to have higher levels of stress and stress-related diseases. The good news is that many interventions -- including music, nutrition, spiritual counseling, exercise and laughter -- can help a person learn to effectively cope with stress, which leads to decreased stress and stress-related problems. The most successful stress management programs combine aspects of all stress reduction therapies to allow a person to heal from within, while also giving them coping skills and increasing physical resilience.

Tips to Cope with Stress:

Take a time-out: Quiet time allows you to review situations in your mind and pray about it.

Humor: Laughter makes you feel good. Don't be afraid to laugh out loud at a joke, funny movie or comic strip, even when you're alone. A positive approach to life allows you to better manage stress and helps you to remain in control.

Spend time with family and friends: Even if you don't talk about your stressors, being around people you care about and who care about you is very supportive.

Set priorities: Decide what must get done and what can wait. Learn your limitations: Learn to say no to new tasks if they are overloading your schedule. It is easier to refuse to do something than to get caught in the middle of something you can't finish. Note what you have accomplished at the end of the day, not what you have been unable to do.

Avoid dwelling on problems. Try to put things in perspective -- in the grand scheme of life, is this really a big deal?

Exercise regularly: Aim for 30 minutes a day of gentle exercise to help boost your mood and reduce stress.

Schedule time for healthy, relaxing activities. Don't worry about things you can't control, like the weather. Solve the little problems first; this helps you gain a feeling of control.

Try to look at change as a positive challenge, not a threat. Work to resolve conflicts with other people.

Talk with a trusted friend, family member or counselor. Sharing your thoughts and receiving advice can often present another way to handle a stressful situation that you may not have thought of.

Set realistic goals at home and at work.

Eat regular, well-balanced meals to keep your body alert and responsive.

Stress Reduction Strategies

Get enough sleep, usually at least eight hours per night will help your body handle stress.

Participate regularly in something you enjoy, such as sports, social events or hobbies.

Practice giving back: Volunteer your time or return a favor to a friend. Helping others helps you, too.

Look for opportunities for self-discovery. People often learn something about themselves and may find they have grown in some respect as a result of their struggle with loss. Many people who have experienced tragedies and hardship have reported better relationships, greater sense of strength even while feeling vulnerable, increased sense of self-worth, a more developed spirituality and heightened appreciation for life.

When should you seek help?

You should seek help from a qualified health care provider if you are overwhelmed, feel you cannot cope, have suicidal thoughts or are using drugs or alcohol to cope. When in doubt, your local Emergency Department can assist you with available resources and make sure you are safe.

Resource: UMC Health Ministry Network

Thanks from the Welcoming Connections Team

We appreciate our gracious members who provided the coffee and juice and yummy refreshments this past month: Tim and Laura Bireley, Chuck and Jacquie Yedniak, Scott and Sheryl Reed, Katie Jackson and Kathy Morgan. Thank you also to our greeters who come early with their smiles and friendly handshakes at the ready and who even open the doors for all the people attending the service. We also welcome our visitors and pray that they find a church home where they feel comfortable and at home.

Also, in case you haven't noticed, which would not be difficult to do because on the outside they look much the same, the new church brochures are in the slots on the back of each pew and also on the table in the narthex. Check them out. If you have newcomers in your neighborhood, please give them one of these new brochures..

With sympathy

The MUMC congregation extends sincere sympathy to Lou and Barb Henneck and their family. Lou's father recently passed away. Our thoughts and prayers go with Lou and his family.



Sonlight Scoop September 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.

HAPPY SEPTEMBER! As school begins for the 2013-14 year, Sonlight welcomes back several families who were off for the summer. The Center also says goodbye to several children who have graduated from the Sonlight program and moved on to area Kindergartens!



Sonlight Graduates!

Sonlight's special activities are also back on their regular schedules, including Music - weekly for all ages, Nature Lady - monthly for Toddlers and older, and Computer Tots - weekly for 2 ½ and older.



**Sonlight 5th Anniversary
Celebration and
Annual Open House**

September 11 from 7:00 AM – 5:00 PM
in Room 108

Stop by for treats and conversation,
and tour Sonlight Center!

Enjoy Viewing Posters of Past Years
and Special Sonlight Activities

Marsh Meadow work

-- a message from Linda Mordy --

Thank you!! Thank you!! The following Teasel Weasels scouted out and dug teasel and cut down willow sprouts along the back parking lot and spread wood chips along the Marsh Meadow trails -- Doug and Marilyn Zwissler, Glen Van Fossen, Ned, Mary, and Kaitlyn Sisney, Ed and Linda Mordy, Connie Pukaite, Randy LeRoy, Lou Henneck, Rick Gattoni, Sandy Christensen, and Herb Ayres.

Mark your calendars! The next Marsh Meadow Workdays will be on Saturday, October 5, and Saturday, November 2. We will be removing buckthorn!!!!
Thank you again for all your support and hard labor.



My Father's World -- by Ginger Ayres

For many years, *the Spire* has included an observation / impression article by an MUMC member. Going back, Marlene Jahn wrote "Perspects from the Chairperson." More recently Peg Gardner has written "Gleanings." These pieces provided a welcome contrast to the rest of *the Spire* that was filled with the busy-ness and business of our church. Peg retired from "Gleanings" when her already-full days became even fuller with her return to college. Moving forward, as space and time allow, and with Pastor Tim's support, I will offer a bit of my own thoughts occasionally.

My column is titled "My Father's World" because one of my favorite hymns is #144 ("This is My Father's World") and because my topics are drawn from the world around us. Your comments will be appreciated but I ask that you not be too harsh because this is a new endeavor for me. :)

Eleven. That's how many bird feeders are outside our front window. They bring a multitude of wings and a few less than desirable furry fiends (aka: squirrels). Last winter we had six pair of cardinals. What a delight to see intersecting flashes of red against the white snow and dark green evergreens. In spring, Henny came by to scrounge the seed fallen under the feeders (Henny, short for Henrietta, is the resident female turkey). She would eat, then calmly sit down on our patio and watch the world go by. She left to raise her family in someone else's yard.

Recently the suet cakes have been devoured by hungry Downy woodpeckers. Imagine my confusion when I saw Mr. Downy bringing a piece of suet to another Downy on a nearby branch -- a split second later to realize this was papa feeding baby. But the real visual treat came when three little ones were lined up next to each other, holding on for dear life to the small branch as it bobbed in the wind, waiting impatiently, and screaming, "Feed me, feed me!" Downy parents are so focused in their role of nurturer -- feeding, giving flight lessons, watching out for the predator hawk that swoops through our yard.

Nurture. It's a "warm fuzzy" kind of word. We might imagine a mother softly rocking a baby. But the dictionary defines nurture as caring for ... encouraging growth ... helping ... cherishing. There is no direct mention of parents and babies. I would propose that nurturing is a lifetime role of caring in many ways. The Bible is full of nurturing images. Of course, there are parents Mary and Joseph with baby Jesus. OR we often hear an MUMC sermon or music or reading make reference to Jesus the shepherd leading his flock. OR surely Noah nurtured a boat load of living beings who needed his help. OR think of the many Bible messages that call upon

us to be good stewards of God's earth. Certainly being a steward means nurturing the earth, using it wisely for food, caring for creatures other than us humans, passing on our environment in as good (or better) shape than it was left to us.

So, who are the nurturers at MUMC? Simple answer: we all are. Certainly you can see the nurturing by Sunday School teachers and the work done by Sonlight. A long list of people nurture our Sunday morning congregation -- from Pastor Tim, to everyone who creates worship services, to those who greet and serve us coffee. Just the simple act of passing the peace on Sunday morning is a way of saying to each other, "I care about you." Also remember those who get dirty and tired helping our Marsh Meadow to thrive. Outside our church walls and beyond our congregation, the examples of how we nurture is an endless list of our Outreach mission projects.

Now flip your mind. Look at nurturing from the nurturer's viewpoint and we find a surprising effect from acts of caring, helping, and encouraging. We feel warmed, excited, useful, worthwhile. Nurturers do not act in order to receive a reward -- but the rewarding feelings are very real. Noah didn't build an ark to be rewarded with good feelings but he must have felt good about what he did (other than when he wished that he had let the mosquitoes drown!).

Bottom line: go nurture. Feed children, feed birds, volunteer for a project at MUMC. Reach out, offer help -- and you may find that you have warmed your soul.

P.S. The Downy kids are now hungrily pecking away at the suet cakes on their own. Darn kids -- they grow up so fast. But that's a topic for another day.

the Spire

is published monthly by

**Mequon United
Methodist Church**
11011 North Oriole Lane 20W
Mequon, WI 53092

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Mon. - Fri.: 9:00 AM - 2:00 PM

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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**Sunday,
September 8**

CHANGE SERVICE REQUESTED



A clean slate



One of the best things about heading back to school is the chance for a fresh start. A new year, new teachers, perhaps even a new school offer students the opportunity to try a little harder and do a little better than the year before.

Praise God that he allows us to always start over. Jeremiah writes that the Lord's mercies "are new every morning" (Lamentations 3:23a). With God's help we can begin each day with a clean slate and a new attitude, determined to make some changes for the better.

Celebrate Labor Day

Labor Day, first celebrated in 1882, provides a day of rest for working Americans, showing their importance to the country's well-being.

Christians see work as a gift and command from God. Adam was put in the Garden to "till it and keep it" (Genesis 2:15, NRSV). Even Jesus chose workers to help carry out his mission.

Rest is just as significant as work. God commanded us to rest one day each week (Exodus 20:10). The Sabbath is a time for worship, family activities, renewal and recuperation.

Labor Day is a reminder to be grateful for the creativity, ingenuity, minds and muscle power of countless workers — all gifts of God. That's worth setting aside a day to appreciate.

