

Mequon United  
Methodist Church  
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+

the Spire

October 2014



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*Share the good news  
... everywhere  
... with everyone  
... about everything that is  
happening at MUMC!*

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**Sunday, October 5 –**

- ▶ World Communion Sunday
  - ▶ Bread Sunday
  - ▶ Influenza vaccines
  - ▶ Glass with Glaze workshop
- 

**Crop Walk – October 12**

**Children's Sabbath – October 19**

“Precious in God's Sight: Answering the Call to Cherish and Protect Every Child.”

**Great Tomb Raid – October 12 & 19**

Adventure, games, and crafts for kids

**Adult gatherings for spiritual growth**

Women's and Men's Prayer Breakfasts,  
Lunch Bunch

**Celebrate Sonlight –**

This MUMC mission has been serving  
children for SIX years!

**Prevent flu – Guidelines for everyone to follow**

**Book Fair – Coming in early November;**

buy books for gifts, buy books for yourself!

**ALSO ... Work in the Marsh Meadow, serve or bring  
food for the mealsite, join the choir, and more!**

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## Pastor Tim's Message

**FAITH  
HOPE  
& LOVE**

I used to travel a lot. Before I was a pastor, I was a project manager for a multi-national corporation that did market research. I was gone six to seven months out of the year traveling around the United States checking on, supervising, or starting new projects in various areas.

My routine was always the same. Pack, catch my flight, check in to my hotel, and unpack. I lived out of my suitcase and over and over I would empty it and fill it back up again when my project was over and it was time to move on to the next city.

And then one day as I was repacking my suitcase, I looked down at all my stuff piled up on the hotel bed needing to be sorted, folded, and squeezed into my suitcase when a thought came to me. Does my entire life fit in this suitcase? I had been traveling for so long, that it was easy for me to think that this was all there was to my life. However, as I looked down at the folded clothes and work folders sprawled on the bed, I noticed the picture of my family that my mom had given me to take when I was traveling. Since I was single at the time, she thought it would help me when I felt lonely. What it did was make me think about all the things that don't fit in this suitcase like my family, my faith, and my relationships.

As I reflect back on this event, I realize that we have lots of stuff all around us but I would bet what is most important to us doesn't fit in a suitcase. When we stop and look around, like I did in that hotel room, we realize that while we are thankful for the material things that make our lives comfortable, they are not what ultimately make us happy and fulfilled deep down. It is our connection with other people and with God in Jesus Christ that gives our lives true meaning and purpose. It is the connection we find to the things bigger than us: grace, hope, love, and peace. It is the way we live this connection out through our faith as we serve and share, live and love, and pray and journey through life holding onto the things that may not fit in a suitcase but fit just fine in our heart.

In God's Love,  
Pastor Tim

~ ~ ~ **October 5th at MUMC** ~ ~ ~

### **World Communion Sunday October 5th**

On October 5th, MUMC will be observing World Communion Sunday. The special offering collected for this day helps students who historically have not had resources to make higher education possible. Nelson Mandela said, "Education is the most powerful weapon you can use to change the world." This is your opportunity to provide undergraduate and graduate scholarships for ethnic minority students in the US and around the world so they can become the world-changers God created them to be.

### **October 5<sup>th</sup> is Bread Sunday**

Please join the Outreach Team by baking bread, muffins, rolls, coffee cakes or any other mouth-watering creations to help fight hunger in our community. Bring your baked specialties to the Bread Sunday table before the service. After the service, meet back at the table to purchase a special treat or make a calorie free donation. The proceeds of this mission project will go to Hunger Task Force.



### **Glass with glaze craft workshop October 5**

If you didn't get a chance to sign up ahead of time, you are still welcome to attend our Glass with Glaze Craft Workshop on Sunday night, October 5. Kari Slater will lead the workshop, which offers opportunities to make stunning glass pieces of art – from soap dishes to serving platters, from nightlights to necklaces.

Dinner will also be served, so plan to join us for an evening of fellowship and fun, starting at 4:00 PM on Sunday night, October 5.



### **Influenza vaccines available October 5**

The Parish Nurse Ministry will be sponsoring a flu vaccine clinic after worship on October 5 in Fellowship Hall. Wheaton Franciscan Home Health Nurses will be providing the flu vaccine as well as the pneumonia vaccine.

Medicare Part B and Medicare Advantage plans will be accepted as payment. Your card must be presented at the clinic in order to bill the insurance. For those not covered by Medicare Part B or Medicare Advantage, the cost of the flu vaccine will be \$32. Flu vaccines are available for ages 10 and up. Pneumonia vaccines are available for ages 16 and up at a cost of \$95. 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.



### Crop Walk

#### Walk to end hunger - October 12

The Interfaith Conference of Greater Milwaukee will organize Crop Walk this year on Sunday, October 12. Registration will begin at 12:30 PM at McKinley Park on the lakefront next to the marina. A 2-mile or 5-mile walk will begin at 1:30 PM. There will be a non-perishable food collection for Hunger Task Force on the day of the walk.

If you would like to make a donation to Crop Walk please make your check out to Church World Service/crop walk. 30% of funds raised by Crop Walk stays locally to support the anti-poverty work done by Interfaith. The remaining funds go to Church World Service to fight hunger here and around the world.

**Interested in walking?  
Sign up on Sunday, October 5 or 12.**

Questions: contact Betty Draughon.

### MUMC Children's Sabbath October 19

Children and youth are invited to help lead this very special worship service on October 19. The 2014 National Observance of Children's Sabbaths is titled "Precious in God's Sight: Answering the Call to Cherish and Protect Every Child." This year's Sabbath focuses on how we can ensure every child a strong start in life by investing in early childhood development. Please see Peg if your child or youth would be willing to participate in this very special Sunday.



### New Member Class

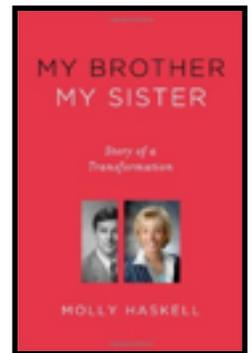
On Sunday, October 26 after worship there will be a new member class held for all those interested in joining the church. During this class, we will talk about the history, mission, and vision of Mequon UMC that connects people to God in Jesus Christ through our congregation. If you are interested in becoming a member because you have decided that this is your church home, please come talk with Pastor Tim to register for this class.



### Reflections reads a delicate subject, a family perspective

The Reflections Book Group will meet Thursday, October 9<sup>th</sup> at 7:00 PM in the Parlor. Join us for a discussion of *My Brother, My Sister*, by Molly Haskell. Amazon.com offers this description . . . .

On a visit to New York, the brother of well-known film critic Molly Haskell dropped a bombshell: Nearing age sixty, and married, he had decided to become a woman. In the vein of Jan Morris's classic *Conundrum* and Jennifer Finney Boylan's *She's Not There*, a transgender memoir, Haskell's *My Brother My Sister* gracefully explores a delicate subject, this time from the perspective of a family member.



Reflections is a women's book group that meets monthly the second Thursday evening of each month for discussion and fellowship. New women are always welcome! Contact Barb Henneck at 238-0707 or [bhenneck@wi.rr.com](mailto:bhenneck@wi.rr.com) for more information.

### Marsh Meadow Workday Saturday, November 1, 2014 9:00 a.m. - noon

We will be cutting and pulling buckthorn in the Marsh Meadow. Please bring gloves, loppers, and energy!!!! We need to begin clearing buckthorn from areas where it is re-sprouting. Water and snacks will be provided.

Contact Linda Mordy, 262-242-8091, for more information.



## Music Notes



### Music in Worship

Oct. 5 – WIRED! and Sanctuary Choir  
Oct. 12 – Marcia Schwager and Bill Church  
Oct. 19 – THE High School Choir and Youth Choir  
Oct. 26 – Sanctuary Choir  
Nov. 2 – WIRED! and Youth Choir

It's never too late to join a choir! We have a wonderful time learning. Plus, remember, according to St. Augustine, "He who **sings** prays **twice!**"

For rehearsal information, talk to any of the music staff – we'd love to have you join us!

## Circuit Ministry 2.0

### A Plan for Revitalizing the Connection

Ten years ago, the Wisconsin Annual Conference created circuits where congregations would be grouped together geographically to engage in larger ministries together. Our current circuit includes the congregations of Grand Avenue UMC, Port Washington, Community UMC, Cedarburg, Brown Deer UMC, and Good Hope UMC. Beginning next month the conference is launching an "upgrade" to circuit ministry called Circuit 2.0.

The biggest change will be the creation of Laity circuit teams where each congregation in a circuit will have one representative who will work with this team as a "think tank" to plan and develop new ministries for new people. These new ministries will then be given to one of the churches in the circuit based on their resources and interest to own and implement.

In October and November there will be two workshops to give information about this circuit upgrade and what it will mean to local congregations. The times and dates for the Metro North & South workshops are included below. If you are interested in attending these workshops please talk with Pastor Tim

### Opportunities for all churches to attend Circuit Launch Training in the Metro North region. Lunch will be served.

Saturday, October 11 - 10:00 a.m.-3:00 p.m. - Elm Grove UMC (14700 Watertown Plank Road, Elm Grove)

- Workshop #1: "Congregation as a Discipleship System"

Saturday, November 22 - 10:00 a.m. - 3:00 p.m. - Elm Grove UMC

- Workshop #2: "Community Research and Off-Stage Leadership"

### If those dates do not work the exact same training will be offered in the Metro South region the day after.

Sunday, October 12 - 1:30 - 5:30 p.m. - Franksville UMC (10402 Northwestern Ave, Franksville)

- Workshop #1: "Congregation as a Discipleship System"

Sunday, November 23 - 1:30 -5:30 p.m. - Franksville UMC

- Workshop #2: "Community Research and Off-Stage Leadership"



## Come along for adventures on the Great Tomb Raid!

This October, our children will be investigating the secrets of the tombs of ancient Bible lands. They will be led by adventurer Indiana Jane and pilot Lindsay Jock as they try to find Lazarus and Jesus in the caves and caverns of the Holy Land on Sunday nights – October 12 and 19, from 4:00-5:30 PM, or Wednesday mornings, October 15 and 29, from 9:30-11:00 AM. Each adventure will include music, games and crafts, and the children will earn Bible hero cards as they play.

**The games are simple (but fun!) and could really use some leaders.**



The games are: Alive Again Wrap Race, Water Walking Race, Paralyzed Friend Drop, Feeding Frenzy, Tomb Raiders' Café (a snack), Feeding Frenzy, Bowling Rolling Stone, Muddy Miracle, See It and Believe It and Table Turning Toss. The crafts are Sand Art Crosses, Happy and Sad Day Finger Game, and the Lazarus Come Out Game. None are complicated, and all will provide great fun and learning opportunities for our little ones. We also need some actors for our shadow play on October 19. If you would be willing to prepare and lead one or more of our games or crafts, or portray a hero in our shadow play on Sunday nights or Wednesday mornings, please see Peg Gardner.

Our Sunday nights also include dinner at 5:45 PM for the whole family, and Youth Choir from 5:30-5:45 PM.

## Mealsite — October 30

**Need servers and food items**

### Needed:

- Desserts (brownies, bar cookies, cakes, cupcakes, etc.)
- Fresh fruit — "hold in hand" items like bananas, apples, pears, clementines, etc. (Note: past experience at the mealsite shows us that all fruit is appreciated but bananas bring special delight)
- Servers carpool from MUMC, leaving at 4:30 PM, return around 6:30 PM

**Sign up sheet** for servers and food is on the Outreach Bulletin Board near the front door at MUMC.

### Next mealsite dates:

- November 27 (Thanksgiving Dinner at noon for mealsite guests)

### BIG thanks:

At the September 25th mealsite, 350 guests were served. The number of adults and children who are in need of this meal ministry continues to be high. Thanks to everyone who served and to those who provided food items.

## ADULT SPIRITUAL FORMATION OPPORTUNITIES

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**Do you always skip over the articles about Lunch Bunch and monthly prayer breakfasts?**

**Why do you do that?**

**Please consider coming.**

**You will find serious discussion, expressions of prayerful concerns, light-hearted banter, and camaraderie. You may come whenever you want or are able. Everyone is welcome.**

**Talk to Pastor Tim if you would like more information.**



**READ THIS!!**

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### Lunch Bunch — two hours, once a week

**Bible Study – 11:00 a.m.**

**Lunch – 12:00 p.m.**

The Lunch Bunch is continuing in October with the study called – *Revival: Faith As Wesley Lived It*. What makes us unique as Methodists compared to other denominations? The short answer is, John Wesley. This Anglican priest and Oxford professor began preaching a faith that started a new movement and revitalized Christianity throughout the British Isles and America. In this study we will discuss and look at Wesley's life and faith that continues to speak to us today. Through the DVD portion of our study we will travel throughout England to see the places where John Wesley lived, preached, and inspired a people to passionately live out their faith.

After our study, we will also enjoy some wonderful fellowship over homemade soup, bread, and dessert. I hope 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!

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### Women's Prayer Breakfast

**\*\* only one hour, once a month**

**\*\* date change – Wednesday, November 12**

Women of all ages are invited to gather at 7:00 a.m. on **Wednesday, November 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.

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### Men's Prayer Breakfast

**\*\* only one hour, once a month**

**\*\* date change – Wednesday, November 13**

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

## Emergency Task Force for MUMC

Nobody likes to think a disaster or act of violence could happen to them anywhere, much less within the walls of a church. Disasters or acts of violence can happen anywhere and are difficult to foresee and prevent. Having a preparedness plan in place, along with regular review and training, has been proven to mitigate injury, death and property damage. In addition, it can reassure members of the congregation and visitors to know that a plan for their safety is in place.

This past summer, at the request of the Sonlight parents, several members of the congregation were asked to work together to prepare an Emergency Response Plan for our Church. The plan has been completed as well as some modifications to the building and phone system. The plan provides instruction in the case of the following emergencies: medical, fire and evacuation, utilities malfunction, tornado, violence and bomb threats. Training on the plan will take place early November for church staff and interested members of the congregation.

If you have any questions about the plan or would like a copy, feel free to contact a member of the task force: Pastor Tim, Marilyn Thiet, Peg Gardner, Pat Gattoni, Jean Paulus and Mary Sisney.

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## Book Fair Returns to MUMC

**Just in time for Christmas!**

**November 5-12, 2014**

Get some of your Christmas shopping done early as you shop for kids and adults at the Book Fair in Sir Readalot's Castle. The Children's Ministries Team is once again sponsoring this Scholastic Book Fair to earn funding to purchase books for homeless children served by the Santas Without Chimneys program <http://santaswithoutchimneys.org/>. This year-round program provides birthday gifts to children without homes, as well as essentials like warm socks and hats during the winter, and gifts for more than 100 children at Christmas. The team hopes to be able to provide enough books for one book for each child.

We are hoping to keep the book fair open as much as possible for Sonlight's families, our Lunch Bunch, and all day Sunday. We have several special events in the offing as well, so please stay tuned!

This will require a good number of volunteers. You can sign up online at <http://bookfairs.scholastic.com/homepage/mequonumc> or see Peg. This would be a GREAT opportunity for students who need service hours, but we need all ages and skills on board to make our Book Fair a success. Please consider helping out.

There is also an option to purchase books online to benefit our mission project. More information is available on our Book Fair homepage (link above). Thank you in advance for your support of this important project!





## Expanding MUMC Adult Programming

New adult programs were identified as a need in MUMC's 2014-2016 Strategic Plan. A white paper has been drafted to stimulate thought, discernment, discussion and action with respect to adult programs serving members of the MUMC congregation and the wider community. The paper provides:

**A Framework/Guiding Principles.** For example, Adult Programs should leverage, support and integrate with but not duplicate other MUMC activities, ministries and teams. Adult Programs should be aligned with the goals of a "larger church" to recognize our demographics to serve new people and collaborate with other churches in the circuit.

**Strategies for Developing Adult Programs.** These include developing *new programs* and starting small to build momentum. Adult Programs would be developed around specific themes. We would want to make it convenient and easy for people to participate.

**Ideas for Programs.** Five (5) possible programs are proposed around the themes of Faith Exploration and Connecting Faith to Daily Life. The possible programs include:

- Disciple Bible Study jointly with the Brown Deer United Methodist Church
- Witnessing God's World: What I Did On My Summer Vacation
- Investing and the Financial Markets: Personal Wealth vs. Impacting People's Lives
- Recognizing and Responding to Career Opportunities: Lessons from Artists and Composers
- Facts in Faith: A contemporary discussion of the life and times of Jesus led by regional, national or international scholars.

We are interested in your thoughts. For a copy of the white paper please contact Joe Hill (jhill@mcw.edu) or Pastor Tim (pastor.mumc@gmail.com). Copies are also available in the church office.

## Reaching out —

You have helped this summer ...

and now you can help to meet upcoming needs

**MUMC members were busy this summer helping those in need.**

- In June, our missionary Gordon Graner and his wife Ardell, shared with the congregation the details of their mission work done while in the Dominican Republic and Bolivia.
- In July at Hunger Task Force, 21 members help sort donated food. This year we sorted twice as much as last year. Go team!
- Donations to No More Malaria totaled \$1020. This important mission is helping to save lives in areas of the world severely affected by malaria.
- Many members donated bags of clothing that have been distributed to Family Sharing of Ozaukee County and Solomon United Methodist Church.
- Donations totaling \$150 to United Methodist Student Day were collected to help students with much needed scholarships.
- On three separate meal site dates, 300 to 600 guests were served. MUMC not only provided volunteers to serve but also fruit and dessert.



**The Outreach Committee would like to thank everyone who helped MUMC support these important missions.**

### What opportunities to give are coming up?

- Bread Sunday and World Communion Sunday, October 5
- Crop Walk Sunday, October 12
- Meal Site, Thursday, October 30
- Thanksgiving Food Collection begins Sunday, November 2 with bags being distributed and collected through Sunday, November 16
- Thanksgiving meal for the meal site Thursday, November 27
- Christmas Giving Tree in December



**OCTOBER IS PASTOR APPRECIATION MONTH.**

**SAY "THANKS" TO PASTOR TIM!**



## Attendance Cards

Have you ever wondered what do we do with the attendance cards everyone is encouraged to complete at our 9:30 AM Sunday Service? We thought you would like to know they are collected by a member of the Welcoming Connection Team every Sunday and used to:

- **Identify first time visitors to MUMC.**  
Welcoming Connections Team members use the cards to identify and personally welcome visitors to MUMC after the service by introducing them to others and inviting them to join us for coffee. A member of the Welcoming Connections Team then prepares and delivers a gift to first time visitors. The gift includes information about our MUMC activities along with a gift of candy, plant, bread, etc. A coloring book(s) is included if there are young children in the family. Pastor Tim also uses this information to send a welcoming letter.
- **Forward requests for prayers to Pastor Tim and the Prayer Chain.**
- **Identify members and visitors who have not attended any Sunday service for a period of time.**  
Sunday attendance is entered into our membership software on a weekly basis. While we know who is attending our services on a regular basis, we are really interested in identifying those who have not been attending for a period of time so we can reach out to them. We want them to know they have been missed. This also gives us an opportunity to ensure our membership records are current.



The members of the Welcoming Connection Team are Marilyn Thiet, Nancy Gruner, Katie Jackson, Mavis Luther, and Ann Miller and welcome your comments and ideas.

## Planned Giving

Saturday morning on September 20 was all about giving in a way that makes sense for you and your family, and ultimately supports the church and other charities.

Jean Nicholas from the Wisconsin United Methodist Foundation (WUMF) was the speaker on Saturday, and her planned giving ideas were in three broad areas: immediate gifts made more tax efficiently; gifts made upon your passing; and gifts that provide you income during your (and your spouse's) lifetime.

In the category of immediate gifts, Jean concentrated on using stocks that have gone up in value that you have had for over a year. Gifts and pledges can be made with these stocks without ever having to pay capital gains tax. To make it even better, the stocks get sold without fees or commissions. 100% of the value of the stock goes to the church. This is a very tax efficient way to give to MUMC.



Everyone should have a will, or the State will write one for you. The most common way to give through your will is to name MUMC in your will. Often people do this as a fixed amount. A better approach, mentioned by Jean, is to name a percentage of your estate to go to the church. That way, as your estate changes over the years, your gift will remain as significant portion of your estate as you originally planned. You can even use a flexible way to advise how the funds are to be used. And change those instructions over time without rewriting your will.

And finally, your gift can provide you income now, and benefit MUMC upon your passing. One interesting take away is that you can receive income that is at least 2 to 7 times what you have been earning on your CDs, depending on your age.

Whether or not you were able to attend the seminar, there is a lot of information to digest. Our Finance team and the WUMF can help. If any of this looks interesting, call Scott Reed, Glen Van Fossen, or Brian Thiet. We can help you plan a giving solution that fits your and your family's needs.

God Bless.

## Flavors of the month!



A variety of Fair Trade products are available for purchase at MUMC, through a table set up in the narthex or in the Children's Ministries Office. These products not only taste wonderful, but purchasing them helps sustain small farmers all over the world. There are 5 varieties of coffee, 8 varieties of tea, and 8 choices of chocolate bars. Coffee and tea is available in regular and decaf options. Here are some suggestions to try for this month.

### Organic Love Buzz Coffee

Full City & French Roast Blend. This dark and smoky favorite has sweet velvety layers of chocolate brownie, caramel corn, malt and toffee.

Aroma: floral, malt, apple pie  
Flavor: very dark chocolate, smoky, malt  
Mouthfeel: dense & fudgy

### Organic Earl Grey Tea

This tea bursts with the fragrant citrus notes of bergamot. Add a lemon wedge for extra zest and enjoy it as you brave the challenges of your day.

Aroma: citrus, bergamot, floral, thyme  
Flavor: bergamot, sweet tannic oak, herbal and floral notes

### Organic Mint Chocolate bar with a Delicate Crunch (67% Cacao)

The crunchy mint chocolate experience you've been waiting for — an ideal balance of rich, dark chocolate and light, refreshing mint. You'll love the delicate mint crunch in this bar, which provides a wonderful compliment to the creamy, deep chocolate. Vegan, soy- and gluten-free.

## MUMC Children's Christmas Program 2014

Lindsey and her friends are excited! Why? The local TV station is having a contest for "The Biggest, Brightest Christmas Show Ever" and they are entered to win! They've planned a great show to impress the secret judge – lots of lights, a rockin' carol medley, and even a Silent Night light show. However, all goes well until BAM, all the lights go off! It is in the quiet of a small shining star that they are reminded that Jesus is the true Light of Christmas!

### Plan to join the fun!

Rehearsals start Sunday night, November 2:

November 2	Christmas Program Rehearsal	4:30-5:30 PM
	Dinner	5:30-6:00 PM
	Youth Choir – Full Ensemble	5:45-6:00 PM
November 9	Christmas Program Rehearsal	4:30-5:30 PM
	Dinner	5:30-6:00 PM
	Youth Choir – Full Ensemble	5:45-6:00 PM
November 16	Christmas Program Rehearsal	4:30-5:30 PM
	Dinner	5:30-6:00 PM
	Youth Choir – Full Ensemble	5:45-6:00 PM
November 23	Christmas Program Rehearsal	4:30-5:30 PM
	Dinner	5:30-6:00 PM
	Youth Choir – Full Ensemble	5:45-6:00 PM
November 30 (Thanksgiving Weekend)	Christmas Program Rehearsal	4:30-5:30 PM
	Dinner	5:30-6:00 PM
	Youth Choir – Full Ensemble	5:45-6:00 PM



Saturday, December 6

Christmas Program Dress Rehearsal 9:00-11:00 AM  
(Includes breakfast)

December 7 CHILDREN'S' CHRISTMAS PROGRAM 9:30 AM  
Presentation in Worship



### Thank You!

*A message from Audra ...*

Your generosity is both humbling and inspiring. A soon-to-be mom, who finds herself in a terrible situation due to the unexpected loss of her husband, has been given so much love from this congregation and my simple words seem inadequate to express how much your demonstration of love means through all the wonderful items you have donated to help her out in this difficult time. The words of Jesus keep running through my mind as He spoke to the meaning behind our actions when He said in Matthew 25:40, "Verily I say unto you, inasmuch as you have done it to one of the least of these my brethren, you have done it to me."



*During this time of loss*

### **With sympathy**

The MUMC congregation continues to prayerfully extend our sympathies to Marcia, Jeff, Kelsey, and Sam Schwager. Marcia's mother, Carol Albright, passed away on October 15. Mrs. Albright had attended MUMC since moving to Alexian Village from her Ohio home.

### **Baptism joy!**

The MUMC congregation shares joy with Dave and Kristin Traut. Baby Simon was baptized at MUMC on September 14 by Pastor Tim in the presence of Dave and Kristin's family plus a full MUMC congregation.





## Preventing the Flu: Good Health Habits Can Help Stop Germs

The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. There also are antiviral drugs that can be used to treat and prevent the flu.

### 1. Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

### 2. Stay home when you are sick.

If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

### 3. Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.

### 4. Clean your hands.

Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

### 5. Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

### 6. Practice other good health habits.

Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Source: Centers for Disease Control and Prevention



"MUMC Parish Nurse Ministry promotes wellness, healing and wholeness of body, mind and spirit within our church family through health assessment, counseling and education."  
[Parish Nurse Mission Statement]

**The Parish Nurse Ministry Team will be sponsoring  
a flu vaccine clinic after worship on October 5, 2014.**

Sonlight Scoop  
October 2014

*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 Center celebrated 6 YEARS with an ANNIVERSARY celebration for the parents on Thursday, September 4. Our staff brought in treats to share, and it was a celebration atmosphere for the day! We set out pictures and posters of our recent events, and the table full of goodies were delicious! Ed and Dick came to help set up and stayed for a few hours to greet the parents at drop-off.

It's Apple Time at Sonlight! The Fall brings us to apple picking and tasting, and our older classes are trying out apple recipes. The Bunnies and Fishies created apple sauce, and each child helped cut up the apples (with plastic knives). When the apple sauce was ready to serve, they each got to choose a drop of food coloring to mix into their serving. We had lots of green and red apple sauce!

Our **Fall Harvest Parade and Party** comes up this month, and we are celebrating on **Thursday, October 23**. You are invited to **JOIN US at 10:30 AM** in the front circle for our costume parade! After the parade, the Children will celebrate with parties in their rooms. Our parade will be inside if the weather does not cooperate...

**HAPPY FALL!**  
Sue and Kathy



### ***There's an app for that!***

These days, there's a smartphone app for just about everything. But what about spiritual concerns? Where can you turn?

- Depressed? Try the joy app. Read Isaiah 51:11.
- Tired? Try the renewal app. Read Isaiah 40:30-31.
- Unsettled? Try the peace app. Read Philippians 4:7.
- Unloved? Try the love app. Read Romans 8:38-39.
- Worried? Try the refuge app. Read Psalm 46:1.
- Fearful? Try the power app. Read 2 Timothy 1:7.
- Guilty? Try the forgiveness app. Read Colossians 1:13-14.
- Praying? Try the prayer app. Read 1 John 5:14-15.

The Scriptures are God's storehouse of meaningful applications for what we face every day. Think of the Bible as the iTunes Store of spiritual apps. Best of all, everything's free!

—Timothy Merrill



From the cup of mid-October the spice of life is poured, and with the zest of autumn's noontide comes a welcomed sense of rest.



## *the Spire*

is published monthly by

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

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Deadline for copy: the 25th  
of the month prior to publication.  
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Friday: 9:00 AM - noon

### ***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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## EMERGENCY ASSISTANCE FOR DISPLACED IRAQIS

Since mid-summer, the self-proclaimed Islamic State (IS), also referred to as Islamic State of Iraq and Syria (ISIS), has created havoc in Iraq, targeting ethnic and religious minorities for apparent extinction.

The United Methodist General Board of Global Ministries is both providing assistance to those who have fled and advocating for the human rights of those under attack. To date, its United Methodist Committee on Relief (UMCOR) has provided \$262,300 in emergency assistance to communities displaced and pushed north by IS.

Those especially in harm's way are ethnic and religious groups, mostly in northern Iraq, particularly Kurdistan. They include Christians, Turkmen and Yazidis.

UMCOR, which assists those in need without regard to religion, race or national origin, is working with regional partners to provide food and water to communities impacted by the violence.

You can help. Please pray for peace in Iraq. Your gift to UMCOR International Disaster Response, Advance #982450, supports UMCOR's emergency response efforts in Iraq and elsewhere around the world.

## UMCOR CHANNELS EBOLA-FIGHTING ASSISTANCE

As the Ebola virus outbreak in West Africa accelerates, the United Methodist Committee on Relief (UMCOR) continues to channel medical supplies, equipment and protective gear to the affected regions.

To date, UMCOR has sent nearly \$400,000 in grants to Sierra Leone and Liberia. Funds support the construction of holding units and the purchase of tents, personal protective equipment, training for health staff, public messaging about Ebola, and safe handling of deceased bodies.

Whenever possible, funds are sent to United Methodist health boards to purchase healthcare and other supplies locally. UMCOR executive, Francesco Paganini, says this is the most efficient way to get United Methodist health boards exactly what they need as soon as possible.

United Methodist missionaries, Helen Roberts-Evans, who serves in Liberia, and Beatrice Gbanga, who serves in Sierra Leone, say that because of the Ebola crisis, many areas of life are affected. "The markets are closed. Schools are closed. Public gatherings are cancelled," reports Roberts-Evans.

United Methodist bishops John G. Innis and John K. Yambasu, of Liberia and Sierra Leone, respectively, ask donors who want to help fight the Ebola outbreak to please give through the International Disaster Response Advance, #982450, to ensure "the appropriateness, timeliness and quality" of the materials.