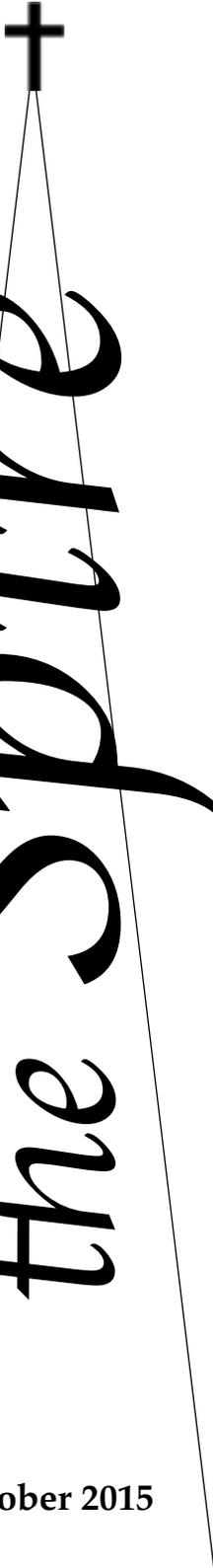


Mequon United
Methodist Church
11011 North Oriole Lane
Mequon, WI 53092
262-242-4770
www.mequonumc.org



the Spire

October 2015



*Friendship, fellowship, enlightenment,
plus many opportunities for worship
and charitable goodwill ...
all can be found at MUMC!*

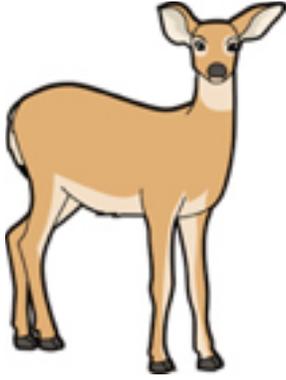
- ❖ **Family Promise** – sign up now for volunteer duties. The sign up sheets need to be filled this month so we will be prepared for our first host week in November.
- ❖ **Biblical adventure** – three October Sundays with fun for kids at Outback Rock ... followed by dinner for everyone.
- ❖ **Witnessing God around the world** – program + dessert on the evening of October 8th.
- ❖ **Children's Sabbath on October 18** – annually we celebrate the sacred worth of children
- ❖ **Providing basic nutrition for the needy** – fill bags for Family Sharing; serve at the mealsite
- ❖ **Insight and camaraderie** – Lunch Bunch every Tuesday, Reflections on the second Thursday, Prayer Breakfasts once a month.

HOPE Love
JOY
FAITH
Peace

Five gifts from God

Love makes our friends a little dearer.
Joy makes our hearts a little lighter.
Faith makes our paths a little clearer.
Hope makes our lives a little brighter.
Peace brings us all a little nearer.

Pastor Tim's Message



“For a second,
we just stared at
one another. ...
Remarkable.”

The other morning, since it was a beautiful and warm start to the day, I decided to have breakfast on the patio. I was sitting in my seat with my head down reading the paper, enjoying the breeze and the birds singing, when I looked up. In front of me about three feet away was a deer who had silently crept out of the woods and was now grazing in front of me. As I looked up the deer looked up and our eyes locked. For a second, we just stared at one another. I could have, in that moment, gone back to reading, gone back to ignoring this interruption, and ignored this moment. However, I choose in this simple moment to think to myself one word, “Remarkable.” How remarkable that I got to have this connection with one of God’s creations during an average run of the mill morning.

So, I started noticing other things that are just remarkable that I often don’t take time to think about. For example, my money is in a bank with several thousand other people’s money. On an average day there are hundreds and hundreds of transactions with tens of thousands of dollars flowing back and forth. And yet, if I want some money or just check what I have, the teller can give me what I want immediately. Remarkable.

Every day I get into my car that weighs half a ton and take it out on the interstate where I – and a hundred other drivers – turn our vehicles into seventy mile per hour missiles. Although I’ve had a few scares, I too often take for granted driving at speeds that would have made my great-grandfather’s head spin. Remarkable.

Every night after our family worship and prayers, Audra and I tuck the kids into bed. We do this simple ritual every single night but I should stop more and give thanks for the honor of being given the greatest task and job I will ever have in loving and leading such treasures. Remarkable.

Every day, I get to sit down with the Bible, a book that contains the words of the One who created me. As I read and pray, I always get a thought or two on how to live for that day. I get to read the story of how even when we mess up or get discouraged or just yell out in frustration, “Why?” that we are not condemned or abandoned. For God is so much bigger than our hurts, doubts, and mistakes. God so loved the world that he gave his only Son and because of that I, and all of us, get to be welcomed and loved as a child of God. Remarkable.

What I’m learning is to not take these everyday moments for granted but to see them through God’s eyes of love and grace. We all need to see with new eyes as we look out and see the remarkable in the mundane, wonder in simple acts of service, and holiness in every person we meet. When we look at the world in this way how can we not step back and simply say, “Remarkable”.

In God’s Love,
Pastor Tim

➔ COMING THIS SUNDAY – OCTOBER 4TH

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.



World Communion Sunday

On October 4th, 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 scholarships for national and international graduate students whom God has gifted to learn and to serve.



Witnessing God's World: What I Saw on My Summer Vacation II

Wednesday, October 28, 7:00 – 8:30 PM
Dessert + Program
MUMC Fellowship Hall

On Wednesday, October 28, the second in a series of new adult programs will provide an opportunity for fellowship, education and faith exploration. The program begins at 7:00 PM with dessert followed by two presentations:

- “The Isle of Iona: The Thin Place Where God and Earth Meet” Presented by Doug and Marilyn Zwissler
- “Zambia, Zimbabwe, and South Africa – Safari and More” Presented by Peter and Jean Storer

There will be an opportunity to share our own experiences and reflect at a personal level. Everyone is welcome. Invite your friends and neighbors.

A free-will offering will be requested to off-set the cost of the dessert. In order to plan the catering, please RSVP as requested by Sunday, October 25, to either of the following:

- Church Office: 242-4770, office@mequonumc.org
- Joe Hill: 242-9275, jhill@mcw.edu



A brief comment on Adult Programs ...

New adult programs were identified as a need in MUMC's 2014-2016 Strategic Plan. These programs will leverage, support and integrate with other MUMC activities and ministries. Moreover, these programs will be aligned with the goals of a “larger church,” recognizing our demographics to serve new people and collaborate with other churches. To share your ideas about adult programming, contact Joe Hill (jhill@mcw.edu) or Pastor Tim (pastor.mumc@gmail.com).

FAMILY PROMISE AT MUMC

Host week:
November 15 - 22

Select your days
to volunteer.

Sign-up sheets are now
posted in MUMC narthex.

Children's Sabbath - October 18

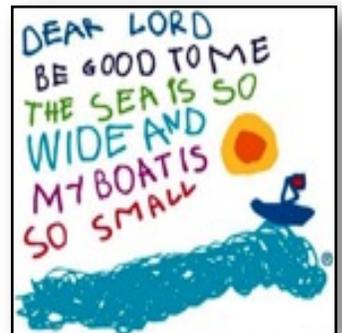
Lord, how long do I have to call out for help? Why don't you listen to me? How long must I keep telling you that things are terrible? Why don't you save us? Why do you make me watch while people treat others so unfairly? Why do you put up with the wrong things they are doing? I have to look at death. People are harming others. They are arguing and fighting all the time. The law can't do what it's supposed to do. Fairness never comes out on top. Sinful people surround those who do what is right. So people are never treated fairly.

Habakkuk 1:2-4 (NIRV)

The 2015 Children's Sabbath focus is: **“How Long Must I Cry for Help? Bending the Arc toward God's Vision of Justice for Children.”** Founder Marion Wright Edelman writes, “It is a national moral disgrace that there are 14.7 million poor children and 6.5 million extremely poor children in the United States of America – the world's largest economy ... Not only does child poverty cost far more than eliminating it would, we have so many better choices that reflect more just values as well as economic savings.”

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.



This important worship service cannot take place without the involvement of our children and youth, who will lead us that morning.

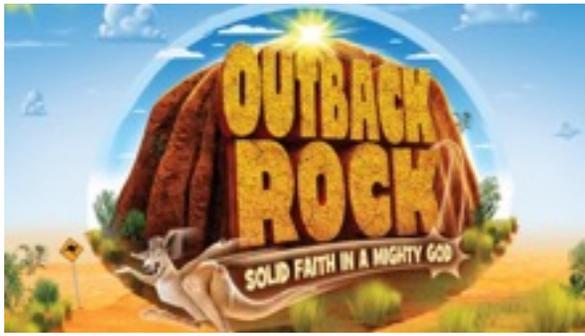
If your child or youth would be willing to help out in this important way, please contact Peg at mumckidstuff@gmail.com or 262-242-4770. Readers are asked to arrive at **8:00 AM on October 18** to practice before the Youth and Children's Choir rehearsals.

Mealsite — October 29

Sign up to:

- Serve — carpool from MUMC, 4:30 - 6:30 PM
- Donate desserts (brownies, cupcakes, bar cookies, cakes, etc.) or fruit (items that are hand-held like apples, pears, bananas)

Quite possibly the mealsite will have moved one block east to its new location by the time of this mealsite date. Questions and directions — contact Irene Sullivan at 262-242-3832.



Take a journey down under at Outback Rock

Who can meet at Outback Rock?

- Preschoolers through elementary age
- Middle school and high school (helpers)
- Volunteers for crafts, games, Bible stories, or music
- All church families for dinner

This October, children are invited to head to the Outback for exciting Biblical adventures of discovery. Through stories, games, crafts and music they will learn about God's monumental love and what it means to have unshakeable faith. Our "mates" will meet at 4:30 PM October 4, 11 and 18, with programming for one hour and dinner to follow. The program is designed for ages preschool through elementary. Middle school and high school students are HEARTILY encouraged to join us as helpers. The whole family is invited to come for dinner at 5:30 PM. There are lots of ways to help make this happen – we need volunteers to lead crafts, games, Bible stories or music. Please see Peg if you would like to be part of the fun!



Dinner down under? You can help!

We also need volunteers to prepare dinner each night. Please see Audra O'Brien, e-mail her at audraobrien931@gmail.com or call her at 262-242-2032 if you can prepare and serve a meal on October 4, 11 or 18th.



Family Promise — volunteer weekend of service

October 17 and 18

Family Promise of Ozaukee County is opening it's doors at 124 E. Van Buren in Port Washington on November 1 ... and we need your help! During the weekend of October 17 and 18, we need volunteer help at the Center and we will have volunteers on hand to take items from our donation list (see next article).

Volunteers will help setting up the kitchen, shelving, yard work, and various other tasks. Volunteer or bring items at the following times:

- October 17 (Saturday): 8:30 AM - 3:00 PM
- October 18 (Sunday): 10:00 AM - 2:00 PM

For more information and to volunteer, please contact Jamie Thomas, Case Manager at 262-353-9304 or email at Familyprom.casemanageroz@gmail.com.

Family Promise Center needs household, children's, and office items

The new Center for Family Promise of Ozaukee County is where the participants (adults and younger children) will spend their days, take showers, and meet with a case manager who will help them find jobs, housing, and assistance. The Center will be housed in a former home in Port Washington. Now that this location has been secured, it needs to be filled with necessary items. These include living room furniture and accessories; toys, books, etc. for small children; kitchen furniture, utensils, and dishes; bathroom accessories; cleaning supplies; and office supplies. Find a list of the specific items on the Family Promise website at <http://www.familypromiseozaukee.org>. Scroll down to "We also need many items for our Promise Center" and click on "Please see the current list." The list also is posted on the Family Promise bulletin board at MUMC.



~~~ NEW ~~~

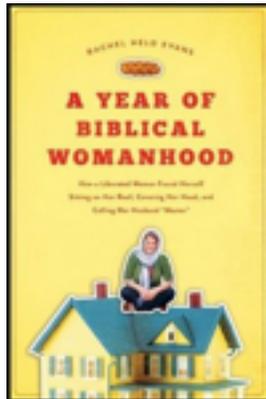
### MUMC church office hours:

Monday - Thursday:  
8:30 AM - 1:00 PM  
Closed on Fridays.

## Reflections reads book with biblical heroine

The Reflections Book Group will meet Thursday, October 8<sup>th</sup> at 7:00 PM in the Parlor. Our October book is *A Year of Biblical Womanhood: How a Liberated Woman Found Herself Sitting on Her Roof, Covering Her Head, and Calling Her Husband 'Master'*, by Rachel Evans Held. From amazon.com . . .

With just the right mixture of humor and insight, compassion and incredulity, *A Year of Biblical Womanhood* is an exercise in scriptural exploration and spiritual contemplation. What does God truly expect of women, and is there really a prescription for biblical womanhood? Come along with Evans as she looks for answers in the rich heritage of biblical heroines, models of grace, and all-around women of valor.



Reflections is a women's book discussion group that meets monthly for discussion and fellowship. New women are always welcome! Contact Barb Henneck at [bhenneck@wi.rr.com](mailto:bhenneck@wi.rr.com) for more information.

### Looking ahead . . . .

Our November book will be *The Art of Hearing Heartbeats*, by Jan-Philipp Sendker.

## ADULT SPIRITUAL FORMATION OPPORTUNITIES

### Lunch Bunch

**Bible Study – 11:00 AM**

**Lunch – 12:00 p.m.**

The Lunch Bunch will be continuing in October with our study entitled, "Peter, Paul and Mary - the prophet Amos - and the Social Principles of the UMC." In this study, we are comparing and contrasting the message of the 8th Century BC prophet, the message of the folk singers of the 60's and 70's, and the social principles by which we Methodists are to carry out our lives. Please come and join us for this interesting study and join in the lively discussions. After our study we join in a simple lunch with some delicious homemade soup as well as some great fellowship.

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

### Prayer Breakfasts:

**Women's Prayer Breakfast —**

**Wednesday, October 7**

**Wednesday, November 11**

**Men's Prayer Breakfast —**

**Thursday, October 1**

**Thursday, November 12**

All ages are invited to gather at 7:00 a.m. 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.



## Music Notes

### Music in worship:

October 4 – Sanctuary Choir and Youth Choir  
October 11 – Bill Church and Michelle Hynson  
October 18 – Youth Choir  
October 25 – Men's Choir

### Men's Choir – it's not too late!

We had our first rehearsal on September 27, but if you would still like to sing with us, come to the rest of the rehearsals:  
October 4: 6:00 – 7:00 PM  
October 18: 6:00 – 7:00 PM  
SING – October 25 at worship!

### Women's Choir – calling all singing women!!!

October 25: 6:00 – 7:00 PM  
November 1: 6:00 – 7:00 PM  
November 8 - 6:00 – 7:00 PM  
SING – November 15 at worship!

### In sync

Need another reason to join the choir? Consider this: Neuroscientists in Sweden discovered that singers' heartbeats tend to synchronize, which leads to a sense of emotional calm and bonding.

"Joint action leads to joint perspectives," write the researchers. "In other words, singers may change their egocentric perspective of the world to a 'we-perspective,' which causes them to perceive the world from the same point of view."

So start singing – and enjoy the many benefits and blessings of being part of a choir!



## Family Sharing Thanksgiving Food Collection

On Sunday, November 1, the Outreach committee will be distributing bags for our annual Thanksgiving food collection for Family Sharing of Ozaukee County. Attached to each bag will be a list of items that are especially needed by Family Sharing but any donation is welcome. The filled bags maybe returned to church anytime through Sunday, November 15th. The donations will be picked up on Monday morning, November 16.

Family Sharing helps to serve the needs of low-income, elderly and disabled residents of Ozaukee County. If you have any questions please contact Betty Draughon at 262-242-9570 or edraughon@wi.rr.com.



## The Book Fair returns to Mequon United Methodist Church November 4-9



Have some monstrous fun and get some of your Christmas shopping done early as you shop for kids and adults at the MUMC Book Fair. The MUMC Children's Ministries Team is sponsoring this Scholastic Book Fair to earn funding to purchase books for Next Door's Books for Kids program. Next Door was established in 1990 with the hope that all children in Milwaukee's central city, regardless of family income or education levels, could have books to call their own. Books for Kids distributes over 70,000 books each year. They give two books a month to early education students at Next Door and also distribute books to neighborhood families and teachers throughout the city – for free.

Books can also be purchased for our Sonlight classrooms. Teachers will be posting wish lists for their rooms, and all are invited to contribute a book to the classroom library.



October is Pastor Appreciation Month!  
Express your thanks and gratitude to Pastor Tim!



## Holiday Craft Sale December 6 and 13, 2014

On Sunday, December 6, and the following Sunday, December 13, MUMC will be hosting a holiday sale following the worship service to help artisans and farmers all around the world. Please plan to bring your gift list and help lift people out of poverty with the purchase of beautiful, hand-crafted gifts. UMCOR Fair Trade Coffee, Tea and Chocolates will also be available for purchase.

**SERRV is a nonprofit organization with a mission to eradicate poverty wherever it resides by providing opportunity and support to artisans and farmers worldwide.**

For more than 60 years, SERRV has worked to eradicate poverty through direct connections with low-income artisans and farmers. They market their crafts and foods, find joint solutions to their challenges, and help them grow and embrace the future. One of the first alternative trade organizations in the world, SERRV is a founding member of the World Fair Trade Organization (formerly IFAT) and a founding member of the Fair Trade Federation (FTF).

**SERRV strives to enrich lives around the world and to inspire real change for the better.**

- Their work encompasses more than just buying and selling.
- They offer prepayments so their partners can sustain their business.
- Create new designs so they can build their markets.
- Teach new skills so they can develop their craft.
- Provide grants so they can expand their resources.
- They support equal rights for women.
- Guide sustainable development.
- And of course, pay a fair wage.

**Please plan to join us for this exciting opportunity to help others while doing your holiday shopping!**



## Stewardship Campaign – “Committed to Christ”

### *A message from Pastor Tim*



On behalf of your Finance Team, I wanted to let you know that in October we will begin our annual stewardship campaign – “Committed to Christ.” Our focus for this campaign will be on growing in discipleship by how we commit to practicing good stewardship of all our blessings. In scripture, the practice of stewardship is not just about money. It is about how we look at our whole lives and give our time, gifts, and blessings to do a larger work of living out the mission of Jesus Christ. So, each week we will focus on a different area where we can grow deeper in our walk of faith by giving back to God. The six areas will be: worship, prayer, Bible reading, service, witness, and financial giving. Each week we will get a commitment card and be asked a question of how we will specifically grow in each of these areas. All of these commitment cards represent a decision between you and God in how you will live out your faith and make God’s love real through the mission and ministry of the church. I hope you will join me on this journey as we make a deeper commitment to Christ.

## Final Fall clean-up — MUMC’s Adopted Roadways

**Saturday, November 14**

**1:00 - 3:00 PM**



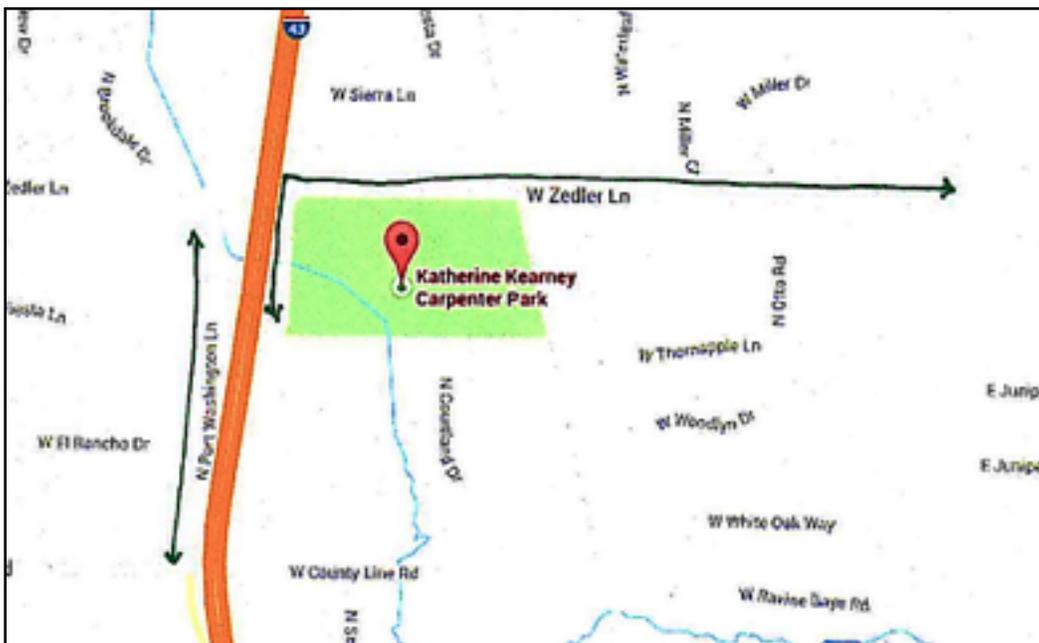
Mequon United Methodist Church is now an official participant in the maintenance of God’s creation, through our sponsorship of a roadway in our community. We are committed, through the city of Mequon, to twice-a-year clean-ups of two short segments of road – primarily Zedler Lane between Port Washington Road and Lake Shore Drive, but also a short spur of Port Washington Lane (see the map for details). The city will provide all the equipment we need, and our filled trash bags can be left at the side of the road for crews to pick up later. Our church’s name will be on two permanent signs along the road.

Our next date for clean-up will be Saturday, November 14, at 1:00 PM. We will meet in the north parking lot of Katherine Kearney Carpenter Park. Children under 11 need to clean up in the park only (they are not allowed along the roadways), but all older children, youth and adults are

encouraged to come and help out. Please sign up in the narthex on Sunday morning and plan to come for as much of the clean-up as you can. We will plan to have snacks and water available for everyone, so if you would like to bring something along to contribute, that would be a nice addition.

We will plan childcare for the children in the park, if needed, so that adults can help along the roadway if they’d like. Please see Peg Gardner, Audra O’Brien, or Wendy Porterfield if you have questions about the event – and sign up today to be part of this important community service opportunity!

**We will be out there rain, sleet, or shine. So please plan accordingly!**



## MUMC Children's Christmas Program 2015



This year's program is "The Colors of Christmas," featuring children of all ages celebrating Christmas in verse and song. Please plan to join us!

|                      |                                                                         |                              |
|----------------------|-------------------------------------------------------------------------|------------------------------|
| November 1           | Christmas Program Rehearsal<br>Dinner                                   | 4:30-5:30 PM<br>5:30-6:00 PM |
| November 8           | Christmas Program Rehearsal<br>Dinner<br>Book Fair Open until 7:00 PM!  | 4:30-5:30 PM<br>5:30-6:00 PM |
| November 15          | Christmas Program Rehearsal<br>Dinner                                   | 4:30-5:30 PM<br>5:30-6:00 PM |
| November 22          | Christmas Program Rehearsal<br>Dinner                                   | 4:30-5:30 PM<br>5:30-6:00 PM |
| November 29          | No Rehearsal – Thanksgiving Weekend                                     |                              |
| Saturday, December 5 | Christmas Program Dress Rehearsal<br>8:30-11:00 AM (Includes breakfast) |                              |
| December 6           | Children's Christmas Program<br>Presentation in Worship                 | 9:30 AM                      |

Helpers are needed to provide meals at our rehearsals!  
Please see Audra or Peg if you can help.

**Save the Date**  
(Yes, this is a **NEW** date)

### The Mission Outreach Auction

Saturday, January 30, 2016  
Ozaukee Country Club  
5:30 to 9:00 pm



Please plan to join us  
for dinner and auction fun!  
Don't miss Family Feud  
staring Lou and Rick!  
Also starring our own MUMC  
auctioneer, Ben Gruettner!  
Begin thinking of auction items  
you would like to contribute.  
All of this while you're helping  
to support missions  
locally, nationally and globally.



### Welcome! New MUMC staff member!

A big, joyful welcome to Karen Huffman who is joining our MUMC staff to handle financial and bookkeeping duties. Karen comes to us with an impressive resume with more than 20 years of financial management experience. She will be handling membership quarterly statements and payment of reimbursed expenses in addition to other finance duties. If you have questions or need to contact her, you may call her at home at 262-238-1799 or send her an email at [finance@mequonumc.org](mailto:finance@mequonumc.org). We are delighted she is on board with us!



### Upcoming opportunities to serve others

- ▶ Contribute to World Communion Sunday — October 4
- ▶ Bake or buy bread on Bread Sunday with proceeds going to Hunger Task Force — October 4
- ▶ Bake or serve at the meal site — October 29
- ▶ Fill a bag with non-perishable food for Family Sharing — November 1 - 15
- ▶ Donate food or help with the Thanksgiving meal site — November 26

## Diet Myths That Pack On Pounds

It's time to stop believing in weight loss myths. Believing popular misconceptions can keep you from taking the right course of action to reach your goals, says Julia Valentour, MS, program coordinator and media spokesperson for the American Council on Exercise. Blaming a plateau (or a gain) on any of these half-truths will keep you stuck in your rut and derail your motivation.

Here are some of the most pervasive diet-related rumors and the real scoop on how to hit your goal weight for good:

### 1. "Strength training will bulk me up."

First, let's tackle the myth that a pound of muscle weighs more than a pound of fat. A pound is a pound is a pound—whether it's made up of muscle or fat. That said, muscle is denser than fat and takes up less room, so two women who weigh the same can look much different if one has a higher ratio of lean muscle mass to fat, says Valentour. "Muscle weight is a good weight because you look firmer, smaller, and more fit. It's also more metabolically active, so just having more muscle will boost metabolism throughout the day to help keep you leaner." It's important to incorporate strength training into your routine so you burn calories at an optimal rate all day long—and using heavier weights could help maximize your efforts.

### 2. "I exercise every day, so I can eat whatever I want."

Would be nice, right? But that's not how it works if you're trying to lose weight. Even though you burn calories and fat when you exercise, it's often not as much as you think—or what the readout on the treadmill tells you. Valentour recommends eating 250 fewer calories per day and aiming to burn an extra 250 calories a day; that creates enough of a calorie deficit to achieve an average weight loss of a pound a week.

### 3. "It's harder for women to lose weight than for men."

Okay, this one has some basis. Biologically, men are built with more lean muscle mass (the compact, tight muscles that keep metabolism humming) than women are—meaning his metabolism is working at a 5 to 10% higher rate (even if he's the same height and weight as her) when they are sitting on the couch together. Another biological challenge women face is that they generally have more body fat than men do, and their bodies are more inclined to store it.

### 4. "All calories are equal, so it doesn't matter what I eat."

Ever since you learned what a calorie is, you've been told that they're all alike: Whether you eat 500 calories' worth of celery stalks or cake, your body will burn or store them equally, right? Wrong. New science shows that when it comes to weight loss, calories are nowhere near alike. Some foods take more work to eat—and therefore burn more calories while you're digesting them. Just the act of chewing fruits, vegetables, whole grains, and lean cuts of meat can increase your calorie burn by up to 30%!

### 5. "Eating fat will make me fat."

There's nothing special about fat that packs on pounds: Getting enough fat in your diet—the Institute of Medicine recommends that it make up 20 to 35% of calories—is essential for good health, but the type of fat matters. Monounsaturated fats come from the healthy oils found in

plant foods such as olives, nuts, and avocados. Pair these delicious healthy fats with a reduced-calorie eating plan and you'll lose weight and reduce belly fat. Limit saturated fats and avoid trans fats in your diet. Both kinds can cause health problems.

### 6. "Eating at night will make me gain weight."

Cutting out nighttime snacking is a popular weight loss strategy because it feels logical—eat less when you're less active. But this topic has been debated for years, and a study in the April 2011 journal *Obesity* suggested that eating after 8 PM may increase the risk of obesity, but there aren't clear-cut reasons why. It's mainly how much you eat—not when you eat—each day that affects weight gain. Many people eat at night out of boredom or other emotions instead of hunger, and they wind up consuming more calories than they need for the day—calories that are then stored as fat. Also, people who eat at night may wake up without an appetite and skip breakfast, the meal that helps control calorie intake throughout the day.

### 7. "Drinking a ton of water will help me drop pounds."

It's possible that drinking water can aid weight loss efforts, but it won't automatically make you lose weight if you're not changing any other habits. A University of North Carolina at Chapel Hill study found that people who regularly drink water eat nearly 200 fewer calories daily than those who consume only coffee, tea, or soda. And if you sip water instead of sugary drinks, the calories you've saved will help shed pounds.

### 8. "Diet soda and diet foods are a smart way to lose."

Drinking cans of diet soda and eating prepackaged diet foods may seem like a no-brainer way to trick your body into pound-shedding mode because they have few or no calories—but it's not going to give you lasting results. Diet soda may increase your risk of metabolic syndrome, a group of symptoms that includes high levels of belly fat, blood sugar, and cholesterol. People who consumed just one diet soda daily had a 34% higher risk of the syndrome than those who abstained, according to a University of Minnesota study of nearly 10,000 adults ages 45 to 64.

### 9. "Weight gain and belly fat are unavoidable after 40."

Let's be honest here: You're not going to wake up on your 40th birthday with a gut and 10 extra pounds on your frame. It does get harder to lose weight as we age, but you can put some healthy habits into practice now to maintain your weight—or even lose—as the years pass by.

Fine-tune your workouts and eating habits to shed those pounds—and keep 'em off—with these tips:

- Exercise at least 4 hours a week.
- Exercise vigorously for 10 minutes a day.
- Lift weights two or three times a week.
- Skip the refined carbs and eat more whole grains and fiber.

Source: Prevention.com - Diana Kelly

*This information  
provided by MUMC  
Parish Nurse Team.*



PARISH  
NURSE

# Sonlight Scoop October 2015

*Sonlight Child Development Center, established by and operated as a ministry of Mequon United Methodist Church, is open to children from infant through 9 years old, including before/after school care.*

Fall has started with a week of warm weather, and the Sonlight children are delighted to enjoy daily outdoor activities! School busses are coming and going, picking up and dropping off kids at various times. There are 15 new or returning students who have been added to the Center. What fun!

Sonlight is delighted to announce that they have welcomed 3 new staff members, and all are settling in wonderfully! Coming up October 22, Sonlight will be celebrating **Harvest Fest**. The costume parade will be at 10:30 AM, either around the circle drive or in the gym. Come and cheer on the children! Following the parade, each class will have their own party.

Happy Fall!  
Kathy and Sue



## Thank you, Steven!!

Thank you to Steven Yorio for clearing the trails in the Marsh Meadow. He worked three afternoons to cut back the plants along the trails. The bees were getting a bit too close to hikers in some places!!!

Thanks, Steven — from Linda Mordy and the entire MUMC congregation!

## No More Malaria — thanks!

Thank you to everyone who contributed to the No More Malaria campaign. This year we raised \$1320. The Outreach Committee voted to add \$180 to the total from auction proceeds bringing the total donated to \$1500. Many thanks for supporting this very worthwhile and successful effort.



## Thoughts and considerations

- Here is the test to find out whether your mission on Earth is finished: If you're alive, it isn't. — *Richard Bach*
- We could learn a lot from crayons: Some are sharp, some are pretty, some are dull, some have weird names, and all are different colors ... but they all exist very nicely together in the same box. — *Robert Fulghum*
- I'm so glad I live in a world where there are Octobers. — *L. M. Montgomery, in Anne of Green Gables*
- Every leaf speaks bliss to me, fluttering from the autumn tree. — *Emily Bronte*
- Seeds of strength are planted in the soils of weakness. Your most uplifting strength tomorrow may grow from your most debilitating weakness today. — *V. Gilbert Beers*



## MOYO – where contemplation and action meet

Introducing Moyo (<http://www.moyoliving.org>)! Moyo is an interactive website born out of a partnership between the Upper Room (<http://www.upperroom.org>) and the United Methodist Church Global Ministries (<http://www.umcmission.org>) that is dedicated to creating a community that meets at the intersection of contemplation and action. The website provides experiences for spiritually infused, justice-oriented action and invites participants to combine the “being” and “doing” of life.

Moyo provides unique experiences for online visitors to confront issues of global importance, spiritually engage with these issues, and discover new ways to act on them in the world.

A key component on the website is called the Guided Path that leads you through a series of experiences: encounter, reflection, and action. You begin with an encounter, a place where you can learn more about a global issue; then move to a reflection, where you can engage in the issue spiritually; lastly, you move toward action, where you will have an opportunity to act on the issue offline. Here, you can support the project, receive updates, or learn about related work.

The website also features The Feed ([http://www.moyoliving.org/blog\\_posts](http://www.moyoliving.org/blog_posts)), a blog-like feature that offers diverse perspectives on current events and global issues.

All together, these experiences are a tool for visitors to see contemplation and action in new ways and engage in the world with spiritually infused, justice-oriented action. Moreover, Moyo is a community – we welcome you to be a part of it.

See a video on YouTube at <https://www.youtube.com/watch?t=16&v=AMITSexXqXA> to learn more. Experience Moyo now by visiting [www.moyoliving.org](http://www.moyoliving.org).

Current topics on Moyo for your online journey include:

- Race and image of the divine
- Water and restoration of life
- Disaster and human dignity
- and more

### ***A saintly party***

A priest told the children of his parish they could come trick-or-treating at the rectory, but only if they dressed up as a saint. So a group arrived on the eve of All Saints’ Day: one dressed as St. Anthony, one as St. Joseph, another in a St. Clare costume – and then a child dressed as a dog.

“My boy,” exclaimed the priest, “you were supposed to come as a saint.”

“I did!” replied the child.  
“I’m St. Bernard.”



## *the Spire*

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Closed Fridays

### ***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!***

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

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### ***Faith statement***

I believe in the God of fruit time and harvest, who makes the land to bear gifts in its time and fills our tables with the bounty of his hand;

I believe in Jesus Christ his Son, who was the first fruit of those that slept, and brings us to spiritual tables where our cups are always full;

I believe in the Holy Spirit, who causes us to remember all for which we are grateful and teaches us to see a relationship between our gifts and the giver;

I believe in the world as the arena of my spiritual life, where I am to share hospitality with the stranger; for in so doing I shall fulfill the desires of him who has given me everything, and of his Son and the Holy Spirit.

—John Killinger, *Lost in Wonder, Love and Praise*



### ***MUMC is a Reconciling Congregation***

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.

