

The Window into the heart of

Mt. Lebanon United Methodist Church Volume 3, Number 4, Holiday 2017

We Are Blessed!

We received a special blessing in worship a few Sundays ago. Each week, Pastor Tom leads a "Message for Young Disciples," which is his time with our children in worship. He began to tell them the story of Jesus' healing of the ten men with leprosy, as found in Luke 17:11-19. As he shared the biblical account, one of our young boys whispered, "I know that story." Several of the other children nodded in agreement. They too knew that story! They knew it because of the efforts of our many volunteer teachers in Sunday School and VBS, using biblically and theologically-sound curriculum. They teach these foundational stories of our faith. The children also knew it because of our professional staff, who organize programs like family-friendly Faith for Today, Kidz Praise, Kids' Faith, Sunday School, and Vacation Bible School. Our church is to be commended for its fine work of training up a new generation of Christian disciples. We thank you for your financial support of these efforts.



Pastor Tom with our young disciples

Our Faith for Today program is also to be commended for increased attendance at our Sunday morning events this past summer. Because of your gifts to our general fund and offerings during Faith for Today, our congregation, for over 60 years, has conducted this active summer Adult Sunday School program. This past season we had 9 guest speakers and 3 MLUMC mission teams inspire well attended gatherings with messages of God's work worldwide. In addition, we provided family friendly programs during Faith for Today that attracted some of our largest crowds. This is a unique

summer program among the churches in the W. PA Conference, made possible because of your tithes and offerings. For this we thank you.

Blessings come in all shapes and sizes. One blessing of this year is the return of the Keeling family. Ryan and his wife Jenna joined the choir several years ago and then Ryan officially joined the church staff as our choral director. We enjoyed his leadership in that role, which ended over a year ago, but they have now returned to sing with us. Ryan, soon to complete his doctorate in choral conducting at WVU, is now Director of Choral Activities at West Liberty University, is Artistic Director of Voces Solis, one of Pittsburgh's premiere choirs, and is Assistant Conductor of the Mendelssohn Choir of Pittsburgh. Jenna, a clinician on the pulmonary medicine step down unit at UPMC Presbyterian, is working on a Master of Science degree in Nursing Education at Robert Morris University.

And then there is baby Abby who knows nothing about work or school but knows all about playtime with Mommy and Daddy.

Two busy people who make time to sing and worship with us. What a blessing! And a blessing for the Keeling's is our morning nursery with the weekly presence of Susan to calm Abby after her few moments of obligatory wailing. We thank you for your financial support, which makes all of this possible!

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This Issue

From Pastor Tom Strandburg

It is that time of the year - a season when many or even most churches begin to talk about budgets and income and giving

Dear Ones in Christ,

for the next calendar year. Unless, of course, some official word or unspoken edict is widely understood: "We do not talk about money in this church." No position could be more out of step with the content of the Bible than that one! About 500 verses in the Bible are on the subject of prayer. Another 500 verses are about faith. But, over 2,000 verses concern the topic of money and possessions. Jesus spoke more about money and possessions than any other topic, other than the Kingdom of God itself. It was Christ himself who said, "Where your treasure is, there will your heart be also." (Matthew 6:21) The Parable of the Talents is a great lesson in what it really means to be a steward. Here's how the story starts: "Again, it will be like a man going on a journey, who called his servants and entrusted property to them. To one he gave five talents of money, to another two talents and to another one talent, each according to ability. Then he went on his journey."

- 1. **The master owns the money**. "Talent" is used as a currency term. The story is about money. Everyone knows the master owns it.
- 2. Each servant has the trust of the master. The master's business depends on the servant's productiveness in his absence.
- 3. Each servant has freedom to manage their money. With it, they have an opportunity to demonstrate their abilities.
- 4. The master chooses the unequal distribution of talents. Not equal gifts, but equal opportunity.

Matthew 25:14-15 (NIV) In reading these verses, some important themes pop up right away:

During this season of the year, we thank God for the many blessings which have been bestowed upon us. Ultimately, we give because God first gave to us. It is incumbent upon us to ensure that our giving is in proportion to our receiving. In Jesus' parable, the one thing that the Master cannot condone is when the steward does nothing for the Kingdom with what has been given. May we never be guilty of that!

On the next page you will find instructions on how you can respond to our current Generosity Campaign – "ALL IN: God's Call to Live Generously." As you make your pledge of support, consider it your own personal investment in Christ's ministry through our church. Are you "all in?"

Yours in service,

Pastor Tom

Thomas Q. Strandburg,

Pastor

Church Council Implementing Consultant's Recommendations

Our church growth consultant, Dr. Scott McKenzie, has offered 20 recommendations to enhance the church's ministries. The Church Council, along with various committees and staff members, is implementing as many of the recommendations as possible.

To increase the engagement of current and new members, Church Council approved a new emphasis on small study groups even though they have been a vital part of our ministry for many years. Beginning in November, new groups will be forming, and more will be added throughout the year. Matt Baker has agreed to lead a men's group, Kim Rhoton a new study group, Jane and Rob Spicher a home Bible study, Clark Remington a new Bible study and Bishop George Bashore will lead an

Advent study, a ministry that has not been held for several years. Details on these and other groups will soon be available.

We are hoping to conduct an online chat room study group. If you feel technologically capable of leading such a group, please contact John Esaias at jesaias@comcast.net. If you have a special request for a study group or you are interested in being a leader, contact John via email.

A new committee on congregational care is being chaired by Jane Spicher and Laura Shoff. One important function of the committee will be to ensure that our new members feel welcomed and advised as to how they can become actively engaged in the life of our church. Updates will be listed in bulletins and future issues of The Window.

PLEASE JOIN US FOR

taking the next step

Commitment Sunday November 19, 2017 Worship Services 8:30 and 10:45 am



No one can serve two masters. Either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve both God and money. MATTHEW 6:24 (NIV)

- Between now and Commitment Sunday, Nov. 19 - Examine your personal giving and how it reflects your commitment to Christ.
- Read the Devotional Journal, located online at www.mlumc.org, with print copies available in the church Narthex. Pray for God's guidance in your personal finances.
- Nov 19: You will be invited to complete your 2018 Estimate of Giving Card during worship.
- If you are unable to attend, we will mail you an Estimate of Giving Card the following week.

It's a Spiritual Issue

Stewardship is directly linked to our journey of discipleship. How we use our resources is primarily a spiritual issue, not a financial one. The quality of that decision is determined by the spiritual condition of our heart.

Online Giving: It's Easy

It's Mt. Lebanon United Methodist Church's Generosity Campaign and you are feeling blessed and eager to give to the church. But as an usher with a collection basket approaches your pew on Sunday you realize you've left your envelope at home, and you haven't your checkbook or the right amount of cash. Or maybe you didn't pledge last year and now you'd like to donate to

a particular ministry, but you're not sure how to do it. Here's the solution: Online Giving. It's easy.

Instead of fumbling in your purse or pocket for cash, take out your phone. Online Giving lets you text your donation. Text "MLUMC" to phone number 73256, then follow directions.



In your home or at work, go to your laptop or desktop computer and visit the church's online donation page at www.mlumc.org/giving. On the donation page you'll see directions for making a one-time donation to the church or for designating your gift to a particular cause such as the Friends of Music. You can also set up an account for automatic contributions on the donation page.

And if you are accustomed to paying bills online from your checking account, you can donate that way, too. Go to your bank's "pay bills" page, search for and choose Mt. Lebanon United Methodist Church. You can make a donation at the time you pay monthly bills or contribute any time you wish directly from your account. It's easy.

MLUMC Staff

Rev. Thomas Q. Strandburg, Pastor Kim Rhoton, Director of Christian Education Bethany Lockie, Youth Ministry Director Dr. Gretchen Franz, Director of Music Mettelise Ziegler, Weekday Ministries Director Virginia Katinsky, Business Administrator Monica Kao, Communications Coordinator Juliette Mariani, Administrative Support John Cato, Maintenance Supervisor Michael Staab, Custodian

MLUMC Volunteer Staff

Bishop George Bashore, Bishop-in-Residence Dr. David H. Watson, Pastor Emeritus Nancy R. Lutz, Director of Handbells Joanne Dempe, Financial Secretary Kevin DeLuca, Kirk Lowe; Multimedia Kirk Lowe, Steve Stockton; Sound/Lighting Michael Dempe, Financial Consultant



The Schmetterlinge (Butterflies) perform for MLUMC

The Schmetterlinge Eastern Germany Youth Choir

Thank You from Mary Garber:

I want to thank you all who helped to make the visit of the Schmetterlinge such a great success. So many of you just stepped up to help with hosting, cooking, adjusting the hosting sites, making sandwiches, and generally getting things done. It was a great team working together.

The children had a great time. I know they felt very comfortable with us and enjoyed so many meals and conversations. Pastor Lutz and Butterfly manager Verona were happy as well.

They were at the airport early, so check in and security went very quickly. The kids had time to eat and especially time to find the Starbucks. They arrived safely at home, so all went well.

> Thanks again for your help, Mary Garber

Plans with the Eastern Germany Partnership

The Eastern German Partnership committee of the W. PA UMC Conference is planning events for the next few years. Next month, the committee is sending a team from our conference to join a team from eastern Germany in a work mission in Nicaragua. For 2019 our German partners are organizing a European mission trip. Mission trips in the last several years have included Russia and Macedonia.

In the planning stage for 2019 is a bell choir tour of eastern Europe. Tentatively, the time frame is the last two weeks of October. Bell ringers will be recruited from all over the conference, including MLUMC. Also in 2019 we will welcome our Zwickau church partners to Mt. Lebanon and the conference.

And finally, Mary Garber is attempting to get a group together for a trip to Oberammergau, Germany for the 2020 Passion Play. The Bavarian village puts on the play every 10 years, in years ending in zero, dating back to 1633. The play is about the passion of Jesus from Palm Sunday through Easter, and is performed and produced by over 2,000 actors, singers, instrumentalists and technicians who all live in Oberammergau. Interested? Contact Mary Garber.

Mission News and Opportunities

Yet again YOU, the people of MLUMC, have helped people in need across oceans, borders and neighborhoods. The Mission Committee of MLUMC connects resources from our church to the needs of our global community. This includes prayer, shared concerns, education and time, talents and treasures. Goals we identify are from the UMC General Board of Global Ministries and include the following:

- Make disciples of Jesus Christ
- Strengthen, develop and renew Christian congregations and communities
- Alleviate human suffering
- Seek justice, freedom and peace

The two rummage sales generate the majority of funds the Mission Committee distributes. When you donate your items for sale, you are helping. When you buy goods at the sale, you are helping. And of course, when you work the rummage sale, yes, you are helping!

So far this year mission monies have supported the following outreach activities:

- Books for the Northside Reading program
- Haiti, via the UMC's Thomas Food Project
- MLUMC 's Youth Mission Trip to Marion Virginia
- Mission trip to our sister church in Zwickau, Germany
- Thanksgiving dinner expenses
- Puerto Rico and the US Virgin Island disaster recovery via UMCO
- The Northside Lunch delivery effort
- West Virginia UMC Flood Response

As I write, the Mission Committee has not finalized all distributions, which could also include a year-end donation to The Nyadire Connection in Zimbabwe and more locally, Family Promise.

Thank you, you are doing good and making a difference around the world, as well in our own country and hometown.

L Baily, Missions Committee Chair

Thanksgiving Day Meal Ministries

Bethany Ev. Lutheran Prepare for Dine-in



Bethany Ev. Lutheran Church

3104 West Liberty Avenue Dormont (Pittsburgh 15216)

Dinner served from 1 pm to 5 pm **Thanksgiving Day** November 23, 2017

For information, or to request Free Delivery, call 412-531-9363 (Delivery orders must be placed by Tuesday, November 21)

MLUMC Prepare, Assemble & Deliver



Delivering meals to homeless, lonely and homebound community members.

Turkeys, kitchen workers, drivers and clean-team volunteers are needed for the annual Thanksgiving Day meal. We need:

Donated turkeys—cooked turkeys, unstuffed, and cooked turkey breasts. Please carve the turkey if you can and save the juices for gravy. Also need boxes of stuffing, pies and cans of sweet potatoes.

Kitchen workers—day workers to work with and assemble meals, arriving between 8 am - 5 pm.

Drivers— to deliver Thanksgiving meals, arriving as early as 11:30 am.

Clean-team volunteers—kitchen cleanup workers arriving at 3 pm.

For more info, contact Bonnie Lawson, 412.343.3498, bonnielawson58@comcast.net.



Family Promise Guests Coming November 26

Our congregation's next week for housing temporarily homeless guests will begin on Sunday November 26 and end on Sunday December 3rd.

Three or four families will stay at MLUMC. A Sunday School room per family will serve as a temporary evening and overnight home. Wesley Hall will be the dining and social room, and volunteers will bring in a meal each evening to be served there. Volunteers are needed to make our guests welcome and serve as hosts, meal providers, and drivers.

We have been participating in this nationwide Family Promise program for about eight years, and dozens of families have been able to find a warm welcome at the Church at what must be a very difficult time of their lives. During their time in the program parents receive advice and assistance from the Family Promise professional staff at their Crafton center, and the children are able to attend their schools. Most families are able to find a stable and permanent home after being in the program.

Please sign up to volunteer when our Coordinator, Michael Naragon, sends out his sign up requests. Thank you for helping in this valuable mission.



Wrapping Nativity Gifts

Koinonia Circle, under the umbrella of UMW, will be meeting, Wednesday, **November 15 at 7 pm**, in the Welcome Center. We will be wrapping the nativity figures to be distributed to the congregation's children in December. Come join us, have some fun, learn about the long tradition of gifting the figures to children of the church. Paulette Colonna will be guiding us so we won't make any mistakes. Email Betsy Harkins, bbh555@aol.com with questions.

Ward Home Angels

Ward Home angels for teenagers are decorating our Narthex Christmas tree. The angels are waiting for church goers to pick them off the tree, purchase a gift card and fulfill the wish of one of the Ward Home participants, making their holiday season a bit brighter. Ward Home, a long time partner of the United Methodist Church Union family, works with at-risk teens and young adults, providing them with safe, nurturing, home environments. Ward Home counselors use the gift cards from the angel tree to help teach budgeting and money management skills to the youth.

The gift cards for the youth are to be for \$25, for various stores in the area. Directions for returning the cards to the Ward Home are included with the angels.

Weekday Ministries

by Mettelise Ziegler, WDM Director

Nothing is busier than the last three months of the calendar year!

The Pre-K 4 and "T" classes went on a field trip to Bednar's in Cecil Township to learn about farming and to pick pumpkins! For many children, the highlight was riding on a school bus for the first time. Can you imagine what they thought about riding without booster seats or seatbelts.

A new Christian curriculum has been implemented. It emphasizes a healthy respect for God's world while learning Bible stories, letters, math and Science. So far they have learned about being honest and trustworthy like Joseph; faithful like Noah; and how important it is to forgive others.

The Carnegie Science Center will be presenting a program called "Amazing Bugs" at our center. Thanks to your participation in the Shop 'n Save Seed program, it costs nothing and the children will learn so much about this part of God's creation! If you are a Shop 'n Save customer, please go online and choose Weekday Ministries as your selected school. Every time you shop, bonus points are added to our account so that we can continue these great programs.

The children will be learning the story of the first Thanksgiving by performing a pageant with Bernice Merchant, who wrote it many moons ago. Then, for Christmas, our board will be providing a special breakfast for the teachers. Any church member who would like to be a part of our board will be welcome! The board meets every other month. Its main purpose is to foster communication between church, families and teaching staff.

Teddy Bear Sunday - December 10

Each year as part of Teddy Bear Sunday, the UMW Faith Circle gathers new teddy bears and other small- to medium-sized new stuffed animals as part of its outreach program. The new stuffed animals are delivered to local organizations that interact with people in need, including children and the elderly. Some of the organizations that benefit from your donations include our church's food pantry, the Family Promise organization, Mt. Lebanon Hospice, Angel's Place, Chartiers Valley MHMR, Asbury Heights and more.

Please consider donating a new teddy bear/stuffed animal and bring it to the 8:30 or 10:45 a.m. church service on Sunday, Dec. 10. We'll place them on the altar for Pastor Tom's blessing before they're collected and distributed.



Volunteer Opportunities at the Allegheny County Jail

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Advent Lessons & Carols Services

Dates: Wed. Nov. 29 and/or Tues. Dec. 5

Time: 5:30 - 7:30 pm

Restrictions: All volunteers must be 21 or older **RSVP:** email marci.burkhart@alleghenycounty.us

or call Marci at 412-350-2057

The services will consist of readings, prayers, and carols sung by volunteers. Volunteers from multiple churches will sing together from caroling sheets provided by the Chaplain's Office. No rehearsal is necessary...just come and sing! Volunteers may choose to come to one service or to both.

Packaging & Delivering Christmas Gifts

Date: Thurs. Dec. 14

Time Slots: 8 am - 12:30 pm (packaging)

5:30 - 9 pm (delivering)

Restrictions: All volunteers must be 21 or older

RSVP: email marci.burkhart@alleghenycounty.us

or call Marci at 412-350-2057

The jail needs volunteers to help pack and deliver inmate Christmas Care packages. Christmas is an especially rough time for inmates who are separated from their families and traditional holiday activities. Being remembered by caring volunteers can make a huge difference.

Donating Needed Items

Restrictions: Donor must sign up on the

Approved Donor List

RSVP: email marci.burkhart@alleghenycounty.us

or call Marci at 412-350-2057

The Chaplain's Office provides paperback books, toiletries, calendars, and religious literature to inmates and sweatsuits to inmates being released. We are always in need of these items. Call the Chaplain's Office to become an Approved Donor.

These events are excellent opportunities to introduce people to the ministries at the jail. Please invite those who you think might be interested in learning more about volunteering inside the jail. foundationofhope.org

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Advent and Christmas Tableaux Help Needed

Volunteers are needed to help with lighting candles each Sunday during Advent. No special skills are required! Candle lighters can be families (including their children), couples, or friends. If you are interested, please contact Kim Rhoton with a date preference.

Volunteers are also needed to assist behind the scenes and to participate in the annual Christmas Tableaux, scheduled for December 17 at the 10:45 service. Children and teens are needed to play the parts of angels, shepherds, and kings, and adults are needed to help the participants get into costumes and enter the sanctuary on cue. Participants and adult helpers must be available for a rehearsal on Wednesday, December 13 at 6:30 pm in the sanctuary. Special thanks to Caryl Drabick and the ladies of Hands and Hearts for creating new angel costumes! Please contact Kim Rhoton to volunteer or with questions krhoton@mlumc.org





Join MLUMC Christmas caroling at homes in the church neighborhood, Sunday, December 17. This is a fun event that requires no special singing talent, just the willingness to spread good cheer to those who live near the church. It starts with dinner at 5 pm in Asbury Center, then caroling at 6 pm, and back to Asbury Center at 8 to warm up with hot cocoa and cookies. Don't forget to dress for the weather and bring a flashlight. Register with Kim Rhoton, krhoton@mlumc.org.

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Join us December 9: Holiday Cookie & Gift Bazaar

Iced cutout sugar cookies, buttery shortbread, spicy gingerbread men (and women), chewy peanut butter cookies, old-fashioned chocolate chip cookies, nutty almond crescents, melt-inyour mouth ginger crinkles.

These are just a few of the types of homemade cookies the UMW will be selling by the pound as part of this year's Holiday Cookie & Gift Bazaar. Mark your calendars now:

Saturday, December 9 9 am - 2 pm at the church







In addition to delicious cookies, vendors will be selling popular gift items, including jewelry, handmade cards, soap, handcrafted wood gifts and other beautiful merchandise.

After you've shopped, drop into our British tearoom and enjoy a hot cup of tea and buttery scones, as well as soup and bread served by our own British tea maven Barbara Watson and the Dames In Action.

All proceeds from cookies, tearoom and soup sales (plus vendor space rental) will be donated to UMW projects and missions.

We're Looking for A Few Good Cookie Bakers

Get your ingredients ready for this year's Holiday Cookie & Gift Bazaar sponsored by members of the United Methodist Women. Here's how the process works:

- 1. You bake six dozen of your favorite cookies.
- You bring the cookies to the church kitchen on Thursday, Dec. 7 between 9 am and 8 pm or on Friday, Dec. 8 before noon.
- UMW members sell the cookies by the pound on Saturday, December 9. All proceeds from the cookie sale support UMW projects and missions.

You attend the Holiday Cookie & Gift Bazaar (9 am to 2 pm at the church) and find the perfect gifts for friends, family, coworkers, teachers, etc.

MLUMC Community Events and Outreach Committee One Year Old and Still Going Strong!

The MLUMC Community Events and Outreach Committee, formed in August 2016, recently "celebrated" its one year anniversary and is still going strong!



The 2017 Community Barbecue

This Committee, focused on providing opportunities for visitors, neighbors, and guests to join our Church family for food, fun, and fellowship, has hosted 2 Food Pantry open houses, 2 Fish Fries, a Community Barbecue, and a Family Fall Festival so far in 2017, with an upcoming evening of Christmas Caroling (December 17) to close out the year. More than 1,500 people have participated in these events.

Free will offerings taken during them have benefitted not only our own Food Pantry (which serves over 100 clients)

but also our neighbors on Peermont Avenue who recently suffered life and property loss due to a fire.

Attendees at several of the events who were in need also experienced our Food LiftTM ministry, as they were recipients of donated produce, breads, and pastries.

For those in need please help yourself

(continued next page)

Community Events and Outreach continued

The Committee recently agreed to look for outreach opportunities outside of our Church in addition to events currently being hosted. Watch for information throughout 2018 on the Committee's various activities. The Committee currently has 12 members, but is always looking for more. If you are interested in becoming part of this relatively new yet very active and impactful ministry contact: Rob Spicher, Committee chair, at robert.spicher@pnc.com or 412-720-4589.



Food Pantry Donations



The holidays are a time when church groups hold get-togethers. If your committee or adult Sunday school is having a social, consider charging admission. Ask members to bring Christmas meal non-perishables in November and kids' lunch items in December to donate to the Food Pantry.

The Food Pantry distributes food twice a month. When clients show up at the Pantry they receive their food bag from a volunteer distribution team member. Items in the bag were either donated or purchased by a shopping team member and the bag was filled by the volunteer packing team. On the way out, clients can choose from bread, baked goods and produce at a table provided and staffed by another volunteer organization, the Food LiftTM. Delivery team members load bags into their cars and deliver the bags to shut-ins or clients without transportation.

You can help. 1) Become a Food Pantry volunteer. 2) Donate food. 3) "Charge" a donation item admission to your event. 4) Honor or memorialize your friends and loved ones with a financial donation.



Donor Name





Phone



Poinsettia and the Food Pantry Fund Christmas Memorials

Make a donation to the Food Pantry or purchase a poinsettia in honor or memory of friends or loved ones. The red poinsettias cost \$12.50 and will be on display during the Christmas Eve morning and candlelight services. You may pick up your plant after the 11 pm service on Christmas Eve or after Christmas. Then, spread the cheer by volunteering to deliver the poinsettia to a shut-in, or ask the church to deliver. Deliver your order to the office by Sunday, December 10.

		r Deadline Sunday, Dec. 10. nemo line Poinsettia or Food Pantry.
Poinsettias Donation	to MLUMC Food Pantry \$	Given in (circle) "memory" or "honor" of :
Purchase poinsettias	Donation to MLUMC Food Pantry \$ Given in (circle) "memory" or "honor" of : e poinsettias (number) @ \$12.50 each = Given in (circle) "memory" or "honor" of :	
☐ I will pick up	☐ I will deliver to a shut-in	☐ Church to deliver to a shut-in

Holiday Special Events

Thurs. Nov. 23 *Thanksgiving Meal Preps and Delivery -* 11:30 am to 5 pm Asbury Center

Wed. Nov. 29 and Tues. Dec. 5 *Lessons & Carols with Allegheny Co. Jail Inmates -* 5:30 pm

Sat. Dec. 9 *Holiday Cookie Sale & Gift Bazaar* - 9 am Wesley Hall and Asbury Ctr.

Sun. Dec. 10 *Teddy Bear Sunday* - both services, teddy bear & stuffed animal donations for children's charities.

Sun. Dec. 10 Lessons & Carols - MLUMC & St. Bernard's Choir 4 PM St. Bernard's

Sun. Dec. 17 Nativity Scene Tableaux with Lessons & Carols, music for Chancel Choir harp and oboe 10:45 service

Sun. Dec. 17 *Dinner & Christmas Caroling* - 5 pm Asbury Center and the neighborhood

Sun. Dec. 24 *Christmas Eve Morning Worship* **- 10:45 am only** in Sanctuary

Sun. Dec. 24 Christmas Eve Candlelight Services

Service for Children & Families 5 pm

Traditional Christmas Eve Services with Chancel Choir, harp and oboe 8 and 11 pm

Wiggle room for children provided at 5 and 8 pm services

Sun. Dec. 31 - *New Year's Eve Morning Worship* - **10:45 am only** in Sanctuary

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12	13	14	15	16	17	18
8:30 AM Worship Sanner 930 Sunday School 10:45 AM Worship Sanctuary 4:30 PM Youth Choir	7 PM Chapel Bells Rehearsal	6 PM Terrific Tues 7 PM BSA #23 7 PM BSA Board Reviews 7 PM Cub Scout Planning	7 PM Koinonia UMW Circle 7 PM Cub Scout Pack 7 PM Trustees	9:30 AM UMW Faith Circle 11:30 AM UMW Rebecca 6:30 PM Promise Bells 7:30 PM Choir Rehearsal	9:30 AM Women's Bible Study	10 AM Food Pantry
19	20	21	22	23	24	25
3:30 AM Worship Sanner 3:30 Sunday School 0:45 AM Worship Sanct. 3:30 PM Youth Choir 5 PM Youth Group 3:30 PM BSA Eagle Review	7 PM Chapel Bells Rehearsal 7:30 PM Community Events & Outreach Thanksgivin	7 PM BSA #23 6:30 PM Wolf Cub Scout 7 PM Tiger Den Pack OFFICE CLOSED Thanksgivng Meal Prep & Delivery			OFFICE CLOSED 9:30 AM Women's Bible Study 6:30 PM Cub Scouts Bear Den	
26	27	28	29	30	1	2
30 AM Worship Sanner 30 Sunday School 0:45 AM Worship Sanct. 7 PM BSA Patrol	7 PM Chapel Bells Rehearsal	6 PM Terrific Tues 7 PM BSA #23 7 PM BSA Board Reviews	5:30 PM Lessons & Carols @ the AC Jail	6:30 PM Promise Bells 7:30 PM Choir Rehearsal		_

Sunday Monday Tuesday Wednesday Thursday Friday Saturday 9:30 AM Women's Bible 10 AM Food Pantry Study December 2017 Hosting Family Promise Sun. 11-26 through Sun. 12-3 8:30 AM Worship Sanner 6:30 PM Tiger Cub 5:30 PM Lessons & 6:30 AM N. Side Lunch 8:30 AM N.Side Lunch 9:30 AM Women's Bible 9 AM Christmas Cookie Sale & Gift Bazaar 930 Sunday School Scouts Carols @ the AC Jail Preps Study 10:45 AM Worship 7 PM Chapel Bells 6 PM Terrific Tues 1:30 PM Memoirs Group 9:30 AM Hands & Heart Sanctuary Rehearsal 7 PM BSA #23 Noon TNT Asbury Hghts 6:30 Cub Scouts Bear 12 PM Youth Choir 7 PM BSA Parents 6:30 PM Promise Bells 7 PM Church Den 5 PM Youth Group 7:30 PM Choir Rehearsal Council **Teddy Bear Sunday** 7 PM Chapel Bells 6 PM Terrific Tues 6:30 PM Wolf Cub Scout 6:30 PM Promise Bells 9:30 AM Women's Bible 10 AM Food Pantry 8:30 AM Worship Sanner 7 PM BSA #23 7 PM Wolf Den 870 6:30 PM Webelo Rehearsal Study 9:30 Sunday School 7 PM BSA Reviews 7:30 Finance 7:30 PM Choir Rehearsal 10:45 AM Worship Sanct. 7 PM Cub Scout Packing/Delivering Gifts 12 PM Youth Choir @ ACJ Planning 4 PM Lessons & Carols @ St. Bernard's 5 PM Youth Group 8:30 AM Worship Sanner 7 PM Chapel Bells 7 PM BSA #23 7 PM Cub Scouts 9:30 AM Faith Circle 9:30 AM Women's Bible 7 PM Trustees 12 PM Rebecca Circle 930 Sunday School Rehearsal Study 10:45 AM Worship Sanct. 6:30 PM Promise Bells 7:30 PM Community 6:30 Cub Scouts Bear 10:45 Tableaux 7:30 PM Choir Rehearsal Events & Outreach Den 12 PM Youth Choir 5 PM Christmas Caroling 6:30 PM BSA Eagle Brd 28 MORNING WORSHP: OFFICE CLOSED 10:45 AM Only **MERRY CHRISTMAS EVE CHRISTMAS** Services: 5 PM for Children & Christmas Eve and New Year's Eve fall on Sunday this holiday **Families** 8 PM & 11 PM season. On Christmas Eve morning MLUMC is scheduling one Traditional worship service at 10:45 only. The evening Christmas Eve

MORNING WORSHP:

10:45 AM Only

OFFICE CLOSED

The Window

candlelight services will be at 5, 8 and 11 pm. New Year's Eve Sunday will also only have one worship service, at 10:45 am.



is published quarterly by Mt. Lebanon United Methodist Church 3319 W. Liberty Avenue, Pittsburgh, PA 15216 412-531-7131 www.mlumc.org

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Mt. Lebanon United Methodist Church

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MLUMC'S Wholistic Health Outreach Ministry on Water

"As the deer longs for streams of water, so I long for you, O God. I thirst for God, the living God." Psalm 42:1 NLT

Since thirst is not an accurate sign of your body's water level, how do you know when you are properly hydrated? Be proactive and drink water throughout the day. Some tips include the following: drink an 8 oz. glass of water at and between each meal, drink before/during/after any exercise, avoid caffeine since it is a diuretic, and select sparkling water over alcoholic drinks. Another source of fluids is fruits and vegetables which can make up about 20% of your daily water intake. Foods like watermelon and tomatoes are high in water content and are another good source of fluids.

Physical water is essential for life but is a very limited resource with 97% either salty or undrinkable, 2% trapped in glaciers, and only 1% available for human use. Just as essential but more abundant is the spiritual water offered to us for eternity through Jesus Christ. How do you tap into God's living water during your day? Do you take in eight servings of God's word along with your eight glasses of physical water? If not, think how you can connect with God throughout your day.