



# *The Window into the heart of*

*Mt. Lebanon United Methodist Church*

Volume 4, Number 3, Fall 2018

## **A Way Forward**

How should our denomination, The United Methodist Church, minister with LGBTQ individuals? The document that governs the UMC is The Book of Discipline. It says that while all people are of sacred worth and created in the image of God, the practice of homosexuality is “incompatible with Christian teaching.” The book bans the ordination of “self-avowed practicing” gay clergy and the blessing of same-gender unions. Some UMC clergy, congregations, and conferences don’t agree with this and some publicly defy these policies. Others say the denomination must enforce its current policies or they - clergy and congregations - will leave the UMC.

The denomination is attempting to resolve this conflict with a plan for the future, a way forward. The UMC Council of Bishops is recommending a plan to the denomination’s top policy-making body, the General Conference, during a special session in February 2019. The recommendation is called The One Church Plan, and it is one of three options discerned by a group appointed by the bishops, the Commission on A Way Forward. All three options will be presented to the General Conference, with the bishops recommending The One Church Plan.

Here is a brief explanation of each of the three plans to be presented. We thank the District Superintendent of the Butler District, Rev. Eric Park, for his descriptions.

### **The One Church Plan**

In this plan, recommended by the Council of Bishops, individual pastors would be entrusted with the decision about whether or not to officiate at same-sex weddings; individual congregations would be entrusted with the decision about whether or not same-sex weddings could be held on church property; and individual annual conferences would be entrusted with the decision about whether or not to ordain people who are self-avowed practicing homosexuals. This plan would remove the restrictive language against the practice of homosexuality in the Book of Discipline so that it would no longer be a chargeable offense. The One Church Plan seeks to create adequate space for a divergence of perspectives (both conservative and progressive) and to honor United Methodists who believe that the current impasse over human sexuality does not necessitate a denominational split.

### **The Traditional Plan**

This plan maintains the current Disciplinary language related to the practice of homosexuality and clarifies accountability standards in an effort to encourage both a more widespread adherence to Disciplinary proscriptions and a quicker resolution of complaints. The Traditionalist Plan seeks to preserve the denomination’s established teaching and to honor those United Methodists who believe that changing the denomination’s current position would be an unacceptable departure from a necessary orthodoxy.

### **The Connectional Conference Plan**

This plan replaces the five U.S. geographical jurisdictions with three “connectional conferences,” which are defined, not by geographical boundaries, but by ideological and theological convictions related to human sexuality. Jurisdictions, Annual Conferences, and Local Churches would have the opportunity to join the Connectional Conference with which they are in theological alignment. The Connectional Conferences would each have a College of Bishops and a contextualized Book of Discipline.

### **Learn More about A Way Forward**

You can read the Commission on A Way Forward's full report to the General Conference. It is linked to the W. PA conference website.

You can also participate in small group discussions with clergy and laity concerning A Way Forward. These Listening Post events are sponsored by the W.PA conference. In the Pittsburgh district, Listening Posts are planned for Christ UMC in Bethel Park on 9/06 and Calvary UMC on the northside on 11/11. More information and registration is on the conference website: [wpaumc.org](http://wpaumc.org).

From Pastor Tom Strandburg:

*“But Jesus called the children to him and said, “Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these.”*

LUKE 18:16 (NIV)

At this time of the year, I think about these words of Jesus concerning the important place that children hold in the Kingdom of God. A new school year has begun, our younger children have gone back into the classrooms within our communities, and some of our older youth have headed off to continue their education in places near and far. It is a time when we can truly see the importance of our church’s vision – to be a vital community of faith for the next generation of Christian disciples.

Last month, I communicated to our church’s financial supporters that we’ve had some great months of ministry here at MLUMC this past summer. I would like to repeat for you that our annual Vacation Bible School was a particularly good experience for me. I was blessed by the words of some of our children, as they expressed their love for VBS. When our Director of Christian Education, Kim Rhoton, asked the children if they were happy that it was the last day of Vacation Bible School, one little girl shook her head strenuously and said, “No, I am not happy that Bible school is over!” VBS obviously meant a great deal to her. Two other little boys spoke to me in great excitement on the last day saying, “Pastor Tom, it’s great to be here at Bible School, and we get to come to church again in two days to sing our songs!” Did you notice their words? My little friends did not say, “We have to come to church in two days.” They said, “we get to come to church in two days.” In other words, they were looking forward to it because of the great experience they’d been having all week.

Since then, we’ve also heard of a fantastic week of mission that was experienced by our youth in Marion, Virginia in July. Each year they return home with new skills, amusing stories, and obvious compassion and love for the people they’ve met. I told the congregation following their return that through such experiences, our youth are accumulating resources for living. Years from now, when challenges come, and life gets tough, they will be able to draw upon these resources and triumph amid adversity.

All of God’s children need such resources for living. That fact undergirds much of what we do and who we are here at MLUMC. We usher the children of our community into God’s presence, so that their lives will be transformed, and their futures made bright. As the summer ends, and the fall begins, join us in this important work. I’ll see you in church!

Yours in service,  
*Pastor Tom*  
Thomas Q. Strandburg, Pastor

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# United Methodist Women

**Tuesday, September 11, 6 pm Asbury Center  
Brookline Teen Outreach**

You're invited to join the United Methodist Women as we gather to share a salad supper and learn more about the Brookline Teen Outreach, including how the organization helps teens maximize their potential while enriching the community through programming, life skills sessions, tutoring, access to community service and counseling.

Please bring a salad to share, as well as printer paper (white), drink mixes and school supplies (colored pencils, notebooks, pens and pencils, etc) for the teens. We'll provide drinks and dessert.

**Thank you for helping the UMW make donations that help women, children and youth.** Thanks to your generous support of our events, the United Methodist Women (UMW) made year-end donations totaling \$11,748 to the following organizations:

**Angels' Place** — \$100  
**Bethlehem Haven** — \$100  
**Book 'Em** — \$350  
**Family Promise** — \$500  
**Foundation of Hope** — \$600  
**Henderson Settlement** — \$1000  
**Forge** — \$500  
**Red Bird Mission in Kentucky** — \$1000  
**Ruth M. Smith Center** — \$1048  
**TNC** (vision & hearing programs, Girl Empowerment Pad project and building materials for sewing machine and other storage)— \$1350  
**Northside Reading** — \$300  
**UMCOR (Flood supplies and relief)** — \$1600  
**Scott's Run Settlement** — \$1000  
**Doctors Without Borders** (cholera treatment) — \$600  
**SHIM** — \$1000  
**MLUMC Family Fund** — \$200  
**MLUMC Food Pantry** — \$500

Again, we thank you for your ongoing support of our yearly projects, such as the upcoming Christmas Cookie and Craft Fair on Dec. 8. Money raised at these events is donated to charities that align with our mission statement.



## United Methodist Women Find the Power of Bold at Assembly 2018

Mt. Lebanon UMW members Joeta D'Estes, Betsy Harkins, Ginny Harkins Kastle, Linda Hoover, Bonnie Lawson, Kathy Michael and Fran Travis attended the UMW Assembly in Columbus, Ohio with more than 6,000 other women. The theme of the Assembly being "The Power of Bold."



*L to R: Betsy Harkins, Ginny Harkins Kastle & Diane Miller*

This historic assembly brought Methodist women in mission back to Columbus, site of the first Methodist Women's Assembly in 1942. It was also the official celebration of 150 years of Methodist women in mission, as United Methodist Women marks

150 years in March 2019, in honor of the bold women that came before and to the bold women to come.

Assembly attendees heard from Nobel Laureate Leymah Gbowee, Children's Defense Fund President Marian Wright Edelman, Climate Scientist Katherine Hayhoe, "The New Jim Crow" author Michelle Alexander and young women activists Tamika Mallory, national co-organizer of the Women's March and United Methodist pastor the Rev. Hannah Bonner.

Around 90 different workshops focused on leadership development, service and advocacy, spiritual growth and transformative education.



*L to R: Bonnie Lawson, Fran Travis, Linda Hoover, Kathy Michael, Joeta D'Este*



# Weekday Ministries

*by Mettelise Ziegler, WDM Director*



## Fall 2018

A brand new school year with restructured programming is beginning!

For decades, Weekday Ministries has operated two programs: one for daycare children who need all day care because of working parents and another benefitting children on a part time basis before entering kindergarten. While our commitment to families has not changed, our approach to service has. More families are inquiring about daycare services than ever before. To meet this need, we have combined the two programs into one.

There will no longer be a nursery (Pre-K) school open a few hours per week. Instead, an excellent Pre-Kindergarten curriculum will be incorporated into full-time daycare. Our new Jr. Pre-K class will be serving three-year-olds with curriculum designed specifically for their educational and developmental needs. The Sr. Pre-K class will be involved in learning activities specific to four and five-year-olds.

The Pre-K classes will officially kick-off on September 4th with a parent coffee hour. Throughout the year, the traditional Pre-K activities including field trips and graduation ceremonies will continue. Our Lead Pre-K teachers hold degrees in education. They will be leading their fellow teachers in making the children's learning environment all that they should be!

Also new this year, a regular chapel service will be held with Pastor Strandburg. Lessons from the Bible will be taught. Prayer will be encouraged. Spiritual formation, beginning at a young age, is the best way to lead children to Jesus Christ for a lifetime of faith!

## Christian Education

September 16

Sunday School Resumes

9:30—10:30 am

**Blessing  
of the backpacks  
@ both services**



## Confirmation Class Forming

A new confirmation class is forming for the 2018-2019 school year. This class is open to any student in 8th grade or older who has not already participated in confirmation. The class meets Sunday mornings during Sunday school hour (9:30-10:30) on the 4th floor of the education building, and participates in several field trips and retreats throughout the year. Since parental support is an integral part of the program, we ask that parents to attend the first class meeting on September 16. Anyone interested in joining the confirmation class is asked to contact Kim Rhoton [krhoton@mlumc.org](mailto:krhoton@mlumc.org).

*Hands  
&  
Hearts*



**WANTED: SCHOOL SUPPLIES  
and LUNCHBOX SNACKS**

**Hands & Hearts will be collecting school supplies** and individually wrapped lunch snacks for our church food pantry.

We will accept any and all types of supplies – crayons, pens, pencils, scissors, rulers, paper, notebook, etc. and lunchbox items. Donation boxes can be found across from the church office and on the 1st floor of the education building.

**All donations are greatly appreciated!**

# TERRIFIC TUESDAY

## Begins September 25th

6 pm - Dinner in Asbury Center  
6:30 pm - Activity for all ages  
Children's Choir, Youth Discussion  
Groups, Adult Study and Discussion

Church family and community members of all ages are invited to Terrific Tuesday, from 6 to 7:30 pm on Tuesdays in Asbury Center. Participants share dinner, then children and youth depart for activities while adults engage in discussion. There's no cost, though freewill donations are accepted.

This Terrific Tuesday session begins September 25th and continues through December 11th. There will be no Terrific Tuesday on November 6th, Election Day, or November 20th during Thanksgiving week.

## Youth Group Kick Off

Youth Group will start the season on Sunday, Sept. 9 from 5 to 6:30 pm with a Kick Off event in Wesley Hall. Come for food, fun and information on this year's youth activities.



## Save the Dates! Koinonia

If the leaves are turning, can Christmas be far behind?

Koinonia Circle, under the umbrella of the UMW, meets twice this fall to prepare the nativity figures for distribution to the congregation's children:

**October 17 at 7 pm** to polish and glaze the nativity figures.

**November 14 at 7 pm** to package the figures for December distribution.

Stay tuned for more information on the meeting locations. **Willing hands are always welcome!**

## Northside Reading Program

This fall, 2018, is our church's seventh year of participating in the Church Union's Reading and Mentoring Program on the Northside of Pittsburgh. Recently, the program has expanded to other areas of the city, but our volunteers continue to go to the original flagship school, Manchester. On Tuesday mornings during the school year our six or seven intrepid volunteers meet at church and carpool to the Northside.

One of our volunteers goes to our assigned third grade classroom and collects six or seven students and brings them to the "reading room" where they are welcomed and invited to pick out a book to read. For a variety of reason many of the children come from chaotic homes where reading is not a priority. Therefore, their reading ability is below grade level. Our volunteers are friendly, eager to help, and accessible. This sends a message that reading can be fun!

While books are provided at Manchester, it has been our great good fortune to have received gifts of cash from church members, Kerygma class, and the church Mission Committee which enables us to buy current, high interest books to supplement the school's collection. We have given many books away as well.

During the years that data were gathered, PSSA reading scores both in the city and the state suffered an average decline of five percent. During that same period, Manchester third through fifth grade reading scores *increased* by eight percent! We look forward to another successful year.



*The late Marda Katshir,  
one of the original intrepid readers.*

# Church Financial Information

*by Rob Spicher, Finance Committee Chair*

One of the recommendations from our Church stewardship consultant, Scott McKenzie, is more transparency regarding financial matters. The Finance Committee has implemented this recommendation, and began to share quarterly financial information with the congregation in the last edition of The Window. To continue this information sharing, summarized below are the Church's 2017 actual financial results, 2018 budget, and 2018 actual financial results through June.

Revenues through June 2018 have not been sufficient to cover expenses, including our share of funding to support the Western PA Conference of the United Methodist Church. This funding is called the Connectional Contribution (aka Connectional Apportionment) and supports staff, facilities, ministries, and programs locally, elsewhere in the United States, and throughout the world.

Our annual Connectional Contribution is computed based on our operating expenses (staff, facilities, ministries, and programs) from 2 years prior. This year's Connectional Contribution of \$75,296, which was computed based on our 2016 operating expenses, equates to just over \$200 per day. As of June 30th, our Church had yet to pay any of our 2018 Connectional Contribution (although approximately \$2,700 has since been paid).

The Finance Committee has developed a strategy to address funding of the Connectional Contribution going forward. Among other things, this strategy will include increasing awareness within our congregation as to the many ministries and programs our Connectional Contribution supports. Beginning in July, Fifth Sunday Special Offering envelopes now include the Connectional Contribution as a giving option. Two of our long-time Church members also generously started a restricted endowment earlier this year, with interest from it earmarked for the Connectional Contribution.

Notwithstanding the preceding, we will likely fall short of paying our 2018 Connectional Contribution in full absent a marked increase in revenues during the balance of the year.

Any questions regarding the actual and budget information shown below should be directed to Rob Spicher (Finance Committee Chair) or Virginia Katinsky (Business Administrator and Treasurer). Both can be reached by calling the Church office (412-531-7131).

	2017	% of	2018	% of	2018	% of
					6 Month	
Church Budget	<u>Actuals</u>	<u>Expenses</u>	<u>Budget</u>	<u>Expenses</u>	<u>Actuals</u>	<u>Expenses</u>
<b>Revenue:</b>	\$689,741	83.2%	\$690,000	87.3%	\$336,949	92.4%
<b>Expenses:</b>						
Personnel	\$457,739	55.2%	\$417,774	52.8%	\$206,623	56.6%
Programs & Facilities	175,228	21.1%	160,415	20.3%	82,537	22.6%
Utilities & Taxes	101,647	12.3%	99,954	12.7%	56,443	15.5%
Insurance	34,352	4.1%	37,200	4.7%	19,221	5.3%
Connectional Contribution to WPA UM Conference*	60,369	7.3%	75,296	9.5%	0	0.0%
<b>Total Expenses</b>	<b>\$829,335</b>	<b>100%</b>	<b>\$790,639</b>	<b>100%</b>	<b>\$364,824</b>	<b>100%</b>
<b>Total Net Income (Loss)</b>	<b>(\$139,594)</b>		<b>(\$100,639)</b>		<b>(\$27,875)</b>	

\* \$87,518 requested in 2017; did not pay \$27,149

Net losses are covered by cash on hand, special gifts received, and reserves.





## Coffee Café Continues to Percolate

**The Coffee Café will be open for business on Sunday, September 16th.**

Founded and hosted by Marda Katshir and Dawn Lonsinger, the Café has provided tasty treats, friendly conversation, and great hospitality to hundreds (if not thousands) of Church members and visitors every Sunday for many years. The “welcome mat” rolled out by the Café has helped many visitors to our Church become members, and has also helped spawn several new Sunday School classes.

Earlier this summer, Marda passed on to life eternal. Dawn had previously stepped aside. However, the many contributions of both to the Café will never be forgotten. To honor the work of Marda and Dawn, a plaque in recognition of their efforts will be unveiled in the Café during a brief ceremony this fall. Please look for an announcement on it and plan to attend if you can.

The Café is now being hosted by a number of individuals and Sunday School classes on a rotating basis. If you would like to add your time and talent to the Café as a host, please contact Rob Spicher at [robert.spicher@pnc.com](mailto:robert.spicher@pnc.com) or 412-720-4589.

The Café meets in the Brookline Parlor (adjacent to the Narthex and the Scott Road entrance) at 9:30 am every Sunday. Please plan to stop in sometime soon!

## Calling All Ringers!

If you have **ever** rung a bell or **never** rung a bell, the opportunity to do so is at hand! There are immediate openings for new and experienced ringers in both Promise Bells and Chapel Bells. Each group plays approximately once a month from October or November to April, ending the season with Berries ‘n’ Bells, a concert with dessert, on Friday, May 3, 2019.

If you can read music, we can teach you how to play bells. We can teach you how to play even if you don’t read music.

**Chapel Bells** meet on Mondays at 7 pm beginning September 10. Chapel Bells needs experienced ringers to play more advanced music. Rehearsals usually last 90 minutes.

**Promise Bells** meet on Thursdays from 6:30-7:30 beginning September 13.

If you’ve never played handbells or are feeling ‘rusty’ this is the place for you! This beginning/intermediate ensemble also plays monthly at 10:45 worship service and also participates in a festival for beginning/intermediate groups. The festival is Saturday, March 30, 2019.



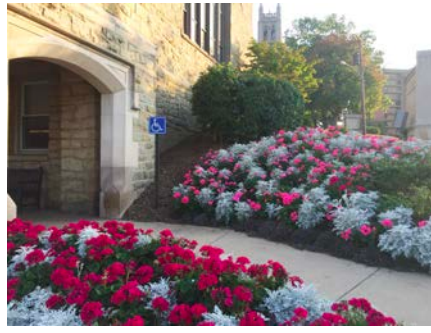
**Contact Nancy Lutz for more information:**  
[nancy.r.lutz@gmail.com](mailto:nancy.r.lutz@gmail.com)

### MLUMC Staff

Rev. Thomas Q. Strandburg, Pastor  
Kim Rhoton, Director of Christian Education  
Dr. Gretchen Franz, Director of Music  
Mettelise Ziegler, Weekday Ministries Director  
Virginia Katinsky, Business Administrator  
Monica Kao, Communications Coordinator  
Juliette Mariani, Administrative Support  
Michael Drabick, Maintenance Manager  
Michael Staab, Facility Prep and Setup

### MLUMC Volunteer Staff

Bishop George Bashore, Bishop-in-Residence  
Dr. David H. Watson, Pastor Emeritus  
Scott Miller, Assistant to the Pastor  
Nancy R. Lutz, Director of Handbells  
Joanne Dempe, Financial Secretary  
Kevin DeLuca, Multimedia  
Kirk Lowe, Multimedia/Sound  
Steve Stockton, Ethan Zirpoli, Sound  
Michael Dempe, Financial Consultant



# Thank You!



Thanks to the following people who helped prepare flower beds, plant flowers, water and continue to weed around the church: Scott Bowes, Boy Scouts from Troop 23, Hazel Cope, Betsy and Scott Harkins, Linda and Jim Hoover, Jim Lutz, Kathy Michael, Jim Morrison, Jan and Jon Rutter, Beth Santore, Kathy and Tom Strandburg and Lynne Young. Special thanks to Michael Drabick for arranging and planting the shrubs around the church. *Tom Michael*



## Email List for Church Communications

MLUMC has a faster, greener, and more frugal way of sending and receiving *The Window* and other communications. We will email you a PDF of *The Window* newsletter or you can go to the church website (mlumc.org) to read or download a PDF of the newsletter. The church will also send you "special emailings" such as advisories of deaths in the congregation and notices of schedule changes due to inclement weather. And you can receive the weekly announcements by email.

To get on the email list, fill out the form below and drop it in the offering plate – or go to the website, and under *Contact Us*, sign up for the emails online. You can also **stop** receiving a paper copy of *The Window* in the mail by by checking a box below or by contacting the church office: 412-531-7131 or churchsecretary@mlumc.org.

### Opt In or Out of Electronic Mailings:

Name \_\_\_\_\_ Email Address \_\_\_\_\_

I would like to receive by email (check all that apply):

- ☐ *The Window* as a PDF once a quarter
- ☐ Special emailings (deaths, closures, major church events)
- ☐ Announcements

☐ I would NO LONGER like to receive the mailed paper version of *The Window*



## Community Events and Outreach Committee 2 Years Old and Still Going Strong!



August marks the two year anniversary of the Community Events and Outreach Committee. Rest assured that big plans are in store for Year Three!

During the first half of 2018, the Committee organized and hosted four events – a Community Luncheon in late January, two Community Fish Fries in March during Lent, and a Community Barbecue in June. Although the food choices differed from event to event, several other aspects of each event were the same – no charge for the meal, great hospitality from the volunteers, and supplies from the Food Lift for anyone in need. Approximately 1,200 people were fed at these events at no cost to our Church. Thanks to free will donations from those who could afford to pay, many who could not afford to pay were able to eat. And, as icing on the cake, donations in excess of expenses were donated to our Food Pantry. A win-win for all involved.

During the balance of 2018, look for more information regarding two annual events - the Fall Festival scheduled for October 13 and Christmas Caroling in December. Planning will also commence for at least one and hopefully several community outreach projects that will occur in late 2018 or early 2019.

If you would like to join the Committee and play a more active role in spreading faith, hospitality, and fellowship both within and outside of our Church's walls, please contact Rob Spicher (Chair) at [robert.spicher@pnc.com](mailto:robert.spicher@pnc.com) or 412-720-4589.



## Family Fall Festival - Saturday October 13

The MLUMC annual Family Fall Festival is on Saturday, October 13, from 4 to 7 pm. Be a part of the activities for adults and kids, including a bounce house in the parking lot. Church members, friends and community are invited to games, fellowship and free or freewill offering fun food.

## The Nyadire Connection (TNC)

*The Nyadire Connection (TNC) is a multi-church, faith-based, nonprofit that supports the Methodist mission in Nyadire, Zimbabwe. The mission includes a school, teacher's college, hospital, farm, and orphanage.*

### **Sewing Party for Girl Empowerment Pads Sunday, September 9 3-6 pm Asbury Ctr.**

Come to the TNC sewing party and help tackle a problem for young women in Zimbabwe. Girls are not permitted to attend school during their periods if they cannot obtain sanitary pads. At this party we'll assemble kits of cut material, needles, and thread to be shipped to Zimbabwe for the girls to make reusable sanitary napkins. Girl Empowerment Pads, we call them.

No experience is necessary to cut fabric and put the kits together at the party, but bring scissors to use and items to donate. Kit items needed include new girl's underwear, sizes 10 to 14, misses sizes 5, 6 or 7; needles, thread, and fabric; and bars of soap, any size. Be a part of this important mission, its fellowship and fun. **Information and to RSVP: Bonnie Lawson 412-489-6182**  
[bonnielawson58@comcast.net](mailto:bonnielawson58@comcast.net).



*Nyadire girls with their Girl Empowerment Pads kits*

### **Rotary Chicken BBQ Saturday Sept. 29 11 am - 7 pm Westminster Presbyterian Church**

The annual Rotary Chicken BBQ dinner gives all proceeds to non-profit organizations, including The Nyadire Connection (TNC). Proceeds to TNC benefit continuing education for Zimbabwean teens. The \$12 ticket price includes 1/2 a BBQ chicken, sides, dessert, and a drink. Eat your meal at Westminster, or use the drive-thru! Contact Kim Rhoton for advance tickets.

## Upcoming Church Events

Sun. Sept. 9 10:45 am  
Worship returns to Sanctuary  
Sewing Party for TNC 3 pm  
Youth Group Kick-Off 5 pm

Sun. Sept. 16  
Sunday School resumes  
Backpack Blessings  
Coffee Café Opens  
Youth Group Kick-Off 5 pm

Tues. Sept. 25 6 pm  
Terrific Tuesday resumes

Sat. Oct. 13 4 pm  
Family Fall Festival

## Save the Date

Sat. Nov. 3 9 am  
Fall Rummage Sale

Nov. 11 - 18  
Family Promise Guests

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**Monica Kao**  
Communications Coordinator

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# September 2018

1

10 AM Food Pantry  
w/Food Lift Free Market

2

8:30 AM Worship  
Sanner  
10:45 AM Worship  
Asbury  
12 PM Blood Pressure  
Screening

3

**LABOR DAY**  
**OFFICE CLOSED**

4

7 PM BSA #23  
7 PM Church Council

5

7:30 AM N Side Lunch  
Prep

6

8:30 AM N Side  
Lunch Prep  
9:00 AM Hands &  
Hearts  
12 Noon TNT  
7:30 PM Choir

7

8

8 AM It's a Guy Thing

9

**SANCTUARY**  
**WORSHIP RESUMES**  
8:30 AM Worship  
Sanner  
10:45 AM Worship  
3 PM TNC Sewing Party  
5 PM Youth Group  
Kick Off

10

7 PM Chapel Bells

11

6 PM UMW  
7 PM BSA #23  
7 PM BSA Reviews  
7 PM Cub Scout  
Planning

12

6 PM Homebuilders'  
Potluck  
7 PM Bear-Tiger-Wolf  
Den Meetings  
7:30 Finance

13

6:30 PM Promise Bells  
7 PM Education  
Committee  
7:30 PM Choir

14

1:30 PM Memoirs Group  
7 PM Arrow of Light

15

10 AM Food Pantry  
w/Food Lift Free Market

16

**SUNDAY**  
**SCHOOL RESUMES**  
Backpack Blessings  
8:30 AM Worship Sanner  
9:30 AM Sunday School  
9:30 AM Coffee Café  
10:45 AM Worship Sanct.  
5 pm Youth Group  
6:30 PM Eagle Board

17

7 PM Chapel Bells  
7:30 PM Community  
Events & Outreach

18

7 PM BSA #23

19

7 PM Cub Scouts  
7 PM Trustees

20

6:30 PM Promise Bells  
7:30 PM Choir

21

9:30 AM Women's Bible  
Study

22

23

8:30 AM Worship  
Sanner  
9:30 AM Sunday School  
9:30 AM Coffee Café  
10:45 AM Worship  
Sanctuary  
5 PM Youth Group

24

7 PM Chapel Bells

25

**TERRIFIC**  
**TUESDAY RESUMES**  
6 PM Terrific Tues  
7 PM BSA #23  
7 PM BSA Brd Reviews

26

7 PM Bear-Tiger-Wolf  
Den Meetings

27

6:30 PM Promise Bells  
7:30 PM Choir

28

29

10 AM New Members  
Orientation

# October 2018

30

8:30 AM Worship  
Sanner  
9:30 AM Sunday School  
9:30 AM Coffee Café  
10:45 AM Worship  
Sanctuary

1

7 PM Chapel Bells  
7 PM Church Council

2

6 PM Terrific Tues  
7 PM BSA #23

3

7:30 AM N Side Lunch  
Prep

4

8:30 AM N Side  
Lunch Prep  
9 AM Hands & Hearts  
12 Noon TNT  
6:30 PM Promise Bells  
7:30 PM Choir

5

9:30 AM Women's Bible  
Study

6

10 AM Food Pantry  
w/Food Lift Free Market

7

8:30 AM Worship San.  
9:30 AM Sunday School  
9:30 AM Coffee Café  
10:45 AM Worship Sanct.  
12 PM Blood Pressure  
5 PM Youth Group

8

7 PM Chapel Bells

9

6 PM Terrific Tues  
7 PM BSA #23  
7 PM BSA Reviews  
7 PM Cub Scout  
Planning

10

7 PM Bear-Tiger-Wolf  
Den Meetings  
7:30 PM Finance

11

9:30 AM UMW Brd  
11 AM UMW  
6:30 PM Promise Bells  
7 PM Education  
7:30 PM Choir

12

9:30 AM Women's Bible  
Study  
1:30 PM Memoirs Group  
7 PM Arrow of Light

13

8 AM It's A Guy Thing  
4 PM Family Fall Festival



**Mt. Lebanon United Methodist Church**  
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## **MLUMC'S Wholistic Health Outreach Ministry on Sleep**

*"When you lie down, you will not be afraid; when you lie down, your sleep will be sweet." Proverbs 3:24 NIV*

Sleep is essential to your well-being. It is necessary for the body to recharge its batteries, heal its wounds, rest the spirit, and regroup for another day. Everyone needs a slightly different amount of sleep but everyone needs good quality rest. This means deep, uninterrupted sleep for at least six or more hours a night. Without good sleep you will experience fatigue, moodiness, irritability, poor memory, decreased dexterity, decreased energy level, and possibly depression.

Many things can cause a poor night's sleep: excessive napping, physical ailments, poor sleep habits, excessive worrying, or even hormonal changes. Many of these conditions can be remedied through behavior change or medical treatment. If falling asleep is difficult, establish a routine to train the brain to prepare for sleep. If sleep problems occur more than three times in a week, consider seeing a doctor. Conditions like restless legs or hot flashes can be addressed medically. Sleeplessness and fatigue may cause risks for high blood pressure, cardio-vascular problems, weight gain, or depression.

Sleep is also impacted by the mattress you have. You spend approximately one third of your life in bed so make sure it supports you well. Consider looking for a new mattress if you routinely: wake up achy/numb/stiff, toss and turn during the night, sleep better on beds other than your own, feel yours is lumpy/sags or have a mattress 5 - 7 years old.

Spiritually, sleep is important for active minds and good dispositions. The worries and challenges of daily lives often cause problems during the waking hours which can carry over into the nighttime. Turn your worries over to God. Work with His spiritual presence and His gift of medicine to achieve a restful night.

(Source: Mayo Clinic [www.mayoclinic.com/](http://www.mayoclinic.com/))