

The Window into the heart of

Mt. Lebanon United Methodist Church
Volume 4, Number 4, Holiday 2018

The Love Garden by Kim Rhoton

Hate cannot drive out hate; only love can do that. - REV. MARTIN LUTHER KING, JR.



In the wake of the tragic shooting at the Tree of Life Synagogue, many of us have been feeling overwhelmed with grief, fear, and helplessness. We grieve for the innocent lives lost to violence and hate, and we fear that this could happen again – perhaps even in our own church. How does something like this happen? How do we begin to repair the brokenness of our community? How do we find ways to encourage each other in such a difficult time? What does God ask of us as individuals and as a community of faith?

It is certain that no one individual has all the answers to these difficult questions. In the immediate aftermath of a tragedy we cry out with our neighbors, and pray for comfort. In the days and weeks afterwards, we ask God to help us find a path forward that demonstrates our commitment to loving all of God's children.

The rock painting project, or "Love Garden" as Pastor Strandburg called it, is an effort to begin to do just that. You may have noticed the collection of white rocks near the front of the church in the shape of a heart. On November 4, the children of MLUMC began to transform white rocks into colorful symbols of love, peace, and hope. They each painted a rock and placed it in the garden while praying for those hurting in our community. We hope these simple actions will bring us comfort, and let our neighbors know ours is a place of refuge to anyone seeking physical or spiritual shelter.

Over the next few weeks, we invite all who come into our church to paint a rock and place it in the Love Garden. You will find a painting station in the Welcome Center with the needed materials and specific instructions.



If you have any questions about this project, please contact Kim Rhoton at krhoton@mlumc.org.

This Issue

Pastor Tom's Page	p. 2
Thanksgiving Ministries	p. 3
Community Events & Outreach	
Weekday Ministries	p. 4
Christmas Ministries	
Music	p. 5
Volunteer at the ACJ	
Cookie & Gift Bazaar	p. 6
Teddy Bear Sunday	
Coffee Café	p. 7
Caroling	
Financial Information	p. 8
Open Hearts	p. 9
Food Pantry, Poinsettias	
Special Events, Calendar	p. 10-11
WHOM	p. 12

Living in the "Messy Middle"

A few weeks ago, I had the opportunity to benefit from the teaching of popular Christian author and teacher Barb Roose. Her most recent book is entitled, *Winning the Worry Battle: Life Lessons from the Book of Joshua*. In the book she asks, "Have you ever tried to fight worry with faith and felt you were losing the battle? Have comments like 'God's got this!' or 'Just pray about it' only left you feeling more burdened? We know we shouldn't worry, but the reality is that we all do at times. Whether it's personal worries about loved ones and daily circumstances or broader concerns about what's happening in the world, we long for something more than platitudes that will help us put real feet to our faith and win the worry battle."

The tragic events of October 27th at Tree of Life synagogue in Squirrel Hill have caused many to worry about the future. Will the families of the deceased and the survivors of the attack recover? Might this type of senseless violence happen again? Will it consume the lives of more of our neighbors, people whom we love? Questions such as these arise within us. Indeed, worry seems to be our constant companion in this life, and it is fed by our fears. As a matter of fact, Dr. Roose defines worry as "the fear of our fears." In this life, she says, we must live in the "messy middle" – the place where fear wants to grow. In this "messy middle" the future is uncertain and anxiety abounds. The "messy middle" is a continual fight for faith. It is a place where every day we are challenged to move from "worrier" to "warrior" and from fear to faith.

I am reminded of the words of a famous Jew, who became a disciple of Jesus – Saul of Tarsus. In his letter to the church at Philippi in Asia Minor he wrote: *"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus."* (Philippians 4:6-7 NLT)

These verses are God's encouragement for us. Whatever you are worried about today, give it to God. Whomever you are worried about today, entrust them to God. Then, remember to give thanks. In the middle of our fear and worry, gratitude gets pushed aside. Our minds get so focused on what we lack, that we forget the love that we've given and received. Haven't we been reminded about that over the past weeks? Even when life is really hard, nothing is ever all bad. Our neighbors at Tree of Life have taught us many lessons about that in recent days. The memory of the deceased will indeed be a blessing for us in the days ahead. There is healing in gratitude, so don't deprive yourself of it. It is the key for enduring life in the messy middle.



Pastor Strandburg participating in an interfaith candle vigil honoring the lives lost in the Tree of Life terror attack.

Have a blessed Thanksgiving,
Pastor Tom
Thomas Q. Strandburg,
Pastor

Thanksgiving Day Meal Ministries

**Bethany Ev. Lutheran Church
Prepare & Serve Dine-in Guests**



**Enjoy a FREE
Thanksgiving
Dinner**

Bethany Ev. Lutheran Church
3104 West Liberty Avenue Dormont (Pittsburgh 15216)

**Dinner served from
1 pm to 5 pm
Thanksgiving Day
November 22, 2018**

**For information, or to request
Free Delivery, call 412-531-9363**
(All delivery orders must be placed
by Tuesday, November 20)

**MLUMC - Prepare, Assemble
& Deliver to People's Homes**



**Delivering meals
to homeless, lonely
& 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 Wed.
Nov. 21 @ 9 am and Thurs.
between 8 am and 2 pm.

Drivers— to deliver
Thanksgiving meals,
arriving as early as 11:30
am, last shift @ 3 pm

Clean-team volunteers
—kitchen cleanup workers
arriving at 2 pm.



For more info, contact **Rob Spicher** at 412-720-4589 or robert.spicher@pnc.com.

Community Events and Outreach Committee – Continuing to Provide Food, Hospitality, and Fellowship to All

August marked the 2-year anniversary of the Community Events and Outreach Committee. The Committee is off to a fast start in Year 3! As of October, the Committee had organized and hosted 5 events in 2018 – a Community Luncheon in late January, two Community Fish Fries in March during Lent, a Community Barbecue in June, and a Fall Festival in early October. Although the food choices differed from event to event, other aspects of each event were the same – no charge for the meal, great hospitality from the volunteers, and wonderful fellowship for all. Approximately 1,400 people were fed at these 5 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. A win-win for all involved.

During the balance of 2018, the Committee will be working with Bethany Evangelical Lutheran Church on the Community Thanksgiving Meal on Thursday, November 22, and will be Christmas Caroling on Sunday, December 16th in the neighborhood. Planning has also commenced for at least one community outreach project in 2019.

The Committee is expanding its membership by including representatives from the Missions Committee, the Church and Society Committee, Weekday Ministries, and Boy Scout Troop 23. If you would like to join the Committee and play a more active role in spreading hospitality and fellowship both within and outside of our Church's walls, please contact Rob Spicher (Chair) at robert.spicher@pnc.com or 412-720-4589.



Weekday Ministries

by Mettelise Ziegler, WDM Director

Abounding in the Work of the Lord

Weekday Ministries Child Care Center is chugging along! We will not derail, as we have hitched our cars to the lead engine. Jesus is the expert conductor. He gets us where we need to go, even when we cannot see beyond the next hill or curve.

To remain attentive to Jesus, our older children start the day with a short devotion, prayer or Bible story. Once a month, Pastor Strandburg leads the children in a chapel service. Throughout the day, there are opportunities to read Bible stories and sing songs containing great truth.

As we approach Thanksgiving, the children will focus upon the blessings God has given them through their communities, families and churches. They will be taking a special collection for the food pantry. They are planning mini-Thanksgiving feasts to learn about the first Thanksgiving, cooking, family and the importance of sharing.

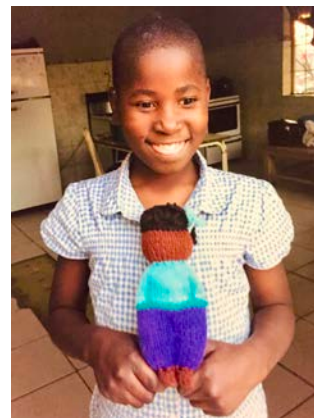
Christmas time brings the children to the manger where they see that God comes to them as a small baby. Lessons will include sacred music and appreciation for handmade, artistic gifts. We even expect our own Pastor Santa Claus to make a visit.



As we work to keep Weekday Ministries on track, we remember that the "work of the Lord" is a work of evangelism and discipleship. God is pleased when we lovingly labor; training children to follow Jesus Christ.

Sunday School Mission Sale

The Sunday school children work together throughout the year to support an orphan in Zimbabwe named Tanaka. Tanaka is nine years old and loves to sing, dance, play games, and go to school. Our sponsorship helps to provide for all the necessities of life, including food, medical care, and education expenses.



Tanaka

On December 2 and 9 the children will offer for sale a variety of small treats and crafts they have made. Please plan to stop in the Narthex after services to help support this mission. All proceeds will go to help support Tanaka and the Home of Hope Orphanage in Zimbabwe.



Advent Help Needed

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

Volunteers are also needed to assist behind the scenes and to participate in the annual **Christmas Tableaux**, scheduled for December 16 at the 10:45 service. Children and teens are needed to play the parts of angels, shepherds, and kings. 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 Tuesday, December 11 at 6:30p.m. in the sanctuary. Please contact Kim Rhoton to volunteer or with questions – krhoton@mlumc.org



The Music of Advent and Christmas

Sunday, December 2, the handbells will add to our 10:45 am worship experience.

Sunday, December 9, at 4 pm at St. Bernard's Church, Pastor Tom Strandburg and the Chancel Choir will join the clergy and musicians of St. Bernard's and Our Lady of Grace to celebrate Advent Lessons and Carols, a service of seasonal scripture readings and carol singing.

Sunday, December 16 during the 10:45 am service the story of the Birth of Jesus will be portrayed in Tableaux while church attendees sing carols and hear lovely music by the Chancel Choir, with oboe, flute, percussion and piano accompaniment.

Monday, December 24 during the 8 and 10 pm services, harpist Julia Scott and oboist Renate Sakins will accompany the Chancel Choir's moving seasonal music.

Volunteer Opportunities at the Allegheny County Jail

If you've ever thought about volunteering at the Allegheny County Jail, here are some excellent opportunities: sing Christmas carols with the inmates, wrap presents and/or donate needed items.

Advent Lessons & Carols Services

Dates:

Thurs. Nov. 29 and Fri. Dec. 7

Time: 5:30 - 7:30 pm

Restrictions:

All volunteers must be 21 or older

RSVP:

Call Marci at 412-350-2057 or email marci.burkhart@alleghenycounty.us

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. 13

Time Slots:

8 am - 12:30 pm (packaging)

5:30 - 9 pm (delivering)

Restrictions:

All volunteers must be 21 or older

RSVP:

Call Marci at 412-350-2057 or email marci.burkhart@alleghenycounty.us

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

More info:

Call Marci at 412-350-2057 or email marci.burkhart@alleghenycounty.us

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

To learn more about volunteering inside the jail, contact: foundationofhope.org

Join us December 8 for the Annual Christmas Cookie & Gift Bazaar



Iced cutout sugar cookies, buttery shortbread, spicy gingerbread, chewy peanut butter cookies, old-fashioned chocolate chip cookies, nutty almond crescents, melt-in-your mouth ginger crinkles, delicate, sugary ladylocks . . .

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 *Christmas Cookie & Gift Bazaar*. Mark your calendars now:

**Saturday, December 8
9 am – 2 pm at the church**

In addition to delicious cookies, vendors will be selling popular gift items, including Christmas crafts, jewelry, handmade items, soap, scarves, purses and other beautiful merchandise.



After you've shopped, drop into our **British tearoom** and enjoy a hot cup of tea and buttery scones, with butter, strawberry jam and whipped cream. Our own British tea maven Barbara Watson will be on hand as host. During lunch hours, hot soup and rolls will also be available for purchase. The tearoom will be open from 9 am to 1:30 pm.



All proceeds benefit women, children and youth.

Calling All Cookie Bakers

To make the United Methodist Women's annual *Christmas Cookie & Gift Bazaar* a success, we need help with homemade cookie donations. In the weeks leading up to the December 8th event, please consider:

- Baking a batch or multiple batches of your favorite cookies and freeze the cookies in sealed bags.
- Bring the cookies to the church kitchen on Thursday, Dec. 6 between 9 am and 8 pm or on Friday, Dec. 7 before noon.
- Attend the *Christmas Cookie & Gift Bazaar*, **9 am to 2 pm** at the church, **December 8** and find the perfect gifts for friends and family.

December 9 Teddy Bear Sunday

Teddy Bear Sunday will be on Sunday, December 9, when the congregation is invited to bring in a new small to medium size teddy bear for our church outreach. Faith Circle will be collecting and distributing the teddy bears to local community services such as Mt. Lebanon Hospice, our church's food pantry, local police and ambulance services, Power organization for Women, Asbury Place and more. Thank you for your support in this special outreach.





The Coffee Café

A Place Where Everyone Knows Your Name

The Coffee Café continues to be open for business every Sunday morning. Tasty treats and personal conversations continue to be its “calling cards.” Church members and visitors are always welcome.

It truly is a place where everyone “knows your name.”

The Café is hosted by a number of individuals and Sunday School classes on a rotating basis. The classes generally host the 4th Sunday of each month, and have “carte blanche” as to any programming they may wish to provide as part of their hosting duties. If you are not a member of a class but would like to experience what a particular class has to offer, please plan to visit the Café on those Sundays.

Plans remain in the works to honor Marda Katshir (who passed away earlier this year) and Dawn Lonsinger for their outstanding work in starting the Café and hosting it for approximately 15 years. A plaque in recognition of their efforts will be unveiled in the Café during a brief ceremony in early 2019. Look for an announcement on it and plan to attend if you can.



The adult Sunday school, Kerygma, hosting Coffee Café



The late Marda Katshir & her husband John



The Café meets in the Brookline Parlor (adjacent to the Narthex and the Scott Road entrance) at 9:30am every Sunday. Please plan to stop in sometime soon! To add your time and talent to the Café as a host, please contact Rob Spicher at robert.spicher@pnc.com or 412-720-4589.

Community Christmas Caroling

Please join us for Christmas caroling at the homes in the church neighborhood on Sunday, December 16. This is a fun event that requires no special singing talent, just the willingness to spread good cheer to those who live near MLUMC! The evening begins with dinner at 5 pm in Asbury Center, then caroling at 6 pm, and back to the church by 8 pm to warm up with cookies and hot cocoa. Please dress for the weather and bring a flashlight.

Register with Kim Rhoton, krhoton@mlumc.org



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 earlier this year in 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 September.

Revenues through September 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 September 30th, our Church has paid \$4,905 towards this Contribution. Absent a substantial increase in revenues during the 4th quarter, we will not be able to pay our 2018 Contribution in full.

As you read this edition of The Window, we are in the midst of completing our Church's generosity/stewardship campaign. An emphasis of this campaign has been on fulfilling our vows as United Methodists, including the vow of gifts. The financial gifts that are made by you pay our staff, maintain our facilities, and support our ministries and programs. Although all financial gifts are appreciated, pledged gifts are extremely helpful. A pledged gift is a commitment to contribute a specific amount of money at defined intervals over a calendar year. Given the historically high level of payment on pledged gifts, they remain critical to our annual budgeting and planning processes. If you have not yet pledged or made some other financial commitment to our Church for 2019, please consider doing so as soon as possible.

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
	<u>Actuals</u>	<u>Expenses</u>	<u>Budget</u>	<u>Expenses</u>	<u>6 Month Actuals</u>	<u>Expenses</u>
Church Budget Revenue:	\$689,741	83.2%	\$690,000	87.3%	\$493,219	93.7%
Expenses:						
Personnel	\$457,739	55.2%	\$417,774	52.8%	\$293,654	55.8%
Programs & Facilities	175,228	21.1%	160,415	20.3%	121,501	23.1%
Utilities & Taxes	101,647	12.3%	99,954	12.7%	79,569	15.1%
Insurance	34,352	4.1%	37,200	4.7%	26,658	5.1%
Connectional Contribution to WPA UM Conference*	60,369	7.3%	75,296	9.5%	4,905	0.9%
Total Expenses	\$829,335	100%	\$790,639	100%	\$526,287	100%
Total Net Income (Loss)	(\$139,594)		(\$100,639)		(\$33,068)	

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

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

OPEN HEARTS:

A commitment to Christ through personal giving to Mt. Lebanon United Methodist Church



On Sunday, November 11, congregation members were invited to return their 2019 Estimate of Giving Card during worship. If you were not able to attend on Commitment Sunday, you can pledge online. Go to the Mt. Lebanon United Methodist Church website, www.mlumc.org, under "Giving" and then "Pledge." You will see easy-to-follow instructions on how to make a commitment. You also can return your commitment card in person at another time or by mail. Additional cards and brochures are available on the narthex literature tables.

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)



Make a donation to the Food Pantry or purchase a poinsettia in honor or memory of friends or loved ones.

The red poinsettias cost \$8.50 and will be on display Sun. Dec. 23 and during the Christmas Eve candlelight services. You may pick up your plant after the 10 pm Christmas Eve service or after Christmas Day. Then, spread the cheer by volunteering to deliver the poinsettia to a shut-in, or ask the church to deliver.

The deadline for ordering flowers is Sun., December 2.

Christmas Memorials 2018 Order Deadline Sunday, Dec. 2.

Make check payable to MLUMC. Mark the memo line *Poinsettia* or *Food Pantry*.

Donation to MLUMC Food Pantry \$_____ Given in (circle) "memory" or "honor" of :

Number of poinsettias _____ @ \$8.50 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

Donor Name _____ Phone _____

Holiday Special Events

Thurs. Nov. 22 *Thanksgiving Meal Preps and Delivery* - 8 am to 3 pm Asbury Center

Thurs. Nov. 29 and Fri. Dec. 7 *Lessons & Carols with Allegheny Co. Jail Inmates* - 5:30 pm

Sat. Dec. 8 *Christmas Cookie Sale & Gift Bazaar* - 9 am Wesley Hall and Asbury Ctr.

Sun. Dec. 9 *Teddy Bear Sunday* - both services, teddy bear & stuffed animal donations for children's charities.

Sun. Dec. 9 *Lessons & Carols* - MLUMC, St. Bernard's & Our Lady of Grace's Choirs
4 PM St. Bernard's

Sun. Dec. 16 *Nativity Scene Tableaux with Lessons & Carols*, music by Chancel Choir and oboe, flute, percussion, piano 10:45 service

Sun. Dec. 16 *Dinner & Christmas Caroling* - 5 pm Asbury Center and the neighborhood

Mon. Dec. 24 *Christmas Eve Candlelight Services*

Service for Children & Families
5 pm

Traditional Christmas Eve Services with Chancel Choir, harp and oboe 8 and 10 pm

Wiggle room for children provided at 5 and 8 pm services

Sun. Dec. 30 - *Morning Worship* - 10:45 am **only** in Sanctuary

November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11 8:30 AM Worship Sanner 9:30 Sunday School 10:45 AM Worship Sanctuary 11:45 AM Youth Choir	12 7 PM Chapel Bells	13 10 AM Weekday Ministries Chapel 6 PM Terrific Tues 7 PM BSA #23 7 PM BSA Brd. Reviews 7 PM Cub Scout Plan	14 7 PM Koinonia UMW Circle 7 PM Cub Scout Packs 7:30 PM Finance	15 11 AM UMW Rebecca 6:30 PM Promise Bells 7:30 PM Choir Rehearsal	16 4 PM Lay Servant Ministry Class	17 9 AM Lay Servant Ministry Class 10 AM Food Pantry w/Food Lift Free Mkt.
Hosting Family Promise Sun. 11-11 through Sun. 11-18						
18 8:30 AM Worship Sanner 9:30 Sunday School 10:45 AM Worship Sanct. 11:45 AM Youth Choir 5 PM Youth Group 6:30 PM BSA Eagle	19 7 PM Chapel Bells Rehearsal 7:30 PM Community Events & Outreach Thanksgiving Meal Prep - Thanksgiving Meal Prep	20 7 PM BSA #23	21 7 PM Cub Scout Pack 7 PM Trustees	22 THANKSGIVING OFFICE CLOSED Thanksgiving Meal Prep & Delivery	23 OFFICE CLOSED	24
25 8:30 AM Worship Sanner 9:30 Sunday School 10:45 AM Worship Sanct.	26 7 PM Chapel Bells Rehearsal	27 6 PM Terrific Tues 7 PM BSA #23 7 PM BSA Board Review	28 7 PM Cub Scout Packs	29 5:30 PM Lessons & Carols @ the AC Jail 6:30 PM Promise Bells 7:30 PM Choir Rehearsal	30	1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25 December 2018	26	27	28	29	30	1 10 AM Lay Servant Ministries Classes 10 AM Food Pantry w/Food Lift Free Mkt.
2 8:30 AM Worship Sanner 930 Sunday School 10:45 AM Worship Sanct. 11:45 AM Youth Choir	3 7 PM Chapel Bells Rehearsal 7 PM Church Council	4 6 PM Terrific Tues 7 PM BSA #23	5 7:30 AM N. Side Lunch Prep	6 8:30 AM N.Side Lunch Preps 9 AM Hands & Heart Noon TNT Asbury Hghts 6:30 PM Promise Bells 7:30 PM Choir Rehearsal	7 5:30 PM Lessons & Carols @ the AC Jail	8 9 AM Christmas Cookie & Gift Bazaar 10 AM Lay Servant Ministry Classes 10 AM New Members Orientation
9 Teddy Bear Sun. 8:30 AM Worship Sanner 9:30 Sunday School 10:45 AM Worship Sanct. 11:45 AM Youth Choir 4 PM Lessons & Carols @ St. Bernard's	10 7 PM Chapel Bells Rehearsal	11 6 PM Terrific Tues 7 PM BSA #23 7 PM BSA Reviews 7 PM Cub Scout Planning	12 7 PM Cub Scout Packs 7:30 Finance	13 ACJ Packing Delivering Gifts 6:30 PM Promise Bells 7 PM Education 7:30 PM Choir Rehearsal	14 1:30 PM Memoirs Group 7 PM Cub Scout Pack	15 10 AM Food Pantry w/Food Lift Free Mkt.
16 8:30 AM Worship Sanner 930 Sunday School 10:45 AM Worship Sanct. 10:45 Tableaux 11:45 Youth Choir 5 PM Christmas Carol 6:30 PM BSA Eagle Brd	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	22
23 8:30 AM Worship Sanner 10:45 AM Worship Sanct. 11:45 Youth Choir	24 CHRISTMAS EVE SERVICES: 5 PM Children & Families 8 & 10 PM Traditional OFFICE CLOSED	25 MERRY CHRISTMAS OFFICE CLOSED	26	27	28	29
30 10:45 AM Worship Sanctuary ONLY	31	1 HAPPY NEW YEAR OFFICE CLOSED	<p><i>There is a change in the time of Christmas Eve Candlelight services this year. The Children and Families service is scheduled at 5 pm, as it has been in the past. Traditional services are at 8 and 10 pm, a change from the 11 pm time of past years. On the Sunday after Christmas, December 30, MLUMC will celebrate one worship service at 10:45 only, in the Sanctuary.</i></p>			

The Window

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

Mt. Lebanon United Methodist Church

3319 West Liberty Avenue • Pittsburgh, PA 15216
(412) 531-7131 • fax (412) 531-7155 • www.mlumc.org

RETURN SERVICE REQUESTED

Non-Profit Org.
U.S. Postage
PAID
Pittsburgh, PA
Permit No. 245

MLUMC'S Wholistic Health Outreach Ministry on Colds and Flu

"Yet I said to myself, 'This is my sickness, and I must endure it.'" Jeremiah 10:19 NIV

During this time of year we often wonder if a upper respiratory infection is a cold or the flu. Here is a chart to help determine which it is:

Cold	Symptom	Flu
Pretty rare	Fever	Usually present
Slight body aches & pains	Aches	Severe aches & pains
Uncommon	Chills	Fairly common
Fairly mild	Fatigue	Moderate to severe
Develop over a few days	Sudden Symptoms	Rapid onset of 3-6 hrs.
Hacking & productive	Coughing	Dry and nonproductive
Common	Sneezing	Uncommon
Common	Stuffy Nose	Uncommon
Mild to moderate	Sore Throat	Uncommon
Mild to moderate	Chest Discomfort	Often severe
Fairly uncommon	Headache	Very common

Unlike colds, flu can lead to complications like pneumonia, especially in the old, the young, and those with serious health issues. Viruses are transmitted by contact with objects that the infected person has touched after coughing or sneezing. Germs can be transmitted 1 day before symptoms appear and up to 5 days after getting sick.

Stay healthy by eating well, exercising regularly, getting plenty of rest, and practicing good hand washing. If you are ill stay home; don't share your germs. Treat your symptoms: hydrate, get plenty of rest, gargle to moisten a sore throat, drink hot liquids to relieve nasal congestion, take a steamy shower to clear nasal passages, apply hot or cold packs to congested sinuses, and avoid travel by air. If you are healthy, share Jesus' love by taking a sick one chicken soup or fluids and caring for the children. (Source: Mayo Clinic, www.mayoclinic.com)