

Please join us for morning worship at 9:00 AM.

the LUMC

August 2009

Sunbeam

lansingunited.org



Lansing United Methodist Church
Route 34B and Brickyard Road, South Lansing

Pastor: Bill Gottschalk-Fielding • Program Associate: Marilyn Paradise • Youth Coordinator: Kevin Dunn



"God is spirit,
& his worshipers
must worship in
spirit & in truth."

John 4:24



From the Pastor

Being a Disciple

As I reported in this space last month, I spent several days in early July reading, writing, and pondering what's involved in a church's ministry of disciple-making. It was a fruitful time for me. I managed to read and take notes on four books, which isn't bad. Haven't been able to digest that much material in such a short span of time since college! But more than covering material, I found my passion for spiritual formation rekindled. Growing in Christ and helping others grow in Christ is what makes my heart sing.

Jeff Jones, one of the authors I read last month, captured the heart and soul of disciple-making this way. He said, "The best way any of us can serve another person is to aid them in becoming the person God intended them to be." To aid others in becoming the person God intended them to be—I think that's an excellent definition of the core mission of a congregation. It assumes at least three things: (1) God has vision for each life; (2) This vision can only be realized with the help of others; and (3) God wants the church to be among those who provide such help.

A couple of the "big questions" I pondered (and continue to ponder) include this one: How does our church help a person discover God's vision and move toward it? We do both things at LUMC, you know. An example I used in a sermon back in July involved the "transformation" of 6-, 7-, and 8-year-old VBS participants into 12-, 13-, and 14-year-old VBS workers. The change came about not simply with the passing of years. These children who became youth needed a church who'd tell them "you are God's servants" and then make a place for them to serve! Your church does that.

And we can do more. God has a dream for each and everyone of us. What can we as a church do to help one another see and live into that vision? Be thinking and praying along with me as we seek God's next steps for our work together.

+Grace and Peace,

Pastor Bill

Summer Picnics and Ice Cream Socials
LUMC summer picnics are scheduled for August 12, hosted by Frank and Lorrie Phillips and August 27, hosted by Joyce and Vic Rendano. A great opportunity to stay in touch with your church family. Gather around 6:00. Bring a seat, a dish to pass, and something to grill, if you want. Your hosts will have a beverages and a hot grill ready to go. Rain or shine!

Another great way to stay in touch with your church family over the summer is ice cream socials. The August ice cream get togethers are at Cream at the Top on August 2, and Lake Breeze on August 16. 7:30 PM both nights.

Spread the Word at Harborfest

Lansing UMC will be hosting a table at the Harbor Festival at Myers Park on August 15. We'd love your help at the table for an hour or two. Please call Bonnie Blair at 229-2847 or e-mail bonnieblair@twcny.rr.com to sign up or get more information. Thanks to the generosity of the Pinney family, the K.A.N. kids will also be sponsoring a bounce house to raise money and awareness for "Nothing But Nets," in support of the United Methodist Church's anti-malaria initiatives. Bring your families by for some fun in support of a great cause.

To All New Volunteers who want to work with the children and youth of LUMC:

Please stop by the church office and pick up a Volunteer Application and Disclosure Form. We need to have these filled out and returned to the church office before Sunday school starts in September. You will also need to attend a Safe Sanctuary Class that will be offered in the fall. Any questions, please contact Pastor Bill, Marilyn Paradise, or Karyn Yahn.

Prayer Requests

Dave Ackley, father of Sue Munson
Mia Avramis
Linda Bancroft, friend of Barb White
Joan Barra, Frank & Betty Trinkl's daughter
Clarence Benson, Groton Nursing Facility, 120 Sykes Street, Room 117A, Groton, NY 13073
Bobbie, friend of Judy Butman
Cindie Bobnick, Shelly Uhl-Stark's sister
Mary Brennan, Marcia Lynch's "Aunt Mary"
Brian Cleveland, 7358 Cedar Street, Akron, NY 14001
Susan Davidson, 1812 Ridge Road, Lansing, NY 14882
Michelle DiPrimio
Adam Frey, Cayla's friend
Shirley Graves
Hannah, Meredith Czymmek's good friend
Bonnie Huff, friend of Judy Butman
Jeannie, friend of Judy Butman
Kathy, Lorraine Groat's daughter
Katie, friend of Glenn Swanson
Shyanne Loveless, granddaughter of Cheryl Dykeman-Loveless
Sheryl Mattoon, friend of Barb White
Mark Maciak, husband of Loretta Bidlespacher's cousin
Glenna Miller-Labar and family, friends of the Czymmeks
Eleanor Moir, Kathy Sannerud's cousin
Janet Passmore
Marion Picciano
Harry Reinhart, 615 Ridge Road, Lansing, NY 14882
Marge Rundle, grandmother of Melissa Ferris
Frannie Sampson, 1138 Auburn Road, Groton, NY 13073
Teresa Sharp
Dan Shoupe
Helen Stoll, Groton Nursing Facility, 120 Sykes Street, Room 213A, Groton, NY 13073
Harry Uhl, Sr., Shelly Uhl-Stark's father
Kylie Walley, friend of Anne Czymmek
Charlotte Wilson

Worship in August

We're back in the church sanctuary this month after some wonderful Sundays down at the park. The focus this month in worship will be given in part by the gospel readings, four of which come out of the sixth chapter of John. If you want to be better prepared to listen for God's word to you in worship, I'd dig out that chapter and sit with it for a while. This passage might prompt you to ask yourself the following question (as it's been prompting me to ask myself): What really nourishes the soul? We know quite a bit about healthy eating and its impact on the body; but what sort of "bread" do we need for the soul? I'd also ask you to take note of the resistance Jesus encounters in this chapter. Though he speaks the truth and offers a way to gain real and lasting life, many don't want to receive what's good for them. They're kind of like the little kid who won't eat his carrots, even though mom says they're awfully good for him. What soul-nourishment are you finding "hard to swallow?" Being regular at worship? Finding a set time to pray and read Scripture? Seek out someone who's wronged you (or you've wronged) and making it right? Trusting God to be God and make a way for you? Let's "gather 'round" the Word, the Table, and the Font in August and find some nourishment for the soul.

August 2—Ninth Sunday after Pentecost: We'll celebrate both the Holy Baptism and Holy Communion today. Read: 2 Samuel 11:26-12:13a; Psalm 51:1-12; Ephesians 4:1-16; and John 6:24-35.

August 9—Tenth Sunday after Pentecost: Read: 2 Samuel 18:5-9, 15, 31-33; Psalm 130; Ephesians 4:25-5:2; and John 6:35, 41-51.

August 16—Eleventh Sunday after Pentecost: Read: 1 Kings 2:10-12; 3:3-14; Psalm 111; Ephesians 5:15-20; and John 6:51-58.

August 23—Twelfth Sunday after Pentecost: Read: 1 Kings 8:1, 6, 10-11; 22-30, 41-43; Psalm 84; Ephesians 6:10-20; and John 6:56-69.

August 30—Thirteenth Sunday after Pentecost: Read: Song of Solomon 2:8-13; Psalm 45:1-2, 6-9; James 1:17-27; and Mark 7:1-8, 14-15, 21-23.



School Kits

August is a great time to take advantage of back-to-school sales to pick up materials for our Church World Service School Kits. Let's top last year's record of 525 kits. Remember: due to international customs rules, kits must have these exact items.

- One pair of blunt scissors
- One hand-held pencil sharpener
- Three spiral or tape-bound 70-count pads or notebooks of ruled paper 8-1/2" X 11" (or 8" X 10 1/2"), containing 200-210 sheets of paper. No loose-leaf, filler paper, please.
- Six new pencils with erasers
- One large eraser
- One 30-centimeter ruler (12")
- One box of 24 crayons (no more, no less)
- One 12" x 14" cloth bag with cloth handles, to hold the above items

Report from Ghana: Rockin' with Obama

by Caitlin Hardie, Peace Corps Missionary to Ghana

Peace Corps isn't easy. Sometimes (more often than not) things don't go well. You miss your friends and family at home along with cheeseburgers and ice cream. You challenge to adapt to a new culture, language, and foods. You can get miserably sick, lonely, discouraged, and frustrated on a regular basis. But despite all these challenges, sometimes I can't help but think that choosing Peace Corps as the next step in this journey we call life, and being blessed with going to Peace Corps Ghana, was by far the best decision I've ever made. It's not for everyone, but I've certainly been a lucky girl, and while I can't wait to come home and see all of you, the day I leave Ghana will be a sad one.

So a bit about my last few weeks and what the next few months hold for me.

Camp GGLOW

I joined together with a few neighboring Peace Corps Volunteers to do a week-long leadership camp for middle school aged boys and girls from our towns and villages. Camp GGLOW (Girls and Guys Leading Our World) was exhausting, running around after a bunch of kids ages 13 to 20 (yes, all middle school) for a week, but a huge success. We had sessions on setting goals and planning for the future, sexual health and HIV/AIDS, study skills, saving money and budgeting, gender issues, staying in school, making good decisions, and much more. The kids took a tour of the local hospital, learned how to open their own bank account, did arts and crafts, and enjoyed being kids. So often Ghanaian children are forced to grow up much more quickly than they should—one of our students at camp was the mother of a 2-year-old daughter. Most

children in Ghana are responsible for their younger siblings, cooking, cleaning, washing clothes, fetching firewood, and much, much more. They don't have much time to study, relax, or simply goof off. There are no violin lessons, play dates, after school clubs, or parent chaperoned dances. It was great being able to give the kids a week full of fun and learning.

My Primary Project

I work with a small microcredit lending agency in my town. My time spent here has been devoted to training our employees to better manage the business and help people receive access to loans, to improve their businesses. I wrote a proposal a while back requesting funds to purchase a basic office equipment (computer, printer, etc) for our office to better manage accounts and the business. Thanks to some of your generous donations I will be purchasing the equipment and installing it this week. Progress is delightful.


In the works

We are still waiting on final approvals and funding for my grand idea of a mobile HIV/AIDS awareness campaign using a boat to reach the remote island villages on Lake Volta (the world's largest man-made lake). It's frustrating having to wade through Peace Corps bureaucratic mess, but I can't wait. The goal is to have the two-week event come on the last two weeks of September. I'll let you know how it goes!

Looking forward to August

I'm travelling with a friend to a big festival in the Southern part of the Volta region. Many of my friends and people in town are originally from this town and go back every year the first

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2 Pickup Choir 8:30 Worship 9:00</p> <p>Ice Cream Social at Cream at the Top 7:30</p>	<p>3 Caregivers 9:00</p> <p>Senior High Youth 6:15</p>	<p>4 Quilt Bee 9:30</p> <p>Staff Parish 7:00</p>	<p>5 Prayer Service 9:00</p> <p>Women's Bible Study Luncheon 11:30</p>	<p>6</p>	<p>7</p>	<p>1 Prayer Shawl Ministry 10:00</p> <p>Mens' Breakfast every Saturday at Linda's in North Lansing 7:00</p>
<p>9 Pickup Choir 8:30 Worship 9:00</p>	<p>10</p>	<p>11 Quilt Bee 9:30</p>	<p>12 Prayer Service 9:00</p> <p>Church Picnic 6:00 Hosted by Frank and Laurie Philips</p>	<p>13 Trustees 7:30</p>	<p>14</p>	<p>15 Mens' Breakfast 7:00</p> <p>Lansing Harborfest</p> <p>SUNBEAM DEADLINE 12:00 Midnight</p>
<p>16 Pickup Choir 8:30 Worship 9:00</p> <p>Ice Cream Social at Lake Breeze 7:30</p>	<p>17 Mobile Food Pantry 10:00</p> <p>Haiti 7:00</p>	<p>18 Quilt Bee 9:30</p> <p>Membership 7:00</p>	<p>19 Prayer Service 9:00</p>	<p>20</p>	<p>21</p>	<p>22 Mens' Breakfast 7:00</p>
<p>23 Worship 9:00</p>	<p>24 Food Pantry 3:00</p>	<p>25 Quilt Bee 9:30</p> <p>Worship Committee 7:30</p>	<p>26 Prayer Service 9:00</p>	<p>27 Church Picnic 6:00 Hosted by Joyce and Vic Rendano</p>	<p>28 Senior High Youth 5:30</p>	<p>29 Mens' Breakfast 7:00</p>
<p>30 Worship 9:00</p>	<p>31</p>	<p>Note: This calendar is current as of July 22. For updates to all LUMC events, visit lansingunited.org and see our virtual church calendar, and check the bulletin when you're in church on Sunday.</p>		 <p><i>Lansing United Methodist Church</i></p>		<p><i>August 2009</i></p>



VBS: Return from Crocodile Dock

We the children of Lansing United Methodist Church want to thank our whole congregation for the amazing gift of Vacation Bible School that you gave us this July. We had a fantastic time at Crocodile Dock!! We learned so much about God and how much he loves us. If you have a minute, let us tell you more about it.

We met Croc Dock Di, a great lady who got us off to a running start every day. She could shout "Fear Not" with the best of them, and knew lots about what's in the Bible. We had Bible Memory Buddies who helped us remember that God Is Always with Us, God Is Powerful, God Always Does What He Says He'll Do, God Gives Us Life, and God Cares for Us. Even our new friend Skeeter understood that last Bible Point. Every night, we shared God



Sightings—the examples of when we saw God around us. It's amazing how often you can see God when you're really looking for Him.

Every one of us had a God Sighting when the Worship Crew got up to sing. Led by our friend Casey Phlegar, their enthusiasm and great singing charged us all up. Every night we got to sing our theme song, "I Will Not Be Afraid," and "This Little Light of Mine" (when our crew leaders brought our God Sighting lights up to the front of the swamp). With songs we celebrated everything, from God's power to His "Amazing Love."



Thanks to you, we have a CD of this fantastic music to keep our VBS experience alive. We've heard that a lot of people have a tough time understanding the Exodus story, but we know they wouldn't if they could have been with us when Pastor Bill and Mrs. Paradise explained it. The God we know doesn't send plagues, but He had to back then

Continued at right

Crocodile Dock (continued)

because most people didn't know Him and He had to show them the hard way that He is the one and only Lord. We met Pharaoh—he was just plain stubborn and defiant. God gave Pharaoh chance, after chance, after chance, and warned him clearly what terrible things would happen if he didn't obey. God also promised to protect His people throughout all of these terrible trials. God kept His promise and the most terrible plague of all passed over the Hebrew families, who painted lamb's blood above their doorways. We took a short journey into the New Testament to see that God gave us our own Passover lamb in Jesus, whose sacrifice has saved all of us. Wow! Then we got to see the happy ending (or new beginning?) of the Hebrew people being freed and leaving Egypt, thanks to God's miracle of the parting of the Red Sea.

We got to take turns helping to prepare snacks for the whole group. We also got to tell everyone about the snacks and what they meant. One example was "burning bush in a bowl." At the Crawfish Crafts station, we made "Fear Not" bracelets or pulls and a Lantern



to take home with our God Sighting light, among other fun activities. Our Gator games got us wet and wild in the bayou



theme. Our Moms and Dads got to read about what we did every night with the "What's Up at the Dock" newsletter.

Speaking of the bayou, we forgot to tell you what a fantastic swamp we were in. If we didn't know better, we would have thought we were down in the bayou sitting on the dock, watching a gorgeous sunset through the swamp cypress trees. Mrs. Burt sure is a creative inspiration for all of us!

We ended each day with a great slide show that told the Bible Story using pictures of us! Croc Dock Di helped us remember the story with a dramatic illustration, from letting go of our fears and watching them soar up to God to Jesus taking away all of our sins.

During the week, we also participated in a mission project inspired by God's leading His people to the new home He promised them. We learned about Habitat for Humanity and the house being built right here in Lansing for, and with, a deserving family. That house is known as "Amber's house." We brought in donations to help pay for the cost of interior doors in the new house. Every time we had enough to pay for a door, we painted a cardboard door. When we started, we were hoping to paint enough doors to have one with every color of the rainbow. When we finished, we'd gone well beyond

Continued on next page

Crocodile Dock (concluded)

that! We contributed \$550 towards Amber's House. We're really proud to have shared a little of God's light and helped the wonderful people of Habitat for Humanity do remarkable things in our community.

Before we end our story, we want to say a specific thank you to all of you who volunteered to make VBS happen. It was especially exciting for us to see all of the teenagers who helped by leading crews, teaching us games and crafts, making sure we could watch and hear the videos and music, and leading the Worship Crew. Now we know that when we get older, we can still have a great time at VBS! **Thank you!!!** to Beth Acoff, Jo Baker, Bonnie Blair, Jim



Pharaoh has trouble, and doesn't know it.. yet.

Blair, Sharon Bowman, Ashley Burt, Kristen Burt, Pastor Bill, Tasha Gottschalk-Fielding, Jasmond Johnson, Janet Keefe, Bob Keefe, Martin Keefe, Melody Lombardo, Pastor Dave Nichols, Marilyn Paradise, Marisa Paradise, Casey Phlegar, Karen Phlegar, Lauren Phlegar, Mary Alice Rounds, Trevor Rounds, Jeanne Taylor, Gary Travis, Dianne Walter, Stacy Wilder, Amy Winslow, Denise Wyszowski, Jason Yahn, Karen Yahn, and all our friends at All Saints Church who volunteered.—*Bonnie Blair*

Women's Bible Study Luncheon

The Summer Luncheon of the Women's Bible Study will be at 11:30 a.m. on Wednesday, August 5, at the home of Nancy Myers, 121 Pinckney Road, in Etna (although it's an Ithaca post office address). Please bring a dish to pass. Table service and beverages will be provided.

To reduce congestion and parking problems, we will plan on carpooling from the Church at 11:00 AM for those who are interested.

If you have questions, please call Jan Nagel at 533-4086 or Nancy Myers at 291-4042.



Report from Ghana (concluded)

weekend in August for their homecoming festival. To give you an idea of what goes on... it is a combination of University of Delaware's homecoming, and Ithaca Festival.

Soon I head to the beach for a week-long close-of-service conference. September 18 will mark 2 years for me in Ghana, and after that its just 2 more months!

...and let's see...there was one more thing I wanted to tell you all...oh yes. the President!

Obama in Ghana

All Peace Corps Volunteers were invited to see Obama's closing remarks as he was leaving Ghana. We met at the U.S. Embassy, received our tickets, and boarded buses to go to the airport, where we would see him off. We waited around on the buses for awhile before passing through metal detectors to the area reserved for Embassy staff and Peace Corps Volunteers. We waited around for awhile, and enjoyed taking pictures with Air Force One before his arrival. He cruised in on a helicopter from Cape Coast, where he had toured the slave castle, and joined the Ghanaian president, Atta Mills, on the podium. It was tough being all the way over in Ghana during the elections, and talking to Andrew Whiting on my cell as he watched Obama's inauguration. I felt like I was missing a lot of things, but being able to stand 20 feet from where Obama gave his speech on US/Ghanaian relations, and his shout out to the Peace Corps, made missing everything else seem like no big deal. He and Michelle shook hands, and boarded Air Force One, and we all waved goodbye. If you happened to be watching CNN you may be able to pick out my blond hair in the crowd on Obama's right (check it out online if it's still up): <http://edition.cnn.com/video/#/video/world/2009/07/11/obama.ghana.goodbye.cnn?iref=videosearch>

Editor's note: CNN had this video up as of July 22. At about 1:20 to 1:50 of this 7 minute clip, a person with very blonde hair is visible. Is it Caitlin? We report, you decide. (Oh, whoops, wrong network.)—gw

Hope this finds you all happy and healthy and loving life as much as I am.

Caitlin B. Hardie
Peace Corps Volunteer
Small Enterprise Development
Peace Corps Ghana
P.O. Box 5796
Accra-North, Ghana
West Africa

August Pickup Choir

Join the choir—but just for one or three Sundays. During several Sundays in August we will have a pickup choir.

Art Loomis will lead the choir on August 2; Jim Evans on August 9; and Diane Withiam on August 16.

Here's how it works. Come at 8:30 to learn a piece of music to sing in the 9:00 service. The music is always chosen to be easy to learn and sing. So, plan to be part of our pickup choir.

Backpacks for Food Pantry

The food pantry is looking for some gently used backpacks to distribute in August. If you have a bookbag or daypack, just drop it next to the storage room door in the fellowship hall. It will go to a good home.



The Sunbeam

August 2009

Lansing United
Methodist Church

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Summer schedule

August: Worship at Church, 9:00

Lansing United Methodist Church

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Please send your news to Glenn Withiam, editor,
at grw4@cornell.edu, or use the Sunbeam folder
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