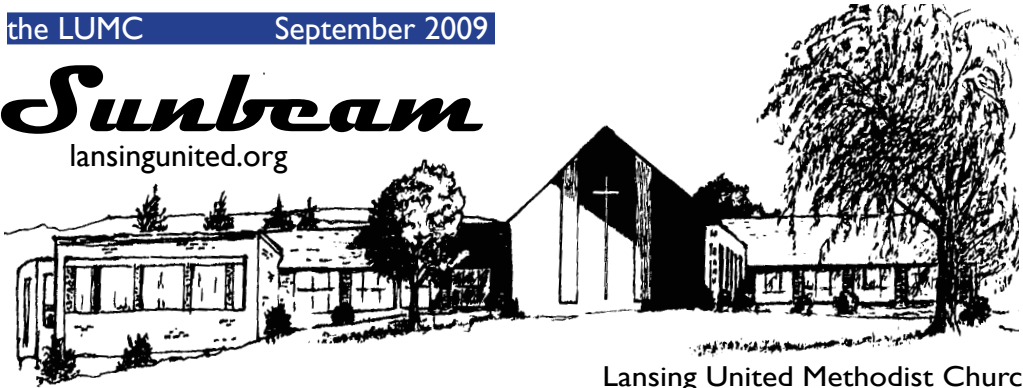


Please join us for worship at 9:00 AM and 6:00 PM.

the LUMC September 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



Let the little children
come to me....

LUKE 18:16

Sunday School Breakfast and Registration,
September 13



One Habit of Highly Effective People

From the Pastor

Summer is wonderful in most ways, but it does disrupt the pattern of worship we've been practicing during the previous ten months. The desire to be outdoors enjoying the sun and the water Sunday morning keeps many of us away from worship. Travel to vacation spots or to visit family often puts us in situations where getting to church isn't easy. Some Sundays we're just too tired from lawn work, hot weather, and recreation to make the effort to get to church. The air conditioner and the tall glass of lemonade hold too powerful an attraction.

It may sound a bit heretical, but I don't think this is a terrible thing. We live with six months of snow and cold; God surely understands our longing to soak up some rays when the time is right. Spotty worship attendance is just a reality in the summer, plain and simple.

The challenge I'm more interested in facing is how to get us back into the healthy habit of regular worship now that September is here. Worship is life-giving and life-guiding. Go too long without worship, and your soul will shrivel and your way will be lost. Maybe you're already aware of some symptoms of "worship deprivation"; maybe you've already been looking forward to getting back into the swing of things worship-wise.

But how? How do you establish or restart a healthy (and holy) habit like worship?

I heard it said by several people habits take about seven weeks to build. Make the effort to do something regularly for seven weeks, and

it will become a part of your normal routine. With this in mind, I'm proposing a challenge to you: beginning September 20 (the start of Sunday School) commit to attending church every Sunday for seven weeks. That would get us to November 1st, All Saints Sunday. Do whatever it takes to do this and see if the habit doesn't form. More important, do this and see if you aren't experiencing a wonderful blessing.

Not sure? Remember, you'll have two chances each Sunday to worship: Sunday morning at 9:00 AM and Sunday evening (The Fireplace Service) at 6:00 PM. Remember, too, if you're away you can visit a church wherever you might be. Bring me the bulletin and I'll be grateful. Finally, remember no one expects you to come to church when you're ill, especially during flu season. Let us know if you need us to bring you a pot of soup, but stay home and get well.

To "sweeten the pot" and make this fun, expect some sort of surprise each of these seven Sundays. What sort of surprise? You'll have to wait (and attend!) and see.

Are you up for the challenge? Are you eager to build a healthy and holy habit? Let's do this together and get ourselves in a position to be blessed by the God who is Lord of every season.

+Grace and Peace,

Pastor Bn

Choir Dish-to-Pass Picnic

September 2, 6:00
Diane and Glenn Withiam's home
1196 Ridge Rd.

Are you interested in choir and would you like to meet the crew? Or have you been in choir and would you just like to get together? We'd love to have you come to the choir dish-to-pass picnic. We'll have all the fixings and so forth, and if it's dry we'll even picnic outside! Choir rehearsals start September 9, and you can join for a season or for a particular length of time (or forever, your call).

Junior Choir Resumes This Fall

Watch the choir room door for information on junior choir, which will begin in a few weeks. Children in grades 3 through 8 are welcome to sing, as well as children in grade 2 with permission. Any questions, see Diane Withiam.

Convener's Corner

also known as Pastor Bill's Blog

As many of you may know, Bishop Matthews has given Pastor Bill the considerable challenge of being a facilitator of meetings that will result in a merger of the four upstate annual conferences. In his official capacity, he has the title of Convener of the New ACT (Area/Conference Team). At the moment, this new conference, which stretches from Chautauqua to Plattsburgh, excluding only the Catskills, Hudson Valley, and New York City, is known as the Upper New York Episcopal Area, at least until someone is inspired to come up with a better name.

In the meantime, find Pastor Bill's blog at convenerscorner.blogspot.com/—gw

Prayer Requests

Mia Avramis
Joan Barra, Frank & Betty Trinkl's daughter
Clarence Benson, Groton Nursing Facility, 120 Sykes Street, Room 117A, Groton
Bobbie, friend of Judy Butman
Bobbie, friend of Mary Searles
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
Paul Dedrick, friend of Mary Searles
Michelle DiPrimio
Ruby Ferris
Adam Frey, Cayla's friend
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

Mark Maciak, husband of Loretta Bidlespacher's cousin
Sheryl Mattoon, friend of Barb White
Carrie Ann Michielen, Barb White's daughter
Glenna Miller-Labar and family, friends of the Czymmeks
Eleanor Moir, Kathy Sannerud's cousin
Janet Passmore

Adam and Ellie Phillips, children of Frank and Lorrie Phillips
Marion Picciano
Harry Reinhart, 615 Ridge Road
Marge Rundle, grandmother of Melissa Ferris
Fannie Sampson, 1138 Auburn Road, (Groton, NY 13073)

Teresa Sharp
Dan Shoupe
Linda Bancroft Smith, friend of Barb White
Helen Stoll, Groton Nursing Facility, 120 Sykes Street, Room 213A, Groton
Harry Uhl, Sr., Shelly Uhl-Stark's father
Charles Volbrecht, Jr.
Kylie Walley, friend of Anne Czymmek
Charlotte Wilson
Mourning friends and family of Bette Nobles

Worship in September

The children's Sunday School program (which holds its first class on September 20) will be following a curriculum focused around "Jesus the Teacher." Each week our children will be challenged to hear, understand, and practice some of the teachings of Jesus. This is a wonderful focus because Jesus' teachings nourish and sustain our faith. Because it's been our practice of recent years to align worship themes with Sunday School, Sunday morning worship will be shaped around the gospel passage where we hear the words of our Teacher. To prepare for worship in these days, look up the Sunday gospel reading. What human problem is Jesus addressing? What solution does he offer? What changes would you need to make in your life to follow this teaching? What difference might that make? Start working on these questions now and bring them along with you to church each Sunday. Together we'll search for some answers.—P.B.

September 2—Prayer service at 9:00 AM.

September 6—Fourteenth Sunday after Pentecost. Worship at 9:00 AM. Read: Proverbs 22:1-2, 8-9, 22-23; Psalm 125; James 2:1-10 (11-13) 14-17; and Mark 7:24-37.

September 9—Prayer service at 9:00 AM.

September 13—Fifteenth Sunday after Pentecost. Worship at 9:00 AM and 6:00 PM. Read: Proverbs 1:20-33; Psalm 19; James 3:1-12; and Mark 8:27-38.

September 16—Prayer service at 9:00 AM.

September 20—Sixteenth Sunday after Pentecost. Worship at 9:00 AM and 6:00 PM. Read: Proverbs 31:10-31; Psalm 1; James 3:13-4:3, 7-8a; and Mark 9:30-37.

September 23—Prayer service at 9:00 AM.

September 27—Seventeenth Sunday after Pentecost. Worship at 9:00 AM and 6:00 PM. Read: Esther 7:1-6, 9-10; 9:20-22; Psalm 124; James 5:13-20; and Mark 9:38-50.

September 30—Prayer service at 9:00 AM.

The Fireplace Service, a contemporary service of worship designed for the whole family, will begin again Sunday, September 13, at 6:00 PM. We meet in the fellowship hall. Come and bring a neighbor!

School Kits

There's still time to find back-to-school bargains so you can pick up materials for our Church World Service School Kits. We're shooting to top last year's total of 525 kits. Remember: due to international customs rules, kits must have these exact items.

- One pair of blunt scissors
- 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.
- One 30-centimeter ruler (12")
- One hand-held pencil sharpener
- Six new pencils with erasers
- One large eraser
- One box of 24 crayons (no more, no less)
- One 12" x 14" cloth bag with cloth handles, to hold the above items

The Soil That Nourishes Our Faith

The Adult Ministry Committee had the pleasure of meeting over the summer at Mike Walter's house. It was our semi-annual get together and we discussed the direction of adult ministries. The committee is composed of Mike (chair), Jan and Bob Nagel, Amara Camp, Cindy Howell, and myself. This committee oversees a wide range of programs including the adult Sunday school class, Bible studies, disciple class, the weekly Prayer Service, small groups, Women's and Men's ministries, and other retreats and congregational events. During our evening together we had a chance to talk about our mission statement, identify possible topics of interest and raise some thought provoking questions about our faith journey. The conversation seemed to be drawn towards a discussion about the roots of our faith, where it originated and what is the soil that nourishes it. This year we will try to address these topics and others. Over the next few months you will hear about the Orthodox Church, seasons and symbols in the church, being a mentor, a disciple, and a person of faith. We will offer a short term bible study, mission group presentations and a variety of topics to further the discussions. Hope you will plan to attend.

On Sunday, September 13, following the morning Service of Worship we will kick off our Sunday School year with the **Annual**

Waffle Breakfast in the fellowship hall. Sunday School registration takes place for children and youth during this time.

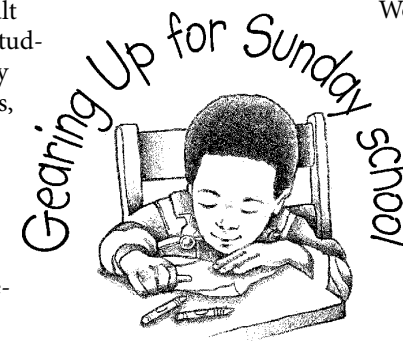
The **Women's Bible Study** begins on Wednesday, September 16, with the Book of Acts or The Acts of the Apostles, led by Jan Nagel. Study books are available and new students are welcome. Just prior to the

Women's Bible study, the **Weekly Prayer Service** meets in the sanctuary for 20 minutes of prayer and devotions. Please join us for these informal gatherings.

Adult Sunday School class begins on September 20 with Pastor Bill leading a two-part series on where our faith was first nourished and where it is nourished today.

Children's Sunday School begins a unit entitled "Jesus, The Teacher." The children will learn about the Beatitudes, the collection of teachings about blessings in Matthew's Gospel. The children will hear what a blessing it is just to be who they are. And they will learn that our faith calls us to share these "blessings" in the world.

As we begin this fall together here at church it is our hope and prayer that whether you attend the Sunday morning worship service or the Contemporary Sunday evening service, join a small group or bible study, you will find meaningful ways to nourish your faith. God Bless.—*Marilyn Paradise*



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



*Lansing United
Methodist Church*

		1 Quilt Bee 9:30 Youth Ministry 7:00	2 Prayer Service 9:00 Choir Organizational Dinner 6:00	3	4	5 Mens' Breakfast every Saturday at Linda's in North Lansing 7:00
6 Worship 9:00	7 Labor Day Office Closed	8 Quilt Bee 9:30 Church Council 7:00	9 Prayer Service 9:00 Bell Choir 6:00 Choir 7:00	10	11	12 Mens' Breakfast 7:00 Blood Drive 8:30 By app't or walk-in
13 Worship 9:00 Waffle and Ice Cream Breakfast and Sunday School Registration 10:30 Children's Ministry 11:30 Kids in Action Now 4:00 The Fireplace Contemporary Worship 6:00	14 Caregivers 9:00 Staff Parish 7:00 Trustees 7:30	15 Quilt Bee 9:30 Membership 7:00 SUNBEAM DEADLINE 12:00 Midnight	16 Prayer Service 9:00 Women's Bible Study 9:30 Bell Choir 6:00 Choir 7:00	17 Senior High Youth 6:15	18	19 Mens' Breakfast 7:00
20 Worship 9:00 Sunday School Classes Begin 10:30 The Fireplace Contemporary Worship 6:00	21 Mobile Food Pantry 10:00	22 Quilt Bee 9:30	23 Prayer Service 9:00 Women's Bible Study 9:30 Bell Choir 6:00 Choir 7:00	24 Dish-to-Pass Dinner 6:00	25	26 Mens' Breakfast 7:00 Church Planning Day Details to Follow
27 Worship 9:00 Sunday School 10:30 Kids in Action Now 4:00 The Fireplace Contemporary Worship 6:00	28 Food Pantry 3:00	29 Quilt Bee 9:30	30 Prayer Service 9:00 Women's Bible Study 9:30 Flu Clinic 10:00, by app't. Bell Choir 6:00 Choir 7:00	<div data-bbox="1645 1226 2145 1425" data-label="Text"> <p>Note: This calendar is current as of August 21. 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> </div>		<div data-bbox="2217 1234 2526 1356" data-label="Text"> <p><i>September 2009</i></p> </div>



these nets can make, and fun to share some of that information with the families that stopped by for a little fun. For example, why would these bed nets make a difference if they only protect people when they are sleeping? In other words, what protects them during the day? Well, the type of mosquitoes that carry malaria are nocturnal—they aren't out at all during the daytime, so these bed nets provide the necessary protection, as well as kill any mosquito that comes in contact with them.

K.A.N. Raises \$360 for Nothing But Nets

The Lansing Harbor Festival, held in mid-August, was certainly a wonderful community event, and the Kids in Action Now were there to raise funds and awareness for the United Methodist Church's initiative to combat malaria. Thanks to the generosity of the Pinney Family, K.A.N. was able to host a bounce house, providing a fun activity for the kids of the community at Harbor Fest. Next to the bounce house, K.A.N. set up a mosquito net display with educational materials to show how every net can save lives. The K.A.N. bounce house raised \$360 through a nominal entry fee and outright donations for nets made by concerned community members.

With those proceeds, 36 nets will be sent to malaria plagued regions as part of the Nothing But Nets initiative. It was amazing to learn what a difference



The next season of K.A.N. activities begins this month, with the first meeting on September 13. See details at right.

To learn more about the United Methodist Church's initiative and Nothing But Nets, please visit www.Nothingbutnets.net. —Bonnie Blair



Fixing an Eyesore

The church Trustees have hired an outside company to repair a problem that's been 'on the radar' for several years: the east facing

fireplace chimney. This structure (as you can see!) was in dire need of repair. Beyond fixing an eyesore, this repair will safeguard our roof for the upcoming winter.

The cost of this repair is not covered under our regular maintenance budget. We are asking you to consider helping out with a one-time monetary gift to cover this \$4,000 expense. If you are interested and able to help out during the month of September, please make your check (for any amount) payable to LUMC (noting on the Memo section "trustee/chimney repair project") and placed in the regular offering.

Questions can be directed to any Trustee. Thank you for your concern and support.—*The Trustees*

Tompkins County Health Department will hold a public flu clinic for anyone 19 years of age and older on Wednesday, September 30, from 10:00 AM to Noon at LUMC Fellowship Hall. Protective immunity lasts 8 to 12 months after vaccination, so it is not too soon to get the flu shot. Please call 274-6616 for an appointment. Any questions, feel free to contact Karen Bishop at 274-6614.

Calling All K.A.N. Kids

The first meeting for this year of Kids in Action Now (K.A.N.) will be held Sunday, September 13, from 4:00 to 5:30 PM in the large Sunday School classroom. We'll start off the year meeting with Pastor Bill, who will discuss our Wesleyan heritage of service. Following the meeting, we'd love for the K.A.N. families to join in The Fireplace worship service that evening from 6:00 to 7:00, so we'll be offering a meal at 5:30 to those families who can stay.

Please also note the following dates for our Sunday meetings or activities that might be of interest to your K.A.N. kids.

September 27—K.A.N. Meeting (our October meeting a week early due to Rummage Sale set-up)

October 18—Crop Walk: specifics to follow

November 1—K.A.N. meeting

November 22—Haiti Dessert Auction

December 6—K.A.N. meeting

K.A.N. is a program offered by LUMC for 3rd through 5th graders. The goal of K.A.N. is to involve kids in the helping ministries of our church, first by learning about specific programs and then by participating in activities to support those programs. Experience teaches that kids this age can do phenomenal things whenever we ask them to become involved in helping others. K.A.N. allows kids to contribute while developing a deeper understanding of outreach programs and possibilities within the church.

Please plan to join us and bring a friend. Contact Bonnie Blair, 257-0721, for more information.

Conference Advances and Benevolences

Our North Central New York Annual Conference has designated several mission efforts in our region as projects that the conference supports and that we might consider supporting. We featured a few of them in the July issue of Sunbeam, and here are a few more. If you do decide to donate to support one or another of these efforts, remember that every dollar goes to its intended purpose, and no overhead is ever deducted from Advance giving.—*gw*

Native American Mission, Onondaga Nation (1202)

Built in 1848, the Onondaga Nation United Methodist Church was the first church on the Onondaga Nation Indian Territory near Nedrow. Ministry focuses on worship, spiritual growth, mission, hospitality, and fellowship. Annual events such as a Fall Turkey Dinner, Native American Ministries Sunday Open House, and June Strawberry Festival provide opportunities for fellowship with brothers and sisters on the Nation and in the larger community. Members welcome visits from youth groups to mission teams and seek to be an active part of the NCNY Conference. In cooperation with the Onondaga County Office of Aging and Youth, the North Central New York Annual Conference, and the Committee on Native American Ministries, the church participates in a van ministry which provides transportation to Native American elders on the Onondaga Nation and in the greater Syracuse area. Support for the Onondaga Nation UMC through the Advance Special enables the church to continue its mission and ministry as part of the Methodist connectional system, celebrate its diversity as Native Americans, and maintain a presence on an ancient land, demonstrating Christian love for all. Note that the

church was recently the target of an arsonist. While the building was not destroyed, damage was considerable—Pastor Sharon A. Schmit, 234 Moraine Road, Cazenovia, NY 13035, OnondagaNationUMC@gmail.com; www.gb-gm-umc.org/onondaganationumc/

Native American Outreach/Transportation (1204)

The Native American Outreach/Transportation Program insures elders sixty years old and older have a safe and reliable means of obtaining transportation to medical appointments, nutrition sites, and other necessary locations. The program has continued to add riders again this year, insuring seniors are able to keep medical appointments and obtain necessary medical treatments on a timely basis. To ensure continued reliable and safe transport, support for this Advance Special provides funds for needed maintenance and repairs of the present van and future replacement. This ministry is made possible through a grant from the Onondaga County Office of the Aging and Youth and the support of the NCNY Annual Conference, the Onondaga Nation UMC, and the Committee on Native American Ministries (CONAM).—Pastor Sharon Schmit

The Neighborhood Center, Inc., (Utica, 1112)

The Neighborhood Center: Responds to the human needs of the CNY community; Enriches and strengthens the value of individuals and families; Supports and encourages responsible citizenship; Provides a foundation for growth; Objectifies empowerment and self-help; Nurtures cross-cultural relationships; and Develops understanding among all persons.—John W. Creaser, The Neighborhood Center, Inc., 293 Genesee Street, Utica, NY 13501; JohnC@neighborhoodctr.org; www.charityadvantage.com/TheNeighborhoodCenterCNY

New Creation Ministries: A Mission of the United Methodist (1119)

New Creation Ministries is a 14 church cooperative parish located in the northern area of the Mohawk District. We are beginning a “Red Bird Mission” style outreach in the foothills of the Adirondacks. We will help people in the mission field with basic housing repair and upkeep such as winterization and basic maintenance. We have already deployed two Parish Nurses and a Parish Social Worker to assist with daily living needs. We have a long term goal of bringing in mission teams from around the Northeast to assist in this mission.—Pastor Bill Mudge, 105 Ann Street, Boonville, NY 13309, NewCreationsumc@gmail.com

Protestant Community at Ithaca College (1304)

The Protestant Community at Ithaca College is a witness to the reformation ideals that focus on Holy Scripture and the “Priesthood of all believers.” Open to all members of the Ithaca College community, the Protestant community responds to God’s love through its welcoming and nurturing ministry to all who seek spirituality and connection.—The Reverend Meredith Ellis, Muller Chapel, 953 Danby Rd., Ithaca, NY 14850, mellis@ithaca.edu; :www.ithaca.edu/pc/

Protestant Cooperative Ministry at Cornell (1303)

The Protestant Cooperative Ministry encourages the members of the Cornell community to seek God’s transforming power and struggle with the dynamic tensions of a life of

Christian faith. It strives to follow the will of God by: • Fostering spiritual search and growth in a relationship with a loving, living, life-giving God. • Providing opportunities for friendship, fellowship and fun. • Building an inclusive and compassionate community, breaking down the walls that divide us. • Opening avenues of witness and service as a part of the worldwide community of the faithful.—Taryn Mattice, Chaplain, G-7 Anabel Taylor Hall, Ithaca, NY 14853: protestant_coop@cornell.edu, www.rso.cornell.edu/pcm

Volunteers In Mission – Northeastern Jurisdiction (UMVIM – NEJ, 1706)

The purpose of VIM – NEJ is to assist and resource churches and individuals to reach out in mission ministry locally, nationally, and internationally to fulfill the great commission. It provides mission and disaster response team leader training with the anticipation that each church will be able to mobilize for some type of outreach or hospitality of teams.—Gregory A. Forrester, 32 N. Church Street, Cortland, NY 13045, UMVIMNEJ@twcnr.com; www.umvimnej.org

Volunteers In Mission Scholarship Fund (1707)

A Conference scholarship fund has been established to help those persons who would like to participate in a mission event or trip, but cannot come up with enough money. Persons applying may be granted \$100.00 each to help support their mission experience. It is important that finances not be the factor which keeps a servant from mission.—Dr. Sylvia Reimer, 22325 RiverBend Drive, Watertown, NY 13601; marsyl5141@aol.com



The Sunbeam

September 2009

Lansing United
Methodist Church

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Yes, We K.A.N., page 8

Fall worship schedule
September 6: Worship, 9:00

Remainder of September:
Wednesday, Prayer Service 9:00
Sunday, Worship 9:00 and 6:00
Sunday School 10:45

Lansing United Methodist Church

32 Brickyard Road, Lansing, NY 14882
one mile north of the stoplight on Route 34B in
South Lansing.

Church office: 607-533-4070

E-mail: lumcoffice@twcny.rr.com

Office manager: Laurie Moskow

To reach the pastor in confidence:
pastor32@twcny.rr.com

www.lansingunited.org

The Sunbeam is published each month
by Lansing United Methodist Church.

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

Deadline for the next issue is September 15, 2009.