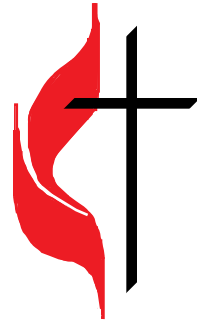


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The Sunbeam

May 2008

**Lansing United
Methodist
Church**

**Rummage Sale
May 9 and 20
Chicken Barbecue
May 24**

Inside:

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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: Kay Thomas

To reach the pastor at home: 533-4191
pastor32@twcny.rr.com (in confidence)

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 by the church office.

Deadline for the next issue is May 15, 2008.

LANSING UNITED METHODIST CHURCH
32 BRICKYARD ROAD
LANSING NY 14882

Worship 8:30 and 11:00. Sunday school 9:45.

the LUMC May 2008

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



**Time to Register for Church Camp
see page 11**

(above, Aldersgate's Chapel in the Pines)

Hymnal Survey Results

Just over 19,000 people responded to the surveys about United Methodist music and worship practices and hymnal. In the months leading up to General Conference, the General Board of Discipleship conducted a series of six online research surveys about the opinions of United Methodists—pastors, musicians, worship leaders, and laity—on a variety of subjects related to United Methodist worship, congregational singing, and the 1989 *United Methodist Hymnal* and *The Faith We Sing*, which was published in 2000.

- The following are some survey results:
- The top three favorites found in the *United Methodist Hymnal* are “Amazing Grace,” “Here I Am, Lord,” and “How Great Thou Art.”
 - The top three favorite hymns in *The Faith We Sing* are “The Summons,” “I’ll Fly Away,” and “As the Deer.”
 - The hymn currently in the hymnal that received the most requests to be retained in a new hymnal is “Eternal Father, Strong to Save.”
 - The three pieces not currently in either book that received the most requests for inclusion in a new hymnal are: “Love Lifted Me,” “Open the Eyes of My Heart,” and “God Bless America.”

- 75% would like to have healing services in the hymnal.
- 43% want more praise choruses in the hymnal; 34% do not.
- 70% sing the melodies of our hymns; 61% will sing harmony when it is provided.
- 70% are comfortable using male-only language for God. 25% are comfortable using female language for God. 42% are comfortable using male or female language for God.
- 28% prefer to sing lyrics on a screen. 70% prefer to use a hymnal or songbook.
- 65% prefer Wesley texts with their traditional tunes.
- 33% prefer contemporary tunes.

Fundraiser for African Women’s Health: May 17

Dr. Catherine Husa, retired OBGYN, is working to help the women of Ghana. In sub-Saharan Africa, one out of twelve women dies in childbirth. Even more find their lives destroyed by childbirth injuries. What causes this? A condition called vesico-vaginal fistula. The Helena Ptochia Foundation is building a hospital in Ghana to support the medical procedures to correct this condition. Surgery and rehabilitation for 6 months costs \$400 per woman. According to the foundation’s website, 100 percent of funds raised go to support building the hospital. Helena was the mother of Constantine the Great, who gave her responsibility to found a network of hospitals, known as ptochias, for the poor.

A fundraiser for this foundation will be held at Chuck and Andra Benson’s home, 112 Lansingville Road, Lansing, on May 17, from 7:00 to 9:00 PM. Hors d’oeuvres prepared by the head chef of Cornell’s Statler Hotel, Chef Thomas Gisler. The tickets for the event are \$50 per person, but every donation counts. If you are interested in supporting this effort, make checks payable to Helena Ptochia Foundation, c/o Kay Moore, 575 Auburn Road, Groton, NY 13073. For more information contact Kay Moore at Kay@mooretrees.com (533-7394). For info on the foundation <http://helenaptochiafoundation.org/>—*Kay Moore and Mary Adie*

Help Nominating Committee Link You with a Meaningful Ministry

The Nominating Committee is working on linking faithful, gifted, available, and eager people like you with meaningful, enjoyable, and important ministries in our church. To help the committee make these links, please do the following things:

1. Complete the “Time and Talent Survey” and “Spiritual Gifts Inventory” by going to our church webpage (www.lansingunited.org) and clicking on “Called to Serve” link (Print copies available on table outside sanctuary for persons without internet access.);
2. Seek out a member of the Nominating Committee and discuss serving opportunities: Jeanne Bishop, Pat Gillespie, Skip Hardie, Judy Hinderliter, Nan Makela, Kay Moore, Mary Searles and Pastor Bill; and
3. Pray for God’s guidance and consider the “Rule of Three”

Spring at Woodsedge (at LUMC) May 3, 7:00 PM

Come for a concert of gospel, spiritual, and contemporary music. Vocalists are Beth Crosier, Laurie Gillespie, Rick Hayes, and Barbara White. Accompanist is Jime Schaeffer. No admission charge, and refreshments to follow.

Mother’s Day Flower Baskets

The Mother’s Day Flower Basket sale will be May 9 and 10 at the corner of Brickyard and 34B. Proceeds go to the kids campership program.

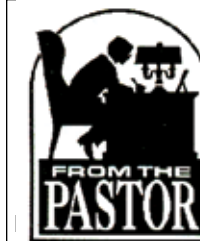
Prayer Chain

- Raymond Aasen Lake Placid, NY
 Brian Cleveland 7358 Cedar St., Akron, NY 14001
 Eileen Cundy
 Bill Earl, 2000 East Shore Dr.
 James Hall, Public Safety Bldg., 779 Warren Rd., Ithaca
 Amber Heimbuecher
 Bonnie Huff
 Bill King (Vicky Swanson’s father)
 Betty Labar
 Harry Reinhart, 615 Ridge Rd.
 Frannie Sampson, 1138 Auburn Rd. (Groton)
 Tom Skroback, 411 Fenner Rd.
 Rev. Virgil Versteeg
 Kylie Walley
 Marian Wilson Groton Nursing Facility, 120 Sykes St., Groton 13073
 Barbara White
 Marian Wilson
 Kyle Woodfield

The grieving family of Roderick Holmes (including wife Claire, daughter Jessica, and mother-in-law Kate Payne)

Please pray for those in our armed services, including:

- | | |
|-----------------|----------------|
| Ken Allen | Shaun McCray |
| Richard Butler | Matt McDonald |
| Matthew Cornell | Travis Potter |
| Scott Cowles | Nick Prabhavat |
| Steven Cowles | Josh Randles |
| David Ferris | Matthew Ravas |
| Trevor Judd | Adam Ward |



Triple Play

I tend to think in threes, especially when it comes to important aspects of my faith life. Maybe this has to do with the central place of the Trinity in Christian theology (Father, Son and Holy Spirit). Or maybe the three days between Good Friday and Easter Sunday have impressed the number three on my mind. Perhaps it’s connected with Wesley’s General Rules for Methodists, do no harm, do good, and stay in love with God. Or maybe I just can’t remember more than three things at one time (that’s certainly true when it comes to grocery lists. Milk, eggs, bread, and butter...better write it down!).

Whatever the cause, I think in threes. For example, last month I did a sermon series on the three greatest gifts a Christian receives: the gift of Christ, the gift of Community, and the gift of Service.

Now, I want to focus on the three basic time commitments we are asked to give to God and the church. I’m doing this for practical reasons: your Nominating Committee is busy recruiting people to fulfill ministry responsibilities for the next 12 months. It’s an awesome task to fill a huge need, and every one of us must do our part. So here’s a “rule of three” to help guide us in giving time to God and the church. Simple put, I think every church member should give three hours a week: (1) an hour for worship Sunday morning; (2) an hour for study some time during the week, either during Sunday School, a Bible study, or a small group; and (3) an hour of service to help the church fulfill its mission to invited, connect, equip and send

out disciples of Jesus Christ for the sake of the world.

My sense is that most of us manage the hour of worship with the least difficulty, although we may need to increase our regularity. It’s important to attend Sunday morning worship as often as you are able. It’s like regular exercise: doing it regularly is what builds strength and health. The hour of study is probably the next easiest, although I think we need to create many more opportunities for this to happen. Our children have it best with multiple Sunday School classes. We adults need to have more opportunities and take regular advantage of them.

I’m guessing the hour of service is the most difficult for many of us, but I’m wondering if that’s because we think about it all wrong. Service seems daunting to time-strapped people. Yet, if every able church member gave the equivalent of one hour a week to the ministries of our church, there’s nothing we couldn’t do. Some of us would choose to do this every week while others would do most of our time in large blocks, such as during Rummage sale or Vacation Bible School. But if each of us gave about an hour a week, we’d be in good shape.

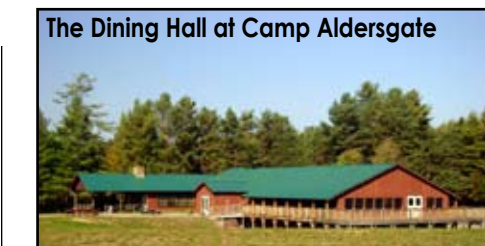
In fact, if each of us followed this simple “rule of three,” I think we could more easily say “yes” and “no” to opportunities. Why not try it out and see? And let me know after awhile if it helps.

+In the name of Father, Son, and Holy Spirit,

Pastor Bill

Make Plans for Summer Camp

We in the North Central New York Conference are fortunate to have two different summer camps to choose from: Casowasco and Aldersgate. Now is a good time to take a look at the programs offered by these two great camps, and sign up! Lansing UMC will pay all or part of the cost of camp for every child who signs up. You do not have to be church member! You do not have to be a Methodist! We want to send you to camp! This is an open invitation.



Camp Aldersgate is located on the edge of the Adirondack Park, about three hours from Lansing. It features swimming and boating in Lake Pleasant (a small lake) and access to the much larger Brantingham Lake, as well as the secluded Lake of the Woods. Camp Aldersgate offers over 40 programs and that vary in length from a couple of days to a week long. In addition to all of the “camp favorites” like swimming, arts and crafts, and hiking, the camp offers other activities like the aquapark, ice cream for breakfast, and horseback riding!

Camp Casowasco is on the western shore of Owasco Lake, about 30 minutes from Lansing. In addition to its lakeside facilities, Casowasco has a wooded highland area, which offers additional activities. Casowasco has over 50 programs available this summer. Many of them fill up fast, because they are fun.


A Solid Foundation


Camp gives children a solid foundation that lasts a lifetime, and equips youth for success at school, at home, at church, and in the world by building them up and giving them the gifts of confidence, faith in God, and a healthy self-esteem. Campers just don’t hear about something, they do it! Everything at camp is hands on, feet on, and heads up. Campers become interested, get involved, and achieve.

Our programs are run and campers are cared for by a group of people who are passionate about the effect they can have on a camper’s life. All are chosen for their maturity, personal integrity, skills, patience, and desire to be Christian role models for youth. Staff and volunteers are carefully screened and supervised by camping professionals. Both staff and volunteers undergo valuable training in health and safety, child development, teaching methods, and group dynamics.

The Message
 The faith message we send is a message that encourages youth to grow in their love and knowledge of Jesus Christ. An essential part of the camp experience is spiritual growth—gaining a better understanding of what it means to be a Christian in relationship to God, to others, and to the environment. Though these are United Methodist camps, about 25 percent of our campers come from other churches or have no church affiliation. Adult leaders are sensitive to the differing backgrounds represented, as they present God’s word and love as shown in Jesus Christ. Programs are designed to be age appropriate and include music, worship, drama, Bible exploration, and prayer.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Lansing United Methodist Church</p>	<p><i>May 2008</i></p>	<p>Note: This calendar is current as of April 25. For updates to all LUMC events, visit lansingunited.org to see our virtual church calendar, and check the bulletin when you're in church on Sunday.</p>		<p>1 National Day of Prayer</p> <p>Senior High Gathering 7:00</p>		<p>3 Mens' Breakfast every Saturday at Linda's in North Lansing 7:00</p> <p>Confirmation Class 2:00</p> <p>Spring Concert 7:00</p>
<p>4 SEVENTH SUNDAY OF EASTER Worship 8:30 Sunday School 9:45 Worship 11:00 Rummage Sale Setup 12:00 Confirmation Class 4:00</p>	<p>5 Rummage Sale Drop Off</p>	<p>6 Rummage Sale Sorting</p> <p>Church Council 7:00</p>	<p>7 Rummage Sale Sorting</p> <p>Choir 7:00 Nominating 7:00</p>	<p>8 Rummage Sale</p> <p>Trustees 7:30</p>	<p>9 Rummage Sale</p>	<p>10 Rummage Sale Cleanup</p> <p>Mens' Breakfast Linda's in North Lansing 7:00</p>
<p>11 PENTECOST Worship 8:30 Sunday School 9:45 Outreach 9:45 Worship 11:00</p>	<p>12</p>	<p>13 Quilt Bee 9:30</p> <p>Membership 7:00</p>	<p>14</p> <p>Choir 7:00</p>	<p>15</p> <p>SUNBEAM DEADLINE 12:00 Midnight</p>	<p>16</p>	<p>17 Mens' Breakfast Linda's in North Lansing 7:00</p> <p>Women's Retreat 10:00</p>
<p>18 TRINITY SUNDAY AND CONFIRMATION PEACE WITH JUSTICE SUNDAY Worship 8:30 Sunday School 9:45 Worship with Confirmation 11:00</p> <p>Food Pantry Setup</p>	<p>19</p> <p>Food Pantry 4:00 Haiti 7:00</p>	<p>20 Quilt Bee 9:30</p> <p>Finance 7:00</p>	<p>21 M.O.P.S. 10:00</p> <p>Bells Angels 6:00 Choir 7:00</p>	<p>22</p>	<p>23</p>	<p>24 Mens' Breakfast Linda's in North Lansing 7:00</p>
<p>25</p> <p>Worship 8:30 Sunday School 9:45 Worship 11:00</p>	<p>26</p> <p>Memorial Day</p> <p>Office Closed</p>	<p>27</p> <p>Quilt Bee 9:30</p>	<p>28</p> <p>Choir 7:00</p>	<p>29</p>	<p>30</p>	<p>31 Mens' Breakfast Linda's in North Lansing 7:00</p> <p>Jr. High Lockin 6:00</p>



Worship in May

I'm thinking we could pretty much call the month of May Holy Spirit Month. It's the month we'll celebrate Pentecost, the day the Holy Spirit came upon the early church, energizing its members to carry the good news around the world. We'll also witness the continuation of the Spirit's work as five youth step forward to be confirmed (to publicly affirm their faith and take on the vows of full church membership). As hands are laid upon each person's head, I will pray that "the Holy Spirit work in you, that being born by water and the Spirit, you will be a faithful disciple of Jesus Christ." My hope is these reminders of the Spirit's presence and work among us will ignite a flame of ministry in each of us.

May 4—Seventh Sunday of Easter: Today's gospel lesson some have called by some the real "Lord's Prayer," because in it Jesus doesn't teach his disciples to pray but actually prays for them. As we reflect on this prayer today, I wonder what Jesus is praying for concerning us. (We will also celebrate communion this morning with bread baked by our 3rd & 4th grade Sunday School class) Read: Psalm 68:1-10, 32-35; 1 Peter 4:12-14; 5:6-11; and John 17:1-11.

May 11—Pentecost and Mothers Day: Today we celebrate the gift of the Holy Spirit to the Church and thank our mothers for their love and care. What's the connection between parenting and the ministry of the Holy Spirit? Wear RED TODAY, and give Mom a RED ROSE! Read: Acts 2:1-21; Psalm 104:24-34, 35b; 1 Corinthians 12:3b-13; and John 7:37-39.

May 18—Trinity Sunday and Confirmation Sunday: Five young people will affirm their faith in Christ and invite the Holy Spirit to fill their lives and direct their steps. Note: youth will be present for both services but the actually Rite of Confirmation will be observed only at the 11:00 service. Read: Genesis 1:1-2:4a; Psalm 8; 2 Corinthians 13:11-13; and Matthew 28:16-20.

May 25—Second Sunday after Pentecost: In today's gospel Jesus tells his disciples "do not worry" about possessing the necessities of life. His first audience was comprised of poor folks who often worried quite literally where their next meal was coming from. What was Jesus' thinking when he said this? And what does he intend for so many of us with all our worries and abundance? Read: Isaiah 49:8-16a; Psalm 131; 1 Corinthians 4:1-5; and Matthew 6:24-34.

Spring Rummage Sale

Setup May 3 and 4, Sale May 9 and 10, Cleanup, May 10

Quick quiz:
Our Rummage Sale, which we conduct two times a year is:

- a Fun Raiser
- a Fund Raiser
- a Ministry to those who buy things, a Ministry for those who volunteer to help.
- a Ministry to those who volunteer to help
- a way to meet new friends and strengthen old friendships.

The answer is all of the above and much more. Each one of these reasons is the correct one because it fulfills a need by the participant. Our relationship with God allows us to voice our concerns, but more important to address them and take action to minimize them.

I am asking you to give one hour to help with the Rummage Sale if you have never participating in one before. If you have done this before, please give an extra hour this time. We start setting up Saturday afternoon (May 3 with tents outside—see Scott Bishop for details). After the second service on May 4 we continue setting up outside do the inside set-up. The sorting work goes on for the entire week and the sale is Friday and Saturday. Then, most urgently, it's time to clean up on Saturday afternoon, so that the "miracle of the rummage sale" is complete and the church is again ready for Sunday worship. Any help would be greatly appreciated & if any questions, Please ask me. Thank you for reading this, and I hope to see you sometime helping at the wonderful ministry. God bless you every day.—*Ed Lavigne*

Spiritual Renewal and Retreats (concluded)

brochures in the narthex of the church for further details.

These are just a few opportunities for you to find rest and take time for yourself.

Trevor Hudson concludes "Learning to be good Samaritans to ourselves is essential to becoming good Samaritans to others". Be good to yourself this spring by finding time to retreat and renew. God Bless.—*Marilyn Paradise*

Emmaus Commons at Casowasco

One of the features of the new dining hall at Casowasco, known as Emmaus Commons, is an outdoor gathering area known as courtyard of churches. Our Christmas Eve offering of 2006 was gathered to support the Emmaus Commons courtyard, and we sent the full amount of \$2,059 to support the project. We have received a thank you from Casowasco, and LUMC's name will appear on a paver or two in the courtyard.

Church World Service Kits LUMC Delivers!

Peg McKenzie advises us that Lansing UMC is about to send some 500 kits to Church World Service to be sent wherever they are needed in this country and around the world. With the assistance of many Lansing neighbors, we will be sending 272 school kits, 134 hygiene kits, and 92 baby kits, give or take a few, Peg says.

This is an ongoing effort, and here's how you can participate. Bring in items for the kits, or donate money to help ship them or purchase needed items.

As you see, shipping costs \$2 per kit. That means our shipping bill this time out is \$1,000. You can donate money to help defray this cost.

The only thing to remember about the kits is that they must contain exactly the items specified. Otherwise the system does not work.

Here are the kit contents:

Hygiene Kit (formerly health kit)

- One hand towel measuring approximately 16" x 28" (no fingertip or bath towels)
- One washcloth
- One wide-tooth comb
- One nail clipper (no metal files or emery boards)
- One bar of soap (bath size in wrapper)
- One toothbrush (in original packaging)
- Six Band-Aids®

Church World Service adds toothpaste to the Hygiene Kit just prior to shipment, so toothpaste is not something we can donate here (due to expiration date issues).

Hygiene Kit value: \$11

Processing/Shipping Cost: \$2 per Kit

School Kit:

- One pair of blunt scissors (rounded tip)
- Three 70-count spiral or tape-bound pads of 8" x 10-1/2" ruled paper or pads with 200-210 sheets of ruled paper. (loose-leaf or filler paper does not work.)
- One 30-centimeter ruler (12")
- One hand-held pencil sharpener
- One large eraser
- Six new pencils with erasers
- One box of 24 crayons (exactly 24)
- One 12" x 14" to 14" x 16" finished size cotton cloth bag with cloth handles

Pack all items inside a cloth bag. The pattern is available from Peg McKenzie. It takes a half yard of any cotton fabric..

School Kit value: \$13

Processing/Shipping Cost: \$2 per Kit

Baby Kit:

- Six cloth diapers
- Two T-shirts or undershirts (no onesies)
- Two washcloths
- Two gowns or sleepers
- Two diaper pins
- One sweater or sweatshirt
- Two receiving blankets (one can be a hand-knitted or crocheted baby blanket)

All items should be new. This is not the place for hand me downs (that's what the rummage sale is for). Patterns are available for the gown and for the sweater..

Baby Kit value: \$39

Processing/Shipping Cost: \$2 per Kit

Spiritual Renewal & Retreats

The church library has a new appearance. The library is located in the office space that I occupy and it has a new spring look with some new books. We are trying to keep the library updated and you are welcome to borrow books. First, the library has an assortment of Bibles—children's bibles, youth bibles, and adult bibles. We have contemporary bibles, such as Eugene Peterson's *The Message*, and traditional translations--like the King James Version. Study

groups often appreciate various translations. Please help yourself. We have books from local authors. We have the autobiography of one of our own congregation members! That is a signed copy of *My Love Affair With Life*, by Grey Larison. Other books range in topics from Christianity, World Religions, prayer, parenting, women's ministries, balancing life, Sabbath Time, and spiritual classics by such authors as C.S. Lewis and Richard Foster. We have books that are sometimes referenced in the Sunday morning sermons. The library is labeled and a clipboard located on the wall of the office for you to use to sign books out. Family videos are also available. One of the books I have recently enjoyed reading was *A Mile in My Shoes*, by Trevor Hudson. Hudson is a pastor in the Methodist Church as well as a conference and retreat leader. He begins a chapter in his book by quoting a familiar Bible passage "come to me, all you that are weary and are carrying heavy burdens and I will give you rest." (Matthew 11:28) Hudson applies Jesus' words to our lives by saying "In this inner resting place we release dependence upon words, lay aside busy thoughts, and put down constant doing. Persevering in this quiet way renews our spirit, refreshes our souls and replenishes our energies." Whenever I read such inspiring words, I'm ready--sign me up!!

Taking time for spiritual renewal is healthy for us and those around us. More than family vacation time, retreat time fulfills a spiritual

need. It creates a time to be in God's presence. Whether you take an hour a day at home to pray or be still, take a one day or weekend retreat, you will feel the spiritual benefits from such an experience.

We are offering a Women's One Day Retreat on Saturday, May 17, at Lakeview Church on Burdick Hill Road. The topic is *Contemplating Martha and Mary: Discovering a Balance between Prayer and Work*. Scripture provides us with two distinct spiritual qualities in the persons of Martha and Mary. These two sisters are synonymous with the gifts of prayer and work respectively. The key to the spiritual life is finding a way of balancing contemplation and action. This retreat will explore ways by which an individual can pray and work without sacrificing one over the other. The retreat will be led by Matthew Binkewicz and held 10:00 am to 1:00 pm with lunch provided. There is a sign-up sheet in the narthex.

Women of Faith Weekend is Friday, June 6, and Saturday, June 7. If you have a last minute desire to attend, please let me know, as we may just have a spot for you.

Casowasco Retreat Center is offering an Adult Camp on Sunday, August 17, through Tuesday, August 19. The camp will specialize in lots of R & R while having an opportunity to swim, sail, and hike. Casowasco is also offering Family Camp at the same time. There are extra

Continued on page 9