

# *The Sunbeam* September 2015

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Lansing United Methodist Church

**Worship 9:00AM (STARTING SEPTEMBER 13)**

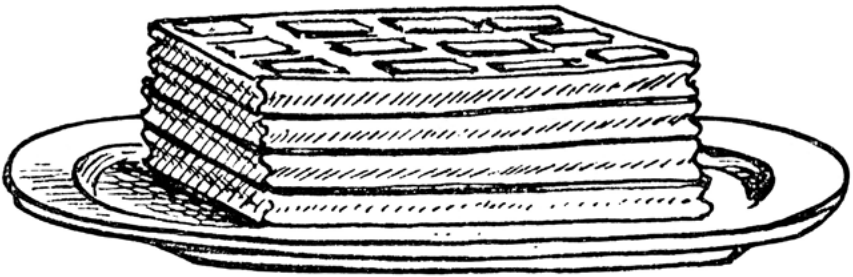
**SUNDAY SCHOOL 10:30 (WAFFLES SEPTEMBER 13)**

**PLEASE JOIN US!**

**Pastor: Jane Sautter**

**Christian Education Coordinator: Kevin Klippel**

**Adult Ministries Coordinator: Karen Veaner**



**Waffle Breakfast and  
Sunday School Signup**

**September 13**

## From the Pastor

### Le Temps s'enfuit

If the rest of this next year goes by as fast as this summer has...I had better say "farewell" right now! I recently celebrated Grace's tenth birthday with her, and she asked me to tell her the story of the day she was born "from your perspective, Grandma"! I was stunned at her maturity, but it also brought tears to my eyes as I reflected on the past ten years and all the joy (and challenges) Grace has brought into my life. Savoring the moment is often difficult in our culture...we are prone to move on before we truly need to.

I promised myself that for this next year, I would not get so caught up in my "to do" list that I forget to relish the present. I am counting on you, my friends, to hold me accountable for this. I hope to be so well organized that I will be able to enjoy every minute of ministry at LUMC. And I hope to be able to say "no" when it's needed.

As we gear up for fall and get into our programming, may God help us to take the time to truly be in the moments of richness that surround us. This will be a time for deepening our relationships with one another and with God. May we all find ourselves truly present to each other and to the Holy Spirit.

We will all be busy...that is our nature...but, with God's help, we will be able to see our agendas from "God's perspective" and realize that our busyness is not more important than being present in the moment. Let us each enjoy the gift of time that we have been given by God.

*Blessings,  
Pastor Jane*

### Waffle Breakfast & Sunday School Signup

September 13

We'll enjoy waffles right after church (about 10:30 or so) and look ahead to the coming great year of Sunday school and a bunch of other activities. So, come for the waffles and stay for the fellowship. Classes start September 20.

### (Most) Adult Classes Also Begin September 20...

...with a great line-up of new and familiar classes on Sunday morning...

#### The Wired Word, with Judy Hinderliter

This session looks at current events through a perspective of scripture. The Wired Word is an in-depth exploration and discussion of a current event that will be analyzed in a biblical context each week. Introductory material will be sent by email each week for those that wish to start thinking about our topic in advance. (But you don't need email to participate!)

The Wired Word is already in use in other churches: "We have been using The Wired Word in one of our Adult Christian Education Classes," wrote Ruth E. Carr, of Covington Presbyterian Church. "I keep thanking God for leading us to your site. Its questions and scripture considerations are the most adult, intelligent, and provocative I have yet discovered...anywhere. People in the class are truly thinking about their beliefs and its application to their own day-to-day life."

Please sign up with Jennifer in the office by email at [LUMCOffice@twcny.rr.com](mailto:LUMCOffice@twcny.rr.com) or by phone at 607-533-4070 if you wish to receive the weekly topic and background articles.—*Judy Hinderliter*

#### Meditation: A Conversation with God, with rotating leadership

Here is your chance to take advantage of the dimensions of meditation.

1: to focus one's thoughts on: reflect on or ponder over (whatever is on your mind); or 2: to plan or project in the mind: intend, purpose.

Take a break from your busy week. Explore meditation practice through posture, breath, and mantra. This is an opportunity to take quiet time to talk with God. The class is open, and you are welcome to join at anytime!

#### A Bead and a Prayer

A Bead and a Prayer introduces Protestant prayer beads to Christians who have no experience in praying with beads.

Explore the history and art of using beads in prayer, make your own set of prayer beads, and delve into a variety of prayers. Through this study you will learn how prayer beads can help you deepen your faith, understand Christian beliefs, and listen to God.

A wonderful hands-on way for individuals and groups to grow in their prayer life!

**Turn the page for other study and fellowship opportunities...**

## Disciple Bible Study with Bonnie Blair

Mondays from 12:00–2:00 p.m., beginning September 14

This study offers a deep, eight-week examination of Genesis emphasizing the rhythm of coming to God and going for God...approaching all experiences of life as opportunities for faithful witness and service. Expect to build spiritual discipline through six daily readings per week, including Scripture and a study manual with questions and space for recording responses, prayer suggestions, and ideas for practical application.

However, rather than ask for the 32-week commitment typical of Disciple, this year we are shaking things up and splitting Disciple II into four eight-week classes. The only prerequisite is a willingness to explore a deeper connection to scripture! Once you start, maybe 32 weeks won't seem like too much of a commitment. So, dip your toes in the pool and revisit your roots through eight weeks of Genesis. Warning: you may find the waters of life too engaging to pass on the following eight weeks...

## Broken and Blessed, a Jessica LaGrone study

How God Used One Imperfect Family to Change the World

Thursday Evenings in September

Date & Time TBA

Broken and Blessed is a six-week study that traces our family story from Adam and Eve through the generations to Joseph, bringing blessing from brokenness. We will see that despite both good and bad traits that were passed down, God worked for good in every generation—determined to transform those within and outside the family bloodlines. The study ends with the story of Joseph, who decided to stop the cycle of previous generations, offering forgiveness and grace to his brothers.

Through these stories of Genesis, New Testament teaching about family, and stories of contemporary families changed and used by God, this study shows us how God can use our own imperfect families to bring blessing in a hurting and broken world. There will be five daily readings per week, each including Scripture, reflective teaching material with questions and space for recording responses, prayer suggestions, and ideas for practical application.

## Pancakes & Prayer

Starting September 14, 7:00 a.m. Pancakes & Prayer is back!

Every Monday before school, Junior and Senior High students are invited to enjoy a hearty flapjack breakfast together. We'll eat, laugh, and talk about and pray for what's going on that week. School starts later this year, and so will we! We'll go from 7:00 a.m. to 7:45 a.m., at which time there will be a parental shuttle to take everyone down to school just in time for the bell!

## Women's Bible Study

Resumes October 7

Wednesdays, 9:30–11:30 a.m.

The official start of the fall sessions with Jan Nagel and *Women of the Bible* begins Wednesday, October 7. Our informal study of the Parables of Jesus continues through September 23, also at 9:30.

## Church World Service (CWS) Is Seeking Donations for School Kits


The purchase power of the dollar with regard to school supplies is much greater now than it will be not too long from now. Therefore, our current focus is on collecting as many of the school kit items as possible before the sales end and prices go up. Although the spiral notebook, crayons, and scissors offer the biggest savings right now, we also need pencils, rulers, erasers, and pencil sharpeners. Please look for the bright yellow bookmarks in the Narthex for all the details. We do not need tote bags because, thanks to Janet Keefe, we have 450 on hand! A donation bin for CWS items will be in the Narthex for the next few weeks. Any assistance will be greatly appreciated. For more information, please contact Peg MacKenzie at 533-4432. Thank you!

PS. If you don't want to shop, make a \$\$\$ donation. It costs \$2 to process and ship each kit.

### The School Kit



- One pair of blunt metal scissors (rounded tip)
- Three 70-count spiral notebooks or notebooks totaling 200-210 pages (no loose-leaf or filler paper)
- One 30-centimeter ruler (12")
- One hand-held pencil sharpener
- One large eraser
- Six new pencils with erasers
- One box of 24 crayons (only 24)
- One 12" x 14" to 14" x 17" finished size cotton or lightweight canvas bag with cloth handles.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>September</i> <i>2015</i>		1 Needleworkers 10:00	2 Informal Bible Study 9:30	 <i>Lansing United</i> <b>Methodist</b> <i>Church</i>		5 Mens' Breakfast at Linda's in North Lansing Every Saturday 7:00 Prayer Shawl Ministry/ Caregivers 10:00
	6 Worship 9:30 (One more time!)	7 LABOR DAY CHURCH OFFICE CLOSED  Staff Parish 7:00 Wingmen Men's Group 7:00	8 Needleworkers 10:00		9 Informal Bible Study 9:30  Senior High Youth 6:00 Bell Choir 6:00 Choir 7:00	10
13 Worship 9:00  Waffles! and Sunday School Signup 10:30  Kids in Action Now K.A.N. 5:30	14 Pancakes and Prayers 7:00 Mobile Food Pantry 10:00 Bible Study @ Woodsedge 10:30 Prayer Service @ Woodsedge 11:00 Bible Study at LUMC 12:00 Trustees 7:00 Wingmen Men's Group 7:00	15 Needleworkers 10:00  SUNBEAM DEADLINE  Worship Committee 7:00	16 Informal Bible Study 9:30  Senior High Youth 6:00 Bell Choir 6:00 Choir 7:00	17	18	19 Men's Breakfast 7:00
20 Worship 9:00  Sunday School 10:30 Junior Choir 11:30  Youth Mission Can and Bottle Drive	21 Pancakes and Prayers 7:00 Bible Study at Woodsedge 10:30 Bible Study at LUMC 12:00 Haiti 7:00 Wingmen Men's Group 7:00	22 Needleworkers 10:00	23 Informal Bible Study 9:30  Senior High Youth 6:00 Bell Choir 6:00 Choir 7:00	24	25	26 Mens' Breakfast 7:00 Rummage Setup Outdoors  Yes, we just put things away the other day!
Adult Mission for New Jersey Storm Recovery						
27 Worship 9:00  Sunday School 10:30 Junior Choir 11:30	28 Pancakes and Prayers 7:00 Bible Study at Woodsedge 10:30 Bible Study at Blairs' 12:00 Lansing Food Pantry 1:00 Wingmen Men's Group 7:00	29	30 Senior High Youth 6:00 Choir 7:00	1 <i>October</i>	2	3 Rummage Cleanup starts about noon.
	Rummage set up, drop off, and sorting		Rummage set up and sorting; no more drop off		Rummage Sale! 8:00 both days	



### Kids in Action Now Kicking Off Its Eighth Year!

**T**his September marks the beginning of Year Eight for Kids in Action Now (K.A.N.). Started in September 2008, K.A.N. jumped right in to sew tote bags for the Church World Service School kits, a mission program they've always enjoyed with Peg MacKenzie's leadership. On one occasion, assembly lines whipped together over 300 kits in short order. Before long, the kids had an impact on the food pantry, first by creating special ornaments to accompany gift tags for the giving tree, and then by advertising Crop Walk and the Feinstein Grant opportunity throughout the Lansing community. Six years of education have been sponsored by K.A.N. for a Haitian student, Cherkens Metales, who has moved up from fourth to tenth grade based on the K.A.N. kids' commitment. Over 500 anti-malaria mosquito nets have been sent to Africa to save lives through K.A.N. awareness efforts and fundraising for Nothing But Nets. K.A.N. has enriched the Tompkins-Cortland chapter of Habitat for Humanity through special signage, fundraising assistance, and support of a thank you for the Women Build weekend. Fun for all is had on a regular basis when the K.A.N. kids visit Woodsedge for games afternoons, and the K.A.N. kids are behind the scenes (or out front running rummage) in many ways to support other programs at Lansing United Methodist Church.

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

Continued next page

### K.A.N. Concluded

in activities to support those programs. We combine those activities with some fun too! It's been amazing to see the impact these caring souls have on the helping ministries of our church when we let them contribute their boundless energy and enthusiasm. While allowing kids to get involved in helping others, K.A.N. also develops what we hope will be a lifelong understanding of outreach programs and possibilities within the church. An added benefit for the kids has been getting to know the adults in our church who are dedicated to making these helping programs work. These young people are at the perfect age to catch on fire with our Wesleyan heritage of reaching out to those in need, and we're very excited to offer them this opportunity to experience the joy of serving Christ in our world. We can't thank our LUMC family enough for your overwhelming support for K.A.N.

We want to extend an invitation to all third-sixth graders to participate in Kids in Action Now! If you or your child would like to learn more about K.A.N., please give Bonnie Blair (257-0721) or Debbie Geise (319-5310) a call or send an e-mail to [theblairs@twcnny.rr.com](mailto:theblairs@twcnny.rr.com) and [geise1019@hotmail.com](mailto:geise1019@hotmail.com), and we would be glad to talk with you at your convenience. The first meeting will be September 13 from 5:30 to 7:00 p.m. We genuinely hope your child will be able to join us this Fall! Also, friends are always welcome—it's a great outlet for kids who enjoy making a positive difference in their community and world with their friends.

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### Fall Rummage Sale Is Coming

Please put the rummage sale on your calendar for October 2 and 3. Set-up will start at the end of September, when the outdoor tents go up on September 26. Indoor set-up starts in earnest on Sunday afternoon, September 27. Donations are accepted from Sunday afternoon through Tuesday. At that point, we need time to sort and arrange the merchandise. Also don't forget Café Rummage, which can use your food donations.

An important and interesting job is cleanup. If you want to feel like a miracle worker, that's the job for you. When the church is all cleaned up Saturday afternoon, it seems like a miracle.

The rummage sale accomplishes many goals. It helps you clean out your closet. It moves items from people who don't need those items to people who do. It provides a week of great fellowship and fun. And along the way it raises money for church mission.

## Adult Choir at LUMC

**A**dult Choir resumes in September. The door is always open to singers who are at least high school age. We rehearse each Wednesday evening (7-8:30 p.m.) and sing in worship service almost every Sunday morning from the first Sunday after Labor Day through June. Choir members need to make a commitment to be involved on a regular basis, but it can be for a season, a year, or a decade. Our first rehearsal this fall will be September 9.

## Junior choir at LUMC:

Junior choir is for children in grades 3 through 8. We meet each Sunday from 11:30 a.m. to noon and we sing in worship approximately four times during the fall. Our first rehearsal this fall will be September 20. (Parent support is always most welcome.)

## Why do we sing in choir at LUMC?

Here are some thoughts from present members of the adult choir.

*From Jim:* Music connects me to God better than anything else, and singing is how I pray. Singing with a choir multiplies my feeling of connection to each other and God. I'm reaching for the God inside myself and each of us, to make all of us feel our spirits in sync. That's when the magic happens, and we rise together and have a Moment. I live for those glimpses of something beyond ourselves.

*From Laurie:* For me personally, singing provides an opportunity to offer heartfelt expressions of praise and prayer. I cherish the fellowship and spiritual and musical nourishment of being part of our choir.

*From Kathryn:* To me, singing together is praying together—and it doesn't matter what faith you believe in, or what language you speak. It is beyond language and thought. A study done in a nursing home showed that after residents formed a choir and sang for a month, they reported lower levels of anxiety and depression.

choir = connection

choir = group prayer

choir = entrained breath and heartbeats

## Why we sing (concluded)

*From Lisa:* I come to choir and sing to connect with myself, to connect with others, to connect with God, and to be whole.

*From Cindy:* I sing in choir because it is part of who I am! Singing with a group of people who are all sharing their love of God and music is how I want to live.

It is a blessing to be part of this.

*From Carol:* To praise God and use the God-given gift that comes naturally and just pours out with joy. I hope I am helping the congregation in their worship to feel the spirit and hopefully fill their hearts with praise, joy, and worship .

*From Betty:* It's the best seat in the house!

## Why do we have choir in worship?

TELL US. Jot down your thoughts on the choir room door or email Diane Withiam at [diane.withiam@gmail.com](mailto:diane.withiam@gmail.com). (To be continued in the October *Sunbeam*...)

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## Looking back on Katrina (and Gustav and Ike and...)

You may have noticed press coverage of the tenth anniversary of the destruction caused by Hurricane Katrina in Louisiana (as well as Mississippi and Alabama). It is impossible to discuss the recovery of the Gulf Coast without talking about the contribution of faith-based groups, including the United Methodist Church (through UMCOR), and including LUMC, which offered financial support. One good summary is here: <http://www.la-umc.org/newsdetail/1591419>. Here are some statistics from this article, from the Louisiana Conference: More than 107,000 volunteers working in excess of 5,700,000 hours were able to muck out, rebuild, and repair more than 112,000 homes that were damaged or destroyed by the storms.

One of the more remarkable outcomes was that a coalition of faith-based groups, led by UMCOR, administered a large grant of federal money (from Homeland Security and FEMA) to help with recovery. This untold story is here: <http://www.umc.org/news-and-media/mission-reborn-from-katrin-as-destruction>.

# The Sunbeam

September 2015



Lansing United  
Methodist Church

WORSHIP

9:00 A.M.

STARTING SEPTEMBER 13

(9:30 SEPT. 6)

WAFFLES

AND SUNDAY SCHOOL SIGNUP

SEPTEMBER 13

CLASSES START SEPTEMBER 20

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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: Jennifer Moore

[www.lansingunited.org](http://www.lansingunited.org)

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editor, at [grw4@cornell.edu](mailto:grw4@cornell.edu).  
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