



The Sunbeam January 2017

Lansing United Methodist Church

Worship 9:00 AM

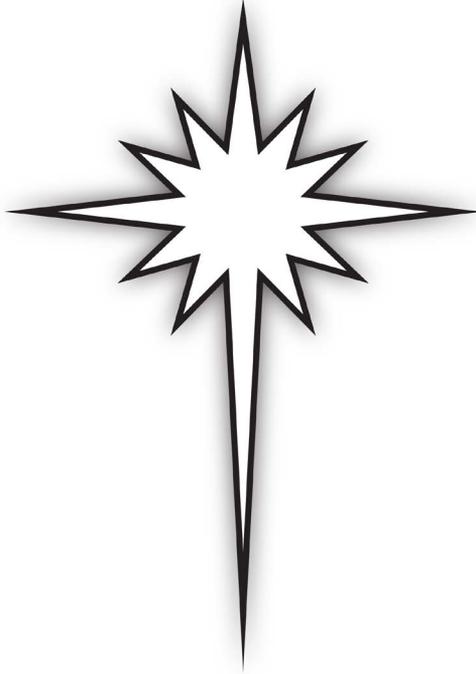
SUNDAY SCHOOL 10:30 AM

PLEASE JOIN US!

Pastor: Alison Schmied

Christian Education Coordinator: Kevin Klippel

Adult Ministries Coordinator: Karen Veaner



Epiphany

Sharing the Light of the World

Re-evaluation

A year on the calendar can be an arbitrary marker in time, or a reminder to re-evaluate, re-prioritize, and choose daily to live with faith and courage. The choice to live out our faith takes courage. It is a choice we are faced with over and over, in every new situation. Ted Loder, a retired Methodist minister, described the relationship between faith and courage this way, in a January 12, 2010, blog post called “Faith’s Indispensable Twin”:

Let me get right to it: faith takes courage. The two are inseparable. It might seem that courage doesn’t take faith but it does, perhaps not in a typical religious sense but in the sense that there’s a purpose in it, a conviction that something, some goal or value or vision, is worth the courage it takes to live by and toward it, no matter what the odds. The point is, that is faith, whether we define it as religious or not.

But the rest of the point is that without courage faith is neither religious nor does it matter much. Why? Because, as Adam Gopnik says in an article on Vincent van Gogh in the January 4, 2010 edition of *The New Yorker*, ‘Courage (is) the one essential virtue on which all others depend...’ Now, I do not consider faith a virtue as much as it is a process, a quality of life, a way of becoming who we really are if we are to become fully human. But faith does involve characteristics that in some way could be defined as virtues, such as compassion, justice, humility, empathy, forgiveness, truthfulness, all of which take courage to live out, embody, stand for, no matter what the odds....

(http://tedloder.blogspot.com/2010_01_01_archive.html)

As we go into 2017 together, I share Ted Loder’s prayer for all of us at Lansing United Methodist Church:

O gracious and holy One ... deepen our gratitude into openness to new learning, our learning into courageous living, our living into accurate loving of you in each person we meet, each challenge we face, each gift we receive, each disappointment we endure, each sacrifice we make, each joy we experience, each breath that we draw, each chance that we take; through Jesus our Lord and brother. Amen. (Excerpted from *Loaves, Fishes and Leftovers: Sharing Faith’s Deep Questions.*)

*Blessings,
Pastor Alison*

SOLID

January 27–29; Registration Deadline: January 8

Oh yes! It’s that time of year! Please hand in your registration forms to Kevin *no later* than Sunday, January 8! Please make checks out to LUMC with “SOLID registration” on the memo line and give them or cash directly to Kevin, as well (please don’t put them in the plate). See Kevin with any questions or if you’d like to help chaperone!

No Pancakes & Prayer, Monday, January 2. We resume January 9.

Jr. & Sr. High Youth Groups resume Friday, January 6.

Same time, same locations.

Children’s Musical

—Rehearsals will start soon!

Children in grades 3 to 8 are invited to join our troupe! For specific info, make sure your parents have given their email addresses to Diane Withiam (diane.withiam@gmail.com), so that you can get the latest info on rehearsal schedules. Parents are very much needed to help too, with scenery, snacks, and so forth! It would also be great for high school students to help out backstage. Stay tuned.

Join the Choir

January is the beginning of the choir’s spring season (okay, winter and spring). This would be a real good time to try it out. Actually you get a very different view of things from the choir loft. We meet each Wednesday at 7:00. You don’t need to be a trained musician, just have a love of music and seek to praise God through music. We think of it as prayer with musical notes. See Diane Withiam for more info.

LUMC Forward Church Meeting

The next phase of the LUMC Forward Building Project is approaching. Watch for a church meeting on January 22 or 29 to vote for the final approval of the proposed building project. The exact time of the meeting will be announced from the pulpit two weeks before the meeting and will be published in the church bulletin and the Wednesday email.

Haiti Scholarship Program Makes Major Change

In March 1967 Jo Ernstein made her first trip to Haiti for a visit and then returned to help the directress of Ecole La Providence School (ELP). Except that when she arrived, Jo found out that she would be the directress. At that time the school had 200 pupils. Jo saw herself as an educator who could help the teachers improve their teaching methods. She handled school attendance and tardiness, doled out discipline, and supplied teacher's needs.

In 1975 Lansing United Methodist church made its first donation to ELP of \$2,000 after Jo told of her experiences and the needs of the children of Haiti. The heart of Jo's work though was helping the children of Haiti, and Jo often dipped into her own finances to pay their tuition. By 1977 Jo had sponsored so many Haitian students that her finances were strained. This was the genesis of LUMC's sponsorship of students at ELP, a program that has continued to this day.

Since that time, students in the program have adopted many professions, including starting their own schools as a way to thank Jo for her encouragement and support. Other students used their education as a stepping stone to advance in their chosen profession. One of these former students is Lorson Ovilmar who attended the Methodist Normal School in Port-au-Prince, with support from the Hardies and Southards. After finishing normal school's three year program in 1999 Lorson had a great vision for helping change education in Haiti. Through his hard work and perseverance he advanced to the level of professor of education and with another person started his own normal school.

Lorson then accepted the job of director of ELP in 2014. He was the first alumnus to become ELP's director. He takes great pleasure each day in working with the students, their parents, and teachers to improve education and educational outcomes. Just as Jo did in an earlier day, he handles school attendance and tardiness, doles out discipline, and works with teachers to improve their skills.

As we begin 2017, we celebrate 50 years of a relationship with the people of Haiti by working to improve lives through education and remembering that one woman made a huge difference in the lives of people in Haiti. While we reflect on these past 50 years, we recognize that costs have more than tripled and interest in the scholarship program has waned. Although we are now phasing out the scholarship program at ELP, more financial help is needed for each student, as current students would expect to graduate high school no later than June 2025. So, please consider supporting a student going forward.



Safe Sanctuaries Training at LUMC

February 11, at Lansing UMC, 32 Brickyard Road, Lansing
Upper NY's Safe Sanctuaries Training

WHO: Individuals who have responsibility for the safety of children, youth, and vulnerable adults in the churches' ministries—pastors, those responsible for Christian education, and youth group leaders. This course is a prerequisite for Upper NY's Safe Sanctuaries Training of Trainers.

WHEN: Saturday, February 11, 2017, 9:00 a.m.–Noon
(Please arrive between 8:40 and 8:55 so we can begin on time.)

Class size is limited to 40 participants with priority given to those also registering for the afternoon Training of Trainers.

PRE-REGISTER by February 1. Please contact Pam Deckard at the Finger Lakes District Office: fingerlakesdistrict@unyumc.org or 315-781-0188

Upper NY's Safe Sanctuaries Training of Trainers

WHO: Individuals interested in facilitating Upper NY's Safe Sanctuaries Training as part of their District training team or for their local church.

WHEN: Saturday, February 11, 2017, 1:00–4:00 p.m.

Note: Lunch will be provided for those participating in both morning and afternoon sessions.

Registration is limited to 15 participants with those desiring to be a members of their district's training team having priority.

PRE-REQUISITE: Upper NY's Safe Sanctuaries Training is a prerequisite for Training of Trainers. The 3-hour Upper NY's Safe Sanctuaries Training course can be completed in the morning or at a previous time, but must be the standard learning station format offered since Fall 2012 by a certified UNY Safe Sanctuaries trainer. This is non-negotiable.

Members of the District training team must be affirmed by their DS. This is your responsibility. Advanced Lay Servant course credit is available.

PRE-REGISTER FOR ONE OR BOTH COURSES by February 1, 2017. Contact Pam Deckard at the Finger Lake District Office: fingerlakesdistrict@unyumc.org, or 315-781-0188

QUESTIONS: Contact Carol Barnes at carolb@htva.net or 607-687-4793

BROUGHT TO YOU BY: Upper New York Annual Conference Safe Sanctuaries Training Team: Matthew Williams, 501 William Law Road, Windsor, NY 13865 (matt@skylakecenter.org; 607-467-2750); and Carol Barnes, PO Box 199, Tioga Center, NY 13845 (carolb@htva.net, 607-687-4793).

There is no charge to participants, as Ministry Shares benevolences from local churches cover the expenses.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1
Worship 9:00

Happy New Year!

2
Bible Study at Woodsedge 10:30

Church Office Closed

3
Needleworkers Group 10:00

Ladies in Faith Together 6:30
Crossroads

4
Safe Sanctuaries 9:00
Women's Bible Study 9:30

Bell Choir 6:00
Adult Choir 7:00

5

6

Junior High Youth 6:00
Senior High Youth
at Robin's Nest 6:00

7
Men's Breakfast at Linda's
in North Lansing
Every Saturday 7:00

Youth Mission Pancake Breakfast
8:30-10:30
Prayer Shawl Ministry/
Caregivers 10:00

8
BAPTISM OF THE LORD
Worship 9:00
Sunday School 10:30
SOLID Registration Deadline

K.A.N. 5:30
Youth Mission at All Saints 6:30

9
Pancakes and Prayer 7:00
Bible Study at Woodsedge
10:30
Communion at Woodsedge
11:00
Bible Study at LUMC 12:00
Trustees 7:00
Wingmen 7:00

10
Needleworkers Group 10:00

11
Safe Sanctuaries Training 9:00
Women's Bible Study 9:30
Safe Sanctuaries Trainer Training
1:00

Bell Choir 6:00
Adult Choir 7:00

12

13

Junior High Youth 6:00
Senior High Youth
at Robin's Nest 6:00

14
Mens' Breakfast
7:00
Adult Ministries
Small Group 10:00

15
EPIPHANY SUNDAY
HUMAN RELATIONS SUNDAY
Worship 9:00
Sunday School 10:30

Youth Mission Can and Bottle Drive
Sunbeam Deadline Midnight

16
MARTIN LUTHER KING, JR. DAY
Pancakes and Prayer 7:00

Bible Study at Woodsedge 10:30
Bible Study at LUMC 12:00

Haiti 7:00
Church Office Closed

17
Needleworkers Group 10:00

Worship Committee 7:00

18
Women's Bible Study
9:30

Bell Choir 6:00
Adult Choir 7:00

19

20

Junior High Youth 6:00
Senior High Youth
at Robin's Nest 6:00

21
Men's Breakfast 7:00
Adult Ministries
Small Group 10:00

22
Worship 9:00
Sunday School 10:30
"Food for Thought" Bible Study 12:00

Rescue Mission Dinner 3:00
Confirmation 4:00

23
Pancakes and Prayer 7:00

Bible Study at Woodsedge
10:30
Bible Study at LUMC 12:00

Wingmen 7:00

24
Needleworkers Group 10:00

25
Women's Bible Study
9:30

Bell Choir 6:00
Adult Choir 7:00

26

27

28
Mens' Breakfast 7:00
Adult Ministries
Small Group 10:00

SOLID! Youth Retreat

29
Worship 9:00
Sunday School 10:30
"Food for Thought" Bible Study 12:00

SOLID! Youth Retreat

30
Pancakes and Prayer 7:00

Bible Study at LUMC 12:00

Wingmen 7:00

31
Needleworkers Group 10:00

January
2017



Lansing United
Methodist
Church

Wisdom, Yoga, Practice, Current and Beginning, Thoughts from Adult Ministries

Any New Year's resolutions? Looking to make some healthy choices? Steve Martin once said, "I would do anything to be muscular except exercise and eat right." As the calendar flips to a new year, health and lifestyle evaluation rears its ugly head yet again.

As a kid, when my mother decided to work outside the home, any sick days I had were spent with my grandmother (Nanny). My mother would drop me off, and I would climb the stairs to Nanny's waiting arms. She would say, "How are you?" "I don't feel good—I'm sick," I would reply. And without fail, her answer was always, "Well, there are no sick people at my house, so you will just have to make up your mind to be well."

That's the trick, isn't it? Making up our minds to be well.

I don't know about you, but this is a constant struggle for me. I no longer remember what thin feels like... but I'm pretty sure I know what that brownie is going to taste like...

This year I decided to check in with the Methodists for help. They are always good for a delicious casserole, right? Not exactly. Turns out my spiritual health is connected to my physical health. Here are a few of the morsels they did offer:

Health and Wellness: What We Believe—excerpts From www.umc.org...

"Every account of Jesus' ministry documents how Jesus saw restoration to health as a sign of the Kingdom of Heaven becoming present amongst us... The biblical narrative is filled with stories of God's healing presence in the world. This includes spiritual, psychological, emotional, social, as well as physical healing..."

"...No one portion of the six billion members of God's global family has a monopoly on the expertise of achieving health. Achieving health, therefore, assumes mutual respect among the peoples of this Earth and the sharing of lessons learned in each society among the others..."

"...As spiritual beings, our physical health affects our spiritual health and vice versa... When we honor our bodies and those of others, we are honoring God and God's good creation..."

"... We must honor our bodies through exercise. We must honor our bodies through proper nutrition, and reducing consumption of food products that we discover add toxins to our bodies, excess weight to our frames, and

Continued at right

Adult Ministries (concluded)

yet fail to provide nourishment. We must recognize that honoring our bodies is a lifelong process..."

For the complete article:

www.umc.org/what-we-believe/health-and-wholeness

Something to think about.

"...As spiritual beings, our physical health affects our spiritual health and vice versa..."

What do you need to support your New Year's resolutions? *Wisdom, Yoga, Practice, Current and Beginning*. All elements of Adult Ministries programming in 2017.

How are you?

Nanny would say, "You just need to make up your mind to be well."—*Karen Veaner*

Adult Sunday School Classes are listed on the next page...

New United Methodist Hymnal Is Planned

It has been well over 25 years since the "new" *United Methodist Hymnal* was published, in 1989, and *The Faith We Sing* was published in 2000. A committee has been formed to begin planning a new "new hymnal." Much has happened with music since those books were published, and the committee would like your input, starting with your most and least favorite hymns.

The United Methodist Church plans to present this new hymnal to General Conference for approval in 2020. The committee wants this hymnal to represent the whole denomination, and invites all United Methodists to participate in several surveys related to hymnal content. The link for the first survey, which is about favorite and least favorite hymns in *The United Methodist Hymnal*, *The Faith We Sing*, and *Worship & Song*, is below. Note that LUMC does not use *Worship & Song*, but you can comment on the other two books. The next survey, which will focus on desired content for the new hymnal, will be released in January. Other research related to music, worship, and culture from around the global United Methodist community will follow. Click on this link or (if that doesn't work) plug this URL into your browser to participate in the survey.

<http://sgiz.mobi/s3/Favorite-Hymns-2016>

Adult Sunday School Resumes January 8, 2017

Bible 101—Genesis:

How God used one imperfect family to change the world

An introduction to the stories of Genesis with an emphasis on exploring different ways of approaching Bible study with Rev. Daisy Kirkpatrick, M. Div. *Note:* We must have at least 4 participants registered by Sunday, December 25, in order to proceed with the class.

The Wired Word with Judy Hinderliter

Confront world news with scripture and hope. The Wired Word pulls topics straight from the headlines and offers thought provoking questions to encourage us to dig deeper. Join in a rich discussion of current events in relation to scripture & everyday life. *Note:* We must have at least 6 participants registered by Sunday, December 25, in order to proceed with the class.

Listening: A Meditation Practice with Shared Leadership

Be still and know that I am God.—Psalm 46:10

Join us for a time of Holy awareness.

New Adult Education opportunities at LUMC in 2017

Yoga begins January 14—Saturday mornings from 10:00 a.m. – 11:30 a.m.

Physical and emotional health is the health of the bodies in which we live, and we are therefore urged to be careful how we live.—Ephesians 5:5.

From www.umc.org, *Health & Wellness, What We Believe*: As spiritual beings, our physical health affects our spiritual health and vice versa... When we honor our bodies and those of others, we are honoring God and God's good creation.

Naam Yoga is physically and spiritually therapeutic and rehabilitative. It is for people of all ages and all levels of flexibility. Anyone can do it! Wear comfortable clothing and bring a mat. *Note:* At least 6 participants required.

Food for Thought: Ecclesiastes, a Bible study with Pastor Alison

Soup, Salad and the Meaning of Life, Sundays at 12 noon.

January 22–February 26. *Note:* At least 6 participants are required.

Human Relations Sunday

January 15, 2017

On the Sunday preceding the observance of Martin Luther King, Jr., day, the United Methodist Church receives an offering for Human Relations Sunday. Gifts given on this day help the church fulfill one of the main goals of Jesus' ministry on earth, which was for us to help those who are less fortunate.

Gifts on Human Relations Day enable caring ministries in communities across the United States. Your Human Relations Day offering enriches ministries related to:

- Child care
- Children's after-school and summer initiatives
- Domestic hunger and poverty
- Economic development
- Education, including tutoring
- Emergency services
- Employment
- Gang intervention
- HIV/AIDS and other health issues
- Homelessness and housing
- Older adults
- Parenting
- Prison ministry
- Restorative justice
- Substance abuse and rehabilitation
- Youth, especially at-risk teens, and
- Technological empowerment

The offering helps support the Community Developers program, which involves mission work in racial- and ethnic-minority communities in the United States and Puerto Rico. The offering also supports the United Methodist Voluntary Services Program—UMVS, for short—grassroots organizations that work through youth and young adult volunteers to challenge oppression and injustice. Also benefiting from the Human Relations Day offering is the Youth Offender Rehabilitation Program.

The Sunbeam

January 2017



Lansing United
Methodist Church

HUMAN RELATIONS SUNDAY

JANUARY 15

CHURCH MEETING TO APPROVE LUMC
FORWARD

LATE IN JANUARY: STAY TUNED

Lansing United Methodist Church

32 Brickyard Road, Lansing, NY 14882

one mile north of the stoplight on

Route 34B in South Lansing.

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E-mail: lumcoffice@twcnny.rr.com

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www.lansingunited.org

The Sunbeam is published monthly by
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Please send your news to Glenn Withiam,
editor, at grw4@cornell.edu.

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