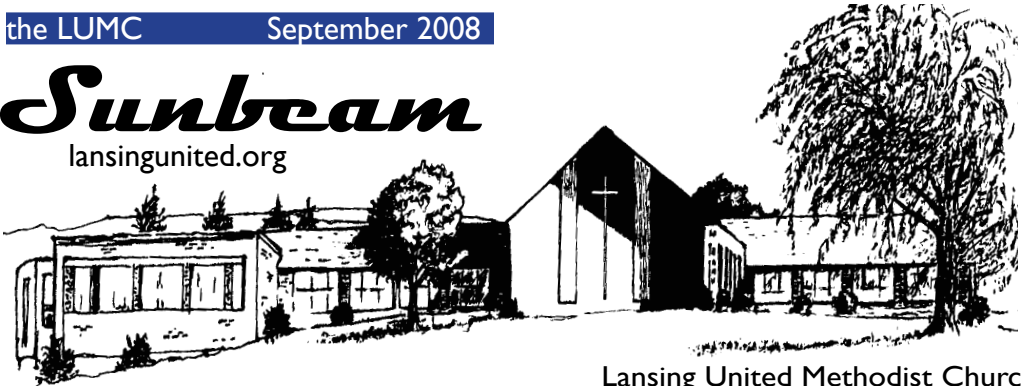


Please join us for worship at 8:30 and 11:00. Sunday school at 9:45.

the LUMC September 2008

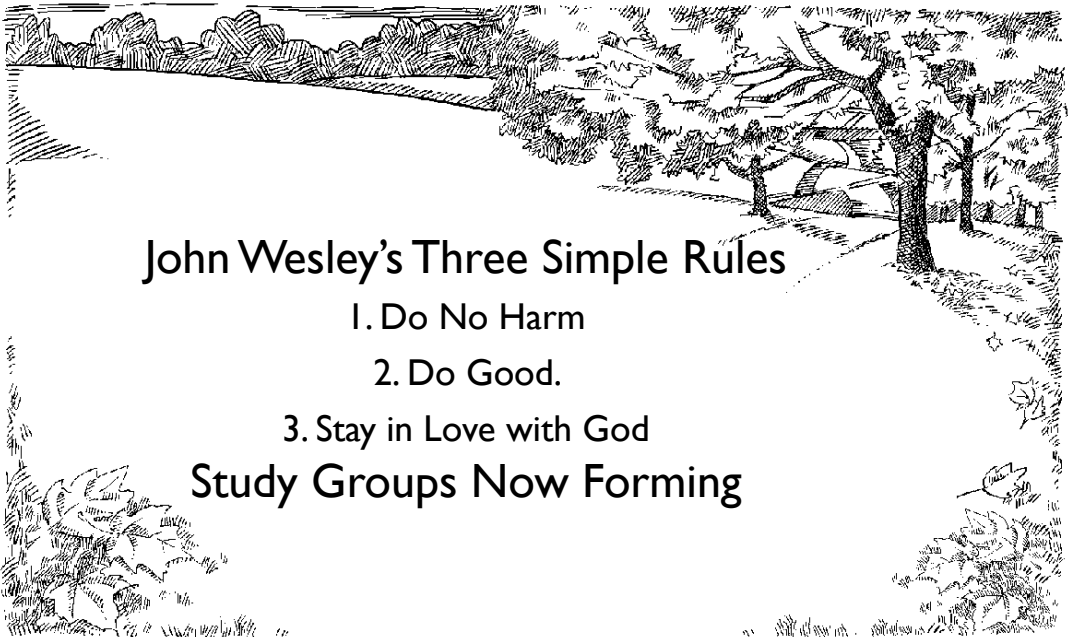
Sunbeam

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



John Wesley's Three Simple Rules

1. Do No Harm
2. Do Good.
3. Stay in Love with God

Study Groups Now Forming

Wednesday Prayer Service begins September 17, 9:00 AM



Three Simple Rules

From the Pastor

I'm a bit conflicted. On the one hand, I don't like hype when it comes to the Christian faith. I'm suspicious of catchy slogans, flashy logos, self-described "exciting" programs, and "big" events designed to capture and hold my attention. I cringe when I see the Christian faith hawked like a new product on the supermarket shelf. Life in Christ isn't another commodity for sale in the market place.

Yet I also understand the need for promotion and advertising in the church. Too often the good things that happen in a church like ours are largely unknown outside the four walls of the church building. In fact, many within those four walls are unaware of what's going on. As Jesus implied, churches have a tendency to act like a lamp hid under a bushel basket. Why shouldn't the most important endeavor in the world—inviting, connecting, equipping, and sending disciples of Jesus Christ—benefit from the best promotional techniques available?

I guess the key is balance (it usually is). I hope we've struck that balance as we've attempted to promote our *Three Simple Rules* program

(which begins September 14th) with posters, announcements, and bulletin and newsletter articles. We're sure not trying to sell anything, but we are excited by what's in Bishop Job's little book, and we didn't want any one to be left out because they didn't get the word.

The truth is, the only nifty promotional material we have to give you is a really nice bookmark! But all kidding aside, I think God will bless you for every effort you make to benefit from this special time in the life of our congregation. So pick up a copy of the book and read it. Attend Sunday morning worship. Participate in Sunday School and join a small group. See if these *Three Simple Rules* can't make a big difference in your life.

Pastor B. J.

Sign Up for "Three Simple Rules" Groups

Eight small groups are forming to meet weekly for five weeks, beginning September 14. In addition to discussing "Three Simple Rules," group members will pray for one another and deepen friendships. Look for signups in the LUMC Narthex.

Guatemala Missionary Visits Lansing

September 6, 7:00 PM, All Saints RC Church

Please join us for an elegant dessert reception and presentation by Father Greg Schaffer, pastor of the San Lucas Mission in Guatemala, destination of Lansing Youth Mission since 1996.

Saturday, September 6, 7:00 PM at the All Saints Parish Hall (corner of 34B and Myers Rd.)

Suggested donation \$5 per person.

Choir and Junior Choir

You are cordially invited to join the choir.

Senior choir rehearsals start Wednesday, September 3, at 7:00. All parts are welcome and needed. Choose which service you sing in (or sing in both!).

Junior Choir rehearsals

will begin September 14, after the second service (about noon or so) for children in 3rd through 9th grade. Join your friends or make new ones.

Meet Our New Bishop Marcus Matthews



A reception for Bishop Matthews will be held September 28, from 4:00 to 6:00 pm, at Asbury First UMC, 1050 East Avenue, Rochester.

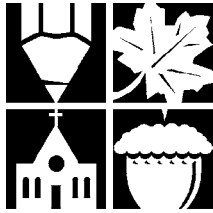
Prayer Requests

Betty Anderson
Kristen Anderson
Brian Cleveland 7358 Cedar St., Akron, NY 14001
Bill Earl 2000 East Shore Dr.
James Hall, Greene Correctional Facility, POB 975, Cocksackie, NY 12051-0975
Pauline Gottschalk 4152 SR417, Woodhull, NY 14898
Barb Hebert
Joyce Henniger
Bonnie Huff
Sheryl Mattoon
Theresa Palmer
Harry Reinhart, 615 Ridge Rd.
Phyllis Ryan
Frannie Sampson, 1138 Auburn Rd. (Groton)
John Smith
Donna Howe Taylor
Kylie Walley
Charlotte Wilson 6 Conlon Rd.
Marian Wilson Groton Nursing Facility, 120 Sykes St., Groton 13073

Please pray for those in our armed services:

Ken Allen	Trevor Judd
Richard Butler	Shaun McCray
Shawn Butler	Matt McDonald
Matthew Cornell	Travis Potter
Scott Cowles	Nick Prabhavat
Steven Cowles	Josh Randles
David Ferris	Matthew Ravas
Andrew Jacobsen	Adam Ward
Daniel Jacobsen	Michael Zhe

Worship in September



One of the big “debates” among preachers is whether the main aim of preaching should be to teach a lesson about faith or invite a decision for faith? In other words, is a sermon essentially instructional or inspirational? I’ve never been much for “either-or” thinking, so I’ve resolved the dilemma by looking at good preaching as “both-and.” It seems to me a good sermon expands both our understanding of the faith and our capacity to live out that faith.

I know that’s the sort of preaching I’m aiming for during September as we begin our exploration of Rueben Job’s book, *Three Simple Rules: Do no harm;*

do good; and stay in love with God. I think there’s a lot we could learn about these three essential elements of the Christian life. By attending worship each Sunday, you’ll be sure to grow in your understanding, (especially if you build on the worship experience by reading *Three Simple Rules* yourself, attend Sunday School, and participate in a 3SR small group). But in addition to increased understanding, I hope you’ll emerge from worship each Sunday more committed and able to translate these rules into practice. If you’re able to do no harm, do some good and stay in love with God Monday morning, then I know what we’ve done Sunday morning will have hit the mark.—*P.B.*

September 7—What do you do when you feel a member of the church has injured you? Jesus has an answer to this question, one we’d all do well to learn or be reminded of. Read: Exodus 12:1-14; Psalm 149; Romans 13:8-14; and Matthew 18:15-20.

September 14—“**Needing a Change.**” We begin our five-week series based on *Three Simple Rules* by acknowledging we all need a change – a change of heart and life. None of us is a fully developed Christian person. In our more honest moments, we know this. But what sort of changes do we need to make and how do we make them? Theme text: Mark 12:28-34.

September 21—“**Doing No Harm.**” When asked by the first Methodists how they should

begin to live a Christian life, John Wesley told them to “first, do no harm.” Keep from hurting others with your words and deeds. It’s not as easy as it sounds, but the benefits to self and others are enormous. Theme text: Romans 12:9-21.

September 28—“**Doing Good.**” Wesley challenged Methodists to “do as much good as you can.” Christians, according to Wesley, were to be a force for good in the world. In a world with such enormous needs, what particular good deeds are you called to do? Theme text: Micah 6:6-8.

The series continues in October.

October 5—**Staying in Love with God.**

October 12—**Keep Growing.**

Church World Service School Kits

- One pair of blunt scissors
 - Three spiral or tape-bound pads or notebooks of ruled paper 8-1/2" X 11" (or 8" X 10 1/2"), containing 200 sheets of paper. No 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
- Drop items in the LUMC Narthex. Shipping is \$2 per kit, so cash contributions help a lot.

Fall Study Opportunities

Please join us on Sunday, September 7, for the **Annual Waffle Breakfast and Sunday School registration** to be held in the Fellowship Hall during coffee hour, starting about 9:45 after the first worship service. Sunday School begins on September 14 for all ages.

Let me highlight some of the programs we are planning for this fall. As many of you already know, the adults begin a five-week discussion of the book *Three Simple Rules*, by Rueben Job, during the regular Sunday School hour. Pastor Bill plans to lead the class, showing a video of the author’s presentation of the theme that we hope will generate a group discussion. You are also invited to participate in the **small groups** that will meet weekly at designated homes.

Women’s Bible Study Group convenes on Wednesday, September 17, at 9:30 AM in the North Lansing double classroom. Jan Nagel leads the study on 2Corinthians, and I assure you that you will leave the class knowing biblical details that you may not have been previously familiar with. Newcomers are always welcome.



The **Children’s Sunday School Program** kicks off this year with topics that coincide with the adult study. The first three units are entitled Respect: The Golden Rule (Do Good), Love Your Enemies (Do No Harm), and The Ten Commandments (Staying In Love with God). We continue with rotation Sunday School, beginning each week with singing in the sanctuary with one of our favorite vocalist, Sharon Powell.

Some other upcoming programs will include the study of the *Methodist Discipline and Book of Resolutions*. **Disciple Bible Study** begins in October. This weekly course will meet for 34 weeks either Sunday afternoons or Wednesday evenings. When signing up, please indicate which times best suit your schedule. **Woodsedge Senior Bible Study** begins on Thursday, September 11 at 2:30 PM in the Community Room.

We will offer a new **Prayer Service** beginning on Wednesday, September 17, at 9:00 AM in the sanctuary. Pastor Bill will lead a twenty-minute service. Please come and bring your prayer requests and special intercessions.

Women’s Ministries will offer a one-day retreat in October at Stella Maris Retreat Center in Skaneateles. The **KAN (Kids in Action Now)** mission program will be starting for children in grades 3-5, with meetings on selected Sunday evenings. Details on are on page 9, or feel free to contact Bonnie Blair for details.

The Haiti teams will be sharing their summer mission ventures with us. It is our hope that these programs and studies will nourish your spiritual appetite. So we welcome you back to our fall schedule and look forward to the time that we share as we continue to grow in faith together. God Bless.—*Marilyn Paradise*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>September 2008</i>	1 Labor Day Church Office Closed	2 Quilt Bee 9:30 Staff Parish 7:00	3 School begins. How did THAT happen? Bell Choir 6:00 Choir 7:00	4	5	6 Mens' Breakfast every Saturday at Linda's in North Lansing 7:00 Father Greg from Guatemala at All Saints 6:00
7 Communion Worship 8:30 Sunday School Registration and Waffle and Ice Cream Breakfast 9:45 Worship 11:00 K.A.N. (Kids in Action Now) 5:30	8	9 Quilt Bee 9:30 Church Council 7:00	10 Bell Choir 6:00 Choir 7:00	11 Senior Bible Study 2:30 Woodsedge Trustees 7:30	12	13 Mens' Breakfast 7:00 Bloodmobile 8:30-1:30
14 Worship 8:30 Sunday School 9:45 Outreach 9:45 Worship 11:00 Junior Choir 12:00	15 Haiti 7:00 SUNBEAM DEADLINE 12:00 Midnight	16 Quilt Bee 9:30 Membership 7:00 Worship Committee 7:30	17 Prayer Service 9:00 Women's Bible Study 9:30 Bell Choir 6:00 Choir 7:00	18 Senior Bible Study 2:30 Woodsedge	19	20 Mens' Breakfast 7:00
21 Worship 8:30 Sunday School 9:45 Worship 11:00 Junior Choir 12:00 Food Pantry Setup	22 <i>Autumn</i>  Food Pantry 4:00	23 Quilt Bee 9:30	24 Prayer Service 9:00 Women's Bible Study 9:30 Bell Choir 6:00 Choir 7:00	25 Senior Bible Study 2:30 Woodsedge	26	27 Mens' Breakfast 7:00
28 Worship 8:30 Sunday School 9:45 Worship 11:00 Junior Choir 12:00 Children's Ministry 12:00 K.A.N. (Kids in Action Now) 5:30	29	30 Quilt Bee 9:30	<div style="border: 1px solid black; padding: 5px;"> <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>		 <p><i>Lansing United Methodist Church</i></p>	

The Pirates That Don't Do Anything:

Vacation Bible School Wrap-Up

Wow! About 60 pirates from LUMC and All Saints had a jolly good time of it, worshipping while surrounded by enthusiastic heroes for God. If they learned nothing else, they now know that "I can do all things through Christ, because he gives me strength."

In a sanctuary decorated to resemble a fantastic pirate ship, the crews gathered Monday night to meet their pirate crew leaders and crewmates. Quickly, they were introduced to the Commodore (Max Mackenzie) and his two pirate side-kicks, Bumpo (Brian Streb) and Bones (Martin Keefe), who led them through a humorous preview of the lesson for the day: True Heroes Know God Is With Them. Our worship crew (Julia Miller, Casey Phlegar, and Brendan Barrett) led a rousing rendition of the week's theme song, "Calling All Heroes" and the pirates energetically joined in. The ship's bell released them to the activities for the evening, and they were off to explore God's message.

Through fun crafts, crazy games, exciting Bible stories, and energizing music, each evening's message came through loud and clear. From Moses and the burning bush, to Gideon's Call to lead God's army, to Peter walking on water, and to Paul on a shipwrecked shore, the



pirates found that God Can Make Me a Hero, True Heroes Reach Out to Jesus, and True Heroes Share God's Love.

Reinforcing the message that God can make each of us a hero, we were blessed by the presence of four local heroes who talked about their efforts to answer God's call to make the world a better place. Diane Skroback explained how the Lansing Food Pantry operates and helps those in our town who are in need. Jeff Sandsted described his mission trips off the Carolina coast to help with reconstruction efforts, rebuilding not just homes, but also lives. The pirate crews got some insight on what it takes to be a firefighter from Dan Zajac, no doubt making

the connection that it helps these brave men and women to know that God is with them. Our heroes from youth missions were represented by Veronica Palladino who serves in the Guatemalan mission to San Lucas Toliman. Many, many thanks to all of these local heroes who stirred the imaginations of our pirates about what they can do to be one of God's heroes.

In the true spirit of God's heroes, our good-hearted pirates took on



the challenge of filling up a huge pirate chest with food for the Lansing Food Pantry. By Thursday, the chest was overflowing! Thanks to all of you pirates and your families for your help to our community.

This wonderful experience for our children was possible because of the donations of our two congregations and the special contributions of our many volunteers. Special thanks to all of the LUMC contingent who spent time leading the children through the program, from registration to pirate crew leaders to activity station leaders: Beth Acoff, Jo Baker, Lauren Baker, Sharon Bowman, Ashley Burt, Pastor Bill, Jasmond Johnson, Janet Keefe, Melody Lombardo, Dana Petry, Karen Phlegar, Lauren Phlegar, Mary Rounds, Trever Rounds, Danny Stoyell, Jimmy Stoyell, Peg Stoyell, Sally Stoyell, Jeanne Taylor, Kay Thomas, Barb White, Jason Yahn, and Karyn Yahn. Special thanks also to the behind the scenes crew of organizers, decoration and technical support: Bonnie Blair, Kirsten Burt, Bob Keefe, Marilyn Paradise, Vicki Swanson, along with the equally long list of All Saints volunteers. The week wouldn't have been the same without the joyous energy of the drama and worship teams, mentioned by name above, and the show wouldn't have gone on without the technical innovation of the week's unsung hero, Martin Keefe. May God bless each of you who played a part in Vacation Bible School in His own unique and special way.—
Bonnie Blair

Calling All K.A.N. Kids

The first meeting of Kids in Action Now (K.A.N.) will be held Sunday, September 7, from 5:30 to 7:00 PM in the Junior High classroom. We'll start off the year meeting with Ed Lavigne who will teach us about the annual Crop Walk, after which we'll discuss ideas about how K.A.N. can contribute. We'll also start a mission project to help prepare the Church World Service school kits. Throw in a snack and a game, and we'll be off to a strong start for the year.

K.A.N. is a new program offered by LUMC for 3rd -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. will allow 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 Marilyn Paradise, Bonnie Blair, 257-0721, or Sandy Dhimitri for more information.—*Bonnie Blair*

Clothes for Children in Afghanistan

It's hot in Afghanistan right now, but it will soon turn cold. Capt. Robert Romano of Lansing, stationed in Afghanistan, is asking for children's clothes—new or gently worn. Drop articles in the LUMC Narthex for shipping in early October. Questions? Lana Romano, 533-7878.



Distribution of Jo Ernstein's Biography and Memorial Fund

Last month fifty copies of Jo Ernstein's biography were sent across the country to friends of Jo who had contributed to her memorial fund. These were former students, fellow teachers, and missionaries who worked with Jo, before and during the time that she originated our Haiti Connection (mission) in 1968. In the past year 250 more copies were distributed locally, principally to people in our congregation.

Copies were also presented to the History Center, Tompkins County Library, Ithaca High School Library (where Jo was a teacher), and Cornell Archives: Josephine Ernstein Collection (Jo was an alumna).

In a cover letter, friends were told that the Haiti Committee at LUMC added the money from a generous gift to the program from Bob and Jean Jolly (long-time members of LUMC) to the Memorial Fund. After much discussion, it was determined that Jo would appreciate a continued effort to train Haitian teachers. That task was her

initial intention in going to Haiti. A portion of these funds was used to sponsor a four-school, five-day seminar for teachers. The faculties from Banique Methodist Primary School, L'Ecole la Providence (Baptist), and Mispah School (private) attended. The staff from the fourth school, Gerald Augustine's school, attended at its own expense. The instruction for this seminar for about 25 teachers was given by the Methodist Normal School faculty.

There is enough money for another seminar, tentatively planned for August 2009.

Our sincere thanks to those generous and dedicated LUMC members who helped make Jo's biography a reality: Judy Hinderliter (author), Glenn Withiam (editor), and Pat Gillespie (production manager). We have received many letters of thanks from the recipients of Jo's story complimenting its quality and

scope.

Copies of the biography—which tells about Jo's life and the development of the Haiti mission—are available from Connie Conlon, Pat Conlon, or Kate Payne.—*Kate Payne*



Josephine Conlon Ernstein:

Lover of Life, Laughter, and Lifelong Learning

by
Judy Hinderliter

Caitlin Hardie: Missionary to Ghana Working hard for the money, or

How I started channeling George Bailey

Well, I don't exactly get much money myself, but I do work hard for other people to put a little cash in their pockets. Many of you have been asking what it is I do exactly? I'll try to sum it up a bit for you.

I was appointed to work with the Episcopal Presbyterian Relief Agency (EPDRA) an NGO established by the EP Church, which has a large following in the Volta Region of Ghana (where my site is located). Before I arrived it had been traditionally an agriculture assistance program devoted to workshops to help local farmers improve production and planting methods. Recently before my arrival my counterpart (a 50-year-old woman who has completed high school but has no other formal education) changed the program from agriculturally focused to microfinance assistance.

Most people in rural Ghana, and most parts of sub-Saharan Africa for that matter, have little to no access to traditional banks. We are used to having savings accounts, checking accounts, online banking and bill paying, and relatively easy access for loans. Unfortunately those are foreign concepts for most small business owners so they're forced to result to stuffing their savings under the mattress.

Before my arrival my counterpart was working to give out loans and collect the payments for those loans, but a year ago the EPDRA lost its funding (formerly it was taken care of financially by Bread for the World, an NGO from Germany) and has been scrambling to cover basic operating expenses since then. Essentially, I walked into an NGO that had little to no money, but whose goal was to better other people's lives by offering them loans. Needless to say I had my work cut out for me.

Since my arrival we've tried to come up with solutions to the whole lack of funding and do things a little differently. We've established what is called a "susu" group. Essentially this is a savings and loan organization created by and for the people who choose to join the group. Each person chooses to contribute a certain amount of money each day. We have people giving 20 cents a day up to 10 dollars a day. At the end of each month each person can choose to either withdraw their contributions for the month, which gives them a lump sum of money (essentially a mini loan), or contribute all of the daily payments to their savings account to be withdrawn at a later time. After an individual has been a regular participant for six months they will be eligible for additional loans, but we are only in our fifth month, so we haven't quite gotten that far.

Besides our susu group I have worked with my counterpart to set up an office for our microfinance operation. So far it isn't anything exciting--a room with two desks, a couple of chairs, and a ceiling fan--but I'm working on writing a proposal to get the money to put a computer and printer-copier in there. Unfortunately my trusty laptop finally kicked the bucket (it gave me a solid five years of service), so my computer training with Ghanaian colleagues here has reached a standstill, hopefully to be resumed when the new computer comes to town.

Working here can be an adventure, a headache, and an inspiration all in one day, but so far so good. :)

Hope you are all enjoying new and old jobs or school. My sympathies to those of you who are slaving away, working for the man with a 9-5. © Just kidding.

Hugs,
CBH



The Sunbeam

September 2008

Lansing United
Methodist Church

Inside:

“Three Simple Rules,” page 2
Opportunities for study and fellowship,
page 5
K.A.N., page 9

Worship
8:30 and 11:00

Prayer Service
Wednesday, 9:00 AM
Beginning September 17

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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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, 2008.