



Epworth News

God's Love in Action
Growing Disciples through Compassionate Relationships

November 2017

Stewardship

Epworth United Methodist Church

249 E. Center Street
Marion, Ohio 43302
740-387-8344
churchoffice@epworthumc.org

Church Office Hours:

Monday through Friday 9:30 am—3:30 pm

Sunday Worship

8:30 am Worship
9:30 am Sunday School
10:30 am Worship

Rev. David L. Hoffman

Pastor

Alycia Orcena

Director of Ministries
with Children and Families

Molly Levings

Youth Ministry Coordinator

Paula Aparis

Financial Secretary

Paula Dunn

Church Secretary

Pat Murphy

Director of Chancel
and Bell Choirs

Kathy Walczak

Organist

Connie Slob

Head Custodian

Aaron Breece

Part-Time Custodian

Page Gustin

Preschool/Daycare Director

What we bring into the lives of others makes a world of difference. This year's stewardship campaign celebrates those contributions. Our KINDNESS, GENEROSITY, INVOLVEMENT, and COMMITMENT speaks words of hope and healing to our hurting, fearful, and challenged community, nation, and world.

With so much confronting so many right now – from hurricanes, fires, and earthquakes to displays of hate, injustice, and violence – the world desperately needs us to be and become the Body of Christ. I am thankful for all that we have already done, and look forward to what we can do.

Specifically as a congregation this stewardship season, we are invited to ask ourselves the question...What would happen if we invest in a little more KINDNESS? More GENEROSITY? More INVOLVEMENT? More COMMITMENT? Would we build more connections with our neighborhood and community? Would we strengthen our current relationships? Would we further invite others to join and partner with us? Would we step further out in faith and grow in the knowledge and love of Christ? The answer to all of these questions is a resounding, "YES!"

With every stewardship campaign, each of us is invited to examine our own individual giving. Over the last five years, as a congregation, we have solidified our financial footing and increased our transparency. As we look toward our 2018 budget, remain committed to new and exciting ministry opportunities, and continue to live within our means, the Finance Committee and I ask you to consider a 3% increase in your annual giving to the church. [For example, if we contribute \$10.00 each week in the offering, we are invited to increase our offering to \$10.30.] This increase, combined together, will allow us to continue to grow our mission and ministry. Our Commitment Sunday will be held on Sunday, November 12.

What we, together as Epworth, bring into the lives of others makes a world of difference and speaks words of hope and healing to our hurting, fearful, and challenged community, nation, and world. Thank you for being a vital part of our congregation.

Rev. David L. Hoffman



Bible Sunday

Please mark your calendar for Sunday, November 12 when we will be giving Bibles to all of our Kindergartners and Third Graders. If we do not have the name of your child on file in our office, please contact the church office or Alycia at aorcena@epworthumc.org

Thanksgiving/Orchestra Sunday

Join us on the morning of November 19 at Epworth, during the 10:30am worship service, as we give thanks for the many gifts bestowed upon us by our Creator. Music for the service will be provided by both the Chancel Choir and the Epworth Orchestra. The Orchestra is comprised of the finest musicians from our church and the Marion community. Their musical offering has become a favorite Thanksgiving tradition at Epworth and a joyous way to usher in the season of Advent. Please come and be a part of this celebration and invite a friend or neighbor to join us. There will be one combined service at 10:30am. There will be no 8:30am service that morning.

Following worship, you are invited to celebrate the First Thanksgiving by joining together for a meal in Fellowship Hall. Meat, beverages, and table service will be provided by the UMW. You are invited to bring a side dish or a dessert to share.

LEAPIN' OUTREACH MINISTRY November Focus

This important ministry helps people in need in the Marion area. All personal needs items donated by Epworth members support this ministry. The focus item for **November** is **laundry soap**. Place items in the basket outside the church office near the food pantry items. Thanks for making a difference!

Red Roses

A red rose was placed on the altar during worship to celebrate the birth of the following individual:

- Addison Kate Laucher, daughter of Matt and Chelsea Laucher, was born on September 27. The proud Grandparents are Doug and Pam Laucher.
- Rhys Harrison Fancher, son of Katy Patterson and Kevin Fancher, was born on October 22. The proud Grandparents are Dan and Amy Erickson.

Poinsettias



You are invited to remember, honor, and celebrate the lives of Loved Ones by ordering a live poinsettia that will help to prepare our sanctuary to celebrate the birth of the Christ Child. Poinsettias may be ordered October 29 through November 12. Please use the special poinsettia envelope found in the bulletin. Poinsettias will be placed on the altar on Sunday, December 17 and may be taken home on Christmas Eve. A list of those who are being remembered and honored will be listed in the bulletin on Sunday, December 17, as well as on Christmas Eve. There is no minimum donation suggested. Donations given above the cost of the poinsettias will be used by the Worship Committee to continue the beautification of our sanctuary.

Hospitalized? Having Surgery? Need Pastoral Care? Please contact the church office at 740-387-8344 or call Rev. Hoffman directly at 614-949-7570 so that we may be attentive to your needs. **(NOTE:** The hospitals are no longer allowed to notify the church when anyone is admitted; therefore, it is up to the family to let us know if this happens.)

Prayer Quilts

The following members and friends of Epworth UMC have received a prayer quilt and our prayers:

- Rachel Sherman for surgery, healing, comfort, and peace.
- Joan Breece for future surgery, healing, comfort, and peace of mind.
- Nancy Dasher for healing and strength.

Those wishing to request a prayer quilt for themselves, a family member, a friend, or a neighbor, may contact the Church Office.

Prayer Quilt Ministry

The Prayer Quilt Ministry is an important part of Epworth's Outreach Ministry, giving hope and love to persons in a time of need or praise for special events. You are invited to join in the fellowship and creative art of quilt making. The joy happens when someone receives a quilt. Often, stories return of how it changed, or gave comfort to the receivers by knowing they are not alone during a hard time. Our days and times are as follows:

- 1st Saturday of the month
11:00 am—2:00 pm
- 2nd and 4th Tuesday of the month
4:00 pm—6:00 pm
- 2nd and 4th Thursday of the month
4:00 pm—6:00 pm

Pastoral Visits and Holy Communion

Rev. Hoffman visits regularly with persons who cannot always make it to church, as well as those who are residents at assisted living and extended care facilities. Often these requests come from individuals themselves and sometimes from family members. If you would like Rev. Hoffman to visit and to bring Holy Communion, please call the Church Office, and a visit will be scheduled.

Festival of Sharing Thank You

Thank you for your generous donations of supplies and monetary gifts for the Festival of Sharing school kits, hygiene kits, and the flood clean up buckets.

A special thank you to Evelyn Kendall Circle and several UMW members for helping assemble the kits and packing them for shipping.

The staff at Epworth was great in helping move the boxes and pails from one location to another several times. Thank you to those who transported the boxes and pails to Otterbein in Westerville.

Blessings to all who participated in this outreach mission.

Linda Middleton



Thank You

Thank you to everyone who supported this year's PS/DC Cemetery Tour. I am working on updating records from previous years. We do not have a copy of the tour booklets from the following years: 1996, 1998, 2004, and 2009. If anyone has a copy of any of these tour booklets, I would like to borrow them to make a copy.

Thank you!
Mark Murphy

Epworth PS/DC would like to acknowledge and thank Boyd Funeral Home who made a \$50 donation to the Cemetery Tour in Memory of Phillip Boyd. The booklets were already printed by the time we received this donation, but we wanted to let Boyd Funeral Home know how grateful we are for this donation.

Page Gustin,
Director of Epworth PS/DC

Dear Epworth Family,

Thank you so much for the care and \$5. It means so much to me. My Sophomore year here at Capital is going well. I love my classes!

Thank you again for the card and your thoughts.

Sincerely,
Alexus Holmes

Altar Flower Sign-Up 2018

The 2018 Flower Calendar is posted outside the Church Office. Sign-ups are on a first-come, first-serve basis. You are encouraged to choose flowers that accompany the liturgical season. It is expected that two vases be provided. You are encouraged to take the arrangements from church and enjoy their beauty. Those wishing to have their arrangements donated to our homebound or nursing home residents may contact the Church Office. You will receive a reminder from the Church Office at least a week prior to the Sunday that you have signed up to provide Altar Flowers. At that time, you will be asked the name(s) of the individual(s) that you would like to memorialize or honor.

Children's Council

Reminder:

There will be a Children's Council Meeting on Sunday, November 5th, at 9:15am.

Thanksgiving Offering Envelope

You are invited to use your Thanksgiving offering envelope located in your box of offering envelopes to make a contribution to Cents for Shoes. To learn more about this important ministry in Marion County please read the following article: Cents for Shoes needs your help! Were you ever concerned about whether you would have shoes to wear to school? Most of us could count on having a new pair of shoes for the first day of school. It seems that we take for granted that our basic needs will be taken care of by our families and other people that love us. Shoes are important to us especially when we are young, have an active life style, and are going to school. Young people want to fit in with their peers and their peers can be critical of what they are wearing. Some children in Marion County do not have decent and properly fitting shoes to wear to school. Since 2001 Cents for Shoes has provided 6702 pairs of shoes for children age 3 to 18 who qualify for help from Job and Family Services. This past July we had a shopping day at Payless Shoes and 250 children had new shoes to start school. It was a joy to see the smiles on the faces of the children when they left the store with their new shoes. The down side to this experience was the look of disappointment and sometimes tears of the children we could not serve because we were out of funds. Our goal has been to raise \$5,000 so we can have another shopping day at Payless Shoes by the first of December. The way this works is that Job and Family Services gets the word out to their clients of the shopping date and time. Families come to Payless with their children and their proper identification. Families register with a Cents for Shoes representative, pick out a pair of shoes, and then at the checkout a \$20 gift card is used to pay for their shoes. If they have chosen shoes that cost more than \$20 the families pays the rest. Cents for Shoes can only pay for shoes for a child once a year. You can help by making a donation to Cents for Shoes. Every \$20 donation buys a child a pair of shoes. Our program is run by volunteers and your donation is tax deductible. You might wonder "How many children in Marion need new shoes?" I don't know the answer, but I do know that we can help some and with your help we can help more.

-- Robin Rick,
Cents for Shoes, Chairperson



Carey Christmas Concert

On Sunday, December 10th, at 4:30 p.m., several of our Chancel Choir members will be singing in the annual Carey Ecumenical Christmas Concert at the Basilica and National Shrine Of Our Lady Of Consolation in Carey. The address is 315 Clay Street, Carey. Jack Gerding, the Director of Music at the Shrine, and Pat Murphy serve as Directors and Ruth Coldwell is one of the accompanists. In addition to the choir, our own Epworth Brass will be playing before the concert and accompanying some of the music during the concert.

Following the concert, you can walk across the street to the Shrine Cafeteria to purchase "dinner!" The food is delicious and you can enjoy fellowship time with friends. Several of our Epworth members have made the trip to Carey (which is a straight shot up Route 23), and say they have truly been blessed by the music. Those of us involved hope that you will want to make this part of your annual Christmas celebrations. If you have any questions, please see Pat Murphy.

Christmas Eve Dinner

Preparations are currently underway for our annual Christmas Eve Dinner. Now is the time to plan how you and your family can share the spirit and wonder of the season, as we once again welcome our neighbors for dinner on Christmas Eve. It takes the coordinated effort of many hands to prepare and serve dinner to our 300+ guests. Though most of the activity happens between 10 am and 7 pm on December 24, there are many things to be done in the days leading up to Christmas Eve. For 32 years, this annual event has been an important Christmas tradition for our Epworth family. We hope that you will choose to make it a part of your Christmas tradition this year, as well. Please use the form to the right to indicate how you would like to help, and return it in the offering plate or to the Church Office.

Advent Day

Journey to Bethlehem – Prepare for the season of Advent on Saturday, November 25 from 9:30-11:00am for children of all ages. Parents, grandparents or other caring adults are asked to stay with your children as they experience the story of Mary and Joseph as they traveled and prepared for the birth of Jesus. Children will be a part of the story and create things to prepare their hearts and minds for Christ's birth during the season of Advent.

The Messiah

Join the Marion Civic Chorus for the 76th annual presentation of Handel's The Messiah, here at Epworth United Methodist Church on Sunday, November 26, at 7:00 pm. Several of our church members sing in this event, and it is a great way to get in the holiday spirit!

Thanksgiving Holiday - Church Office Hours

The Church Office will be closed on Thursday, November 23 and Friday, November 24. It will reopen on Monday, November 27 at 9:30 am. Happy Thanksgiving from the Office Staff.

Hanging of the Greens

Join us on Saturday, November 25, beginning at 8:00am, as we prepare the church for the season of Advent and Christmas. Coffee, juice, and donuts will be provided. Please see the insert in the bulletin or call the church office at 740-387-8344 to sign up.

College Care Committee

Please keep the following college students in your thoughts and prayers:

- Hunter Boyd
- Jonathan Green
- Evan Hoffman
- Alexis Holmes
- Makayla Hoppie
- Ian Kieffer
- Carol King
- Boston Osborne
- Kaitlyn Spaide

Christmas Eve Dinner Volunteer Form

I (we) would like to help:

- Clean-up (during and after dinner)
- Providing 2 dozen homemade cookies (to the church kitchen by 10 am on December 23)
- Preparing plates of cookies at church (10 am on December 23-24)
- Cooking and other kitchen tasks (help is needed a few days before and all day on December 24)
- Serving our guests at the Christmas Eve dinner
- I want to help but need more information. Please contact me.

Name(s): _____

Phone #: _____

Email: _____

United Methodist Women-Women in Action

In October, UMW-Women in Action served the meal for Dinner and a Movie on October 20th and had another successful Stamp, Scrap and Craft event on October 28th.

In November, UMW's monthly gathering will be on Monday, November 13th at 6:30. We will once again be sponsoring the First Thanksgiving Potluck on November 19th, which is also Orchestra Sunday, so mark your calendars! UMW will be donating \$250 for groceries for the Christmas Eve Dinner and is also looking to purchase a new sofa for the nursery which is used by the Preschool/Daycare.

In December, UMW will be having our annual Christmas Party. It is open to ALL women of Epworth (as are all our events) and will be at the home of Annie Joseph, on December 11th at 6:00 pm. More information will be coming at a later date, but mark your calendars for this as well.

If you have not already attended a UMW event or gathering, please consider joining us! We are pretty informal, have fun and fellowship at all we do, and raise money to support local and global missions.

- - Carole Agler, UMW President



Epworth Travelers



Christmas Mystery Tour

Thursday, November 30th

What excitement awaits us today? Let's get into the holiday spirit on this tour. We will have a nice lunch, stop for some holiday sights, and some shopping to get you in the spirit. Of course, this tour will end during the night time hours so we can see plenty of twinkling holiday lights. Don't worry about the forecast, we have planned for all types of weather. Please join us and bring a friend. What better way to share the holiday yuletide?

\$65 per person

Deadline to register November 25th

Departs at 9:00am returning approx. 8:30pm

Space is limited.

Meals are on your own unless otherwise stated.

\$25 deposit holds your spot on any tour, with the remainder due on the registration date.

All tours will depart and return to Epworth UMC.

Tour price includes transportation via coach, admissions, entrance fees, and driver gratuity.

Mystery Christmas Tour!! (Thursday, November 30, 2017) - \$65.00

Adult

Senior (65+)

Total Amount Enclosed: _____

Name: _____

Address: _____

Phone: _____ Email: _____

Please make checks payable to Epworth UMC with Epworth Travelers in the subject line

Return registration form and payment to Alycia Orcena, Epworth UMC, 249 E. Center Street, Marion, Ohio 43302 Questions: Call 740.387.8344 or email: aorcena@epworthumc.org

Dinner and a Movie

Join us on Friday, November 17 for dinner, served by the Membership and Nurture Group, beginning at 5:30 pm and a movie to follow approximately at 6:15 pm. Come join us when you can. Children are invited to wear their jammies. Popcorn and drinks provided.

Movie Hint: Take a ride on this magical train as we journey to the North Pole! Wear your jammies and bring a mug for hot chocolate!



Come Join Us Class Buckeyes

Yes, it's that time again!

The Come Join Us Class is gearing up for their annual sale of Buckeyes. The members of the Come Join Us Class will be selling the Buckeyes on November 5th following worship. The cost is 1 baker's dozen for \$8.00. Advance orders are greatly appreciated. Orders may be turned in to the Church Office or any member of the Come Join Us Class. Payment needs to be received with orders. Questions regarding orders may be directed to any of the members of the Come Join Us Class. The Come Join Us Class uses proceeds to support church programming, and local and long-distance outreach including Festival of Sharing, Children's Camp Scholarships, and the Minister's Discretionary Fund.

Save these Dates

Wildlights at the Columbus Zoo –
Wednesday, **December 27**

Mock New Year's Eve
(Family friendly NYE party!)
Friday, **December 29**

Preschool/Daycare Greenery Pick Up

Reminder: If you ordered anything from the PS/DC Greenery Sale, it will be delivered on Monday, November 27.



Preschool/Daycare

The PSDC would like to thank everyone who helped make our October events a success! We raised enough money from the cemetery tour to pay for new playground mulch! And the children loved seeing those who came for the costume parade through the church. We are lucky to have such great support.

In order to make November just as successful, we will continue to need your help! Please return the form below to the church office if you can volunteer. Thank you!

Name _____

Telephone Number _____

I would like to volunteer for Grandparents Day on **Thursday, November 16, 2017**. I am willing to:

_____ Bake cookies _____ Donate punch _____ Donate cheese

_____ Donate fruit

_____ Donate crackers _____ Donate Money (\$ _____)

_____ I would like to help at a station during Grandparents Day from 9am – 11am

_____ I would like to help at a station during Grandparents Day from 11am – 1pm

_____ I would like to help at a station during Grandparents Day from 3:30pm – 5:30pm

_____ I would like to help at a station during Grandparents Day from 5:30pm – 7:30pm

_____ I would like to help clean up after Grandparents Day from 7:30 – 8:30pm

I would like to volunteer unloading the truck and preparing greenery from the PSDC fundraiser on Monday, November 27, 2017.

_____ I can work from 10am – 12noon

_____ I can work from 12 noon – 2pm

_____ I can work from 2pm – 4pm

_____ I can work from 4pm – 6pm



Health and Wellness

Understanding High Cholesterol

Hyperlipidemia is a medical term that means your blood has too many lipids (fats) in it. Cholesterol and triglyceride are two of the lipids of greatest concern. Cholesterol is further defined as low density (LDL) bad cholesterol or high density (HDL) good cholesterol. Lipids are necessary in the human body for numerous complicated functions including the digestion of fats in the diet, and cell functions such as the formation of cell membranes. The body needs lipids and will synthesize them from carbohydrates (sugars) and even proteins, if dietary intake isn't adequate. The danger occurs when genetics, diet, and life styles increase the levels of harmful cholesterol (LDL) and decrease good cholesterol (HDL) in the blood.

Hypercholesterolemia, high levels of low density cholesterol (LDL) in the blood, increases fatty deposits in arteries and the risk of blockages. Furthermore, levels of high density cholesterol (HDL), called good cholesterol, can be too low. HDL removes bad cholesterol from your arteries and low HDL also increases the risk of plaques and blockages.

Acceptable levels include: Total Cholesterol – 100 to 199, Triglycerides – 30 to 150, HDL – 40 to 59, LDL – 10 to 150.

If you are diagnosed with high LDL and/or low HDL your overall health and risks will help guide treatment. Rather than focus only on cholesterol levels, other health habits such as age, gender, smoking, diet, high blood pressure, and genetics must be considered in treatment and your overall risk of heart disease. Even if abnormal cholesterol levels are due to genetics, lifestyle changes can often improve LDL and HDL levels. Lifestyle changes may include, eating a heart healthy diet, regular exercise, avoiding tobacco smoke, and losing weight if you are overweight or obese.

- **Eating a heart healthy diet:** The best way to lower bad cholesterol is reducing saturated fat and trans fat. This means limiting your intake of red meat and dairy products made with whole milk. It also means choosing skim milk, low fat or fat free dairy products, limiting fried food, and cooking with healthy oils such a vegetable oil. Other aspects of a healthy diet include more fruits, vegetables, whole grains, poultry, fish and nuts and limiting sugary foods and beverages. Increasing fiber in the diet through healthy foods can lower bad cholesterol by 10 percent. To be smarter about what you eat, it is essential to pay more attention to food labels.
- **Becoming more physically active:** A sedentary lifestyle lowers HDL cholesterol. Less HDL means less good cholesterol to remove bad (LDL) cholesterol from the blood stream.
- **Quitting smoking:** Smokers can lower their cholesterol levels and help protect their arteries by quitting. Nonsmokers should avoid exposure to secondhand smoke. Smoking lowers good cholesterol levels. When a person with high LDL cholesterol also smokes, their risk of coronary heart disease increases more than it otherwise would. Smoking compounds risk from other risk factors for heart disease such as high blood pressure and diabetes.
- **Losing weight:** Being overweight or obese tends to raise LDL cholesterol and lower HDL cholesterol. Losing excess weight can improve cholesterol levels. A weight loss of 10 percent can go a long way toward lowering risks for heart disease.

Sources: *Preventing and Treating High Cholesterol*, American Heart/American Stroke Association; *Physiology of the Human Body*; Diagnostics

Reminder: Consider getting a flu shot – especially if you are over the age of 65. Recent statistics show that a person over 65 catches the flu every 12 minutes and a person over 65 dies of the flu every 4 minutes.

-- Jeannine Caudill

Neighborhood Community Supper

Epworth is in charge of the Community Supper at St. Paul's Episcopal Church on Tuesday, November 7 at 5:15. This community project serves a meal to around 100-150 people. We can always use more helpers. Hope you are able to join us. For more information please call Sue Cunningham at 740-494-2265.

Membership and Nurture

The Membership and Nurture Committee will meet on Thursday, November 9, at 5:30 pm in the Parlor.

WisdomKeepers

WisdomKeepers will meet on Thursday, December 7 in Fellowship Hall. We will begin with devotions by Rev David Hoffman, followed by Communion and Christmas Carols. We will kickoff the Christmas Season with a menu of heavy hors d'oeuvres and a Christmas party to follow. Please consider joining us for fun and fellowship.

The elevator door will be open at 10:30am. If you would like transportation, please call the church office at 740-387-8344.

Be patient, God isn't finished with us, yet.

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249 East Center Street
Marion, Ohio 43302-3873

Non-Profit Organization

U.S. Postage PAID

Marion, OH 43302

Permit No. 41

Rev. David L. Hoffman, Pastor
Alycia Orcena, Director of Ministries with Children and Families
Molly Levings, Youth Ministry Coordinator
Page Gustin, Director of Epworth Preschool and Daycare

RETURN SERVICE REQUESTED

God's Love in Action
Growing Disciples Through Compassionate Relationships



Veteran's Day—November 11