



Hebron United Methodist Church  
9811 Main Street, P.O. Box 323, Hebron, IL 60034

# Catch the Spirit!

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

OCTOBER 2022

## The Pastor Ponders...

### ...What will they hear?

*About midnight Paul and Silas were praying and singing hymns to God, and the other prisoners were listening to them.*

Acts 16: 25

I was scrolling through some of the blurbs on the internet when I ran across an article that said Kate Middleton uses Chat Sofa to discipline royal kids. Well, I just couldn't pass that up. According to the article, when the young princes and princess are misbehaving, Kate sends them to the "chat sofa" rather than the "naughty step," (which I assume is the equivalent of "time out") in order to help them learn the rules. While they are there, Kate or William has a quiet chat with them to explain the rules, and the consequences of their behavior. At no time are the children allowed to shout at each other, and neither Kate, nor William, nor their nanny shout at the children either. According to sources, the adults are good at listening to the children, as well as very firm in their discipline techniques, but also gentle and quiet. And the children, for the most part, are well-behaved.

There have been times when I have been frustrated, angered, disappointed, or when I  
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## \*\*Mark Your Calendar\*\*

**Sundays, October 16th & 23rd**

Straw Vote for Reconciling Ministries Network  
Affiliation is open - please vote!

**Sunday, October 16th**

Council Meeting 9:00 a.m.

**Saturday, October 29th**

Haunted Hebron 5K Fun Run/Walk for VBS  
St. John's Lutheran Church - 9:00 a.m.

**Sunday, October 30th**

Popcorn Sunday School 9:45 a.m. & after worship  
Laity Sunday/Children's Sabbath 10:30 a.m.  
Noisy Can collection - bring your coins!

**Wednesday, November 2nd**

Church Conference 7:00 p.m. (SPRC 6:00 p.m.)

**Sunday, November 6th**

All Saints Sunday 10:30 a.m.

**Tuesday, November 15th**

Cultivating Health Ministries A1C Clinic/Diabetes  
Screening 2:15 - 6:30 p.m. at HUMC  
Call/text to register: 815-355-5554

**Tuesday, November 22nd**

Thanksgiving Community Service 7:00 p.m.  
at HUMC - dessert buffet to follow

### ***The Pastor Ponders (continued)***

wanted to get my point across, and I have been tempted to say something unkind, to lash out in a loud voice, to gesture wildly, to put the other person in their place. After all, I am big, I have power. It usually guaranteed that I'd get my way. I rationalized that I was in the heat of the moment, so how was I supposed to have control? Nevertheless, that did not make shouting and criticism OK.

My mother was a huge proponent of the "count to 10" philosophy of confrontation. She also admonished us over and over again that we should treat others as we wish to be treated, and that applied to our verbal interactions as well. She taught that there are ways of getting our point across without shouting, name-calling, and using expletives, ways that encourage us to speak words which honor the dignity of others while acknowledging our differences, ways that encourage discussion and dialogue and not quarrels and arguments.

These days, I am finding that folks think that loud and aggressive behavior is more the norm than the exception, but that still doesn't make it right.

Tertullian, an ancient theologian who converted to Christianity, observed the difference between the pagan society and Christianity. He said, "Look how those Christians love one another." The refrain of a well-known hymn says, "They'll know we are Christians by our love."

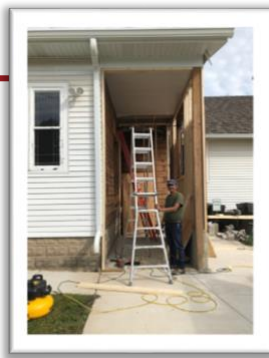
People around us are listening to us and watching what we do. What are we saying about Jesus Christ in our verbal interactions? What are we saying about the worth of the people around us? The words we use, the tone we use, the volume we use can either escalate a volatile situation or deescalate it. My grandchildren have been referring to me as the "Nana who doesn't yell." I'll admit to taking a certain amount of pride in that. I'll also admit that it has challenged me to be much more careful about what I am going to say and how. And, yes, I am happy to report that my grandkids are pretty aware of the rules and the consequences, and yelling isn't desirable.

Paul and Silas had had a real bummer of a day before they ended up in prison. And, yet, they found the ability to sing and praise God and so many were converted by their words. What a challenge!

Blessings, *Pastor Char*

### **Building Committee Update**

Work on the exterior of the Wesley Room is underway. The DME Elevator Lift Company will be at the church this week to measure the new exterior space in order to begin building the lift. The interior will really start to transform in the next couple of weeks!



### **Looking Ahead to Advent**



**Save these  
important dates:**

#### **Advent Choir Rehearsals**

Tuesdays at 7:00 p.m.  
Nov. 8, 15, 29, &  
Dec. 6, 13

(Choir sings Tues. Nov.  
22, Sun. Dec. 4, 18, 24)

#### **Hanging of the Greens**

Sunday, Nov. 27th  
10:30 a.m. with Chili  
luncheon to follow

#### **HUMC Kids Christmas Program**

Sunday, Dec. 11th  
10:30 a.m. with Pizza  
Party to follow

#### **Christmas Eve Candlelight Service**

Saturday, December  
24th at 7:30 p.m.

#### **Christmas Day Worship Service**

Sunday, Dec. 25th  
10:30 a.m. in person

#### **New Year's Day/ Epiphany Sunday**

Jan. 1st - online  
Worship Service  
(no in person worship)

**\*\*We will be offering  
an Advent Bible Study.  
Stay tuned for more info  
coming soon!\*\***

## N.O.W. - Nurture, Outreach, Witness

In one of my favorite books "Simple Truths" by Kent Nerburn it states, *Giving is a miracle that can transform the heaviest of hearts. The world expands, a moment of goodness is created. Once you become a giver you will never be alone.*

In the upcoming months we will have the opportunity to "expand the world". Every year the school has a Secret Santa program of which we have participated in the past. When you sign up to sponsor a child, or perhaps a family, you have an opportunity to make a child's Christmas a little brighter. You'll be given a slip of paper with the gender and age of the child, clothing and shoe sizes, and items they would like. If you'd like to participate in this program please let me know, either by phone (815-648-5009) or e-mail at [offcqueen@aol.com](mailto:offcqueen@aol.com). Please let me know by October 26th. The information for each child will be distributed the beginning of November and the items need to be at the school by December 5th. Thank you in advance for participating in this program.

November 13th is Organ and Tissue Donor Sunday and we will again be gathering items for the Hebron Community Food Pantry. What we will be collecting is toilet paper, kleenex, paper towels....or anything else you'd like to donate. All donations are gladly accepted! As John Wesley wrote: "Do all the good you can, By all the means you can, In all the ways you can, In all the places you can, At all the times you can, To all the people you can, As long as ever you can."

Shirlee and Alberta, Co-Chairs, Nurture



On September 17th you could find HUMC at the Hebron Bed Build where we helped to build 30 beds! We were also at the Hebron Fall Fest passing out cookies and spreading God's message of love!





## HUMC Kids

We really RALLIED on Rise & Shine Rally Day Sunday! A very special thank you to everyone who helped out LAST MINUTE in order to ensure that this special day moved forward despite the unexpected illnesses that kept many of us at home! Thanks to Glenn and his helpers for the delicious pancake breakfast, to Riley for stepping up to lead the kid's choir, to Kris for standing in for the Sunday School teacher, to Shirlee for the Children's Chat, and to Dave for giving the sermon after about 10 minutes of prep time! Thank you to all who pitched in with set up, clean up and picture taking. What an amazing church family we have! To top it all off, we raised \$1,695 for the Hebron Bed Build Mission! A BIG thank you to all who donated!

We are off to a great start, jumping right in to the Old Testament as we learn about Hannah, Samuel and God's Calling. Congratulations to our HUMC Kids who went through Worship Helper Training Camp this past Sunday. Thanks to Natalie, Karen and Shirlee, our HUMC Kids are officially ready to help HUMC as acolytes, greeters, offering attendants and liturgists.

Lastly, mark your calendars for Popcorn Sunday School & Laity/Children's Sabbath on October 30th. We will meet at 9:45 a.m. for popcorn and a movie. Then, we'll use our new training to participate in a special worship service. Afterwards, we'll have MORE popcorn and finish our movie. Which movie?...You'll have to wait and see...

See you Sunday!

-Stephanie Claussen, Sunday School Teacher



## Happy Birthday!

Emilee Reins 10/6

Danny Nelson 10/10

Jackson Schaid 10/11

Dawn Nelson 10/13

Harold Bailey 10/16



## RMN Working

The RMN Working Group will be distributing and collecting straw vote ballots in October regarding our Welcoming Statement adoption and RMN Affiliation. While this is not an official vote, it will determine our next steps on our journey to becoming a more inclusive church. Please come to church and fill out a ballot - we want to hear from you! Ballots will be available at the church and voting will be open **Sunday October 16th and Sunday October 23rd from 9:45 a.m. to 12:00 p.m.** We will share the results of this vote in November. Visit our website to learn more about our [Welcoming Statement](#) and about [RMN](#) affiliation. If you cannot make it to the church, but still wish to receive/cast a ballot, email us at [churchoffice@hebronmethodist.org](mailto:churchoffice@hebronmethodist.org).



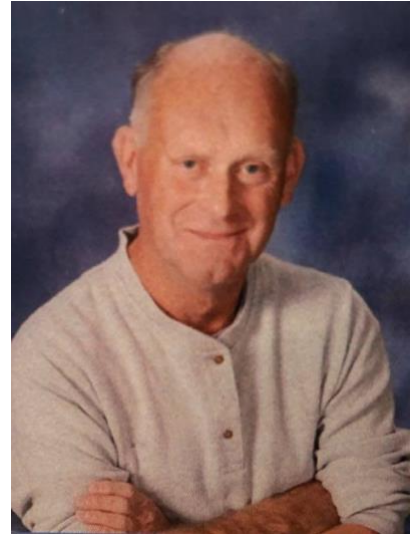
## Ronald E. Norgard

*With Deepest Sympathy*

March 19, 1949 - September 22, 2022

Ronald E. Norgard, 73, was a long-time resident of Hebron, IL. He was born in Elkhorn, WI, a son of the late Ervin and Margaret (Fish) Norgard. A graduate of Alden-Hebron High School in 1967, he played basketball, was involved in theater, was a member of the National Honor Society, and participated in Boys State. He graduated from NIU with a bachelors in philosophy in 1975. He was a member of Hebron United Methodist Church. He owned and operated his own lawn care and odd jobs business in Hebron for many years. He had a passion for nature and enjoyed gardening.

Ron is survived by three sisters: Ginger (Thomas) Katzman,



## A1C Screening- Diabetes Clinic

Tuesday, November 15<sup>th</sup>, 2022

**2:30 - 6:15 PM**

Hebron United Methodist Church

9811 Main Street, Hebron, IL

Fellowship Hall

[Registration](#)

**Send a text message or call: 815-355-5554**



### What is an A1C Test?

An A1C test is a blood analysis that measures the average glucose level in the blood for the last 3 months. A1C tests can be used to diagnose diabetes and prediabetes. An A1C test is also the main test used to in the management of diabetes.

[No Fasting Needed](#)



### Risk Test for Prediabetes

1. If you are a woman, at one time, were you diagnosed with gestational diabetes?
2. Do you have a mother, father, brother or sister with diabetes?
3. Have you ever been diagnosed with high blood pressure?
4. Have you ever been told you have diabetes or prediabetes?

**If you responded YES to any of these questions, you may benefit from an A1C screening!**



# HELP IMMIGRANTS ARRIVING FROM TEXAS

More than 750 asylum seekers from Central and South America have arrived on buses sent from Texas since Aug. 31, according to the city of Chicago. In collaboration with local, state, and federal agencies, the city of Chicago is taking action to ensure they have access to shelter, food, and other resources.

The city expects to receive hundreds more migrants from Texas. Under the direction of Governor Greg Abbott, the Texas Department of Public Safety (DPS), and the Texas National Guard, the Lone Star state has also bused over 8,000 migrants to the nation's capital since April and over 2,200 migrants to New York City since August 5, according to the state's website.



*Lay Missioners Roberto Moreno and Jackie Moreno Salgado who serve Living Waters NFC in Franklin Park bring donations to dozens of immigrant families staying in a suburban hotel in Burr Ridge.*

Individuals and families are housed in temporary Chicago shelters and hotels in nearby suburbs.

## Immediate donation needs include:

- Small size clothing (especially socks and underwear/sports bras)
- First Aid kits (Band-aids, Bandages, etc)
- Medications for adults and children (e.g. Ibuprofen, Acetaminophen, etc)
- Personal Hygiene items (toiletries, feminine products, etc)
- Duffle Bags/Small Suitcases

**For a more comprehensive list of needed items see these websites:**

- [City of Chicago - Chicago.gov/support](https://www.cityofchicago.org/support)
- [World Relief Chicagoland - worldrelief.org/chicagoland/bus-response](https://worldrelief.org/chicagoland/bus-response)
- [Illinois Coalition for Immigrant and Refugee Rights \(ICIRR\) - download flyer](https://www.icirr.org/download-flyer)

## Volunteers Needed

Volunteers are needed for donation sorting, distribution, and food service during mealtimes.

ICIRR is coordinating volunteers and requests to register groups of people rather than individuals to limit the number of follow-up contacts needed using a Volunteer Sign Up Form at [forms.gle/xH2a8cQSB9eHXAuH8](https://forms.gle/xH2a8cQSB9eHXAuH8).

The city of Chicago also needs volunteers - see the link at [Chicago.gov/support](https://www.cityofchicago.org/support)

## Legal Assistance

The Northern Illinois Justice for Our Neighbors is helping migrants seeking asylum with paperwork and court dates. To support their work, visit [nijfon.org](https://nijfon.org).

The Prairie Central Donation Collection Site is located at Aldersgate UMC, Wheaton  
1753 S. Blanchard Street, Wheaton IL 60189 - Contact: Daniel Cochran  
Cell 401-864-2441; [Aldersgate.Wheaton@gmail.com](mailto:Aldersgate.Wheaton@gmail.com) - Hours: By Appointment with Daniel



The 2022 Haunted Hebron 5K Fun Run/Walk & Spooky Storytime is Saturday, October 29th at 9:00 a.m. (sign in at 8:15 a.m.) at St. John's Lutheran Church. Get a race t-shirt if you register by October 10th: <https://www.signupgenius.com/go/10c0f4ea5af2daaf5c25-haunted1>

Fees and donations from this event will be put towards AH Vacation Bible School 2023! All ages welcome - run, walk, or cheer others on!

*Dear Lord, please hear our prayer for the following...*



Jodi Reins' daughter, Ashley and Ashley's newborn son, Zaevyn, in Children's Hospital  
The family of Ron Norgard who passed away  
The family of Riley Mogan who passed away  
Marge Lopeman recovering from hip surgery \*\*\*  
Anyone wishing to send a card see below  
Dorothy Heide experiencing health problems  
Dr. Dan and Denise Staten  
Erin Engelhardt's nephew, Jordan, experiencing health problems  
James Hampton and his family members experiencing health problems  
Former Pastor Kay Dillard, diagnosed with lung cancer  
Karen Vipond's nephew, Mark, diagnosed with cancer; friend, Jim, experiencing health problems; and, sister, Molly, experiencing health problems  
Shirlee Correll's father-in-law, Gene, now on Hospice care; and sister-in-law, Cindy, experiencing health problems  
Kris Bottlemey's brother, Jon, experiencing health problems  
Alberta Austin  
Wendy Schaid's friend, Alberto diagnosed with cancer, and his family  
Gordie Johnson  
Harold & Juanita Bailey and their sister-in-law, Marilyn, experiencing health problems  
Dick & Jeneil Border  
Dave Dickey  
Joan O'Halleran  
Katelyn Winter Sampson  
Pastor Char & Glenn's daughter-in-law, Julie, and her family, as they deal with the effects of MS  
Nora Winn at Fair Oaks Nursing Facility \*\*\*  
Anyone wishing to send a card see below

Luke Moore

Our former Pastor Jim & Char; and Jim's brother, Jack, experiencing health problems  
Our former Pastor Paul & Lynn  
Dorothy Peterson recovering at home from a stroke \*\*\* Anyone wishing to send a card see below  
Betty Garrett & her family

We pray for all who have suffered as the result of natural disasters.

We pray for protection and safety for all those who defend and protect us.

We pray for peace between Ukraine and Russia. Surround those affected by this and all conflicts with your precious love.

We pray for the victims and families of all who have been affected by and from violence.

We pray for the return of goodwill and unity among all people.

We pray for all those affected by illness; and we pray for the safety of all medical staff and personnel during the care of all patients.

We pray for our church, the Village of Hebron, and all leaders - local, state and national; our church leaders in Hebron, our Prairie Central District Sup't., our Bishop and the entire UMC.

We pray for the names in our hearts that they will be kept safe from harm. God bless us all. Amen.

*If you wish to have someone added to our Prayer List please contact Shirlee on our Nurture Team at (815) 648-5009 or at [offqueen@aol.com](mailto:offqueen@aol.com).*

*During a mental health crisis, anyone can call the 24-hour National Suicide Prevention Lifeline at 1-800-273-8255. Veterans crisis line is 800-273-7255.*

\*\* Marge Lopeman  
c/o Linda Lopeman  
2728 SE 52nd Ave, Apt A  
Portland, OR 97206

\*\* Dorothy Peterson  
11901 Prairie Ave.  
P. O. Box 238  
Hebron, IL 60034

\*\* Nora Winn  
c/o Fair Oak Health Care Ctr.  
471 W. Terra Cotta Ave.  
Crystal Lake, IL 60014

## JOIN US FOR WORSHIP SUNDAYS AT 10:30 A.M.

We livestream our Scripture Lesson and Sermon on most Sundays around 11:00 a.m. on Facebook @9811MainStreet



## Opportunities to Give

Thank you to those who gave so generously to missions in September! We raised \$1,695.00 for the Hebron Bed Build Mission along with several twin bedding items. Our Hebron Fall Fest booth raised \$44 to go towards missions. Thank you also for the continued donations to the Hebron Community Food Pantry. Here are ways you can give this month:

- 1) Mission Links September/October - Mujeres a Mujeres (HUMC matches up to \$250)
- 2) Noisy Can/United Voices for Children - Bring your coins October 30th
- 3) NIC - Immigrants arriving from Texas - see enclosed flier for details
- 4) Local Giving - A-H Secret Santa Program - See Shirlee by Oct. 26th if interested
- 5) Local Giving - Vacation Bible School Fundraiser: Haunted Hebron 5K Run/Walk Oct. 29th
- 6) Local Giving -Hebron Community Food Pantry (place items in baskets at back of church)

More information on our [2022 Mission Program](http://www.hebronmethodist.org) check out our website at [www.hebronmethodist.org](http://www.hebronmethodist.org).

**[Click here](#) to give to any of these missions through HUMC.**



FIRST CLASS POSTAGE

Hebron United Methodist Church

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