



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

Catch the Spirit!

www.hebronmethodist.org

JULY/AUGUST 2023

The Pastor Ponders...

...What does it mean to be a
healthy Christian?

Do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? Therefore glorify God in your body and in your spirit, which are God's.

1 Corinthians 6: 19 - 20

As I write this column, we are about to embark on the yearly Grandparents' Getaway, the event when we spend a week or two with our grandchildren touring some part of the United States. It's a wonderful time of bonding, sharing stories, seeing the world from their perspective and letting them see it from ours, getting to know the generation who will be "us" when we are no longer here. During the last couple of years, we went to Yellowstone National Park, Boston, Maine, Gettysburg, and the Smokies. This year we hope to tour a few spots in Michigan. Sturdy hiking shoes and Camelbacks generally appear on our "To Bring" list, which means that we will be walking significant
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Mark your Calendars

Tuesdays, July 11th, July 25th, Aug. 8th, Aug. 22nd 9:00 a.m.

Productive Aging Summer Program
Team Trivia, Balance-Strength-Stretch Class, and Lunch made by HUMC Youth. Benefits Screening & Enrollment also available.

****Free Program****

Every Tuesday 7:00 p.m.
Praise & Worship Team

Sunday, July 16th 9:00 a.m.
Council Meeting
Mission Links: MorningStar Mission

Registration NOW OPEN
A1C Screening-Diabetes Clinic
Tuesday, August 29th 2:30-5:30 p.m.
at HUMC Call or text to register:
815-355-5554. ****Free Program****

Our next newsletter will be issued the first week of September.

The Pastor Ponders (continued)

distances at some of the stops. Little did I know 10 years ago that I would find it necessary to begin training for vacation at least several weeks in advance! This entails walking up and down our street (yep, it's hilly) as well as stairclimbing several times/day.

Being a "healthy Christian" involves more than just knowing the Bible, following a lot of rules, praying more than the person that lives next door, and attending church on a regular basis. Being "healthy" is more than just being free from disease and infirmity. *Walking in the Way* by Ronnette Sailors says "Health is an attitude and a lifestyle, whether we are perfect physical specimens or whether we are handicapped, ill, or hurting. Being truly healthy means promoting balance and walking with God in all areas of our lives." She goes on to say, "It is a delightful responsibility to treat ourselves, one another, and all that God has created with kindness and respect!" And one of the ways we do this is to be kinder and gentler to our bodies, minds, spirits, relationships, and to the earth itself.

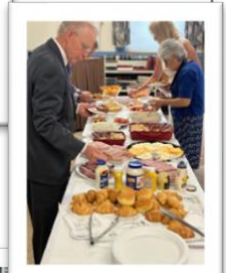
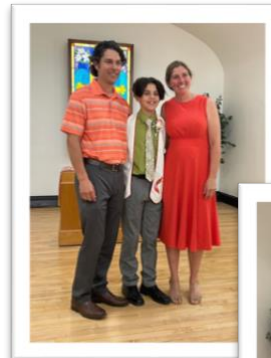
Walking with God – Prior to retirement, the UM Board of Pension and Health Benefits, provided incentives for pastors to lead healthier lifestyles. They gave us pedometers and we could earn \$\$ based on the amount of steps/miles we walked. Before I retired, I walked millions of miles and made around \$500. Sometimes there were special challenges: can you walk as many steps as it would take to scale Mt. Kilimanjaro in a week? How about the Indy 500? Or Nazareth to Bethlehem = 75 miles. Jerusalem to Damascus (remember Paul's experience on the road to Damascus?) = 140 miles. Rameses, Egypt to Mt. Sinai (Exodus 12: 37 – 19:3) = 235 miles. While I walked, I found I had time to pray and to think of my blessings. Interestingly, I find myself walking less now that \$\$ aren't involved. (Does greed=sloth?)

If you can't walk, or have difficulty walking, doing anything to be active (chair exercises, stretching, range of movement) at least 3 times/week for a few minutes is a good start to being healthier. Increase the number of times or the length of time you are active each week (with your doctor's permission, of course), until you are spending time every day becoming more physically healthy. Add in some time spent with others – phone calls, letter writing, prayer, study, afternoon tea, bike hikes, **Productive Aging at HUMC on Tuesday mornings**, etc. and some time just sitting outside, enjoying nature and thanking God for all your blessings, and you'll be well on the road to being a more healthy, whole, beloved child of God.

~ *Pastor Char*

**There is so much happening at HUMC!
Check out more photos on our website's
photo gallery page by [clicking here](#)!**

We Joyfully Welcome our Newest Members! Confirmation 2023



**Olivia, Isela, Logan &
Ulysses were confirmed
June 4, 2023.**



Cultivating Health Ministries

Our Productive Aging Program has been a blessing for all ages! Our HUMC Youth prepared breakfast for the Seniors which took place on June 12th and June 26th. This program provided food, a fun multi-generational Trivia game, a balance-strengthening-stretch class and benefits screening and enrollment. We also had an impromptu musical performance by the kids! **This FREE program continues throughout the summer!** The subsequent dates have been changed to every other Tuesday, so mark your calendar for July 11, July 25, Aug. 8, & Aug. 22 from 9:00 a.m. - 1:00 p.m. Lunch (instead of breakfast) will be provided!

Also, we will be hosting our next A1C Screening-Diabetes Clinic on August 29th at HUMC from 2:30 - 5:30 p.m. Call or text to register: 815-355-5554. This FREE program is made available in both English and Spanish.

Finally, did you know Cycling Without Age gives Trishaw rides to Seniors in Hebron? Members of our congregation are Trishaw "Pilots" who will help you sign up for a ride. Contact our church if you are interested at churchoffice@hebronmethodist.org and we'll get you connected with this program.



Save the Date

HEBRON AREA GARAGE & BAKE SALE

August 12th 9:00 a.m. - 3:00 p.m.

10100 Church Street, Hebron, IL

We'll be having a sale again this year and let's make it larger than last year! Any and all treasures and baked goods will be appreciated. If you'd like to drop off your items ahead of the date let Shirlee know. Please price your items before bringing them. Come join us for a day of fun and friendship. Proceeds from this sale will support our Mission Program.



N.O.W. Team - Outreach

[MorningStar Mission Ministries](#) is a non-denominational organization dedicated to relieving the spiritual and physical hunger of the poor. We do this by providing food for the hungry, clothing for the needy, shelter for the homeless and the Gospel of Jesus Christ for all.

On Nov. 16, 1909, Peter H. McCarthy founded MorningStar Mission after reconnecting with the church. He knew in his heart that God had a greater plan for him, and he began his ministry of feeding the hungry, helping the homeless and encouraging people in need to accept Jesus Christ as their Lord and Savior. Pete used all of his savings to rent a building in an area known as “Whiskey Row”. Complete with a chapel and 30 beds, his newly established mission would provide food and shelter for sober transients and homeless men. In 1981, the mission moved to accommodate a shelter to include homeless women and children. Not long after, they acquired additional space providing room for a chapel and the Mission’s first thrift store. This building was destroyed by a fire in 1993. In 1997 a building was donated and a men’s recovery center was built that provided 22 beds in the emergency shelter and 24 beds in the residential long-term recovery program but the generous donation came at a cost as there was no room to shelter women and children. In 2000, Eastside Café opened to serve hundreds of hungry individuals. Also in 2000 a plan was approved for a new shelter for women and children and in 2007, the mission proudly celebrated the opening of the Mary L. Weitendorf Women & Family Center. Today, under the direction of the Executive Director the MorningStar Mission continues its mission of helping people through numerous programs and services, the Emergency Shelter, the 180 Men’s Residential Recovery Program, the East Side Café and the Treasure Chest Thrift Stores. Following Pete’s tradition of ministering to the whole person — serving physical needs first, followed by spiritual guidance — MorningStar Mission continues to help all who are in need.

We will be collecting for MorningStar Mission on July 16 and throughout the month. HUMC will match funds up to \$200 for this Mission Links mission. [Click here](#) to give online. Thank you!

HUMC Kids

Vacation Bible School was a STELLAR success! There were about 50 participants and about 50 youth and adult volunteers! We would like to thank St. John's Lutheran Church for hosting this incredible week and to Laura Leedle for her excellent leadership! We all had a BLAST!

We will be starting Sunday School (during worship) and Youth Group/Confirmation (9:00 a.m.) in the fall. Mark your calendars for our **RALLY DAY** kick off on **Sunday, September 10th at 10:30 a.m.** where we will be celebrating "All God's Creatures!" Stay tuned to our website and Facebook Page to learn more.





RMN Working Group

Thank you to everyone who participated in our Pride Sunday worship service! What a joy it was to celebrate God's inclusive love and to hear from Kris, our Lay Member to the Annual Conference, and learn of the positive moves happening there for the church and LGBTQIA+ inclusion. On June 25th, we gathered after worship for a special video presentation, Gender Identity 101, provided by Reconciling Ministries Network and their ministry partners. For those who couldn't attend this first part of the 3-series presentation, or for those who wish to view parts 2 & 3, visit www.rmnetwork.org or [click here](#). At this educational event, we also announced our next book (or books) for our RMN Book Club: *How to They/Them* by Stuart Getty (a "quick read" that uses fun graphics to teach the hows and whys of using they/them pronouns) and *Transforming* by Austen Hartke (a "longer read" about the Bible and lives of Transgender Christians). These books are available online or you may borrow a copy from the church. We'll announce the date in the fall for our Book Club discussion.

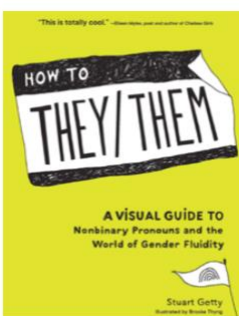
Parents Reconciling Network Gender Identity 101

March 2021



Austen Hartke

Foreword by Matthew Vines,
author of *God and the Gay Christian*



On Saturday July 1st HUMC marched in the 4th of July Parade! We were joined by our friends in ministry: Cultivating Health Ministries, Cycling Without Age, and the Harvard Senior Center. Happy 4th of July!



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



Pastor Jim and Char on the passing of his brother, Jack. ***Anyone wishing to send a card see below.

Debbie Arnold's mother, recovering from surgery

Shirlee Correll, experiencing health problems

Bobette VonBergen, recovering from a broken wrist

Erin Englehardt's friend, Dan and his wife Beth, as he deals with the effects of Parkinson's

Kris Bottlemy's Aunt Raynie recovering from a fall

Sharon Smith's brother, Mike

Deidre Bugar's friend, Sharon's 2 year old son, Kian, diagnosed with cancer

Marge O'Halleran in recovery from cancer
James Hampton

Karen Vipond's nephew, Mark, recovering from cancer; Mary Dade, diagnosed with cancer; Ron Dedina, recovering from open heart surgery

Alberta Austin and her son, Donny, experiencing health problems

Harold and Juanita Bailey

Roy Bailey; Roy's friend Nick G, recovering from an auto accident; baby Jordyn born prematurely

Dick & Jeneil Border and their friend, Holly, diagnosed with cancer

Dave Dickey

Joan O'Halleran and her niece, Heidi, for successful cancer treatments

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 their daughter, MaryBeth, experiencing health problems

Our former Pastor Paul & Lynn

Dorothy Peterson

Betty Garrett

Bob Garrett

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 offcqueen@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.

***Rev. James & Char Wilson, 25630 N. Wagon Wheel Ct., Barrington, IL 60010

***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

We raised \$120.00 for the African-American Methodist Heritage Center and \$77.00 for Peace with Justice Sunday. Thank you to everyone who gave so generously! To see our full Mission Program for 2023 [click here](#). Here are the upcoming ways you can give in the coming months:

- 1) July Mission Links - [MorningStar Mission](#)
- 2) [United Voices for Children](#)/Noisy Can - bring your coins to church Sunday, July 30th
- 3) Hebron Area Garage & Bake Sale - proceeds benefit our mission program
- 4) Local Giving - Hebron Community Food Pantry (baskets in back of church)

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



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