



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

Catch the Spirit!

www.hebronmethodist.org

NOVEMBER 2024

The Pastor Ponders... ...Why Should We Be Grateful?

Rejoice always, pray without ceasing, give thanks in all circumstances, for this is the will of God in Christ Jesus for you.

1 Thessalonians 5: 16 - 18 (NRSV)

I'm truly grateful for the opportunity to participate in our Productive Aging Program this fall. It's always fun to get to know the folks in the class a little bit better as we share food, stories, a little sweat, and some scripture. Stephanie has been leading us in Chair Tai Chi exercises which have been both meditative and strenuous (at least for those of a certain age) and a great way to get our day started spiritually and physically. Following some light refreshments, I've been helping us look at the topic of gratitude from a variety of perspectives, which has been a blessing as well.

Why should we be grateful? First of all, because the Bible tells us so – at least 157 times! And it also tells us to be thankful at least 72 times. But, if you need more reasons ... research shows that practicing gratitude 15 minutes per day, 5 days a week, for 6 weeks can enhance our mental wellness and our physical health.

- ◆ It regulates our heart rate and syncs our breathing with our heartbeats.
- ◆ It lowers levels of depression, anxiety, stress.

(continued on page 2)

Mark your Calendars

November is Organ & Tissue Donor Month
Baskets for donations to the Hebron Community Food Pantry are at the back of the Sanctuary.
See list of needed items on page 2.

Thursdays thru November 21st
9:30 a.m. - 11:00 a.m.

Fall Productive Aging meets - Chair Tai Chi/Balance & Stretch Class and Scripture study on *Gratitude*

Sunday, November 17th & 24th

After Worship 11:30 a.m.
Choir Practice for Thanksgiving Eve Service

Sunday, November 17th

Church Conference with District Superintendent Rev. Wendy Hardin Hermann
Church Conference 6:30 p.m. (SPRC 6:00 p.m.)

Tuesday, November 26th

Thanksgiving Eve Community Worship Service at St. John's Lutheran Church
7:00 p.m.

Sunday, Dec. 1st

First Sunday in Advent
Christmas Decorating after Worship

The Pastor Ponders (continued)

- ◆ It improves immunity and our capacity to fight disease, our quality of sleep, and our ability to break the negative thought cycle.
- ◆ It gives us a higher satisfaction with life, stronger social relationships, and improved self-esteem.

How can we practice gratitude? There are countless ways, but here are a few.

- ◆ Think about someone that you enjoy spending time with, someone who makes you smile. Give thanks for that person.
- ◆ What activity did you enjoy doing today? Give thanks for the ability to do it, the people/objects involved, and the pleasure you received.
- ◆ Use your senses. What did you see? hear? taste? touch? smell? that gave you pleasure today. Give thanks for those delights and for your body who helps you to experience these things. Give thanks to the One who gave you that body and all the good things you have experienced.

I give thanks for each of you for sharing your lives, our ministry, and the opportunity to experience God's grace in a warm and welcoming, creative and challenging, inviting and inspiring community.

Gratefully, Pastor Char



November is Organ &

Tissue Month! The HUMC is asking for contributions of Tissue products and other items for the Hebron Community Food Pantry. Listed below are the items they need the most:

| | | |
|------------------|---------------|-------------------|
| Paper towels | Toilet paper | Kleenex |
| Deodorant | Adult Depends | Shampoo |
| Coffee | Cooking Oil | Ketchup |
| Mayo | Mustard | Bleach |
| Hamburger helper | Chips/Cookies | Cleaning Supplies |

They also appreciate monetary donations to help pay for these items. The Hebron Community Food Pantry appreciates any and all donations made throughout the year.

God bless you for your generous giving!!



You are invited to join HUMC, St. John's Lutheran Church and Alden UMC for a Community Thanksgiving Service at St. John's Lutheran Church
9812 St. Albans St., Hebron, IL
on Tuesday, November 26th at
7:00 p.m.



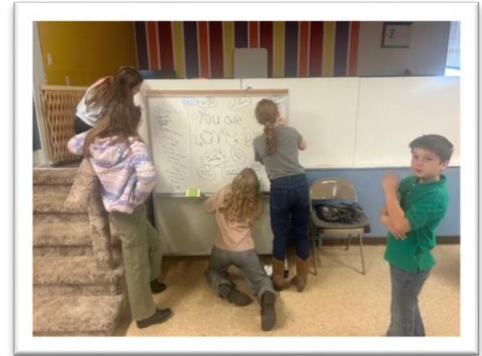
Join our intergenerational choir for one night only! We will rehearse our song for the Thanksgiving worship service after Sunday worship at HUMC (11:30 a.m.) on Nov. 17th & 24th.

HUMC Youth & Kids

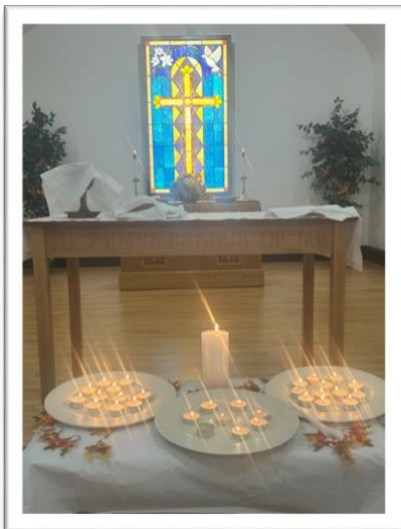
HUMC is grateful to our youth, kids and Lay volunteers, and especially to Roy Bailey for leading worship on Laity Sunday, October 20th!

Our Church Works class has been busy learning new worship music this past month and we have been blessed to be able to share this praise and worship with the congregation. Our HUMC Youth is currently working on special music for the Thanksgiving Eve service which will take place at St. John's Lutheran Church on November 26th at 7:00 p.m. We are inviting any church or community members to join us as well! Additional rehearsals will take place after worship on Sundays November 17th and 24th. Please consider joining us for this intergenerational chorus!

Our Sunday School class has completed our unit on Joseph and his Brothers. We learned this story through Scripture, some fun games, a true/false quiz during Children's Chat, and a viewing of the film, Joseph and the Amazing Technicolor Dreamcoat. Our HUMC Kids have also shared their musical talents this past month, and they are working very hard at memorizing and singing all the titles of the Books of the Bible. We are looking forward to a wonderful month of learning!



Our Mission tree is in full bloom! Every leaf represents \$10 donated to one of our Mission Links Missions. Thank you HUMC for your commitment to giving this year!



November 3rd was All Saints' Sunday. We shared in Holy Communion and lit candles to remember, grieve, and celebrate the Saints who have gone before us to the heavenly kingdom.



We will be participating in the A-H Schools Secret Santa program again this year! If you would like to provide Christmas presents to a local child or family this season, please sign up on the clipboard at church on Sunday morning, or you can email us at churchoffice@hebronmethodist.org. More details will then follow. Thank you Dawn Nelson for coordinating with the school and our church family on this important mission!



Cultivating Health Ministries



Our health ministry continues with our Fall Productive Aging program which began in October. It's not too late to join in for the last leg of this program! We meet Thursdays at the Hebron United Methodist Church from 9:30 a.m. - 11:00 a.m. on November 14th and 21st. We provide balance, strength and stretch exercises combined with chair Tai Chi exercises for 30 minutes led by Stephanie Claussen, break for a healthy snack, and then participate in a Scripture Study on Gratitude led by Pastor Char Hoffmann. This is a FREE program and we hope you join us for any of the remaining meetings!



★ Veterans Day: ★ Thank You for Your Service!

To the Veterans we worship with, those in our community and to all Veterans everywhere, we thank you for your service. You've helped make this world a better place with your courage, sacrifice, and dedication to our country and no words could come close to express our gratitude. Thank you.

MARK YOUR CALENDARS:

HUMC Church Conference
with District Superintendent
Rev. Wendy Hardin Hermann
SPRC meets 6:00 p.m.
Church Conference 6:30 p.m.
All are invited and encouraged to attend!

Award-winning Scarecrow!



For the second consecutive year, our HUMC Scarecrow won an award! This year, the Village of Hebron awarded HUMC the Most Humorous Scarecrow. Our upside-down scarecrow was head-over-heels for things like "Modern Medicine," "Community," "Shirlee's Cookies," "More of Shirlee's Cookies," "Jesus," "Our Beautiful Church Family" and more. Thank you to everyone who participated and to our fun-loving Hebron Community for all the festive entries!

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



Myrna Hoeft, experiencing health problems
Jeff Arnold, experiencing health problems
Dale Walker's friend Sandy's mom on her diagnosis of cancer
Dan Staten's son, Nick
Alberta Austin at Alden Terrace ***Anyone wishing to send a card see below***; and her son, Donny, experiencing health problems
Erin Englehardt's co-worker, Pat Kerney, diagnosed with esophageal cancer
James Hampton; and his mother, Marjorie, experiencing health problems
Karen Vipond; her friend, Fred, experiencing health problems
Roy Bailey
Harold & Juanita Bailey; Juanita's friend, Betty Recob's husband, Jim, recovering from cancer; her friend Harriet's son, Gary, diagnosed with heart problems
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 their daughter, MaryBeth
Our former Pastor Paul & Lynn
Dorothy Peterson
Betty 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 for Ukraine and Israel during these trying times of war. Surround those affected by these 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 all children who have been victims of abuse.

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. Wendy Hardin Hermann, our Bishop Dan Schwerin, 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.

***Alberta Austin

c/o Alden Terrace
803 Royal Drive, Rm. 602
McHenry, IL 60050

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

Thank You for Your Prayers

The Claussen family would like to thank you for all your prayers and kind words as we mourn the loss of Jonathan's mother, Stacy.

A memorial gathering for Stacy will take place on Saturday, November 16th from 1:00 - 5:00 p.m. at the Cardinal Funeral Home, 7715 W. Route 14, Crystal Lake, IL.

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



Opportunities to Give

Thank you to everyone who gave so generously to our missions We raised \$56.00 for World Communion Sunday, \$25.00 for Repair the Harm, \$100 for UMCOR Disaster Relief, and we received many donated items for the Hebron Food Pantry. Thank you for your support! Here are the upcoming ways you can give this month:

- 1) A-H Secret Santa program - sign up to receive the name and age of a child in need
- 2) Organ & Tissue - month of November - see items needed for the Hebron Food Pantry
- 3) Local Giving - Hebron Community Food Pantry (any Sunday - baskets in back of Sanctuary)
Monetary donations to restock the pantry's meat supply will also be accepted and appreciated!

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



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