

THE LEAFLINES

River Forest United Methodist Church



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FEBRUARY 2010

www.rfumchurch.org

Congratulations! Happy anniversary! My screen was filled with the computer equivalent of confetti and balloons. I had reached a year of pedometer-recorded walking – approximately 1,300 miles and millions of steps. Add in all those steps when I wasn't wearing my pedometer or it wasn't recording, and it would be an even more impressive number. Did I increase the amount of walking I did over the course of a year – YES! Did I reach my daily goal – no. Did I lower my cholesterol levels and blood pressure – yes. Did I lose any weight – no. Obviously I still have a few lifestyle changes to implement before I attain perfection.

Just a closer walk with thee, grant it, Jesus, is my plea, daily walking close to thee; Let it be, dear Lord, let it be.
TFWS #2158

What did I learn? First of all, I'm much more likely to do something that's an easy, normal part of my life than something that requires preparation or effort. I can walk anywhere, at any time, and it's free. I have to plan to go to a health club. 2) I'm more likely to do something if I can see progress and am rewarded. I could see the number of steps on my pedometer each day. When I logged on to the computer at night, I saw a little chart showing my progress and congratulating me if I made my daily/weekly goal. And, every so many steps, I earned \$25. 3) I respond to challenge. Regularly, there was either a personal challenge or a group challenge or goal. Meeting the challenge earned extra points. I earned all my extra points. 4) I do better when others are involved for competition, encouragement, and accountability. I've made new clergy friends as a result of this program. 5) Wearing that odd looking pedometer has made openings for conversation with strangers, some of whom have revealed their pedometers, some of whom were able to talk about their health joys and concerns, and some of whom were fascinated by the fact that I am clergy, allowing me to also talk about church and Christ.

Our walk with God can be a similar experience.

1) We're more likely to work on our relationship if we make it easy. Put an Upper Room or similar devotional in your pocket, purse, by your bed or favorite chair, or somewhere else you normally are each day. It will give you just a brief scripture reading, illustration, prayer, and topic for meditation. Or, put a table grace where you normally take each meal or a bedtime and waking prayer under your pillow and then use it. 2) Put a star on each page for each day you've completed the task. Treat yourself appropriately at the end of a week/month. 3) Challenge yourself occasionally. (Double the points if you actually look up the scripture text in the Bible, pray for every meal + bedtime and waking prayers, during an entire week.) 4)

Find a prayer partner or partners. Share what you've been experiencing. Answers to prayer? Learnings? Questions? Read the lesson over the phone if you can't be together in person. One group of folks I was in covenant with, agreed to do our devotion at 6 a.m. every day. Each of us was assigned a day of the week to "one ring" the others at 6 a.m. – no talking. Just let the phone ring once and hang up. It said, "I'm up, praying for you, and hopefully you are up, praying for me, too." If I accidentally overslept, I got a "caring" phone call later wondering if everything was OK. 5) Find something to wear that would remind you to work on your relationship with God each day. Not only will it remind you of your task, but it might just be an opening to share your journey with another.

If the goal of walking was to make me rich, there are far easier and faster ways to make the \$200 I earned last year. The goal was to make me a healthier person. The goal of walking with God on a regular basis is not to see how many stars we can amass, or how many rewards we can attain, or even how good we can be, it's to make us spiritually healthier people, more deeply connected to God and each other, more blessed to be a blessing to others. "I press on toward the goal for the prize of the heavenly call of God in Christ Jesus." Philippians 3: 14

Pastor Char



Ash Wednesday—February 17

NOON — River Forest UMC
Cornerstone UMC

7:00 p.m.— First UMC, Oak Park
Neighborhood, Maywood

(Liturgy, including imposition of ashes,
will be similar at all services, multiple
clergy officiating)

Lenten Soup Suppers

Tuesdays 6:30 p.m.

February 23—Neighborhood UMC

March 2—Elmwood Park UMC

March 9— First UMC, Oak Park

March 16—Franklin Park UMC

March 23—St. John's/Cornerstone UMC

March 30—River Forest UMC

Holy Week Services

Maundy Thursday

April 1—River Forest UMC

Good Friday

April 2—First UMC, Oak Park

UNITED METHODIST WOMEN

River Forest United Methodist Women are off to a new start for 2010. We had installation of our officers on Sunday, January 24. Pastor Char carried out the installation during Worship Service.

Our officers for 2010 are:

President	Margaret Hamilton
Vice President	Jean Dillner
Sec/Treasurer	Dot Sallee
Nominating Chair	Mary Hudson
Secy. Program Resources	Norma Marquardt

Our first meeting will be on Thursday, February 11 at 1:00 p.m. The program for that day will be our Pledge Service.

We would be happy to see some of the ladies who are not members of UMW join us for that meeting. We serve a dessert and coffee so please think about spending time with us.

Margaret Hamilton
President, UMW

RELIEF EFFORTS FOR HAITI


Our distribution center in Chatham, IL is requesting that churches collect items for **Haiti** health kits. **Please do not assemble individual kits, as it will delay the delivery of the materials to UMCOR staff in Haiti.**

ITEMS TO COLLECT:

- One-gallon sealed plastic bags
- Hand towel (15" x 25" up to 17" x 27", No kitchen towels)
- Washcloths
- Combs (large and sturdy, not pocket-sized)
- Nail file or fingernail clippers (no emery boards or toenail clippers)
- Bath-size bar of soap (3 oz. and up)
- Toothbrush (single brushes only in original wrapper, No child-size brushes)
- Adhesive plastic strip sterile bandages
- \$1.00 to buy toothpaste

To date: RFUMC has collected over \$1,000 for relief efforts and has also received many donations of health kit supplies.

FEBRUARY 2010

	1	2	3	4	5	6 Proviso Pantry 8-10 a.m. Market Day pick up
7 	8	9	10 Susanna Wesley 7:00 p.m.	11 UMW 1:00 p.m.	12 PADS	13 Proviso Pantry 8-10 a.m.
14	15	16	17 <i>Ash Wed. Service- noon RFUMC & Cornerstone</i>	18	19	20 Proviso Pantry 8-10 a.m.
21 Special Events mtg. after service	22	23 Lenten Soup Supper 6:30 p.m. Neighborhood UMC	24	25	26	27 Proviso Pantry 8-10 a.m.
28 <i>Brunch "Fame" OPRFHS 3 p.m.</i>		March 2 Lenten Soup Supper 6:30 p.m. Elmwood Park UMC				

This Month's Birthdays



- 2 Walter Bossard
- 2 Jo Hammond
- 2 Norma Marquardt
- 5 Samantha Schak
- 6 Stephanie Lind
- 8 Carmella Palumbo
- 14 Vicki Haas Hanson
- 16 Diane Maginnis
- 20 Carl Young
- 22 Benjamin Hammond

For Your Information

VOLUNTEERS NEEDED

Please sign up to be Liturgist, Donate Flowers, or Host Fellowship on the schedules provided.

THE LEAFLINES

Deadline for the LeafLines is Sunday, February 21.

DEEPEST SYMPATHY..

To the Glasgow family on the death of Glen Shirley Glasgow on January 1, 2010.

NEW ADDRESS

Al Wahnert
Berkeley Nursing Home
6909 W. North Ave.
Oak Park, Il. 60302

CONGRATULATIONS

Mary Hudson received her state certificate from the Illinois Food Service Sanitation. She is now a Certified Manager. Way to go Mary!!!

NEWS AROUND THE CLUSTERS AND COMMUNITY

The Symphony of Oak Park and River Forest presents *Bach & Beethoven*, Sunday, February 14, 4:00 p.m., First United Church 848 Lake St. Oak Park. Adults \$20 Seniors \$15 Students through college free.

Journeys: The Legacy of Harriet Tubman
Sunday, February 21

11:15 A.M.—First UMC, Oak Park

1:30 P.M. —Neighborhood, UMC, Maywood

Re-enacted by Deborah L. Wright, former member of Neighborhood UMC. Ms. Wright lives in Little Rock, AK and is a television and print journalist.

“*Fame*” Sunday, February 28, 3:00p.m., OPRF High School.

WORSHIP LEADERS

<u>DATE</u>	<u>LITURGISTS</u>	<u>FLOWERS</u> <u>DONATED BY</u>	<u>FELLOWSHIP</u> <u>HOSTS</u>	<u>USHERS</u>
February 7	Dot Sallee	Pat & Carolyn Wilken in memory of Shirley Formento	Charlotte Sisson	Marian Brennen Margaret Hamilton Fred Lenhoff Judy Sora
February 14	Jocelyn Pritchard	The Hanson Family in honor of Vicki's Brother	Susanna Wesley	Marian Brennen Margaret Hamilton Fred Lenhoff Judy Sora
February 21	Pat Nutter	Margaret Hamilton in memory of my Mother	Pat Wilken & Marsha Cieslak	Marian Brennen Margaret Hamilton Fred Lenhoff Judy Sora
February 28	Becky Eanet	TBD	BRUNCH	Marian Brennen Margaret Hamilton Fred Lenhoff Judy Sora

COMMUNION STEWARDS : Sunday, February 7, 2010– Mary Hudson and Lois Pye

Dear Pastor Hoffmann & the River Forest Family,

Thank you for thinking about us at Olivet UMC and the young people and people of this community. Because of your congregation and their generous hearts, Olivet UMC was able to help many needy children and families during this past holiday season by providing warm coats, hats, mittens, and scarves.

Olivet UMC resides in one of the poorest areas in the city of Chicago. Many who attend our services come from very low-income homes and don't always have the means to contribute to the work of the church. For this reason, it is such a blessing that you are all wanting to lend a hand and make such a difference. We thank God that you have been blessed and that you are willing to share that blessing with others. Because of your gifts, many needy children and families received a helping hand.

Thank you again, and may God continue to bless and keep you,

Rev. Donald Wright, pastor

MARKET DAY

Bonus Days in February mean the more delicious cookies you purchase, the more we earn for our food ministries. The flavors are all special with a new one to tempt you, Lemon Cooler Cookie Dough.

Smoked Sausages, Corned Beef, Bay Scallops, Pumpkin Flax Granola, and Tomato Basil Raviolini Condensed Soup—mouth-watering items for your family. Do you like to have more seafood in Lent? There are tasty items to choose from on page 4. On page 9, there are several chicken items to choose from. Let's help earn more money for the food pantry ministry, 170-180 families often come to the Proviso Pantry for our food bags. Let Laura or Jean know what you want before the 11 p.m. order deadline on February 3.

VALENTINES DAY BAKE SALE



Susanna Wesley Circle's annual Bake Sale will be Sunday, February 14. Funds raised will help with the Circle's projects and P.A.D.S. Donation of baked goods for the sale is appreciated.

February donation for the Food Pantry is:

Canned Fruit

Place your donation in the basket on Sunday morning.

WAYS TO HELP THE WORLD FOOD CRISIS

Let your voice be heard. Contact your senators and representatives and ask them to support HR 2795, The Roadmap to End Global Hunger and Promote Food Security Act of 2009, and S384, The Global Food Security Act of 2009. These acts provide local food aid programs in developing countries, helping people to become healthier and more self-sufficient. Congress can change laws in these areas which would contribute to global peace.

Did you know... In many poor countries women produce the majority of the food supply and are more likely to spend their income on food, education and healthcare for their children. You can help them help themselves.

A new concept, vertical farming, would move farming into cities to grow crops in specially designed multi-floored buildings! This could increase food production in the U.S. and abroad. Vertical farms would work in places where traditional farms cannot.

United Methodist Women's Action Network,
Women's Division,
General Board of Global Ministries.



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*Return Service Requested
Dated Material Enclosed*

VALENTINES DAY BAKE SALE

Sunday, February 14, after service.

ASH WEDNESDAY SERVICE

February 17

Noon— River Forest UMC and Cornerstone UMC

7:00 P.M. - First UMC, Oak Park

7:00 P.M. Neighborhood UMC, Maywood

SOUP SUPPER

Tuesday, February 23, 6:30 P.M.

Neighborhood UMC

BRUNCH

Sunday, February 28, after service

***“FAME”* (musical) OPRF High School**

Sunday, February 28, 3:00 p.m.