



Jefferson United Methodist Church
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ADDRESS SERVICE REQUESTED

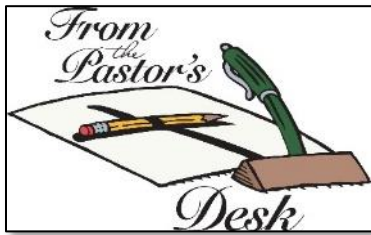
Office hours are 8:30 - 2:00 M-F
Office closed 11:30 – 12:00 daily for lunch.

**Our Mission: To make disciples of Jesus Christ
for the transformation of the world.**
Our Motto: Love God ~ Love Others ~ Serve the World

October, 2024

Volume 100





CHRISTIANS AND PUMPKINS

At the end of this month, children will dress up in costumes and go from house to house collecting candy. Parties will be held all over. Candy and pumpkins will be seen everywhere. Why? Because on October 31, the spectacle known as Halloween will make its yearly occurrence. Now obviously Halloween is not a church holiday; in fact, there are some who would say that churches should speak out against this holiday. And while this certainly makes sense, what with all the celebration of dark things, I also believe that one of the greatest Halloween pastimes – carving pumpkins – can illustrate what it's like being a Christian. See, if we really think about it, a pumpkin gives us a lesson about following God. Here's how:

Sometimes people ask what it is like being a Christian. We would like to say that it is all fun and easy. But we all know that even though it is fun because we are God's children and God loves and helps us, it can also be hard to be a Christian.

I think I can use a pumpkin to help explain. We all start out like pumpkins. We're out in the garden along with all the others. God is always walking through that garden asking if any of us want to belong to Him. When we say "yes" to God, he picks us up out of the garden. And he gently washes away the dirt, just like we wash our pumpkins before using them. That feels really good.

But there is more to be done. You see, dirt was not the only thing we brought with us from the garden. Some of what we brought back requires surgery and that can hurt. While we were out there in the garden, some things grew inside us. Sometimes the others were not fair to us. We became angry and the seed of bitterness started to grow inside. Sometimes others let us down or hurt our feelings. We began to feel sorry for ourselves and the seeds of rejection started to grow. We try to get even with those who hurt us. The seeds of un-forgiveness and violence begin to grow inside.

All of this is like the seeds and nasty "guts" which are inside of a pumpkin. All this cleaning up hurts a bit. But if we will not let God clean all of this out, it gets infected. Then we really have problems. Christians who will not let God clean out all the junk from the pumpkin patch are miserable. They have spiritual infections, and they can spread them to others.

What we need to learn is to hold still and let God take care of anything that needs cleaning! Sure, it hurts sometimes. And sometimes we wonder what God is trying to do! But then God reminds us that He has a wonderful plan for our life. He wants the beauty of Jesus to shine through us so others can see the way to Jesus. This is just like the candle we put inside our pumpkins to turn them into jack-o-lanterns.



In Matthew, we read: *“You are the light of the world. A city on a hill can't be hidden. Also, people do not light a lamp and put it under a bowl. Instead, they put it on its stand. Then it gives light to everyone in the house. In the same way, let your light shine in front of others. Then they will see the good things you do. And they will praise your Father who is in heaven”* (Matthew 5:15-16, NIV).

This world is full of darkness, with many people stumbling around trying to find their way. Just like that candle in the jack-o-lantern, after you clean yourselves out with God, you can be a light for each person, and believe me, there's a light waiting for you. It can all happen with something as simple as sharing the faith, to just a smile across the room, to a quick hello to a forgotten friend. So, this Halloween, as you carve out your pumpkin, remember the truth about what it means to be a Christian and shine your light for all to see the love of God shining in you, just like that candle shines in the pumpkin.



Mark Your Calendars Now! Our next Family Night will be “Crockpots and Pumpkin Carving” on **Saturday, October 19 at 5 p.m. here at the church.** Bring a crockpot dish to share and a pumpkin to carve and join in the fun! We had such a fun time at our Cookout & JUMC Olympics, and this Family Night promises to be more of the same!!!





OCTOBER

Birthdays

1 Vicki Furman

Kay Eberly

9 Janice Supplee

11 Debra Bumgarner

Lori Jerome

15 Angela Brail

16 Donovan Leininger

Grace Jerome

18 Larry Vlock

Scott Allen

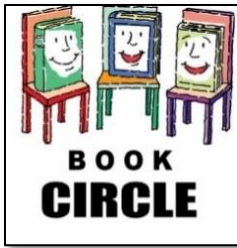
26 Jeremy Roseberry



HAPPY

Birthday





October 10 at 11:30

**At JUMC please bring your own
lunch and drink.**

The Benefits of Being an Octopus

by Ann Braden

That Sounds Like Fun

by Annie F. Downs

November

Horse

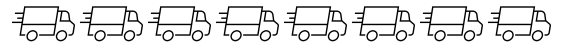
by Geraldine Brooks

**Open to other suggestions
for books to read!!**

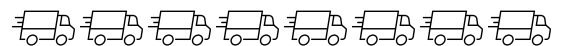
Please join us & keep reading!

SUSANNA'S CUPBOARD

Dear Ones, this is my last message as the voice of Susanna's Cupboard. And I want to use it to shout out a big welcome to Bethany Overfield, who is taking over the responsibility of being the steward of Susanna's Cupboard. She is well equipped for the task. If you have any questions or suggestions, she will be ready to listen to them. Thank you for your generosity over the first four years of Susanna's service.



Nine drivers from JUMC continue to deliver food faithfully twice a month to those in our community who cannot go to MANNA in person to pick up the food they need. They drive on the second and fourth Thursdays of the month, regardless of weather, other errands, and busy schedules. You can be proud that your church serves so willingly the people the rest of the community rarely see. Thank you, Drivers!



Verse of the Day

Live in harmony with one another; do not be arrogant, but associate with the lowly; do not claim to be wiser than you are.

-Romans 12:16

Voice of the Day

Our job is to love others without stopping to inquire whether or not they are worthy.

- Thomas Merton

Prayer of the Day

Lord, today may we love others without passing judgment. May we see your image in their faces and give them our most profound joy.



CHRISTIAN CAFÉ NOTICE

Due to the anticipated large voter turnout and to fully protect the integrity of the election, there will **NOT** be Christian Café on election day, **November 5th**.

Wesley hall will be fully utilized during that day for the voting process. And other areas of the building are being made available to provide a respite for the poll workers on what will no doubt be a long and stressful day.

We will advertise this information at the two meals in October so our followers will be informed. We greatly appreciate your understanding.



Benefits of Yoga

Yoga helps encourage proper breathing, calms the mind, reduces stress and anxiety, aligns muscles and bones, increases flexibility of the spine, strengthens bones and stimulates the circulatory and immune systems. JUMC hosts 2 opportunities each week to experience these benefits:

Chair/Mat yoga - Mondays at 10:30am. Using props and aids, this class is adapted to the abilities of the participants.

Slow Flow – Mondays at 6:30pm
Continuous slow flowing movements combine with mindful intention, deep stretch & meditative rest. The class is held in Giddings Park during the summer.



World Communion Sunday: Oct. 6, 2024



What it is

World Communion Sunday is a day to celebrate the Christian practice of breaking bread together, and to recognize the Lord's Supper is celebrated in many different ways around the world.

What it means

It's a time to participate in Jesus' meal with his friends, and to learn about different Christian traditions.

What happens

Offerings made on World Communion Sunday help fund scholarships and leadership development for students pursuing advanced degrees. These funds are administered by Global Ministries and the General Board of Higher Education and Ministry.

Trick or Treat



To allow the Roseberry family the opportunity to enjoy trick or treating together and for another chance to connect with the community, a group of volunteers will be handing out candy and hot chocolate at the parsonage during the village's trick or treat time, October 26 4pm-6pm. Last time, we were able to be VERY generous with the



candy, since we had originally begun collecting for a trunk or treat event. Although we don't need quite as much candy this year, we do appreciate any contributions you may be able to make to help us with this little event. If you would like to join us for what promises to be a fun and joyful event, contact the office, we'd love to have you join us!



On **Sunday, October 27,** following worship, we will be having a special Prayer Walk. With clocks changing that following Saturday, it is recommended to change the batteries in smoke

alarms too. So, we will be heading to some of the communities where we had Neighborhood Cookouts and deliver batteries to the residents. While doing so, we will be praying for these communities and how God may be calling us to serve, as well as praying with those residents who desire. Afterwards, we will come back to the church for pizza. If you have any questions, please see Laurie Krieg.



Hello to all the churches:

For the month of October, Manna is asking for non-grape jelly, Kool-Aid packets, boxed potatoes, cake mix and deodorant. These are our last asks before we have to make the big push for holiday items, so please help us stock our pantry with these everyday items. Your response is always very much appreciated.

Lorna Westlake





Throughout the year, we hold fundraisers (Easter Butterflies, Coins for Lent...) and collect money (last Sunday loose change) for our Change the World fund. But where exactly does this money go? There are 4 groups we support with these funds: The Susanna Wesley House in Phnom Penh, Cambodia, Sohail Samuel's Children's Development Mission School in Pakistan, Kelly Cooke's work with student athletes at Pitt through Coalition for Christian Outreach, and the Ashtabula County Children Services kinship program. We are taking time this fall learning about how we are changing lives around the world. Last month, we featured Kelly Cooke's work with student athletes at Pitt.

For October, we are coming even closer to home and highlighting our partnership with the kinship support program with Ashtabula County Children Services. Our hope with these features is to become better connected to the impact of your generosity.



Ashtabula County Children Services Kinship program helps all kinship families in the county. Families do not have to be involved with Children Services...anyone caring for a child in place of their parents can call for help with resources and information. With the money received through Change the World donations, the ACCSB Kinship program can help kinship families with emergency purchases like beds, car repairs, appliance repair or replacement to ensure the children can remain in

their homes. We also can help with back-to-school shopping with clothing vouchers to assist families with the extra expenses. This year 12 vouchers were given for school clothes. We also used these funds to hold a back-to-school event and gave out school supplies to 30 children.



In addition, we have also been able to help families with initial baby items...cribs, bedding, diapers, bottles, formula, food, etc. until services such a WIC can begin.

Anyone with a relationship with a child can find themselves in a situation where they are asked to care for that child. Our goal is to be a resource for these families and children and with the help of Change the World funds we can offer even more supports.



Thank you!

Stay tuned throughout October, as we share more about our collaboration with Ashtabula County Children Services.

Together, we are changing the world.

WOMEN'S FALL RETREAT

SEASONS OF GRACE

SATURDAY, OCTOBER 26

9 AM-2 PM | \$10/WOMAN

Join us for a day of prayer and practice to celebrate God's grace moving through our lives. Lunch will be provided. We will donate extra proceeds to a local organization supporting women.



Scan to register online!

Payment may be made to Ashtabula First in person, by mail, or on Tithe.ly.

Space is limited; deadline to register is Monday, October 21

ASHTABULA FIRST UNITED
METHODIST CHURCH

4506 ELM AVENUE
ASHTABULA, OH 44004
(440) 993-3806

Susanna Wesley Ministries

Phnom Penh, Cambodia

Susanna Wesley House

Shine Project

Children's Ministry

Welcoming GMF for SWH *(Written by Reasey)*



BOUANGERN PASUEVANG (Nya) is a GMF from Laos. She will be serving the SWH as an activities coordinator for 2 years (2024-2026).

Nya says, "My heart always fills with joy of serving the Lord and sharing the love of God to others. And now I have the opportunity to serve with GBGM in Cambodia as a new GMF, as the activities coordinator at S W H.

I'm excited to become part of the blessing to these girls and the community. Last weekend, I had a great fellowship with the students and the church members. I could feel the love as one family in Christ. As John 13:34 says, "In this way, everyone will know that you are my disciples, if you love one another." We pray for her transition to Cambodia and for her faith journey while she is here with us.

Sunday Funday *(Written by Reasey)*

It has been a while since we had a game fellowship with the church member. This month, we had a chance to play volleyball with the young people at church after



the morning service and had a food fellowship as well. It was a fun and refreshing Sunday that we talked and



spent time with our brothers and sisters in Christ, because in Jesus Christ, we are one family.

Shine Project - Vocational Training Program

For this month, we really appreciated the opportunity for our participant Yuri to share her testimony with a young group from Japan and the Philippines who came to learn and help Cambodian people. We are so impressed by God's work through Yuri's life as she



works so hard to support her family members. She

said, "My previous journey was hard, but I have hope through Shine Project for a bright future. I am just a simple girl but God loves me as his daughter, so I have everything in my life." In one unity of God, we pray for her bright future.

(Written by Youlika)



Children's Ministry

We Need More TVs!



One thing we learned after making online materials for children is that not all churches in Cambodia have projectors or TVs to show the videos to their children. We have witnessed some pastors and teachers show videos on their phone to teach their children. In order to support such

churches, we have been donating TV/stand set to smaller churches in provinces. Once TV sets were given, some children in the vicinity came to church just to watch videos on TV! This ended up being an unintentional outreach program! How God uses all things for the good of those who love God! Please support this ministry by giving to the [Cambodia Mission Initiative](#) (Advance #00230A). It costs \$450 to buy 55" TV and a stand. Be sure to note "TV Sets" when you're giving so that 100% of your donation can be used for this ministry!

How to Support: An annual tuition for most of the universities in Phnom Penh is about \$600.

Online support: <https://advance.umcmision.org/p-393-children-and-youth-scholarships.aspx>
Children and Youth Scholarships - Advance # 3020791

To donate by check: Please make your check payable to **Advance GCFA** and write the **Advance # 3020791** on the memo line. (Address: Advance GCFA PO Box 9068 GPO New York, NY 10087-9068)

Contact: Reasey Long (Susanna Wesley Ministries Coordinator) - reasey1155@gmail.com

Health Ministry – Children

I am sharing with our readers information from two articles I have read in the past 2 months. They are both related to the well-being of children, a topic of interest to all of us. The first article was in the Plain Dealer September 15th, the subject “Physical and Mental Health”.

The title “Time in nature builds happier, healthier and more social children”.

The author is Jamie Friedlander Serrano, a journalist who has written extensively about well researched health related issues.

“The average American today spends nearly 90% of their time indoors, according to the Environmental Protection Agency. Yet research indicates that children benefit greatly from time spent in nature; that not only does it improve their cognition, mood, self-esteem and social skills, but it can also make them physically healthier and less anxious.”

I have saved the article if anyone is interested in reading the entire article.

The second article led me to the book: “The Anxious Generation”; (How the Great Rewiring of Childhood is Causing an Epidemic of Mental Illness.)

The author is Jonathan Haidt, American social psychologist and author; I borrowed the book from my local library. The book has just been printed this year and is heavy with research data and statistics, but at the end of each chapter is a very helpful summary of the main points in the chapter. The emphasis is on the value of a play-based childhood versus a phone-based childhood.

I know many can relate to my memories of playing outdoors with other neighborhood children and you knew to be home before the streetlights came on. You played games that you made up the rules for; you learned to negotiate, cooperate, be inclusive, be adventurous, be helpful and kind and have good clean fun. If you got into trouble, other parents would make sure your parents knew about it. I know – today is nothing like the 1950’s and 1960’s, in some ways better and in others ways not so good. Many children no longer have even a partially play-based childhood but a phone-based childhood with very structured sports experiences. I’m sure you know what I mean. I understand the many ways that smart phones and social media are useful and helpful, but research shows a clear connection between smart phones and social media to childhood anxiety, depression and even suicide, thus the title of Mr. Haidt’s book.

His recommended 4 new norms are listed below:

- No smartphones before high school
- No social media before 16
- Phone-free schools
- More independence, free play, and responsibility in the real world

Remember: there are still “old fashioned” flip phones (not smart phones) for needed communication. I realize this is a very complex issue with many varying opinions and options and I have much empathy for those raising children in today’s world. I thought some might find these two references to be helpful or insightful, especially for our teachers who are living in the school world every day.

Martha Haluszka, Health Ministry

October 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Loose Change Sunday</p> <p>9:30am - Worship</p> <p>10:30am - Fellowship</p> <p>10:30am - Sunday</p>	<p>9am - Pickle Ball</p> <p>10:30am - Yoga -</p> <p>6pm - Bible Study</p> <p>6:30pm - Scouts</p> <p>6:30pm - Yoga - Slow</p>	<p>10am - Ministry Team</p> <p>4pm - Christian Cafe @</p> <p>11am - Bible Study</p> <p>2pm - Community</p> <p>6:30pm - Handbell</p> <p>7:15pm - Choir</p>	<p>9am - Pickle Ball</p> <p>2pm - Community</p> <p>6:30pm - Girl Scouts</p>	<p>8am - WIC</p> <p>8am - Men @ Mugs</p> <p>8:30am - Historical</p>	<p>8am - Men @ Mugs</p> <p>8:30am - Stephen Min.</p> <p>12pm - Covered</p>	<p>29</p> <p>30</p> <p>1</p> <p>2</p> <p>3</p> <p>4</p> <p>5</p>
<p>9:30am - Worship</p> <p>10:30am - Fellowship</p> <p>10:30am - Sunday</p>	<p>9am - Pickle Ball</p> <p>10:30am - Yoga -</p> <p>6pm - Bible Study</p> <p>6:30pm - Scouts</p> <p>6:30pm - Yoga - Slow</p>	<p>10am - Ministry Team</p> <p>4pm - Christian Cafe @</p> <p>11am - Bible Study</p> <p>2pm - Community</p> <p>5:30pm - Praise Team</p> <p>6:30pm - Handbell</p> <p>7:15pm - Choir</p>	<p>9am - Pickle Ball</p> <p>12pm - Quilters</p> <p>2pm - Community</p> <p>6:30pm - Girl Scouts</p>	<p>8am - WIC</p> <p>8am - Men @ Mugs</p> <p>9am - Sewing retreat</p> <p>5pm - Crockpots and</p>	<p>8am - Men @ Mugs</p> <p>9am - Men @ Mugs</p> <p>9am - Sewing retreat</p> <p>5pm - Crockpots and</p>	<p>6</p> <p>7</p> <p>8</p> <p>9</p> <p>10</p> <p>11</p> <p>12</p>
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