



First United Methodist Church Champaign

Where connecting, growing, and serving are a way of life



The Mission of First United Methodist Church is to:

- **CONNECT** people with God and one another
- **GROW** as disciples of Jesus Christ
- **SERVE** others.

Messenger

Volume XXXII, No. 1

January 9, 2024

Dearly Beloved:

I shared this cartoon on Facebook in 2022. But it works for 2024, too.

“I think 2024 will bring flowers.

YES? WHY?

Because we are planting flowers.”



In the face of a world that always and forever seems to be unraveling, we put seeds of goodness into the ground and trust in God to bring them to life. It is a naive approach to believe that our small acts of goodness in the world matter. And yet, it is the power we actually possess. Our love for Jesus asks that we live and look as much like Jesus as we possibly can. Dan Sadlier says it this way:

Christianity can be pretty confusing, but the way of Jesus was pretty clear.

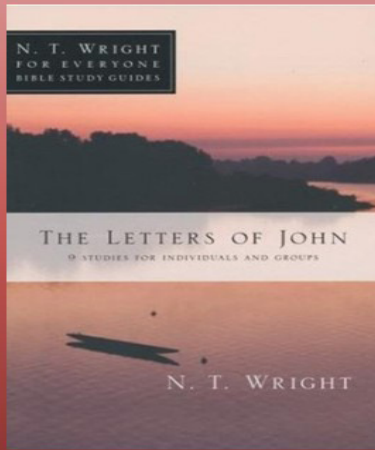
*Move toward the poor
Empower the woman
Create space at the table
Throw parties
Widen the family boundaries
Poke holes in oppressive systems
Don't retaliate with violence
Forgive your enemy
Don't store up wealth
Be present with people*

*Heal
Announce
Push back darkness*

The Kingdom of God is near.

So, dear friends, press on! Plant seeds of justice, love, inclusion and peace. Believe that God will bring those seeds to bloom! May God bless us all in 2024!

Love First,
Pastor Julia



Join us!

Winter 2024 Wesley Covenant Group Bible Study

Weeks of January 22 – March 18

The years following Jesus' death left the early church in confusion. Join us as we read the three letters written by the Apostle John to these early churches with an emphasis on "walking in the truth." Groups will meet weekly from January 22 through March 18 and reflect on how John's words to the early church might be applied to our daily lives in the modern world's version of chaos and confusion. To sign up for a group, scan the QR code below or call Sharon Johnson in the church office.



bitly

Human Relations Day - January 14

On January 14, you will have the opportunity to donate to a Churchwide Special Sunday. Your generous gifts on Human Relations Day will support ministries of social justice and outreach. Specific ministries include the Community Developers Program, United Methodist Voluntary Services Program, and the Youth Offender Rehabilitation Program. The fund is administered by the General Board of Global Ministries and the General Board of Church and Society.

Envelopes will be available in the Sanctuary, Narthex, and Friendship Center. You can also write a check to FUMC with "Human Relations Day" written on the memo line and mail it to the church.

Thank you!



Christmas Offering

Thank you for your
generous gift of
\$4000

In support of
Austin's Place and
Welcome Home bins



One Winter Night February 2-3

One Winter Night is the annual fundraiser for C-U at Home and their Pathways to Progress program supporting men and women on their journey out of addiction, poor mental health, and/or trauma. They operate two residential homes that are staffed 24/7 and provide intensive case management and resources for clients. C-U at Home also maintains five advanced homes that offer a steppingstone to independence.

How You Can Participate

1. Go to the C-U at Home website (www.cuathome.us) and sign up to be a part of the Outdoor Challenge on Friday, February 2. Participants will stay overnight outdoors at The Venue C-U in downtown Champaign to raise funds to support the Pathways to Progress program at C-U at Home.
2. Go to the C-U at Home website (www.cuathome.us) and donate to support one of our outdoor participants.
3. Drop off your check (payable to C-U at Home) or cash donation at the Drive By Donation Event at First United Methodist Church (210 W. Church in downtown Champaign) on Friday, February 2, between 8 am and 6 pm.
4. Gather friends and family and attend the Education and Advocacy program on Friday, February 2, at 7:00-9:00 pm at The Venue C-U in downtown Champaign. Free to attend. Donations will be gratefully accepted.

Youth Events

2023 is already done and now we are in 2024! Here are just a few things that we did in Youth Group in the year 2023:

- Discussed our dreams for our future and where we see ourselves in 5, 10, and 20 years, while remembering that God has a plan for us and knows our future.
- Made black-out poems of different Bible passages to focus on the differences between different Bible translations and on the words that stood out to us in each passage.
- Put together Valentine's gift bags for the people in Chancel Choir, Perceptions, Bells, and Tech who bless us with their service every Sunday!
- Made our own tabloid covers and newspaper front pages covering different stories in the Bible.
- Had a PALentine's Party, where we decorated cookies, painted canvases and made resin pours, and watched a movie!
- Talked about spiritual growth and how we can lean on God through periods of anxiety by planting our faith in good soil, while we potted our own small real life plants.
- Made plastic light bulbs filled with different colored salt to remind us to spread the light of Jesus, while not losing our saltiness!
- Got brunch together at the Pancake House over Spring Break.
- Filled Easter eggs for the Easter egg hunt and had our own glow-in-the-dark one!
- Roasted hot dogs and s'mores over a fire pit while playing games.
- Watched through the movie *My Big Fat Greek Wedding* to learn lessons about confidence and being made in God's image, familiar relationships and what God tells us about how to treat each other, pressures we face and trying to have patience, and that while we are all different, we are all God's people.
- Saved the world in an escape room at Champaign-Urbana Adventures in Time and Space!
- Went on our annual high school service trip - Appalachia Service Project.
- Had a summer Bible study complete with ice cream.
- Had dinner at Meredith's.
- Took pictures all around the church to symbolize the different images of Jesus, like the Lamb or the Light of the World. Then we discussed what these images told us about the character of Jesus.
- Learned about some of the weirder stories in the Bible, like Jael and Sisera, which taught us about trusting in God.
- Took on the corn maze at Hardy's Reindeer Ranch!
- Made soundtracks of our lives to learn more about each other and about how music can be used to praise God.
- Conquered a haunted house and got ice cream after!
- Learned about God communicating with people like Joseph and Daniel through dreams and tried to understand more about our own dreams.
- Handed out candy at Trunk-or-Treat and then had our own Halloween party right after!
- Made Thanksgiving candles to give to someone that we want to thank for all they do for us.
- Created Christmas icon collages to focus on Jesus.
- Had a progressive dinner Christmas party where we drove to different houses for appetizers, a main course, and dessert!
- And played a LOT of games!

I can't wait for all the new things we will do in 2024!

Meredith
meredith@champaignfumc.org

Coming Events:

Sunday, January 14 - No Youth Group

Sundays, 6:00 pm - 8:00 pm - Youth Group - Our middle school and high school youth meet every Sunday evening at the church! Come join us for an evening of activities, fellowship, and fun! We meet in the youth room and dinner is provided.

Minds In Motion

Winter/Spring 2024

OUR LOCATION:

First United Methodist Church
210 W. Church St.
Champaign, IL 61820
(217) 356—9078

WHEN WE MEET:

January 4– May 23
Every Other Thursday
10:00 am — 1:00 pm
Lunch will be provided
(consistent with state and local
guidelines).

FEE:

\$150 for the semester
OR
\$20 per day

(A family member can attend for
½ price.)

(Scholarships are available for
those benefiting from assistance
with fee payment.)

DAILY SCHEDULE:

10:00—10:30 am:

Socializing, Sharing

10:30—11:15 am:

Tai Chi/Meditation

11:15—12:00 noon:

Program

12:00–1:00 pm:

Lunch, Music

**Hours will be extended for
outings**

CONTACT INFO:

Sandy Burgener
(217) 898 — 4251
sburgener@illinois.edu

Victoria Christensen
(217) 369–9157
vchriste906@gmail.com

Schedule is subject to change. Changes will be announced.

The Minds in Motion program is designed to promote healthy aging. Each Minds in Motion activity has been selected for optimal benefit, intended to sustain or improve mental and physical functioning in older adults.

Who can benefit from participating in Minds in Motion? **Any older adult who enjoys interacting with others and wishes to optimize his or her physical and brain functioning.**

Older adults with physical limitations such as arthritis, tremors, or balance problems may especially benefit from the activities included in the Minds in Motion program. Any adult with mild memory loss will also benefit from participating.

This winter/spring, programs will focus on activities supported as benefitting brain function, including nutrition, exercise, meditation/relaxation, sleep, music and cognitive therapies, along with community engagement. Lunch is provided at each session.

Winter/spring programs and meeting dates:

January 4: Focus on nutrition

January 18: Optimizing sleep: Donald Greeley, M.D.

February 1: Art project: Fabric art or Springer Recreation Center

February 15: Outing: Parkland Planetarium

February 29: Game Day!

March 14: Outing: Aikman Wildlife Center

March 28: Nutrition: Plant-based meals

April 11: Outing: Anita Purvis Nature Center, Urbana

April 25: Optimal Aging: Lynne Barnes

May 9: Outing: Jessica's farm

May 23: End of semester picnic at Sandy and Steve's home

Note: No identifying information about participants will be disclosed without approval or prior consent. We do not discriminate on the basis of race, ethnicity, religion, sexual preference or any protected class.

Revised: 12/10/23

Need a Ride to Church on Sunday?

The Wellspring Health and Wellness Committee is grateful to Gwen Uppinghouse for accepting the position of van driver. The van will be available for pick up for the 10:30 service two Sundays per month initially. Other transportation services may be available on Sundays when the van is not scheduled.

To schedule a ride, please call Sharon at the church office no later than 2:00 pm on the Thursday afternoon before the Sunday when a ride is desired. Sharon can be reached at: (217) 356-9078.



Visit our website
(www.champaignfumc.org) and fill out a
prayer request form or call the church office
6 at 217-356-9078 and leave a message.



Restock the SHELVES

Food pantry update: FUMC always needs staple food items such as in the list below. This outreach ministry works through a helping coordinator at empty tomb to deliver needed food and healthcare items to folks in our community. There are five church members willingly volunteering to make deliveries to those in need--at least one delivery a week. Our pantry provides the non-perishable items and fresh food is added as they shop at a local store. Monetary donations are always welcome. Bring your bag of groceries to church on Sundays or drop them off in the Resource Room during the week. Thank you so much for thinking of others in this community in need of healthy staple foods.

Love 1st!

Especially needed are: Dawn dishwashing detergent, laundry detergent, paper towels, and deodorant.

Attention: There's a critical need for one more food volunteer to make food deliveries to needy folks in the community. Instruction and details about the process will be shared with a willing assistant. If you are interested in volunteering, please contact Sue Bachman at 217-359-4390 or susanbachman@hotmail.com.

Thanks to so many of you FUMC folks that have generously donated requested items to our in-house pantry. The pantry looks "so well supplied" to start off the New Year!! Because of your thoughtful giving many in our community are "food secure."



How to Sleep Your Way to Better Health!

Thursday, January 18, 11:30 a.m.: 'Optimizing Sleep for the Older Adult'

Donald Greeley, M.D., retired Director of the Carle Treatment Center for Sleep Disorders, will be presenting a program focusing on the importance of sleep with aging, effects of 'good sleep' on the brain and body, and positive ways to promote adequate sleep. Dr. Greeley brings a wealth of professional experience to this highly-relevant topic for older adults; and we are so pleased he is willing to share his knowledge and insights with us.

This program is being offered free of charge.

If you have any questions or know in advance you plan on attending, please call the church office at: 217-356-9078 to speak to Sharon or Bonnie. We hope to see you on January 18!



January 9 - Farren's
January 16 - Jupiter's
January 23 - Esquire
January 30 - Neil St. Blues

We meet at 11:30 on Tuesday mornings at the church. The program is led by Debbie Chew, a professional with experience in exercise, and includes a group stretching and warm up time, structured walk adapted for varying levels of ability, and a group lunch.

This program is offered free of charge, with the lunch costs being \$10.00. We walk from the church at 12:20 to the restaurant. Please contact the church at 217-356-9078 for information or to register for the walking program.



United
Women
in Faith

Dorcus Circle will not meet in January and February.

Sarah Circle will meet on Monday, January 15, at 6:00 pm at Sue Bachman's home. Sue will lead the pledge service.

UWF Executive Board will meet on Wednesday, February 7, at 9:00 am in the Conference Room.

2024 Offering Envelopes

If you would like a supply of offering envelopes for 2024, they are available in the Church Office and in the Narthex. We have weekly sets (52 envelopes) and monthly sets (12 envelopes). The envelopes are dated but not pre-numbered.

Congregational Life of FUMC

January 16-31, 2024



- 16 Matthew Morrow
- 17 John Doll
- 17 Mary Leger
- 17 Ann Morrow
- 17 Margaret Stair
- 18 Laura Curtis
- 18 Riley Kemper
- 18 Connor Lawson
- 19 Ruth Thom
- 20 Heather Miller

- 21 Angela Brown
- 21 Judy Iversen
- 21 Susan Miceli
- 21 Ryder Perry
- 22 Shirley Maryan
- 22 Mary Poole
- 22 Sara Woods
- 25 Hannah (Charter) Stoltz
- 25 Barbara Hecker
- 27 Joni Dodge
- 30 Abigail Cicone
- 30 Tyler Cicone
- 30 Lora Mae Kesler
- 31 Jan Kiley
- 31 Susan Veitch

25 Ron & Lynne Lyman

Hospital Report

Hospitalized in the last few weeks: Bobby Caton, Mary Lou Gannaway, and Kenny Wood.



Going into the Hospital?

If you are scheduled by your physician to be hospitalized, please indicate "**Champaign First United Methodist Church**" on your admission form.

Privacy guidelines will not allow hospitals to notify the church without your permission. If you can, call the church office before you are admitted, or have a family member or friend let us know.

I don't want to miss you when I make hospital calls.

NEXT Messenger Deadline:
January 18, 2024

published on January 23

Articles may be submitted by e-mail to:

bberner@champaignfumc.org
or brought to church.

Deaths

Our sympathy and prayers are extended to Scott & Tina James and family at the passing of Scott's brother-in-law, Ray Williams, on December 2, 2023; to Linda Dimmick and family at the passing of her husband, Wade Dimmick, on December 27, 2023; and to Linda Foltzler and family at the passing of Linda's mother, Verna Coffin, on December 28, 2023.



Please check out the signup board in Friendship Center and find a date you can be a GREETER/COFFEE TIME VOLUNTEER.
Lots of dates needed!!!



January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 	8 6:30pm Scouts BSA Troop 1	9 9:00am Tuesday Morning Book Club 10:30am Program Staff Meeting 11:30am Walking Talking Lunch Bunch - Farren's 5:30pm DREAAM Basketball 5:30pm DREAAM STEAM Lab 6:00pm Chancel Ringers 6:30pm Cub Scouts Pack 11 Den Meetings 7:15pm Worship Ministry Team	10 6:30pm Pack 11 Kindergarten Den 7:00pm FUMCCC Committee	11 5:30pm DREAAM Basketball 6:00pm Stephen Ministers Supervisory Group 6:00pm Wrapped in His Love 6:30pm Perceptions Praise Team	12 	13 9:00am DREAAM Basketball
14 Human Relations Day 9:30am ARK Nursery 10:00am Church Service Check Ins 10:30am In-Person Worship Service 10:30am Worship Service On Facebook, YouTube, Website	15 Building Closed 6:00pm Sarah Circle	16 9:00am Tuesday Morning Book Club 10:30am All Staff Meeting 11:30am Walking Talking Lunch Bunch - Jupiter's 5:30pm Board of Trustees 5:30pm DREAAM Basketball 5:30pm DREAAM STEAM Lab 6:00pm Chancel Ringers 6:30pm Cub Scouts Pack 11 Den Meetings	17 7:00pm Chancel Choir	18 8:30am Messenger Deadline 10:00am Minds in Motion 11:30am Optimizing Sleep for the Older Adult 5:30pm DREAAM Basketball 6:30pm Perceptions Praise Team	19 	20 9:00am DREAAM Basketball 2:30pm DREAAM Basketball Tryouts
21 VAN Reserved for Sunday morning 9:30am ARK Nursery 10:00am Church Service Check Ins 10:30am In-Person Worship Service 10:30am Worship Service On Facebook, YouTube, Website 4:00pm Angel Choir 5:00pm Youth Music 6:00pm Youth Group	22 6:30pm Scouts BSA Troop 1 7:00pm Young Adults WCG	23 9:00am Tuesday Morning Book Club 10:30am Program Staff Meeting 11:30am Walking Talking Lunch Bunch - Esquire 5:30pm DREAAM Basketball 5:30pm DREAAM STEAM Lab 5:30pm Outreach Ministries 6:00pm Chancel Ringers 6:30pm Cub Scouts Pack 11 Den Meetings	24 1:00pm Larson WCG 6:30pm Beyler WCG 6:30pm Pack 11 Kindergarten Den 6:30pm Point-in- Time Count 7:00pm Chancel Choir	25 11:30am Foundation 5:30pm DREAAM Basketball 6:00pm Wrapped in His Love	26 	27 9:00am DREAAM Basketball

First United Methodist Church
210 W Church Street
Champaign IL 61820

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*The Messenger is a bi-weekly newsletter for members and friends of
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For more information, please call the Church Office at (217) 356-
9078. Nonmember subscription rate \$20.00 per year
(or can be found at no cost at www.champaignfumc.org.)*

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