

REFLECTIONS ...

by Rev. Daniel F. Bogre

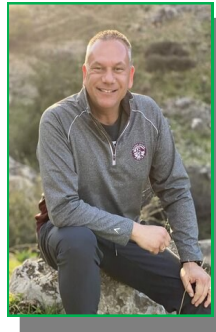
Dear Friends and Family of RRUMC,

I wanted to start this Circuit Rider article with a quote from Genesis 12:1-2 which says, "The Lord had said to Abram, 'Go from your country, your people and your father's household to the land I will show you. I will make you into a great nation, and I will bless you; I will make your name great, and you will be a blessing.'" As we enter October, you are probably aware that we are approaching Consecration Sunday. Consecration Sunday is the tool we use to ask everyone to prayerfully consider what God is calling them to give to God and his work in and through RRUMC for the year 2024. As you know, our entire budget is based on what the faithful and generous people of RRUMC, like you, choose to give in the upcoming year. We form our budget based on what God has placed on your heart.

The above Scripture from Genesis reminds us that it is a privilege and an honor to be able to become a blessing in the wake of all the blessings God has given to us. The Estimate of Giving Card you will receive in the mail becomes your blessing to RRUMC and the countless numbers of ministries that we have to help people meet Jesus Christ in the midst of their story. You have been blessed to be a blessing. I cannot thank you enough for the way you continue to bless RRUMC and the people we touch as we live out our vision, "It's all about the story. We exist to help people meet Jesus Christ in the midst of their story."

This year will be a bit different. **On November 12, we will have only two services. There will be a Chapel service at 8:30am and a combined Sanctuary and Harbor service at 10:00am in the Sanctuary.** Immediately after the 10:00am service, we will go down to Beacon Hall so our church can then in turn be a blessing as we are tasked with packing 10,152 meal kits for starving families around the world. It will take a small army to pull this off, but it is a concrete way that we can go from being blessed as RRUMC to being a blessing to people around the world. See the article to the right with all the details. Please plan on attending one of the morning worship services as we celebrate the ongoing faithful and generous giving of this congregation as we look into the 2024 year and its ministries. Please plan on staying after worship as we then become a blessing as we RISE AGAINST HUNGER to pack over 10,000 meals for those in need. It is going to be so much fun. Do not miss out. We cannot have an amazing 2024 and pack 10,000 meal kits without you.

Peace and Blessings, Rev. Dan



CONSECRATION SUNDAY

Consecration Sunday:
dedicated...devoted...sacred
SUNDAY, NOVEMBER 12

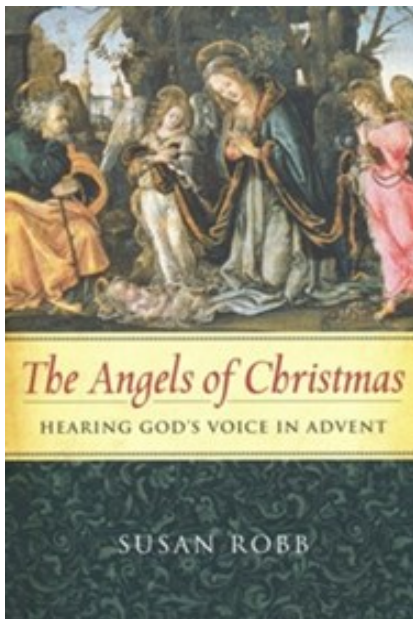
Please see Rev. Dan's article for RRUMC's philosophy of giving.

"Estimate of Giving" cards were mailed to the congregation on October 23. If you do not receive one by October 31, please pick one up in the Church Office on Sunday morning or contact us at office@rrumc.org or 440.331.7676 so we can mail one to you.

We are hoping that, after worship on November 5, you will prayerfully and worshipfully fill out your Estimate of Giving Card. Ideally, we would like you to bring the completed card to worship with you on Sunday, November 12. If this will not be possible, then please mail it on November 6 so it arrives at the church by November 10. We will celebrate CONSECRATION SUNDAY on November 12 by having you bring your card forward as a part of that day's worship experience (mailed cards will be placed on the altar as well).

We will celebrate Consecration Sunday by praying over the cards and what God is doing in and through the people of this wonderful church. Please remember that we set the upcoming year's budget based on what you as a church write down on those Estimate of Giving Cards. That is why it is so important that you return them by November 12.

Note that we use "estimate of giving" instead of "pledge" because it more accurately reflects your intent. Because life changes may cause your income to go up or down, you need to feel free to change your estimate at any time as needed. In other words, it is not written in stone.



CHURCHWIDE ADVENT STUDY

ANGELS OF CHRISTMAS: HEARING GOD'S VOICE IN ADVENT

This Advent season, our 4-week Advent study will be based on Susan Robb's *The Angels of Christmas*. We, as a congregation, will explore the four angelic visits with Zechariah, Mary, Joseph, and the shepherds, surrounding the birth of

Jesus. In this study, we will dive deep into the history of the angel Gabriel - and other angels - in the Old Testament. *The Angels of Christmas* uses these four angelic appearances to discuss God's presence in history and our lives today. The messages of the angels hold meaning for us even today.

This DVD-based study will also provide the focus for the Advent sermon series on Sunday mornings. Whether you participate in one of the many study group opportunities or choose to study individually, your worship, and wonder of the upcoming Advent season, will be greatly blessed by time spent in quiet anticipation.

Registration for study groups and the accompanying book for the study and sermon series will be available Sundays, November 12, 19, and 26, or weekdays through the church office (office@rrumc.org or 440.331.7676). The cost of the book is \$15. Sign-ups will also be available through the church website (www.rrumc.org).

Study Group Options Beginning the Week of Nov. 26:

- Sunday mornings, 11:15am, led by Pat Wilson
- Monday evenings (Zoom sessions), 6:30pm, led by Jason & Heather Lutz
- Tuesday evenings (Women's LIFT group), 6:30pm, led by Lynn Gorton
- Wednesday mornings, 9:30am, led by Barb Reece
- Wednesday evenings, 6:30pm, led by Rev. Dan Bogre

For a preview video, you can go to the Cokesbury website at www.cokesbury.com and search for "Angels of Christmas DVD" and then click on "watch a video."

ADVENT STUDY AT THE NORMANDY

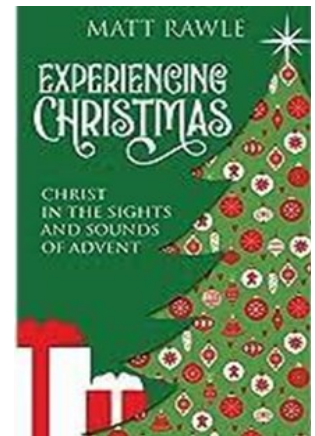
EXPERIENCING CHRISTMAS: CHRIST IN THE SIGHTS AND SOUNDS OF CHRISTMAS

The Discipleship Committee is extremely excited to announce that, beginning Monday, November 27, from 1:00-2:00pm, Suzanne Owens will be leading a 4-week Advent study at The Normandy Senior Living Center. The study by Matt Rawle, *Experiencing Christmas: Christ in the Sights and Sounds of Advent*, challenges us to look for the signs this Advent and Christmas season that point us to the divine.

The Normandy is welcoming any and all RRUMC folks to share in this beautiful study that will help us discover how everything changed when God was born. Participating in this study will not only enrich your worship and wonder this Advent season, but you will be a faith connection for our most treasured seniors.

Suzanne Owens, Ph.D. who will facilitate this study, is Professor Emerita of Arts and Humanities, Lorain County Community College, where she served on the English and Art History faculties from 1991 until retirement in 2019. She and her family are long-time members of RRUMC and she currently sings in our Chancel Choir. Facilitating this Advent study is especially meaningful for Suzanne as her mother Eloise Owens was a resident of The Normandy from 2003-2005.

Registration for this Advent study option is Sunday mornings, November 12, 19, and 26. Sign-ups will also be available through the church website (www.rrumc.org) or via the church office (office@rrumc.org or 440.331.7676). Participants will need to obtain their own book.





CONSECRATION SUNDAY MEAL PACKING EVENT

SUNDAY, NOVEMBER 12

RRUMC is partnering with Rise Against Hunger to pack 10,152 meals to aid individuals facing hunger. 10,152 meals! We don't just *want* your help, we *need* your help. This event will be held on RRUMC's annual Consecration Sunday, November 12. On that day, immediately after being led to worshipfully consider what God is calling each of us to give financially to the church's mission for the coming year, we will then gather as a church to serve side by side, giving of our time in an equally powerful way. **Please join us for worship on November 12, either at the 8:30am Chapel Service or at the 10:00am combined Harbor/Sanctuary Service, and then join us immediately after the 10:00am Service (at about 11:30am) to roll up our sleeves and pack meals side-by-side.** Countries Rise Against Hunger has served include Malaysia, Kenya, Nicaragua, Indonesia, and many more. A pizza lunch will be provided. Rise Against Hunger requests participants be age five or older.

2024 CAVICCHI SEMINAR

**PLANNING MEETING -
MONDAY, NOVEMBER 13**

SEMINAR - SUNDAY, MARCH 3

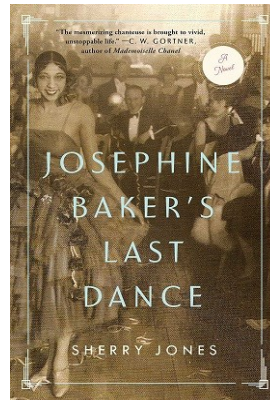
The presenter/facilitator is Rev. Joy Fenton-Jones, Pastor of First Christian Church, Cuyahoga Falls, UMC new ministries, Cleveland. On Monday, November 13, at 5:30pm you are welcome to join with the planning committee, and Joy Fenton-Jones, to discuss the seminar program. You may attend the meeting at the RRUMC library in-person or via Zoom. If you wish to attend via Zoom, email e.m.cavicchi@gmail.com and a link will be sent to you.



UPWARD SPORTS REGISTRATION

**EARLY REGISTRATION
DEADLINE, THURSDAY,
NOVEMBER 16**

Upward Basketball and Cheerleading registration is now open for the 2024 season! Please see the Upward page under the "Children" tab on the RRUMC website www.rrumc.org to register and for more information.



BOOK CLUB

**THURSDAY,
NOVEMBER 16**

Join us on Thursday, November 16, at 10:00am at the church as we discuss "*Josephine Baker's Last Dance*" by Sherry Jones. Questions? List of future books? Contact Bruce Biggin at

brbiggin@netscape.net or 216.544.5980. Always happy to see new faces, and regular attendance is not required.

CAREGIVER SUPPORT GROUP

MONDAY, NOVEMBER 20

Attention caregivers, if you are caring for a loved one and would like to meet with others from our church family in a similar role, please join our support group led by Marcia Hesselgrave and Leann Hofelich. Our next meeting will be on Monday, November 20, at 6:00pm. Light refreshments will be served. Questions? Contact Lynn Gorton, FCHP, at LGorton@rrumc.org.



LGBTQA+ SUPPORT GROUP

**THURSDAY, NOVEMBER
30**

LGBTQA+ Support Group is a ministry of the Rocky River UMC which provides a safe space for members of the LGBTQA+ community and their friends and family to share their joys and concerns in a safe and confidential space. Meetings are held monthly on the 4th Thursday (usually) alternating every month on Zoom or in-person. **On Thursday, November 30, at 7:00pm, we'll meet in the choir room.** Questions? Please contact Mark Brandt at brandt486@gmail.com or Rev. Laurie Bruce at labruce83@gmail.com.

THANKGIVING HOLIDAY DATES



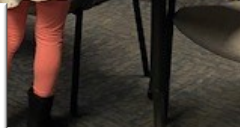
The Church and Church Office will be closed on Thursday, November 23 and Friday, November 24. Twice Blessed Free Store will be closed on Saturday, November 25. Happy Thanksgiving!

CHILDREN'S MINISTRIES

by **Quinn Bennett** at QBennett@rrumc.org

Mission Possible

On Sunday, October 15, 100 bags of goodies were packed and given to the Northeast Ohio Coalition for the Homeless. Thanks for all your help in making this mission a success. This wasn't an easy one to make happen, but you showed up as usual and supported it with your donations.



YOUTH MINISTRIES

by **Steven Young** at SYoung@rrumc.org

Crossroads Youth Schedule for November

- 5 Crossroads 7:00-8:30pm
- 12 Packing Event 11:30am
- 18 Service Project: Free Store (Sat.) 9:30-11:45am
- 19 Crossroads/Common Grounds, 7:00-8:30pm
- 26 No Crossroads



Youth Volunteer at TBFS SATURDAY, NOVEMBER 18, 9:30-11:45AM

On Saturday, November 18, from 9:30-11:45am, the youth ministry will be volunteering at Twice Blessed Free Store!

We will meet on location. This is an amazing opportunity for students to have a hands-on, first-person experience of what it means to help others, while also seeing what it means for the church to be the hands and feet of Christ at RRUMC's second campus. E-mail Steven Young at SYoung@rrumc.org to sign up.

Common Ground - a New Youth Program

SATURDAY, NOVEMBER 19, 7-8:30PM

Common Ground is a new program in the youth ministry that aims to foster a sense of community and belonging among middle school and high school students. Once a month, the students will split up into groups based on their grade level and engage in fun activities, meaningful discussions, and inspiring talks about issues that they can have among their peers.

GREETINGS FROM TWICE BLESSED FREE STORE AND STORY CHURCH

Greetings from Twice Blessed Free Store and Story Church! As we step into the beautiful season of autumn, we want to share some exciting updates and events from the past few months.

In August, we were blessed to host our 1st Annual Story Church Block Party. It was nothing short of AMAZING! With a turnout of 150 people, the event was a resounding success. We danced, ate, and celebrated all afternoon. The kids had a blast in the bounce house. The free food was a big hit (thank you Michael Parry for cooking all the burgers and dogs), and the prayer tent was a comforting presence in the midst of all the fun and excitement. To cap the day off, Ezekiel Perez was our big winner in our bicycle giveaway! He was very excited to take home the bike donated by the Cleveland Police Community Engagement Officers. We are so grateful to everyone who contributed to the success of this event.

September was a month of accomplishment as we completed many important projects within the church. The newly constructed ADA bathroom turned out beautifully, along with the new flooring in both the café area and downstairs in the kitchen. The painting and reconfiguring of the TBFS area has really opened up the space and made it much more inviting. Thank you to all the dedicated volunteers who helped with that project!

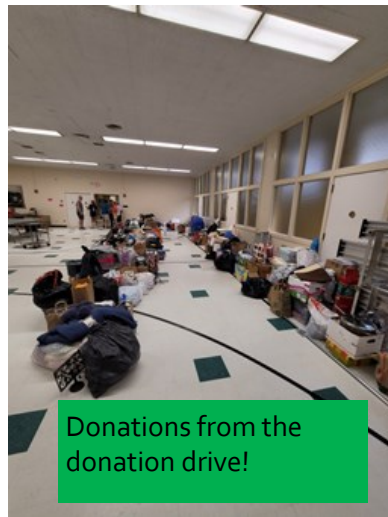
In October, we joyfully opened our doors again after three long months of closure. Our shoppers and congregation were happy to finally see us and we were thrilled to see them! It was a great reunion and we could not be happier to get back into the swing of things. If you are interested in volunteering and would like to help out on Saturday mornings or on Monday sorting days, please let Lisa know via email at LThomas@rrumc.org. We would love for you to join our team!

As we approach the holiday season, my heart is full of gratitude for all that we have been given this past year. In the spirit of gratefulness, I want to thank each and every person for their amazing contribution to this important ministry. Without your support of donations (both physical and financial), volunteering, and presence, this ministry could not continue to do the important work that it does in this Cleveland neighborhood. Please know that I take nothing for granted and know the amount of time, energy, and commitment it takes to volunteer week after week. Thank you from the bottom of my heart. May God's love and grace continue to shine upon you and this ministry and may you have a happy and blessed Thanksgiving holiday.

Love and peace always, Lisa Thomas



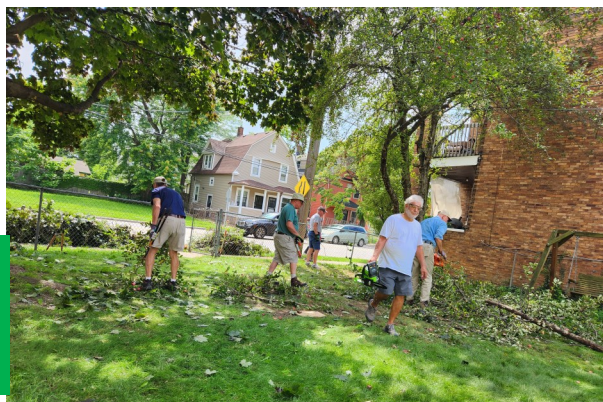
Working on new racks for the store.



Donations from the donation drive!



Folks from the block party enjoying some food.



Backyard Ministry Team doing some tree trimming at Story Church in preparation for the Block Party.



Winners of the bicycle raffle at the block party.



PRAY LIKE JESUS

by Dave Huller, Lay Leader

During Jesus' short ministry on earth, He encountered a society in which most Jews were treated harshly by both the Roman authorities and the Jewish leaders of the temple. "Average Jews found themselves constantly victimized

by the taxes and demands of Roman and Jewish overlords. The Kingdom of God in heaven is a place where justice reigns; where all people are treated and loved equally; where there is no abuse by the powerful and no patronizing of the poor; where a person's status is derived from no other fact than being a child of God. The currency in the Kingdom of God is quite simply the love of God distributed lavishly and without prejudice upon all those who simply choose to embrace their status as unworthy but grateful recipients of God's grace." - Don Underwood, Pray Like Jesus: Rediscovering the Lord's Prayer.

This promise was made by the most humble to ever walk amongst us. Consider his credentials - "Here is a man who was born in an obscure village, the child of a peasant woman. He grew up in another village. He worked in a carpenter shop until He was thirty. Then for three years He was an itinerant preacher. He never owned a home. He never wrote a book. He never held an office. He never had a family. He never went to college. He never put His foot inside a big city. He never traveled two hundred miles from the place He was born. He never did one of the things that usually accompany greatness. He had no credentials but Himself...While still a young man, the tide of popular opinion turned against him. His friends ran away. One of them denied Him. He was turned over to His enemies. He went through the mockery of a trial. He was nailed upon a cross between two thieves. While He was dying his executioners gambled for the only piece of property He had on earth - his coat. When He was dead, He was laid in a borrowed grave through the pity of a friend. Nineteen long centuries have come and gone, and today He is the cornerstone of the human race. I am far within the mark when I say that all the armies that ever marched, all the navies that were ever built; all the parliaments that ever sat and all the kings that ever reigned, put together, have not affected the life of man upon this earth as powerfully as has that one solitary life." - James Allen Francis

As you approach your life over the next few weeks, ask yourself, "what would Jesus do?"

"Thy will be done on earth as it is in heaven."

Live a purpose-driven life that is Christ-centered.



Milestones

November Birthdays

(90 years or more)

11/03	Carolyn Schafer	93
11/05	David Bowditch	93
11/19	Carolyn Rowland	99

Births

Kristen Tsangeos and Bennett Wise, in the birth of their son, Oslo Michael Wise, on August 21; proud grandparents are Laurie and Brad Hoover.

In Sympathy

Laurie and Brad Hoover, in the passing of Laurie's mother, Mary Ellen Miller, on September 7.

Robert (Bob) Evans and family, in the passing away of his wife, Megan Evans, on September 23.

Sandy Saunders, in the passing away of her mother, Alice Shroeder, on September 25.

Donna Clifford, in the passing away of her sister, Shirley Sauerman, on September 28.

Lynn Schwinn and family, in the sudden passing away of her nephew, Mike Fullerton, on October 5; cousin of Holly & Paul Biacsi.

Paula Revay and family, in the passing away of her sister, Jan Rougue, on October 10; aunt of Lisa Thomas and Chris Revay.

Marriages

Cheryl Portz and Paul Vogdes, who were united in marriage on September 17; Paul is the son of Patty & Russ Vogdes.

Meghan Esarove and Ian Simpson, who were united in marriage on October 6; Meghan is the granddaughter of Anne Esarove.

Jonathan Lihani and Jane Verdi, who were united in marriage on October 7; Jonathan is the son of Jeanette & Mark Lihani.

Lynn Young and Charles Logue, who were united in marriage on October 12.



by **Lisa P. Sierk, Director of Endowment Ministries**

LSierk@rumc.org or 216.926.1702



H

HOULIHAN'S

Dear Church, THANK YOU! We are forever grateful for your amazing gifts to all our ministries. Your support of this year's Plate It Forward at Houlihan's (twice! February and June) and Dine To Donate at Taza (September) raised significant funds for our Twice Blessed Free Store. All three fundraisers were successful, with total revenue of \$1,425.90! And more importantly, it was wonderful to share the camaraderie and joy of breaking bread together! You are amazing and so truly appreciated.

CHRISTIAN STRESS MANAGEMENT

by **Lynn Gorton, CLM, Faith Community Health Professional**

The season of Autumn can bring anxiety and stress with the reduction in sunlight. Along with less sunshine, we enter the fall season, and the leaves are not the only thing dropping. Our serotonin levels in the brain also tend to drop due to less exposure to the bright light. This important hormone controls mood and is responsible for happiness. It helps regulate when you sleep and wake, helps you think and maintains your mood. Lack of the potent vitamin D, coming from the sun, can include behavioral changes, leading to depression, especially as the weather changes and we spend less time outdoors and do less exercise. There is also an increase in the hormone melatonin, which tends to make one feel sleepy and depressed.



**CHRISTIAN
STRESS
MANAGEMENT**
LYNN GORTON

How did we get here? Trying to keep a dozen plates spinning in our personal and professional lives, it is hard to just keep up and going. Our minds rarely stop from reeling with our never-ending to-do lists, and not having more than 24 hours in a day to get things done.

If you agree, you are not alone. Over 70% of Americans regularly experience physical or psychological symptoms caused by stress. 48% say stress negatively affects their professional and personal lives. The top physical symptom reported was fatigue, and the top psychological symptom was irritability or anger. The number one cause of stress in the US? Work. So, the vast majority of us are stressed out, tired, irritable, and overworked.

Stress is a fascinating aspect of human life. It's both destructive and motivating. It can sneak up on us and linger for what seems like forever, even never going away for some. Stress affects some far more than others, and we all handle it differently. It doesn't discriminate based on gender, age, geography, finances, or race. It permeates all aspects of life and affects our mental, emotional, spiritual, and physical health. It ignores the line between work and personal life.

Stress seems inevitable in some form or another. Why? We experience stress for countless reasons. Top causes include work, finance, health, relationships, poor nutrition, and media overload. Even considering work stress alone, half a dozen variables factor in, including salary, workload, growth opportunities, conflicting demands, lack of support, and control. With constant demands on our time, energy, and emotions, it feels impossible to turn "off." Instantly accessible at any moment, we're always on-call and in-demand. No wonder we're stressed out.

Is technology partially to blame? Yes, spending hours upon hours on social media and not allowing our minds to stop, rest, and rejuvenate to allow our brain to revitalize itself through sleep and relaxation is a factor. The blue light from our devices stimulates parts of the brain that make us feel more awake and alert. Checking social media before bedtime, as many people do, keeps us from winding down, which is needed for sleep. If we wake up and check our phone at night, the impact on sleep is even worse. Our bodies need good sleep. Getting inadequate sleep over time can raise risks for long-term health problems and the development of chronic stress.

What the Bible says. While the Bible doesn't talk specifically about "stress", it says plenty about anxiety and worry. Our stressors don't come from God. Instead, Scripture reminds us to hand over our anxiety, worries, and concerns to God. Philippians 4:6-7 says: "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus." A biblical response to stress is one that fosters dependence on God. Most often we are people who sweat the small stuff, and this can be difficult as it will dictate our stress responses.

Look for future articles discussing some stress symptoms with practical, biblical responses to help our bodies alter our emotional healing. For more information, please contact Lynn Gorton CLM, FCHP LGorton@rumc.org.

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DATED MATERIALS - PLEASE RUSH
Mailed October 25, 2023

Ministry

Daniel F. Bogre, Senior Pastor
Paul A. Bennett, Associate Pastor
Sheri B. Swartz, Director of Church Ministries
Quinn E. Bennett, Director of Children's Ministries
Lisa P. Sierk, Director of Endowment Ministries
Steven M. Young, Director of Youth Ministries
Lisa Thomas, Twice Blessed Free Store Director
Lynn K. Gorton, Faith Community Health Professional
Vanessa Wagner, Sports Ministry Coordinator

Music Ministry

Jeffrey A. Acker, Organist
Matthew Dolan, Director of Music
Carmen G. Massaro, and Lynn Young, Handbell Choirs
Robert W. Kimmel, Harbor Worship Leader

Mission Ministry

Dr. Belinda Forbes, Managua, Nicaragua

Deadline for December Circuit Rider:
Wednesday, November 8, 2023

IT'S ALL ABOUT THE STORY!

SAVE THESE LATE OCTOBER & NOVEMBER DATES

Oct. 26 - Lydia Circle (UMW)
Oct. 26 - LGBTQA+ Support Group*
Oct. 29 - All Saint's Sunday
Nov. 1 - Wed. Morning Women's Bible Study
Nov. 1, 8, 15, 22, 29 - Chancel Choir Rehearsal
Nov 2, 9, 16, 30 - Thursday Morning Breakfast Group
Nov 2, 9, 16, 30 - Genesis to Revelation Bible Study
Nov 2, 9, 16, 30 (Thurs) & Nov 22 (Wed) - Harbor Worship Rehearsal
Nov. 5 - Communion Sunday
Nov. 5, 19, 26 - Open Gym Basketball
Nov. 5, 12, 19 - Confirmation Class
Nov. 5 & 19 - Crossroads Youth
Nov. 5, 12, 19, 26 - Disciple IV Bible Study
Nov 5, 19, 26 (practice); Nov 12 (play) - Joyful Sounds Handbell Choir
Nov 5, 12, 19 (practice); Nov 26 (play) - Fuller Sounds Handbell Choir
Nov. 6, 13, 20, 27 - Women's Fellowship Group*
Nov. 6, 13, 20, 27 - Disciple I Bible Study
Nov. 7, 14, 21, 28 - Men's Prayer Group
Nov. 7, 14 - LIFT Bible Study
Nov. 9 - Shawl Ministry
Nov. 12 - Consecration Sunday
Nov. 12 - Rise Against Hunger Event

Nov. 13 - Cavicchi Seminar Planning Meeting
Nov. 16 - Book Club
Nov. 16 - Upward Sports On-time Registration Deadline
Nov. 18 - Youth at TBFS
Nov. 19 - Family Mission for TBFS
Nov. 20 - Caregiver Support Group
Nov. 26 - Advent Study (Sunday - Wilson)
Nov. 27 - Advent Study (Monday at the Normandy)
Nov. 27 - Advent Study (Monday - Lutz)*
Nov. 28 - Advent Study (Tuesday - LIFT - Gorton)
Nov. 29 - Advent Study (Wednesday am - Reece)
Nov. 29 - Advent Study (Wednesday pm - Bogre)
Nov. 28 - RiverMen
Nov. 30 - LGBTQA+ Support Group

**virtual meeting via Zoom or other platform*

SUNDAY WORSHIP OPPORTUNITIES

- 8:30am - Chapel Service
- 10:00am - Sanctuary Service
- 11:30am - Harbor Service in Beacon Hall, also livestreamed at www.rrumc.org

OFFICE INFORMATION

Office hours are Monday to Friday, 9:00am-4:00pm. The Church Office will be closed on November 23 & 24 and TBFS closed on November 25 for the Thanksgiving holiday.