

"I can do all things through Christ who strengthens me." - Philippians 4:13

UPWARD BASKETBALL AND CHEERLEADING

by Jason Kraft and Rachel Burns

Registration for Upward Basketball & Cheer 2018 will open on **October 1, 2017 at 7:00am**. Go to www.rrumc.org to register. Basketball registration will be limited to 200 players, but cheer registration will be unlimited. Registration fee per participant will be \$100.

All evaluations will occur at Rocky River United Methodist Church as follows:

- **November 13 (K5-1st Grade) from 6:30pm-8:30pm**
- **November 14 (2nd-3rd Grade) from 6:30pm-8:30pm**
- **November 15 (4th-6th Grade) from 6:30pm-8:30pm**
- **November 18 (any grade) from 9:00am-12:00pm**

Practices will begin January 2, 2018. Games will occur every Saturday from January 20, 2018 to March 17, 2018.

Upward Celebration will occur on Sunday, March 18, 2018 at 3:00pm at Rocky River United Methodist Church.

For more information about the league and/or to volunteer, contact Jason Kraft, League Director, at 440.476.0861 or upwardrrumc@yahoo.com.



WELCOME THE RRUMC OCTET AND CHILDREN'S/ YOUTH CHOIR DIRECTOR!

Our new octet will provide us special music and support our choir throughout the years to come! Our new six vocalists join Linda Burgess and Michael Parry to create one outstanding octet. We also welcome Darius McBride as our Children's and Youth Choir Director. RRUMC Octet consists of:

- Linda Burgess, Soprano
- Meg Martinez, Soprano
- Olivia Clark, Alto
- Alice Hoffer, Alto
- Darius McBride, Tenor & Children's/ Youth Choir Director
- Michael Revis, Tenor
- Stephen Stavnicky, Baritone
- Michael Parry, Bass

Join the RRUMC Music Ministry This Year!

Great stories are often told through more than just words. Elements, like music, add emotion and make the story more powerful. We would love for you to join our music ministry this year! Our music ministries include:

- **Children and Youth Choirs** - fun, upbeat choirs for children singing in elementary school through high school
- **Chancel Choir** - where older youth and adults sing more traditional hymns, anthems, and cantatas
- **Praise Team** - perform contemporary Christian music at our Harbor service
- **Fuller Sounds/Joyful Sounds** - hand bell choirs for those who wish to ring instead of sing

For more information, please contact Braden Pontoli at bpontoli@rrumc.org and he will direct your questions to the appropriate music director. Rehearsals have already begun, but you are welcome to join at any time.

CONNECTIONS IN CARING

**Thursday, October 19,
2:00-4:00pm in the Café**

We are continuing our ministry to help RRUMC college students, newlyweds, shut-ins, and others feel connected to Rocky River United Methodist Church and to one another in the midst of their story through acts of caring, service, and compassion.



Our November meeting will be in the evening so that **families** may participate in this ministry.

For more information contact Jane Amata at 440.360.9010 or jamata@seniorconciergeservices.net or MaryElin Halek at 440.773.6569 or maryelin3487@yahoo.com.

SOCIAL CONCERNS DISCUSSION GROUP

The Social Concerns Discussion Group will meet on the third Sunday of the month, 11:15am-12:30pm, in the parlor beginning on October 15.

They meet to discuss social concerns that are pertinent to United Methodists; exploring our church's standing on the natural world, the nurturing community, social responsibility, economics, and politics.



Dave Sagerser, dsagerser@aol.com, is leading this group. All are invited to come and join our discussion.

Will you give "God A Minute" on Thursdays? Watch for Rev. Dan Bogre's weekly one-minute messages on Facebook — @rockyriverumc

REFLECTIONS... by Rev. Dan Bogre

Do you know what your strengths are? That seems like a pretty difficult question to answer. Do you know what your weaknesses are? It seems as though people can quickly answer what they are not good at rather than what they are good at in their life, their work, and their church. Beginning in the fall of this year, we will be launching a whole new ministry to help people not only discover what their strengths are, but also help people live into them as well. This new ministry is called, "Living Into My Strengths." It is based on the *StrengthsFinder* book by Tom Rath. This book is designed to help people discover what their top five strengths are and how to use them for Christ.



I have seen this ministry beautifully working at Garfield United Methodist Church. This ministry has completely transformed their people and their church as a whole, because when you come to Garfield UMC, you will know that God has gifted you with strengths, and those strengths are expected to come to life in that church. Their goal is to have everyone who attends on a regular basis go through this eight-week "Living Into My Strengths" class and then launch them into ministries that help those folks live into their strengths. When someone lives into their strengths they come alive in Christ and for Christ.

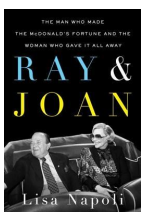
At RRUMC, we will be launching our first ever "Living Into My Strengths" classes, starting on Wednesday, September 20, 6:30-8:00pm. The class will be offered again in the spring if you were not able to participate in the fall session. I have heard a lot of people tell me in 22 years of full-time Christian ministry that they just don't know where they fit in. The answer is simple. They don't know where they fit in because they have not found out what strengths God has gifted them with in their lives. This ministry will change each person who discovers what their strengths are, and it will change the church as a whole, as new ministries are born out of people's untapped strengths.

This is the next exciting step within the life of RRUMC. It is also the newest way that we will help people meet Jesus Christ in the midst of their story, because at RRUMC, "It's All About The Story." Please pray for this new ministry and please plan on signing up for the classes on our website as you look for the "Living Into My Strengths" link. May God bless each of you as you discover your strengths and then learn to live into them.

GIFTS OF MUSIC CONCERT SERIES

Jim's Little Big Band - "The Great American Songbook" - Sunday, October 8 - 4pm

The origin of *Jim Wonnacott's Little Big Band* dates back to 1957. We are excited that this great band, with dynamic vocalist Cindy Smith, will be adding a bit of nostalgia to our *Tenth Anniversary Season* opening concert. Please **save the date** and **invite your friends** for a delightful afternoon of the most influential and enduring American popular songs and jazz standards from the early 20th century and enjoy these familiar melodies made famous by Broadway musical theatre and Hollywood films. You'll be glad you did!



BOOK CLUB

The Book Club meets the 3rd Thursday of the month at 10:00am in the Church Parlor. Please join us on October 19 to discuss the book, *Ray & Joan: The Man Who Made the McDonald's Fortune and the Woman Who Gave It All Away*, by Lisa Napoli. Questions? List of future books? Contact Bruce Biggin at brbiggin@netscape.net or 216.221.5880. Always happy to see new faces, and regular attendance is not required.

CHILDREN'S MINISTRY

by Quinn Bennett

Next year's theme for VBS is "*Shipwrecked: Rescued by Jesus!*" Please keep your eyes out for the following as the year goes on:

- Tiki torches
- Wooden barrels
- Wooden crates (all sizes)
- Palm leaves
- Treasure chest
- Anchors
- Ship wheels
- Thick rope
- Wooden pallets
- Anything that looks like it belongs on an island.



If you or someone you know is getting rid of these things, I would greatly appreciate you lending or giving them to the children's program. Thank you for helping make Vacation Bible School a success yet again!

Mission Possible

Come with your family and serve Christ together as we work on a brief mission project. Then sit down and relax as you eat popcorn and watch a family friendly movie on the big screen in Beacon Hall. The next event is Friday, October 13, 6:00pm. We will be packing lunches for the homeless (they will be taken to The City Mission for distribution) and watching the movie *Freaky Friday*.

Trunk or Treat

It's trick or treating with a tailgating twist. Give your kids another chance to wear their costumes. Invite your friends in the neighborhood to join us. October 21, 6:00-8:00pm.

If you have any questions, contact Quinn Bennett - qbennett@rrumc.org.

YOUTH MINISTRY

(Contact Rachel Burns for Youth Ministry questions and information: rburns@rrumc.org.)

Costume Dodgeball Tournament

October 29, 6pm — All middle school and high school youth are encouraged to play in the tournament or come cheer on the games! Concession stand, prizes, and more! Sign up at www.rrumc.org.

Project Feed

November 12, 2pm — Youth, join us as we work with the East Ohio Conference and Stop Hunger Now for "Project: Feed" at Wadsworth Middle School. Our goal is to pack a total of 50,000 meals for people in need. Please sign up soon so we know how many people to expect and how many cars we will need for carpooling. To sign up, go to www.rrumc.org. Cost is \$10 (\$5 with a canned food for local food bank). Adults, would you like to be a driver for this event? Please contact Rachel Burns to let her know you can help!

5th Quarter

Adults and High Schoolers, we need you to come help with our youth outreach ministry, 5th Quarter! You can help with the sign-in table, concession stand, refereeing dodgeball, or being a chaperone. Between 200 and 300 students enter our church for 5th Quarter and we need your help to make this a fun and safe environment for them. Remaining dates are: **October 6, 20, and 27**. Sign up at www.rrumc.org.

LYDIA CIRCLE (United Methodist Women)

September 28 at 1:30pm in 209: Our speaker will be Gayle Donahue, who is our Faith Community Nurse. Gayle is interested in ways that she may assist us. Bring your questions and come equipped to get a rounded picture.

October 26 at 1:30pm in 209: Our speaker will be Bethany Harry. Bethany and her daughter Rachel went to Ecuador with Compassion International and met with their sponsored child. Along the way, they learned a lot about what God is doing in Ecuador through Compassion. They will share souvenirs, stories (It's all about the Story!), and pictures.

MEN'S PRAYER GROUP

We are several men of the church who begin their Tuesday morning and the balance of the week in fellowship and prayer. We meet in the parlor at 7:00am. A brief, thoughtful topic by one of the men is then followed by individual prayer, and we are "on our way" by 7:30am. Our gathering has become for each man a valued part of their week. We would love to have you join us and make Tuesday morning prayer a valued part of your week as well. The coffee pot is always on. Contact Dick Sanders at rbsmls@wowway.com.

MILESTONES

Birthdays (*age 90 and above*)

10/2	Iris Able	98 years
------	-----------	----------

Anniversaries

(*50 or more years and those in 5 year increments*)

10/10	Bunny & Dave Huller	30 years
10/10	Carrie & Bill Tate	30 years
10/12	Amy & Thomas Dewey	15 years
10/15	Karen & Bradley Main	40 years
10/15	Connie & Wayne Sweet	52 years
10/19	Susan & William Minnich	60 years
10/27	Janet & David Lynn	61 years

Births

Catherine Jane Motley, on August 16, to Martha and Scott Motley, granddaughter of Jane Cammann and Chuck Engle.

Baptisms

James Justin Reed, son of Jessica & Justin Reed on August 13. Big brother is Jackson.
Connor Stephen Fay, son of Sarah & Matthew Fay on September 10. Big brother is Carter.

Weddings

Jessica and Eric Birch renewed their wedding vows on August 12.
Courtney Shilling and Robert Hoekstra were married on August 21.

In Sympathy

Bob Olander and family, in the death of his father, Robert Olander, on Aug 21.
Viv Bowditch and family, in the death of her mother, Ella Norder, on Aug 31.

With Gratitude

Dear RRUMC, Thank you so much for the gorgeous church flowers. I still support with monthly payment because the dues are helpful to the church work!

- Ruth Stadler

Dear Members of Rocky River United Methodist Church, Thank you for the beautiful arrangements of flowers delivered to Dave's room. They brought much joy to Dave and others. Dave has appreciated also the lovely greeting cards sent. We are grateful for your very thoughtful kindnesses.

Sincerely, Dave Glynn Family

ORAL HEALTH

by Gayle Donahue, Faith Community Nurse
440.331.7676, ext. 235 or gdonahue@rrumc.org.

October seems a good time to reflect upon a frequently overlooked body system that can be a mirror to health and central to expressing who we are as a person. I know that when Solomon wrote "He who guards his lips, guards his life..." (Proverbs 13:3), he was encouraging us to use wisdom and insight before speaking. However, the ability to speak and be understood requires good oral health. Today, we all know we should minimally brush our teeth twice a day for two minutes in a circular motion, avoid sticky foods, drink water after eating, floss regularly, and see the dentist for cleaning and exam every six months. Because we live in an area with a public water system, we also have fluoridated water to keep teeth strong and decrease severity of cavities (*Note: this is a benefit of drinking plain water*). Today, we also know that the oral cavity gives us more than the ability to speak, chew food, smile, and share emotion with a never ending supply of physical and verbal expressions. The oral cavity also keeps us healthy. Do you know that saliva, in addition to making it possible to chew and swallow nutritious food, begins the digestive process, protects teeth from decay, and prevents infection by controlling bacteria and fungi? Do you know that because of the way blood travels from our mouth back to the heart, that brushing and flossing can help to prevent heart disease? Brushing is a very simple thing you can do to protect your health. Interested in learning more about your oral health? You might like to begin with the March 2014 Surgeon General report on oral health in America at www.nidcr.nih.gov/DataStatistics/SurgeonGeneral/Report/ExecutiveSummary.htm.

You also might like to check out general information at <https://www.womenshealth.gov/a-z-topics/oral-health?>; <https://www.cdc.gov/fluoridation/basics/>; <https://www.nidcr.nih.gov/OralHealth/Topics/DryMouth/DryMouth.htm#5>; or <http://www.mouthhealthy.org/en/az-topics/d/diet-and-dental-health>

If you would like to discuss oral health or other concerns please leave a message in my voice mailbox or email me. I enjoy hearing from you.

CPR Training

Are you interested in learning CPR or reviewing your skills? Kevin Bednarski will be instructing on Wednesday, Oct 4, 7:00pm in the café. Please call the church office to register. The class size is limited and a second class will be scheduled as needed.

Healthcare Insurance Dollars: Then, Now, and Future

Are you wondering if you can control your healthcare insurance dollars? The Health Ministry team is planning a two part education program for Sundays, October 8 and 15, 6:30-8:00pm, for this discussion. William Malm from Health Revenue Integrity Services will be presenting. October 8 will be an overview of past, present, and expected future, including a look at funding in other countries. October 15, we will use Medicare as a model to discuss what to look for, and questions to ask, when selecting your health plan. This program is planned for the 40 and over age group.

MOPS CHILDCARE NEEDED

The RRUMC Mothers of Preschoolers group (MOPS) is looking for warm, loving helpers to babysit the children of our members during our twice-monthly meetings.

We meet every other Monday during the school year from 9:30-11:30am here at the church. Childcare workers read stories to the little ones, take them to the playground, organize snack time, and generally give them a pre-school-like experience. We provide a \$10/hour stipend to our wonderful helpers and promise that you will become special role models to our kiddos over the course of the year!

If you are interested, please contact Heather Fanter at heatherfanter@hotmail.com.

ALGART HYMN SING

Come sing the wonderful old hymns of the Methodist Church, like *Blessed Assurance, In the Garden, The Old Rugged Cross, and Holy, Holy, Holy* in a sing-along with the residents of Algart Home, a nursing care and assisted living facility on West 89th St. and Detroit Rd. in Cleveland.

This isn't a choir. There is no performance or rehearsal. We are there to talk with, sing with, and care for people who need our presence to brighten their day. When you come, it will brighten your day, too! We sing the third Tuesday of every month, 2:00-3:00pm. Contact Bob Secrist at 216.521.2365 or simply arrive to sing with us. We need you and they need you. We'll see you there on October 17!

MISSION ZONE

Youth & Children's
Free Store Donations:

SEPTEMBER
Diapers/wipes

OCTOBER
Gloves/mittens/ scarves/hats

NOVEMBER
Toilet paper

THE CIRCUIT RIDER (USPS 091-110) is published monthly by Rocky River United Methodist Church, 19414 Detroit Road, Rocky River, OH 44112-1873. Periodicals Postage Paid at Cleveland, OH. POSTMASTER: Send address changes to THE CIRCUIT RIDER, 19414 Detroit Road, Rocky River, OH 44116-1873.

Periodicals Postage Paid at
Cleveland, OH

Rocky River United Methodist Church
19414 Detroit Road
Rocky River, OH 44116-1873
Ph: 440.331.7676
Fax: 440.331.7637
Email: office@rrumc.org
Web: www.rrumc.org

DATED MATERIALS—PLEASE RUSH
Mailed September 22, 2017

Ministry

Daniel F. Bogre, Senior Pastor
Paul A. Bennett, Associate Pastor
Robert B. Hibbard, Pastor Emeritus
Christopher M. Burns, Harbor Worship Leader
Sheri B. Swartz, Director of Church Ministries
Rachel E. Burns, Director of Youth Ministries
Rev. Dr. William J. Kimball, Endowment Ministries
Quinn E. Bennett, Director of Children's Ministries
Robyn E. Gauder, Service Engagement Coordinator
Gayle E. Donahue, MSN, RN, Faith Community Nurse

Mission Ministry

Rev. Paul Webster, Kanyama, Zambia

Music Ministry

Braden J. Pontoli, Director of Music
Darius J. McBride, Children's /Youth Choir Director
Carmen G. Massaro, and Lynn Young, Handbell Choirs
Jeffrey A. Acker, Organist



Deadline for November Circuit Rider:
October 2

IT'S ALL ABOUT THE STORY!

SAVE THESE OCTOBER DATES...

(See the newsletter articles for details.)

- October 1—Upward Basketball & Cheer Registrations Open
- October 3 — Church office Closed
- October 3, 10, 17, 24, 31 — Men's Prayer Group
- October 4—CPR/AED Training
- October 6, 20, 27 — Fifth Quarter
- October 8 — Gifts of Music Concert: Jim's Little Big Band
- October 8 & 15—Healthcare Insurance Dollars: Then, Now, and Future
- October 13 — Mission Possible
- October 15 — Social Concerns Discussion Group
- October 17 — Algart Home Hymn Sing
- October 19 — Book Group
- October 19 — Connections in Caring
- October 21—Trunk or Treat
- October 26 — Lydia Circle UMW
- October 29—Youth Dodgeball Tournament

The Church Office will be closed Tuesday, October 3 due to an insurance benefits briefing.