

August, 2023

Glenview United Methodist Church **THE VISITOR**



From the pastor

Dear friends,

The Strategy Team of Glenview UMC met for over a year discussing (1) what GUMC stands for in our community, (2) for whom GUMC is passionate, and (3) what gives joy to the people of GUMC. We used the term, “kitchen sink” a lot. A kitchen sink means having many things going on in an organization without priorities or a clear purpose. The guest marketing consultant, Judy Keenan, helped the team to discern and focus on what the calling of our church is at this time.

The team came up with four statements of our core values and the team shared them with the whole congregation. Last May the whole congregation voted and decided, “Connecting with Others Through Mission, Music, and Ministries” as

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Adventures with Beth and Greg

A Faith Community is...GOOD FOR YOU!

There are many reasons why people are inclined to go to church. For some they want to feel closer to their Savior, they have been going to church every Sunday for years, possibly their entire life! For others it's an hour of peacefulness during an otherwise chaotic week. Maybe it's the connections they make, a church family. But how many of you are aware of the fact that going to church and participating in Sunday School/Confirmation Class or youth group might make you less likely to abuse drugs or alcohol and help your overall

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“Connecting with others through Mission,
Music, and Ministry.”



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Reconnect with your GUMC friends at this year's Fall Kick-Off! The program year begins as we welcome back our Sanctuary Choir from summer hiatus. Welcome our new Director of Music, Cindy Bradley. Sunday School teachers will be announced. Stay after worship for food and fellowship with a bar-b-que and games. Invite your friends and family for a great day of worship and fellowship!

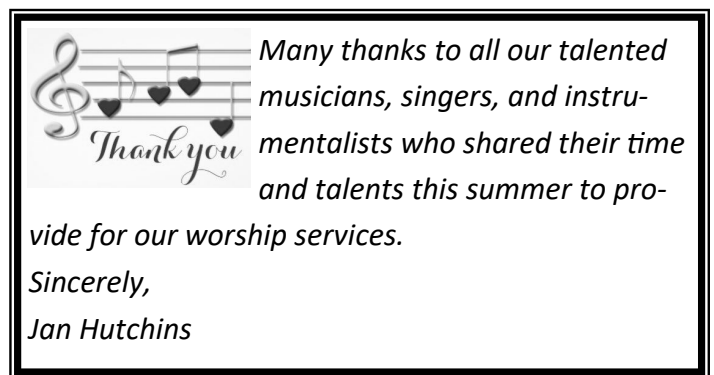
... *From the pastor* continued:

our statement of core values. You loudly agreed that (1) connecting, (2) mission, (3) music, and (4) discipleship ministries are our core values. I want to thank the team, and all of you, for deeply caring for the works of the church.

I believe our upmost value is connecting with others. We are people who want to connect with God in Jesus Christ and people of the community in the love of God and neighbors. On September 10, Fall Kick-Off, we will start the new program year in music, mission, education, and fellowship. Please take time to think about how you enrich your ministry areas to connect with others better. Please invite others intentionally to your ministry areas and help them find joy in connecting, serving, and growing. It can be inviting someone to your circle gathering. It can be making phone calls to say “hi.” It can be encouraging someone to share their musical talents and passion for worship. It can be letting a child, or a confirmation student know that he/she is in your prayers. It can be writing a card to the sick or the homebound. It can be starting a new small group with people who share a passion with you, such as Art Club, Movie Club, Garden Club, Woodworking Club, Walking Club, Travel Club, Cooking Club, Cycle Club, Children’s Book (or Picture Book) Club, or Parenting Support Group. I want to start a “Reading and Writing Poems” club.

When we connect with others, the web of relationships gets stronger and we become more understanding and caring for others and ourselves. Our faith community becomes a life community. In this fractured and isolated culture and society we have a calling to connect people to God and to life and faith. Thanks be to God!

With gratitude
Eun-Hye Choi, pastor



Welcome Rev. Greg Gross!
On September 24, GUMC will welcome back Rev. Greg Gross to the pulpit. He, along with the Mission and Ministry committee, will lead worship that Sunday!

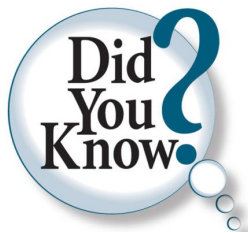
September Book Club Selection

The Thursday Murder Club

**Discussion: September 5 @ 7:00 p.m.
In the parlor**



WOMEN'S WELLNESS WEEKEND is approaching soon, and we are eager to invite all women 18 and above to join us in this fun, relaxing and friendship filled weekend. Our presentation topic and discussion is “No More Faking Fine”, which we hope will appeal to everyone, and there will be more free time on Saturday afternoon to relax and enjoy friendships. The dates of the weekend are Sept. 29 – Oct. 1 and we are hoping that old friends and new will join us for this lovely weekend. Please sign up after church starting Sunday, August 27th, or contact Kathy Sawicz (kpsawicz@aol.com) for a Registration form. (There will also be a half day Saturday program on Oct. 24th for those who can't make it up to Wisconsin.) We are looking forward to seeing you there!



Stocks and bonds make excellent gifts to GUMC. You may be entitled to special tax considerations if you give these securities to the church during your lifetime.

If you are a stockholder in a closely-held corporation, consider having the corporation make a gift to GUMC. Like individuals, corporations qualify for tax deductions for charitable gifts.

... Adventures with Beth and Greg continued

mental health as well? It's true! And there are numerous studies that have been conducted that prove it! Unfortunately we'll only be able to take excerpts from these studies/articles as our space is limited here, but we can send you links if you'd like to do a deeper dive - just contact us!

From *Faith's Relationship with Substance Abuse Among the Youth...*

Evidence-based studies have found that youths who are spiritually active, participate in a faith community, and invest in a prayerful relationship with their God are less likely to use or abuse drugs and alcohol and engage in related criminal activity.

From the same study...

A host of studies show that faith among adolescents and young adults can act as a powerful deterrent against drug and alcohol abuse, even when controlling for other contributory factors (e.g., depression). One of the largest studies on drug and alcohol abuse among American youth aged 12–17 analyzed data from the National Survey on Drug Use and Health (Ford and Hill 2012); the study found that higher degrees of religiosity reported, including religious attendance, involvement, and reliance on religious beliefs in decision making, were associated with several benefits, such as limited depression and negative attitudes toward substance abuse. After controlling for depression, religiosity was still found to be associated with less cigarette smoking, heavy drinking, and prescription and illicit drug abuse. Adolescents who frequently attend religious services, who are involved in faith-based activities, and who place a high value on spirituality exhibit greater resilience when facing the stressors that can lead to the formative use of drugs and alcohol as a coping mechanism.

And this from the article *Religion and Depression in Adolescence...*

Furthermore, alternative forms of school social support, such as clubs, sports and the number of friends, do not appear to substitute for religiosity. We also do not find evidence that religiosity reduces exposure to stressors. We find instead that religiosity helps to buffer against some types of stressors.

And one last thing...

Given that clinically the effect of antidepressants on reducing depression is successful in about one-fifth of cases (IHN, 2015), our research suggests that counselors would be remiss to dismiss the potential beneficial effect of religiosity in treating clients, contributing to a vigorous debate initiated by Freud (1927). Future work would benefit from more detailed information on churches and other places of worship that adolescents attend to determine further the mechanisms driving these effects.

So there you have it, Church/Church activities aren't just a place to renew your soul. Church can diminish the chances of drug and alcohol abuse in our youth while also helping with our kids overall mental health!

Coming up at GUMC!

Sunday 9/10 Kick Off Sunday! Worship, Food and Fun for all ages!

Sunday 9/17 3rd Graders and Confirmants Bible Sunday

Remember that we are open to all youth and children. Please pass on our great programs to your neighbors and friends with kids. You never know, it could be just what they are looking for.

See you in Church!

Greg and Beth

MUSIC News



September 10 GUMC welcomes the new **Director of Music, Cindy Applebee**. Cindy is a passionate and experienced music director with over 30 years of experience leading worship. Through directing, recruiting, and leading service music, Cindy focuses on uniting music to ministry to mission.

Cindy began her music ministry as a teenager, leading youth choirs and filling the roll of organist at her church. Attending Miami University in Ohio, she completed a BA in Music Education with a Minor in Piano Performance.

After college, she moved to Michigan to pursue a career in music and worship ministry.

Planning and leading worship services, recruiting and training musicians and singers, and developing and implementing music ministry programs, Cindy has a passion for using music to enhance worship. Cindy is currently employed with Bach to Rock in Arlington Heights where she teaches piano, voice, clarinet, and saxophone.

Colossians 3:16 *"Let the word of Christ dwell in you richly in all wisdom; teaching and one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord."*

GUMC is grateful for Cindy and all that she will bring to continue the GUMC passion of music as praise to God!



Studying Scripture is one of the most important ways we learn about God. GUMC presents personal Bibles to each third grader and Confirmation student as a statement of their growing faith development. We celebrate the tradition of presenting

Bibles to our students as a gift from the congregation. It is our prayer that this gift will be a starting point for a deeper relationship with God.

September 17 at 10:00 a.m.



Adult Bible Study will begin in-person and online October 4.

Women's Wellness Mini Event: There will also be a ½ day Women's Wellness event in GUMC parlor on Saturday, Oct. 14 from 9 am – 1:30 pm.

SPECIAL EVENT OCTOBER 21!?!?!?

Watch for more information on Blessing of the Animals and Trunk or Treat.



Greetings to you in the name of Jesus Christ who offers us each compassion and accountability into the very messy parts of our life and ministry. I am greatly looking forward to being with you and hearing about your ministry from this last year. Even more so, I look forward to hearing about the dreams and visions that the Spirit has poured out on the people of your congregation. We have much to celebrate and envision for our shared future.

***GUMC conference will be Tuesday,
Oct. 17 at 7 pm***

Peace,

*Reverend Brittany Isaac
Superintendent, Lake North District*

ALL people of GUMC are encouraged to attend this night of information. What has GUMC been doing and where are we going!

Loose Coins and Singles - September help with Maui Relief

Since 2000, Midwest Mission Distribution Center, Pawnee, IL, a United Methodist organization, has responded to disasters with relief supplies, education, health items, etc., and are ready to help those in the Maui disaster. Your monetary donations allow MMDC to have funds to purchase items as the needs arise in Maui, as well as replenish supplies that will be shipped to Maui. If you'd like to give more, memo a check with "MMDC" or donate online at <http://www.glenviewumc.org/donate-online> and click on "Loose Coins". For an In-Kind Donations list go to: midwestmission.org. Our church is a drop-off location for this area for supplies. In times like these, people need hope. Help us share God's love in a practical way.



Loose Coins and Singles

Please donate on line at www.glenviewumc.org/donate-online and click on "Loose Coins", or you can mail a check to the church with "MMDC" in the memo area.

HAPPY BIRTHDAY TO YOU!

Here are our September birthdays and anniversaries. If you have a September birthday or anniversary and your name is not listed, please call the church office so we can update our records.



9/2 Ben Mohr

9/4 Holly Hendee

9/7 Ashley Daniels

9/10 Peggy Curkov

9/12 Amanda Losquadro

9/16 Gerry Gans

9/17 Jaclyn Welter

9/20 Delia Rowlands

9/22 Michael Risley

9/25 Bob Frye

9/27 Dale Sailer

9/29 Rachel Tweddle

9/3 Sherry Smith

9/4 Becky Netherland

9/7 Scarlett Jones

9/11 Ginny Peterson

9/13 Michael Denzel

9/16 Bruce Siewerth

9/20 Dick Hoffman

9/21 Randy Johnson

9/23 Jeff Mohr

9/27 Eden Cummings

9/27 Laura Sailer

9/30 Guy Mylander

9/3 Justin Zabielski

9/7 Andrew Brand

9/7 Alisha Potter

9/12 Dawn Bode

9/14 Scott Houdek

9/17 Dean Carlson

9/20 Ken Ready

9/21 Jackson Ventura

9/24 Andrew Duback

9/27 Parker Holzhuetter

9/28 Robert Rothermel

HAPPY ANNIVERSARY

9/1 Melissa and Greg Gwozdz

9/6 Diann and Ben Campbell

9/8 Ellen and Chuck Schaden

9/19 Janella and Vince Vasquez

9/28 Jane and Gregory Furch

9/3 Sally and Tim Lankford

9/8 Laura and Dale Sailer

9/16 Melanie and Peter Cummings

9/27 Joanne and Andrew Richter

