

Central United Methodist Church



Lectionary Readings for January 21, 2024,
Third Sunday after the Epiphany

Jonah 3:1-5, 10
Psalm 62:5-12
1 Corinthians 7:29-31
Mark 1:14-20

Read Mark 1:14-20 and Jonah 3:1-5, 10

“Follow me”

Jesus announces the in-breaking of God's reign. He declares that the time is at hand. Time for what?

For emancipation, liberation, freedom. His vision harkens back to the exodus when God gave the freed slaves new rules to live by.

These Jubilee rules were in stark contrast to the oppression and domination they faced in Egypt.

Rather than allowing the Israelites to imitate their oppressors, God laid the foundation for freed people living in God's economy. For example, daily bread and allowing the poor to glean food from fields.

There is enough for all.

Notice that in our readings this week, God also offers redemption to oppressors. The Ninevites whom Jonah so reluctantly preaches to are none other than the Babylonians who destroyed the Temple in Jerusalem and carried out the Babylonian exile. They completely dehumanized the Jewish people.

Yet, in God's economy, the habit of commodifying people and land also dehumanized oppressors. God refuses to leave the Ninevites, or us, for that matter, in that state.

God's call on nobodies like Jonah and a few Galilean fishermen reaches beyond them to even include enemies. The critical awareness of the poor turns the world upside down.

In God's movement of liberation, even the necrophiliacs who think money is the measure of the value of life and who believe always having more is their birthright learn about the love of God for all creation.

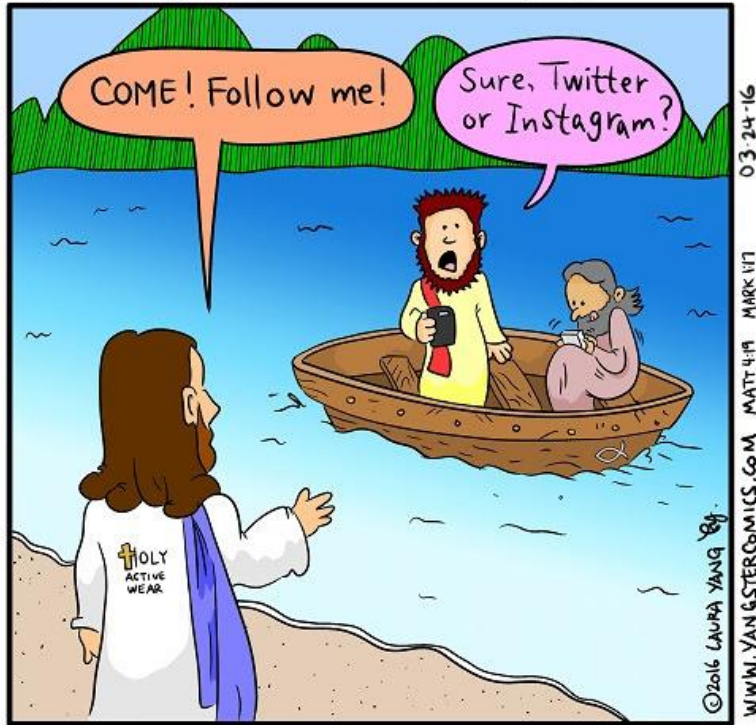
The witness of the oppressed set free creates the opportunity for true repentance and for communities to live under the reign of God.

May we hear God calling us towards shalom and beloved community. May Christ's "Follow me" be irresistible.

Trust Jesus' blessings,

-Pastor Biel

Yin + Yangster by Laura Yang



Bible Study



Join us for Bible Study from **9 am to 9:45 am** - Sunday morning via Zoom. If you would like to be on the Zoom list for the Bible Study Class, please email the church office by clicking on this link: centralchurch@skokiecentralumc.org

Worship Service

Join us this **Sunday at 10:30 am** in the Sanctuary for our in-person service.

The worship service is available on Zoom at 10:30 am. Please email or click this link: centralchurch@skokiecentralumc.org

to request the Zoom Link information.

Altar Flowers



The altar flowers this Sunday are given by Laura Pryzby in loving memory of Carloe Pryzby.

Fellowship

Join us for fellowship after church this Sunday provided by Simla & Percy in celebration of their Wedding Anniversary and John Hubacek's Birthday.

The last Sunday of each month will be a Potluck. There is a signup sheet outside the kitchen for Fellowship from now until the middle of May 2024.

Lake North Leadership Training



LEAD 2024 January 27, 2024

9 a.m. - 12:30 p.m.

First Korean UMC

655 East Hintz Road, Wheeling

Cost \$15 each

Program: 9 a.m. - Opening Worship
10 - 10:15 a.m. - Break and Refreshments
10:15 - 11:15 a.m. - Ministry Training Session 1
11:15 - 11:30 a.m. - Break and Refreshments
11:30 a.m. - 12:30 p.m. - Ministry Training Session 2
12:30 p.m. - Dismissal

Online Zoom
option available
for opening
worship and
some sessions

Classes: (SPRC) Staff Parish Relations Committee

- led by Rev. Arlene Christopherson, Assistant to the Bishop

Pick one
topic per
session

Finance - led by Susan Geil, Berry UMC

Trustee - led by Martha Rudy, First UMC of Evanston

Evangelism - led by Kara Lehnhardt and Kathy Locke, United Methodist of Libertyville

Net Zero - led by Kara Lehnhardt and Kathy Locke, United Methodist of Libertyville

Discipleship - led by Rev. Caleb Hong, Christ Church of Rockford

Stewardship - led by Rev. Chris Walters, Midwest Methodist Foundation, President & CEO,
and Rev. Eun-Hye Choi, Glenview UMC

Online Zoom
option available
for SPRC and
Stewardship

More information and registration:

umcnic.org/calendar/lake-north-leadership-training-2024

Questions? Contact Pastor Mori, pastormorio@gmail.com



Northern Illinois Conference
OF THE UNITED METHODIST CHURCH

Saturday, January 27, 2024 - 9-12:30pm

First Korean United Methodist Church
[655 East Hintz Road., Wheeling, IL](#)

Online Zoom option available for Opening worship and select classes.

Cost: \$15

[Click Here](#) for more info.

United Women in Faith



United
Women
in Faith

January 7-28 2024 - Virtual Only

Mission U Winter Learning Event [Click Here](#) for more details.

Hear the Call: Share Your Gifts!

Do you feel a stirring within, a talent yearning to be used, a passion longing to contribute? The church community needs your unique spark! We're not just talking about singing in the choir or baking for bake sales (though those are wonderful too!). Every skill, every passion, every bit of your creative spirit has a place here.

Think about it:

- The musician with a heart for worship: Can you imagine leading us in joyous hymns or composing a piece that touches hearts?
- The tech whiz with a knack for problem-solving: Can you streamline our communication, build a user-friendly website, or help us connect with the wider community online by using Zoom's fun features and camerawork?
- The organizer who thrives on making things happen: Can you plan events, coordinate volunteers, or breathe life into fundraising initiatives?
- The artist with a vision for beauty: Can you beautify our space, create meaningful visuals, or even choreograph a moving dance for a special occasion?
- The writer with a gift for storytelling: Can you share inspiring testimonies, craft compelling newsletters, or even pen a play for the next church production?
- The counselor with a listening ear and a gentle heart: Can you offer guidance and support to those in need, fostering a community of care and compassion?

These are just a few examples; the possibilities are endless! What gifts and talents are uniquely yours? How can you use them to build up, inspire, and make the church community a beacon of hope and love?

Here's your call to action:

- Talk to your pastor or church leaders. Share your ideas and see how your skills can be put to use.
- Connect with other members. Maybe you'll find others who share your passion and together you can create something amazing.
- Don't be afraid to step outside your comfort zone. You might surprise yourself with what you can accomplish.

Remember, every contribution makes a difference. By sharing your gifts, you not only enrich the lives of others, but you also discover a deeper sense of purpose and belonging within the church community.

So, let's hear the call, answer with enthusiasm, and together, let our individual lights shine brightly, making the church community a vibrant tapestry of shared gifts and talents.

“Be who God meant you to be and you will set the world on fire.”

– St. Catherine of Siena

[Click Here](#) to explore your gifts!

Got an idea? We want to hear from you! Please email the church office at: centralchurch@skokiecentralumc.org

Gospel Readers and Flowers Sign Up



[Worship Calendar 2024 - Click Here](#)

Please consider reading or bringing in flowers for the following Sunday:

February 2024

Sunday, February 25th, 2024 (2/25/24)

Reader: _____

Consider the following dates as well:

Sunday, March 3, 2024

Reader: _____

Flowers: _____ in honor of _____

Sunday, March 10, 2024

Reader: _____

Sunday, March 17, 2024

Reader: _____

Sunday, March 24, 2024

Reader: _____

Flowers: _____ in honor of _____

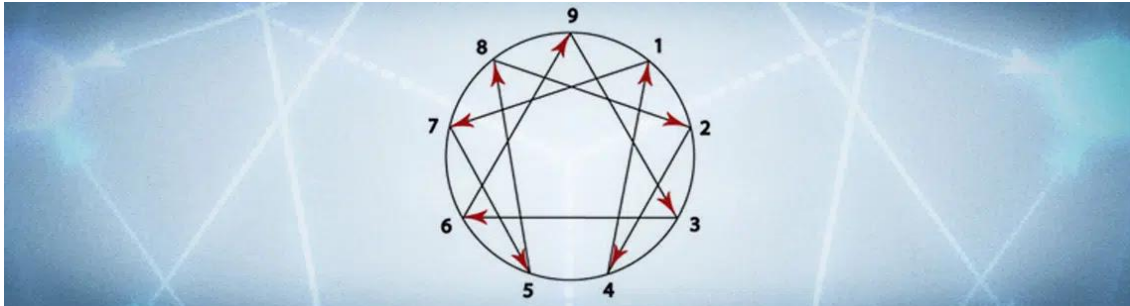
Sunday, March 31, 2024

Reader: _____

Flowers: _____ in honor of _____

Volunteers will be needed for the dates above. Please email the church office at: centralchurch@skokiecentralumc.org or come see Mar for the signup sheet.

The Enneagram



Belly, Heart, and Head

For teaching purposes, the nine Enneagram types are arranged clockwise in a circle. They are clustered in three triads or groups of three: the belly center (sometimes called the gut or instinctual center), the heart center, and the head center. We need all three centers to be awake and integrated in order to do our inner work and to genuinely love ourselves, others, and God in a holistic, non-dual manner. Modern psychology confirms this truth.

Russ Hudson, among others, teaches the Enneagram in a way that is readily accessible by all three centers and touches us at a deep level. I'll share his perspective frequently in these meditations. Hudson believes "there can be no real shift of the heart or mind if we're not grounded in our body first."

[1] He says, "The belly center [types EIGHT, NINE, and ONE] is where we're able to feel the immediacy of life and the realness of everything, right here and right now.

The heart center [types TWO, THREE, and FOUR] is the seat of identity. It's where we know ourselves. It's where we're able to feel the sense of meaning, value, and preciousness of our lives and of whomever we're with. . . .

[Types FIVE, SIX, and SEVEN belong to the head center.] The true nature of Mind is complete silence, stillness, and spaciousness . . . peace, clarity. The head center gives us the possibility of recognizing the eternal Presence that's right here as phenomena." [2]

Hudson explains that "when we lose Presence, we lose the connection with these capacities. . . . We feel torn from the bosom of the Divine." This suffering results in issues with anger for the belly types, shame for the heart types, and fear for

the head types. The result is that we're disassociated and disconnected from our True Self. As Hudson says, this "fixated Enneagram type is what shows up when you don't! It works well—it just happens to not be you, in your deepest sense."
[3]

While we all operate out of all three centers, the center that includes our personality type (our Enneagram number) is our dominant center. If you are trying to find which number you are, you may notice that you especially resonate with two numbers that are right next to each other. One of them will be your core number and the other will be one of your wings. The wings help balance your personality type. It is important to develop both of your wings in order to "fly" and break your entrapment in your core number.

Gut people (types EIGHT, NINE, and ONE) are concerned with power and control.

Their center of gravity lies in the belly, and they are intuitive and spontaneous. I'm an ONE, so this is my center. We gut people react instinctively and have an immediate like or dislike for everything. Our judgments are stored in our body. Reality comes at us like one shock wave after another. We take it on like a full body blow every three minutes. EIGHTs fight back, NINEs back off, and we ONEs try to fix, reform, and control reality.

Types TWO, THREE, and FOUR are in the heart center. They need affection and esteem. These so-called feeling people don't have their own feelings; they have everybody else's feelings! They experience themselves in reaction to the feelings or behaviors of others. They unceasingly develop activities to secure the devotion or attention of others. While heart people display their solicitude for others in a sometimes-exaggerated manner, they repress their aggressions and hide behind the façade of kindness and activity. Outwardly they strike people as self-confident, happy, and harmonious; inwardly they often feel empty, incapable, sad, and ashamed.

Types FIVE, SIX, and SEVEN make up the head center. Their main concerns are security and survival. Their control tower is the mind. These types substitute thought for authentic contact with reality, for which they would also need educated feeling and deep, honest, holistic intuition. Their head energy tends to draw them away from others. In every situation, they first take a step backward to reflect and think things over before acting. They have a sense for order and duty. While their fear and anxiety is exaggerated, they hide their feelings, especially the tender ones, often behind a façade of objectivity and un-involvement.

Outwardly they often seem clear, convinced, and clever; inwardly they often feel isolated, confused, and meaningless. As all contemplative teachers say, you cannot be present to what is solely through your head; but head people think

they can, and that becomes a paralysis for them. Hudson adds, “The idea is not to get out of your head;

I’d say we need to get in our right mind. We need the mind in the spiritual journey for discrimination and clarity and inner guidance and wisdom.” [4]

Indeed, we need each part—body, heart, and mind—fully engaged to live as our most authentic and loving selves.

-Father Richard Rohr, is a Franciscan priest of the New Mexico Province. He is the founder of the **Center for Action and Contemplation**.

To learn more [click here](#).

United Methodist Podcast: Find Wholeness and Balance with the Enneagram- [click here](#)

Central Caring Crafters



February 15 ,2024

The prayer shawl group is back as **Central Caring Crafters!** We are exploring the scope of our group to include quilting, sewing and other crafts that you have a heart for. We will meet at **10:00 a.m. on the third Thursday of each month** in the **Education Building, Room 7**. Bring a bag lunch and stay for lunch together or just come to gather for exchange of patterns and ideas. We hope to see you there!

If you're interested, please email the church office at:
centralchurch@skokiecentralumc.org

Tuesday Morning Meditation



Join us weekly on **Tuesday at 8:00 am** on Zoom.

Lectio divina is a traditional Benedictine practice of scriptural reading, meditation, and prayer. It is a form of prayer that involves reading a passage of the Bible slowly and intentionally. The phrase "lectio divina" means "divine reading" in Latin.

If you're interested, please email the church office at: centralchurch@skokiecentralumc.org

Tai-Chi Classes



Interested in learning Tai-Chi? Join our free class in the Log Cabin on **Tuesday mornings, 9:15 to 10:00 a.m.** Classes are taught by certified instructors, Jas and Jo Faber. This slow, meditative exercise is designed to improve energy, relaxation, balance and overall health.

If you're interested, please email the church office

at: centralchurch@skokiecentralumc.org

Mini Food Pantry

Thank you to everyone who brings food for our Mini Food Pantry. The Pantry needs filling every day. Please bring something on Sunday - even a couple of cans would be gratefully accepted.

Please do not bring any containers - empty jars, etc.

Below is a list of suggested items - because the Mini Food Pantry is outside, it's important to only contribute non-perishable items, such as:

- [Canned goods](#) with ring-pulls
- Hygiene products: toothpaste/toothbrush, deodorant, soap, menstrual products, etc.
- Tuna and crackers
- Spices; salt and pepper
- Cooking oil
- Sugar
- Tea and coffee
- Peanut Butter
- Kids' snacks
- Dish Soap
- Stove-top Stuffing
- Non-perishable foods
- Bottled water



Thank you for your support in helping others less fortunate.

If you have questions or suggestions, please email the church office at centralchurch@skokiecentralumc.org

Interfaith Prayer of the Week

My God, Whom I worship and adore! I bear witness unto Thy unity and Thy oneness, and acknowledge Thy gifts, both in the past and in the present. Thou art the All-Bountiful, the overflowing showers of Whose mercy have rained down upon high and low alike, and the splendors of Whose grace have been shed over both the obedient and the rebellious.

O God of mercy, before Whose door the quintessence of mercy hath bowed down, and round the sanctuary of Whose Cause loving-kindness, in its inmost spirit, hath circled, we beseech Thee, entreating Thine ancient grace, and seeking Thy present favor, that Thou mayest have mercy upon all who are the manifestations of the world of being, and deny them not the outpourings of Thy grace in Thy days.

All are but poor and needy, and Thou, verily, art the All-Possessing, the All-Subduing, the All-Powerful.

—*Bahá'u'lláh, Bahai Faith*

Donate



We appreciate all the financial support that has been received to support the church and missions. You can now give your financial support to Central in many ways.

CASH and CHECKS– Cash and check donations can be placed in the offering box at our church services. Checks can be mailed to the church.

VENMO – Using the VENMO app, pay by credit card. Enter Central Church’s Venmo email: centralchurchgiving@gmail.com.

ONE TIME DONATIONS OR SET UP RECURRING DONATIONS BY CREDIT CARD OR BANK TRANSFER USING THESE OPTIONS:

ONLINE GIVING – go to <https://onrealm.org/skokiecentralumc/give/now> ; or use the QR Code.

TEXT TO GIVE – Using our secure online giving platform, TEXT to 73256 and send the message GIVECHURCH. A response will appear with a link to our online giving web page.

Central United Methodist Church

[Send Us An Email](#)

Rev. Timothy Biel Jr., Pastor

8237 Kenton Avenue
Skokie, Illinois 60076



Church Email:
centralchurch@skokiecentralumc.org

Church Phone:
(847) 673-1311

Central United Methodist Church 8237 Kenton Ave., Skokie, IL 60076