

**Central United
Methodist Church
November 10, 2024**



Lectionary readings for
Twenty-Fifth Sunday after Pentecost
November 10, 2024

[Ruth 3:1-5; 4:13-17, Psalm 127](#)
[Hebrews 9:24-28, Mark 12:38-44](#)

“Creator Sets Free (Jesus) found a place to sit across from the storehouse of the sacred lodge. He watched as people came to put their gifts on the offering blanket.” - Mark 13:41 First Nations Version

Those walking the good road with Creator Sets Free (Jesus) need others as companions on the journey. I’m glad you are looking through your church family’s news for activities to participate in, ways to connect with others in the faith, and opportunities to worship, study, and celebrate. Creator Sets Free (Jesus) notices our efforts and joins.

As we prepare for tomorrow’s Charge Conference with our new District Superintendent, Rev. Victor Melad, I honor the myriad ways God continues to bless Central UMC. Looking back over the past year, there are many ways that we have placed gifts on God’s “offering blanket.” And Creator blesses the giver and the giving.

The First Nations Version Bible describes the Temple treasury in Jesus’ day as a “storehouse” in a “sacred lodge.” The receptacle where offerings are put is called “the offering blanket.” The image I carry of Central UMC placing our gifts “on the offering blanket” inspires me. Rather than bringing just token offerings, what I experience over and over is people who bring our whole lives to God.

We offer up our cherished relationships to God’s care, our homes and automobiles for God’s blessing and safekeeping, and our finances for God’s direction. We come together to eat and dance, celebrate, mourn, plan, play, repair, retire, repast, and rest.

I see Jesus in friendships deepening because of large projects, small groups, one-and-done ministries, and activities that we do like clockwork.

Pray for those growing the love of Jesus Christ in our hearts: as Creator Sets Free (Jesus) commanded “You must love your fellow human beings as you love yourself.” This is the work of Mindful Self-Compassion.

Love on those diligently working on this sacred space; their hard work blesses the ties that bind our hearts in Christian love.

Finally, in this season of financial stewardship planning, remember those keeping Central Church’s “offering blanket” in good shape so that all of us have access to gifting back to God the fruits of our labors. They serve God multiple hours every week. Reminder: Be ready to give a birthday offering in worship; this **Sunday is Everybody’s Birthday.**

I give thanks to the Creator for each of you, who is a boon to our community. As the saying goes, The past is history, the future a mystery, and right now is a gift; that's why it's called the present.

Trust Jesus' Blessings,
Pastor Biel

Bishop Dan Schwerin

Bishop Schwerin sent this letter on Nov. 5 to guide our responses to the national elections.

Siblings in Christ,

Greetings in the hope we have in Jesus Christ.

Hear these words of scripture: "Be agreeable, be sympathetic, be loving, be compassionate, be humble. That goes for all of you, no exceptions. No retaliation. No sharp-tongued sarcasm. Instead, bless—that's your job, to bless. You'll be a blessing and also get a blessing" (1 Peter 3:8-9, MSG).

As the polls close and the nation watches for election results, I write to call us to meditate and pray on this scripture. This word was written for a Christian community that faced fear with steadfast love. Siblings in Christ, may we remain on nonviolent high ground, and more, may we demonstrate our kinship in Christ. As far as the power and love we know as Christ is in us all, we are one in Christ. Our kinship is not in our opinions but in the power and love we know as Christ. Our kinship is not in othering against the stranger and sojourner; our kinship is in the power and love we know as Christ. I ask you to live out our kinship and to live in solidarity with our neighbors. Be mindful and prayerful for the most vulnerable: children and adults of color, those who may be undocumented and their families, women, persons who identify as LGBTQIA+, and members of the Jewish and Muslim communities, who are also children of Abraham.



I would ask you to turn to your faith communities, to our means of grace: worship, prayer, communion, Bible study, fasting, works of mercy, and Christian conversation and seek God's face and a nonviolent response to this election.

Martin Luther King Jr. said, "Nonviolence is a way of life for courageous people." We must be people of nonviolence, doing what we can not to intimidate others, and offering support to the most vulnerable. Check on persons of color—clergy and laity—who may be most vulnerable. Seek the welfare of the whole.

Let us be in a time of prayer:

God of grace,

We thank you for loving the whole world, and that your Spirit still hovers across creation to make for newness of life. Grant that we would breathe in your Holy Spirit and breathe out peace; breathe in love and breathe out faith. Protect those who may be most vulnerable. Help us demonstrate love for our neighbors and increase our bonds of neighborliness. Make us allies for those who may suffer abuse and harm and give us to know the Spirit of Jesus in prayer and boldness as we follow you through these hours, in the power and love we know as Christ we pray.

Amen.

3 Ways to Ease Your Grief Journey



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 **November 10, 2024 - Twenty-Fifth Sunday after Pentecost** - in the Sanctuary for our in-person service. We celebrate the **Lord's communion every Sunday and we invite all to partake regardless of membership.**

The Worship service will also be available on **Zoom at 10:30 am**.
Contact: centralchurch@skokiecentralumc.org to request the zoom link.

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.

Everybody's Birthday



Sunday, November 10, 2024

Each birthday, a new thread is woven into the tapestry of our lives. Let's celebrate this collective journey by offering a gift of gratitude. A dollar or more per year, a small token of our appreciation for God's grace.

Together, we'll create a masterpiece of generosity and love.

Altar Flowers



Sunday, November 10, 2024

The altar flowers this Sunday are provided by **Ruby David** in honor of Rose and Denis David's wedding anniversary.

Fellowship

Please join us after service this Sunday for Fellowship provided by **The De Ocampo family**.

The following allergies and dietary restrictions within our congregation are known of: **corn, dairy, gluten, meat and onions**.

Looking Ahead

Readers, Flowers and Fellowship Oh My!

We are always looking for Volunteers. Please sign up, TODAY!

Sunday, November 10, 2024

Reader: Ruby David

Flowers: Ruby David

Host Fellowship: The De Ocampo Family

Sunday, November 17, 2024

Reader: Pam Castaneda

Flowers: **Volunteers needed**

Host Fellowship: **Volunteers needed**

Sunday, November 24, 2024

Reader: Tina De Ocampo

Flowers: **Volunteers needed**

Host Fellowship: **Volunteers needed**

Sunday, December 24, 2024

Reader: **Volunteers needed**

Flowers: Emelita Benigno

Host Fellowship: Maricel Ladieras

Line Dancing



TONIGHT - Friday, November 8, 2024
Fellowship Hall
6 PM - 9 PM

Join us for a night of dancing!

"Line dancing is done individually. There are many different line dances and depending on the region or dance hall you're at the same line dances can also vary. Each line dance can be recognized by the name. For example, some commonly known line dances are: Tush Push, or the Watermelon Crawl. Line dancing

can be better understood as a group of people dancing in a line or rows to a choreographed dance with repeated sequence of steps, while facing the same

direction. Like two step, once you learn the basic steps, picking up the dance combinations becomes easier due to the repetition."

See **Tina De Ocampo** for more detail.

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

Suggested Donation for Mission:\$15.00

Poinsettia Flowers



Sunday, November 17 , 2024

Christmas Poinsettia Order forms and payments will be due on **Sunday, November 17, 2024**. 6" single plants with blooms at **\$15 each** for placing on the altar for Christmas. Order forms will be located on the sign-in table or at the church office.

Santa In The Cabin



Saturday, December 14 , 2024

We hope you can join us again this year at **Santa in The Cabin**.

We'll have a wide variety of handcrafted and unique items to buy for gifts and for yourself.

Our Cabin Cafe' will be open again so you can sit in the Log Cabin's great room and enjoy lunch by the fireplace.

We will also have a bake sale with cookies, cakes, homemade breads and more. There is even a free craft for kids of any age to make and take home to hang on their own tree.

And of course, Santa will be up in the Log Cabin's loft visiting with young and old. Please join us for one of the most charming events of the holiday season.

FREE Admission for all. Doors open at 10:00 AM and close at 3:00 PM.

Central Caring Crafters



**Thursday, November 21 , 2024
10 AM Ed Bldg. Room 7**

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. 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

Tai-Chi Classes



Interested in learning Tai-Chi? Join our free class in the **Log Cabin, Tuesday mornings, 9:00 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

Tuesday Morning Meditation



**Weekly on Tuesday
Hybrid - Ed Bldg.. Room 7
Starting the first week of Oct
10:30 AM**

Join us as we gather to practice Lectio divina on the weekly lectionary readings.

Lectio divina is a contemplative practice with its Christian roots in the Benedictine tradition. It combines slow, conscious reading of a biblical or sacred text with contemplation and silent prayer. It is meant to promote communication with God and a deeper knowledge of Christ, in our lives today.

During Lectio Divina we put aside thoughts of studying the text. This is not the time to consider the historical or theological meanings of what we are reading. We read with a willingness to enter into text in a felt sense. The purpose of this practice is to hear, in silence, the word of God, in this moment. What, through this reading, is God saying to me right now? What do I hear that helps me know what it means to walk the Christ path today?

Lectio Divina has traditionally been a communal practice; that is, one shared when in a group but it can be done when alone.

to learn more [click here](#)

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

Center for Action and Contemplation

Discover contemplative wisdom and practices that are easy to understand and apply to your everyday life.

Contemplation is the practice of being fully present—in heart, mind, and body—to what is in a way that deepens awareness, encourages oneness, and strengthens compassion. A committed daily contemplative practice doesn't have

to be long or complex—it simply needs to allow deep listening to open your heart to love.



Discover ways to embody the contemplative life with this collection of practices that help us align actions and values, re-engage with our True Self, and show up in service to the world.

[Click here](#) to learn more.

Spiritual Gifts



Every child of God is filled with [the power of the Holy Spirit](#), specially gifted to play a unique and valued role in the body of Christ.

No one is without gift or purpose. Spiritual gifts are not our talents or skills. They are the grace of God at work within us, empowering us to match our deep passions with the world's deep need. The

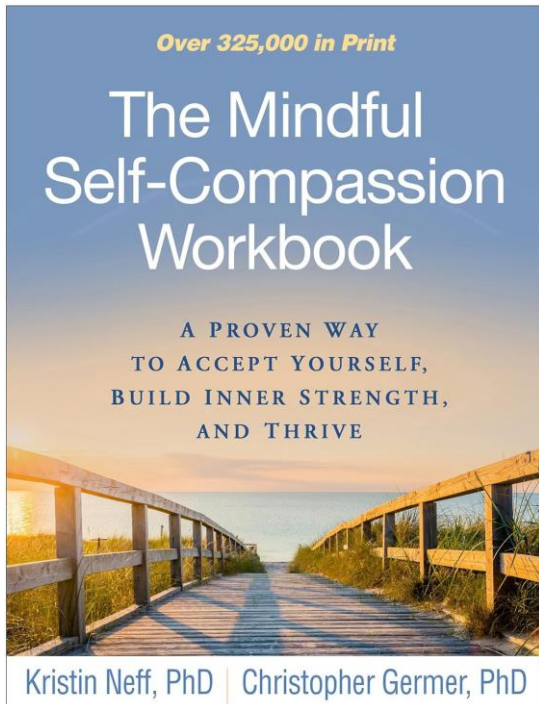
gifts are given to individuals, but they are given to build and strengthen community and to meet the needs of those around us.

Begin the journey. Discover your gifts. Talk about your gifts with others. Strive together to understand your gifts and how you can use them to serve God, neighbor, and world. You have been gifted. You have been given a purpose.

[Click here](#) to take Spiritual Gift Assessment.

[Click here](#) to learn more.

Mindful Self-Compassion



Are you interested in learning how to cultivate more compassion in your life? We're inviting you to join our new study group focused on self-compassion.

Why join?

Personal Growth: Compassion can reduce stress, anxiety, and depression while boosting self-esteem and overall well-being.

Stronger Relationships: Compassion fosters empathy, understanding, and connection with others.

Positive Impact on Your Community: By learning compassion, you can contribute to a more caring and supportive environment for everyone.

What to expect:

Guided Discussions: We'll explore various techniques and practices for cultivating compassion.

Shared Experiences: You'll have the opportunity to share your thoughts, feelings, and insights with a supportive group.

Practical Exercises: We'll practice mindfulness, meditation, and other compassionate exercises together.

What is self-compassion?

Let's face it – life can be hard. Difficult emotions such as grief, worry, and fear are all part of the human experience. Oftentimes, we do everything we can to avoid experiencing these difficult feelings. **Research has shown that the more we try to suppress certain emotions, the stronger those emotions become.**

What happens when, instead, we show ourselves compassion? Self-compassion means treating ourselves with love and kindness. It involves validating our feelings and experiences instead of trying to fight back against

them or change them. Self-compassion allows us to accept our humanness and validates what we are experiencing.

We can show ourselves self-compassion in a variety of different ways. Whether we offer ourselves a [soothing touch](#), such as placing our hands over our heart or giving ourselves a gentle hug, or offer ourselves words of [love and kindness](#), self-compassion is a unique journey for everyone.

What self-compassion is not.

We often have a tendency to mistake treating ourselves with compassion as being selfish, weak, or engaging in self-pity – in reality, it is [quite the opposite](#). Research shows that individuals who have greater self-compassion are actually able to be more caring and supportive to others. Self-compassion is a sign of inner strength, courage, and resilience to overcome life's challenges – which is anything but weak.

Self-pity places focus on the individual, whereas self-compassion recognizes that everyone goes through difficult times. Engaging in self-compassion can help you to feel more connected to others and focus on commonality, instead of feeling isolated in our problems.

****NEW START DATE Oct 9 - Nov 20. An 8-week long study**

Location: Zoom

Time: 7 PM - 8:30 PM CDT

Please email the office or Mar if interested.

[Click here](#) - Some copies available in the office. First come first serve.

[Click here](#) - to take the Self- Compassion test.

Prayer of the Week

A Prayer for World Peace, 1978

We pray for the power to be gentle;
the strength to be forgiving;
the patience to be understanding;
and the endurance to accept the consequences
of holding on to what we believe to be right.

May we put our trust in the power of good to overcome evil
and the power of love to overcome hatred.
We pray for the vision to see and the faith to believe
in a world emancipated from violence,
a new world where fear shall no longer lead men or women to commit injustice,

nor selfishness make them bring suffering to others.

Help us to devote our whole life and thought and energy
to the task of making peace,
praying always for the inspiration and the power
to fulfill the destiny for which we and all men and women were created.

[Central United Methodist Church](#)

Rev. Timothy Biel Jr., Pastor

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