

November, 2019



# THE IN-SPIRE

The Rutland United Methodist Church Newsletter  
Pastor Shirley Oskamp

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**Please join us for worship on Sunday at 9:30 am**

## Meetings and Events

Wednesdays from 11:00 am to 12:00 Noon: Bible Study. This is a drop-in group. Come when you are able.

Monday, November 25 – 6:00 pm: Leadership Team Meeting.

Monday -Thursday 9 am to Noon: Comfort Zone Walk-In Center. Breakfast served until 11 am.

There will be no Breaking Bread meal in November or December. January 30, 2020 will be the next Breaking Bread, and they will continue on the last Thursday of each month at 5:00 pm.

Make sure to check out the bulletin boards for new events and announcements!

## Warm Words from Pastor Shirley Oskamp

Dear Friends,

For me November introduces an entire season of gratitude. Thanksgiving is a part of it, but there is so much more to an “attitude of gratitude” than one day of feasting on turkey with family and friends. It has been shown that the simple act of cultivating gratitude improves a person’s quality of life.

In one study, people who were asked to write down things they were grateful for each day were more optimistic than people who simply wrote down whatever had happened for the week or those who wrote the things that upset them. The people who focused on gratitude also exercised more and had fewer visits to physicians than their counterparts in the study!

Sometimes it is challenging to find something to be grateful for. Sometimes the odds seem to be stacked up against us and it feels like we can barely make our way through the day, let alone find something for which to say “thanks” (and mean it!) But we don’t have to wait for something big and exciting to happen in order to activate our gratitude. All we have to do is notice the small things that make us smile. We can look for the small points of light in our day such as a good cup of coffee in the morning or the shy smile of a child in the line at the grocery store, a beautiful sunset over the meadow, or a call from a friend.

I have learned a lot about gratitude from Indigenous teachers who recognize the interconnective nature of our lives with one another and with the Earth. Tecmseh, the Shawnee warrior and chief, said, *“when you arise in the morning, give thanks for the morning light, for your life and strength. Give thanks for your food and the joy of living. If you see no reason for giving thanks, the fault lies in yourself.”*

We don’t have to be eloquent in expressing our gratitude, either. Many of us learned to pray as young children, prompted to *“tell God what you are thankful for”*. Sometimes a simple “thank you” is all it takes to remind us that all good gifts are gifts. Meister Eckhart, a German Christian mystic from the 13<sup>th</sup> century wrote, *“If the only prayer you ever say in your entire life is thank you, it will be enough.”*

May your heart spill over with gratitude today and every day.

**Shirley**

## Looking Toward Advent & Christmas

It is not too soon to start thinking about Advent, and we have some great plans to help you prepare for Christmas in ways that we hope you will find meaningful.

Sunday, December 1<sup>st</sup> – We will be worshipping with our sister church up in Chittenden at 11:00am this first Sunday in Advent. There will not be a 9:30 am service this morning at 60 Strongs Avenue, but there *will be* an evening service at 5:00 pm (see below for details.) *If you would like to carpool to Wildwood, please come to 60 Strongs by 10:15am.*

Dinner Church – At our recent Collaborative Ministry meeting, we decided to hold a series of Advent at Night services on Sunday evenings. On December 1, 8 & 15 we will gather in the Rutland UMC at Strongs Avenue. Beginning at 5pm, we will share a simple meal, read scripture and discuss its meaning for our lives. Dinner church has its origins way back in Acts 2 where the early Christians gathered in one another's homes and "broke bread together with glad and generous hearts". We envision these gatherings as wonderful opportunities to invite friends and neighbors to come and dip a toe in the water of Christian fellowship.

Blue Christmas – Saturday, December 21<sup>st</sup> at 5:30 pm we gather at Good Shepherd Lutheran Church for a special service of remembrance. We come together to honor our grief and to seek out glimpses of light, in what can be a difficult time of the year for those of us who have experienced loss.

Christmas Eve – Tuesday, December 24<sup>th</sup> we gather for worship at 6:30 pm at RUMC with candlelight and carols, and the familiar, beloved tale of Jesus' birth.

Church of the Wildwood's Christmas Eve Service will be held at 8:30pm up in Chittenden, and you are welcome there if that timing works better for you.

## News and Notes

Bible Study – we gather from 11-12 on Wednesdays to read and discuss the scriptures for Sunday. We ask ourselves; how does this affect my life? How does it impact my faith? We listen to one another's ideas and gain new insights. Come and join us! Everyone is welcome. (Please note, there is no Bible Study on November 20<sup>th</sup> while Shirley is at Convocation.)

Pastor Shirley will be attending the Lutheran Synod Convocation entitled, *Grace Made Perfect in Weakness: Revealing Vulnerability and Power through Faith-Rooted Organizing* from Monday - Wednesday, November 18 - 20, 2019. While there she will also attend a special session on *"Islamophobia in the Church: The responsibility of the dominant culture"*.

**Inspiration for your Daily Walk of Faith** – did you know that we subscribe to two resources that you might find helpful? *Our Daily Bread* and *The Upper Room* each offer a Scripture verse and a reflection for the day. Feel free to take one or both.

We also print copies of the sermon each week, so you can follow along during the service if that helps, or take one home to reflect on later in the week.

*All of these resources can be found in the hanging rack beside the door.*

## Chocolate Fest Update

The Chocolate Fest was once again a success! We raised over \$9,900 to be distributed to several area organizations.

Checks will be presented at the December Project VISION meeting on **Thursday, December 12, 2019 at Noon at Alliance Community Fellowship**, 1 Scale Ave., Rutland (at the Howe Center). Please join us as we give back, and celebrate all of the hard work and contributions by our Church family and members of the community.

Most attendees at the follow up meeting agreed that we should continue the Chocolate Fest tradition in 2020. More information will follow.

Many thanks go out to Bobbie Fillioe, who faithfully chaired this event for the past ten years. It is difficult to realize just how much time and effort she put into making each year a success. Bobbie is stepping down as chair, but will be available to help in the future.

## Music Notes 🎵 🎵

Bells of Joy rehearsals are on Wednesdays at 5:15 pm. There will be no rehearsal on November 27, 2019 (the day before Thanksgiving.) Contact Karen James if you are interested in playing with the Bells of Joy.

Joy Choir rehearsals are on Tuesdays at 5:15 pm. Contact Ann Reed if you would like to join the Joy Choir.

## Annual Church Conference

RUMC's Annual Conference on November 4th was attended by 28 people. A lot of business was covered, including election of Committee Members. A full list of the Lay Leadership and Team Members has been emailed, and will be posted in the office. (Copies of the report are also in the office.)

## Supplies Needed!

### **For Comfort Zone, Breaking Bread and General Church Use:**

- Men's and Women's heavy-weight socks
- Jelly or jam
- Syrup
- Snack bars
- Butter
- Half & half
- Sugar
- Juice
- Small and medium paper plates
- Paper bowls
- Plastic spoons
- Napkins
- 9-oz. juice cups
- Bottled water
- Ziploc bags (Gallon)
- Regular and decaf coffee
- Bacon & eggs
- Paper towels & toilet paper

## Facts and Figures

Attendance in October:

October 6: 55	October 13: 56
October 20: 50	October 27: 50

### FINANCES

Estimated Monthly Income: \$8,300

Estimated Monthly Expenses: \$14,300

Shortfall: \$6,000 per month – *May we all prayerfully consider ways of lessening this shortfall.*

**Actual Income for October: \$ 8,100**

### November Birthdays & Anniversaries

### December Birthdays & Anniversaries

5	Ellen Wakker	7	Judy Wood
7	Brenda Arley	8	Ericka Wakker
9	Jack Mackin	9	Kevin Stone
	Lynn Tucker	11	Mark Allen
13	Beth Fernandes	12	Lori McVeigh
14	Ava-Grace Mackin	15	Cathy Fleming
15	Doug Allen	16	Julia Reynolds
16	Sofia Villano Betts	18	Lexi Moore
	Rodney Siliski	19	Carol Marold
17	Ely Abuel		Ann Reed
23	Rose Wetherby		McKenzie Barnes
25	Sharon Whitney		Alec Barnes
27	Betty Corey	20	Glenda Hawley O'Connor
	Diane Sharrow	21	Mike Gauthier
		24	Terry O'Connor
		30	Dori & Al Lyon ♥
		31	Tom & Kathryn Shanahan ♥

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Office Hours: Monday – Thursday: 9:00 am to 2:30 pm