

Living by Faith and Not by Fear

Twenty-five years or so ago—when the AIDS epidemic was at its peak, my life was ruled by fear. The specter of the impact and the “threat” of HIV/AIDS was ever-present in daily life—in magazines, on the radio, on TV, in casual conversation. These were the days before AZT and other combination therapies offering hope and quality of life to those who became infected with HIV.

Many days and times, I was almost paralyzed by fear of HIV/AIDS. Somewhere inside me, I knew that my fear was irrational. I knew that I had very little reason to be so afraid. However, fear had its way with me more times than not. Even though I was a devout and practicing Christian and active in the worship and ministry life of my church, I was living my life in fear rather than faith.

One day, a miracle happened in my life that changed the trajectory of my faith journey and, I am sure, my very life.

One of my closest friends—a friend who knew how I struggled with my fear of HIV/AIDS—shared with me that they were HIV+. My friend’s courageous act of sharing rocked my world and presented me with a stark choice—I could face my fear and live my life with this incredible person still much a part of it, or I could allow my fear to cause me to turn my back on my friend and to deny myself this incredible life-giving and life-affirming friendship.

I am happy to say that we are still incredibly close friends. I have no way of counting or expressing the blessing this relationship has been through three decades of my life. And, I am still humbled and convicted in my faith life when I remember what I could have lost if I had allowed fear to rule the day and my life. I continue to be thankful for my friend and their life-changing gift.

Shedding fear as a “way of life” was not an easy or immediate thing for me. It took a lot of education, of learning to dwell in rational thought and not give in to fear as a way of “protecting” myself. It took a lot of practice at turning to God and to prayer to grow a faith that can cast out fear and be an authentic way of hoping, living, and being in this unpredictable life and world.

And so, I leave you with these questions for your prayerful reflection...

- * Of what are you most afraid? What keeps you up at night or from doing something new and different; something life-giving and affirming?
- * Where is God in this? Where is the opportunity and call to step out in faith?
- * What difference would facing your fear and living in faith make in your life and the lives of others? What will be the outcome if you simply allow your fear(s) to have the last say in how you live your daily life and in the choices you make?

In Hope and Faith,

Lisa Fagerstrom, Director of Christian Formation, Discipleship, and Education

LIGHTINGS AND ALTAR FLOWERS

The Rose window lighting for November is given in loving memory of Clifford S. Duxbury, Jr. by Nancy, Beth, and Craig and Tina Duxbury.

The Tower lighting for November is given in loving memory of William and Mina Warman by Arline Benoit.

The altar flowers on Sunday, October 29th were given in honor and celebration to the glory of God and in celebration of the 27th Anniversary of James & Judy Hoffman.

WE LIFT UP IN PRAYER THIS WEEK

- ✠ Richard and his mother Gertrude who celebrate their birthdays on November 3 and November 4. May God bless them and protect them and give them good health.
- ✠ The family of Barbara Ingrassia's cousin who was hit by a car on Saturday in Texas and has been removed from life support.
- ✠ Evette Walters as she waits for the results of her heart surgery, and also as she travels to St. Kiits for her grandfather's funeral
- ✠ Jeanmarrie's friend's mother as she moves forward after a skin biopsy which indicated skin cancer.
- ✠ Steve and Shawn, Ken, Steve and Polly, all who have experienced or are facing the loss of a parent.
- ✠ The Fransis family on the death of Dean Fransis, brother of Maria McManus and brother-in-law of Jimmy McManus
- ✠ Sarah Miller, 28 year old niece of Mark & Cindy Muncey, who underwent heart surgery last week
- ✠ John who is having a hard time with his youth and life, and is wondering if the Bible is real and true
- ✠ Gerard Piscitelli and the mission team traveling to Guatemala for their mission trip and the people with whom they will serve
- ✠ Wesley Church as it wrestles with financial challenges and difficult decisions
- ✠ John Hansen in his continuing battle with cancer
- ✠ Bruce Nichols recovering from Knee Replacement surgery
- ✠ Deb Ritacco's Uncle Al in South Carolina awaiting test results for a lung transplant.

FROM THE PASTOR'S DESK

UNDERSTANDING MISSION SHARES

What are Mission Shares? How are they calculated? These two questions come up every year as individuals seek to understand more of our church's financial ministry.

What are Mission Shares? In short, Mission Shares are an expression of our connectional nature as a denomination. The UMC is a connectional church, which means all congregations and conferences are connected in ministry and mission through Christ. We share in mission in a variety of ways. Mission Shares thus represent the financial cost of sharing in mission.

Through our Mission Shares, congregations share in the cost of running our conference and denominational operations. Mission Shares help to train lay speakers, subsidize seminary education for clergy, provide youth ministry, help start new churches, train and develop missionaries, support the work of UMCOR, fund Health Clinics, send Volunteers in Missions, and so much more.

There are three categories of mission share support: World Missions, New England Missions, and Ministry Support. The World Missions Fund supports the missional work of the denomination around the world. The New England Missions fund supports the missional work overseen by our conference. And Ministry Support funds the operational costs of the conference.

For more information on Mission Shares, feel free to visit the New England Conference website: www.neumc.org.

How are Mission Shares calculated? Each year congregations are required to keep statistical data which help provide the data needed to calculate our individual mission shares. The basic formula is as follows:

$$\left(\frac{\text{The Annual Conference Budget}}{3\text{-year average of the Local Church Operating costs}}\right) \times \left(\frac{\text{3-year average of the sum total of all NEUMC churches' operating costs}}{\text{3-year average of the sum total of all NEUMC churches' operating costs}}\right) = \text{Mission Shares}$$

The Annual Conference Budget is published on the conference website and is voted on each year at the annual conference session. The annual conference session is made up of an equal number of laity and clergy from the conference.

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Understanding Mission Shares continued...

The Local Church Operating costs include: The sum of all compensation and benefits for pastor and all staff, program expenses, operating expenses such supplies and utilities MINUS all estimated expenses for operating church buildings for outside groups. This is then averaged for the last three years.

The NEUMC churches' operating costs sum total include all local church operating costs as calculated above for all New England Conference congregations, averaged for the last three years.

What Variables Influence Mission Shares Changes?: There are three variable factors that contribute to any changes to our Mission Share apportionment.

1. The voted budget of the Conference changes year after year as it is voted upon at the annual conference sessions.
2. The amount the local church spends on itself, as seen in the formula, is a percentage of what all the conference churches spend on themselves. Our mission shares would stay the same if our local church spends the same on itself at the same rate as all other churches for the last three years. However, this almost never happens. Over the last four years, Wesley has increased operating costs by approximately \$70,000. At the same time, the conference has experienced a number of church closings each year, which has the effect of increasing the amount individual churches pay for Mission Shares since the remaining churches have to absorb the shared cost from those church losses. One way to understand the impact of this is to use the analogy of the local church. If a congregation loses its members, and the church's giving correspondingly goes down, but the operating costs of the church remain the same, then more would be expected from the remaining members to keep up with the operating budget.
3. A three year rolling average is used to prevent drastic changes to a local church budget from impacting their Mission Shares in one year. For example, if a church takes on (or eliminates) an additional full-time staff person, it would constitute a major budget change. This change in Mission Shares would be averaged over three years to prevent a drastic impact.

These are some of the reasons why Mission Shares might go up or down.

*Yours in faith,
Pastor Shandi*

FROM THE BUSINESS ADMINISTRATOR

It's Halloween already!—where has the time gone! And, I have now begun my busiest time period—preparing the draft 2018 budget, analyzing pledge returns, getting the data ready for church envelopes to be printed, overseeing items coming in for the Harvest Silent Auction, preparing for the Harvest counting, processing all of the special offerings in November and December, and moving on to closing out the year. The processing and reconciling of all Harvest donations takes a full week of work. At the same time, there are still payrolls to process, bills to pay, and deposits and automated payments to book to the general ledger along with preparation of the associated reports and reconciliations. Once the year ends, I will be booking all Final 2017 entries, and running final reports. A full year reconciliation of both the g/l and our member data base will be completed, all accounts will be reconciled and readied for audit, and the transition will be made to the new year. Statements will be mailed by the third week in January with a brief period for notifying me of any changes or corrections before starting the 2017 statistical report. The report is completed in approximately 2 weeks, and the final electronic copy is sent on 2/14/17 to the Conference Statistician. After that, I usually take a vacation!

So, with that said, here are a couple of reminders as we end the year:

1. Please take advantage of using Wesley church envelopes with your name and address and envelope number during 2018. These envelopes can be used for cash or checks, and insure that your donations are booked to the proper person/family. The 'envelope number' is the identifier that drives your donation data to the quarterly and annual statements which you can then use when you file your 2017 taxes. If you do not have a number, you cannot receive a statement. Feel free to call me for a number if you don't have one.
2. Please also consider using the Wesley website for other types of donations when you cannot be in church—you will see options for Harvest, Thanksgiving, Poinsettias, Christmas and other types of seasonal donations. Just type www.wesleyworc.org and click on the 'donate now' button on the home page.
3. Please be sure to fill out any checks completely—don't forget the date, please be sure to write in Wesley UMC in the "pay to the order" line. Be sure the number amount matches the written dollar amount. And don't forget to sign your check. ONCE WE HAVE MOVED INTO 2018, PLEASE DATE YOUR CHECKS ACCORDINGLY—the bank will not take a check that is dated 1/1/17—we always have a few folks who forget (easy to do!) and the checks have to be returned.
4. All 2017 donations should be received by Wednesday, January 3, 2018 to be counted as a 2017 donation.

Thanks for helping to make our year end processes go smoothly! I'll be repeating this information a few times as we get closer to the end of the year, but please call if you have any questions, ok?

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Heat at Wesley

Tomorrow will most likely be the first day we turn on the boilers at Wesley. They've been prepped and ready for a couple of weeks now, but we've been holding off as long as possible to avoid the gas expense. You may not know, but we have two large gas boilers in the very lowest part of the basement. We only use one boiler at a time, and alternate them every couple of weeks. It is important to have two because we cannot have only one, and take the chance it may stop working, and end up with frozen pipes. I've been told that Wesley used coal to heat the church when it was first built, converted to oil heat, and then switched to natural gas about 15 to 20 years ago. The parsonage in Auburn is heated by oil, and we are fortunate to receive a discounted rate from Peterson Oil as a non-profit church.

As in your own home or apartment, the church also has a gas bill with two components. The first are the delivery charges from National Grid, and the second are the supplier costs which can be from National Grid or another supplier. These charges can be at a fixed rate for 1 to 3 years, or they can be variable. It is not uncommon to receive several phone calls a year from various suppliers competing with each other to gain our business. My experience has been that a fixed rate is easier to budget and usually comes out close to the cost for a total year rather than using a variable rate because the rates fluctuate so much—higher in winter, lower in summer. It all averages out.

So, how much do you think Wesley spends on heat on an annual basis? \$10,000, \$15,000, \$25,000, or more? Well, this year we budgeted \$30,000 and we will hopefully come in on budget. Of course it all depends on how cold it gets—we have had gas bills as high as \$38,000 in one year!

How can you help with keeping heating costs down at Wesley?

1. Please keep exterior doors closed—do not prop them open... our heat will just go out the door.
2. If you notice a window open, please close it. If you feel drafts around them, let me or Tim(our building superintendent) know. Tim has sealed several windows that are actually unable to be closed because the handles are broken—so they are now permanently shut. He has put small signs on them asking they not be opened.
3. Notify Tim or me if there is no heat in the pipes of the room you are using so we can check if there is a problem
4. Do NOT turn on any thermostats throughout the church unless you have cleared it with the office. Most thermostats have locked covers and should not be used as the temperature is controlled by one central thermostat at this time.

Thanks for helping! Let me know if you have any questions or suggestions about our heating, ok?

Regards and peace, Lorna

DRIVERS NEEDED FOR TRANSPORTATION MINISTRY...

We have two church families with children that need rides to and from church on Sunday. We have a church van but no drivers. (We have many drivers but no one who can do this on Sundays) If you are able and willing to volunteer one Sunday a month to be part of our transportation ministry, please see Pastor Shandi or Brent Drajesk. Thank you.

MISSION MATTERS

Thank You, IHN Week Volunteers! Special thanks to the evening shift workers who provided dinner-- Allison Hansen, Judy and Jim Hoffman, and William and Michael Kilmer-- and also to the overnight volunteers who were at IHN for two overnights -- Chris Kerns and Osei Ansah. Others who stayed overnight were Bill Wong, Mercy Peacock and Paul Arsenault. Gerard Piscitelli, Gladys Poku, Judith Barton and Betsy Pennino were the other evening shift volunteers. Thank you, Janet Denapoli, for donating a Big Y card, so that the Mission Committee had to give just \$150 for breakfasts and lunches during the week. That means more money to give to other missions. It's great news that the evenings went smoothly, and the nights were quiet.

A Set of Dishes and Flatware Donated to IHN... A large set of plates, cups and saucers, forks, knives and spoons plus serving bowls and spoons were donated on Monday of our IHN week, and by Friday, they were being used for dinner! Some will also be donated to families as they move out to their own apartments. Dot Ellis explained that the durable dishes had been bought by "Dr. Bollinger's Gang" (the DBG), a group of women who enjoyed his Sunday School classes so much that they expanded their class fellowship with monthly dinners. Since the group ranged from 18 to 25 members, each hostess received "the basket" with dishes and flatware. Dot said that the class members would now be in their 90's and older. Thank you DBG!

Another Wesley person is donating a bunkbed to IHN. This volunteer also noticed that Director Joanne's desk chair needed replacing, and he is doing that. Thank you, anonymous donor!

Nov. 25th Community Supper... Turkey with all the fixings will be served by Linda D'Acri and her family. Since the supper is on the Saturday after Thanksgiving (a busy time for some), we are concerned about having enough pies donated, and some volunteers in addition to the D'Acri family. If you're able to bake, or volunteer on the 25th, please tell Linda.

Epworth Clothing Sale on November 18th... Please tell anyone who looks for thrift shops/church sales of this major opportunity to purchase clothing for all age groups. Most items are \$.25.

Sunday	Monday	Tuesday	
29 IHN Week 8:30 AM WORSHIP 9:15 AM Twi Bible Study 9:30 AM Adult Small Group 10:30 AM Korean Worship 10:30 AM WORSHIP 10:50 AM Children's Sunday School 12:00 PM All Church Meeting	30 6:00 PM Carty Cupboard 6:00 PM Eye Glass Clinic	31	1 9:00 10:00 (MEL) 1:00 1:00 5:30 6:00 6:30 7:00
5 ALL SAINTS DAY 8:30 AM WORSHIP 9:00 AM COMMUNION BREAKFAST 9:15 AM Twi Bible Study 9:30 AM Adult Small Group 10:30 AM Korean Worship 10:30 AM WORSHIP 10:50 AM Children's Sunday School 11:45 AM Ghanaian Exec. 3:00 PM Halalisa/Thrive Benefit Concert (Lisa F)	6 6:00 PM Eye Glass Clinic 7:00 PM Church Council (JW)	7 7:00 PM Bible Study - Eclipsing Empire (JW)	8 10:00 (MEL) 1:00 6:00 6:30 7:00 7:00
12 HARVEST 8:30 AM WORSHIP 9:15 AM Twi Bible Study 9:30 AM Adult Small Group 10:00 AM WORSHIP 10:30 AM Korean Worship 10:50 AM Children's Sunday School	13 6:00 PM Eye Glass Clinic 6:00 PM Finance (MEL)	14 10:00 AM Spiritual Formation Study - The Way of Grace (offsite) 4:30 PM Family Services (J Regan, BH) 5:30 PM Girl Scouts (WH)	15 9:00 10:00 (MEL) 1:00 5:30 6:00 6:30 7:00
19 8:30 AM WORSHIP 9:00 AM UMW Bake & Craft Sale (BH) 9:15 AM Twi Bible Study 9:30 AM Adult Small Group 10:30 AM Korean Worship 10:30 AM WORSHIP 10:50 AM Children's Sunday School 12:00 PM Ghanaian Assoc	20 6:00 PM Eye Glass & Hearing Clinic 6:00 PM SPRC (MEL)	21	22 10:00 (MEL) 6:00 6:30 7:00
26 8:30 AM WORSHIP 9:15 AM Twi Bible Study 9:30 AM Adult Small Group 10:30 AM Korean Worship 10:30 AM WORSHIP 10:50 AM Children's Sunday School 12:00 PM All Church Meeting	27 6:00 PM Carty Cupboard 6:00 PM Eye Glass Clinic 7:00 PM Trustees (JW)	28 5:30 PM Girl Scouts (WH) 5:30 PM Growing with Hope (MEL) 7:00 PM Spiritual Formation Study - The Way of Grace (offsite)	29 9:00 10:00 (MEL) 1:00 5:30 6:00 Conf 6:00 6:30 7:00 7:00

Wednesday	Thursday	Friday	Saturday
<p>AM Herald AM Worship Planning) PM Carty Cupboard PM Staff Mtg PM Girl Scouts (WH) PM Wesley Handbells PM AA/12 Step (EH) PM Wesley Choir (CR)</p>	<p>2 9:00 AM Prayers & Squares 10:30 AM Bible Study - Old Testament Prophets 6:15 PM AA Women (LL) 6:30 PM SUFK (JW)</p>	<p>3 10:00 AM Carty Cupboard 10:00 AM Days for Girls Sewing (SR) 7:00 PM Young Adults (YR)</p>	<p>4 8:30 AM UMW Steering Committee/Budget Mtg (MEL) 9:30 AM Korean School 10:30 AM Ghanaian Choir (LL) 12:00 PM Fall Retreat "Let Your Life Speak" (EH) 5:00 PM Mfantsman (YR) 6:00 PM Ghanaian Prayer Group (CH)</p>
<p>AM Worship Planning) PM Carty Cupboard PM Wesley Handbells PM AA/12 Step (EH) PM Mission Comm (FP) PM Wesley Choir (CR)</p>	<p>9 10:30 AM Bible Study - Old Testament Prophets 6:15 PM AA Women (LL)</p>	<p>10 Veteran's Day - OFFICE CLOSED 12:00 PM Brett Recording in Sanctuary</p>	<p>11 8:00 AM Men's Fellowship Gr (JW) 9:30 AM Korean School 9:30 AM Nicaragua Connection Mtg (LL, CR-B) 10:30 AM Ghanaian Choir (LL) 6:00 PM Ghanaian Prayer Group (CH) 7:00 PM Contra-Dance</p>
<p>AM Herald AM Worship Planning) PM Carty Cupboard PM Girl Scouts (WH) PM Wesley Handbells PM AA/12 Step (EH) PM Wesley Choir (CR)</p>	<p>16 10:30 AM Bible Study - Old Testament Prophets 6:15 PM AA Women (LL) 6:45 PM SUFK (JW)</p>	<p>17 10:00 AM Carty Cupboard 10:00 AM Days for Girls Sewing (SR)</p>	<p>18 9:00 AM Ester Circle Cleaning Church (G Poku) 9:30 AM Korean School 10:30 AM Ghanaian Choir (LL) 5:00 PM Mfantsman (YR) 6:00 PM Ghanaian Prayer Group (CH)</p>
<p>AM Worship Planning) PM Wesley Handbells PM AA/12 Step (EH) PM Wesley Choir (CR)</p>	<p>23 Thanksgiving - OFFICE CLOSED</p>	<p>24 OFFICE CLOSED</p>	<p>25 8:00 AM Men's Fellowship Gr (JW) 9:30 AM Korean School 10:30 AM Ghanaian Choir (LL) 4:00 PM Community Dinner 6:00 PM Ghanaian Prayer Group (CH)</p>
<p>AM Herald AM Worship Planning) PM Carty Cupboard PM Girl Scouts (WH) PM SPRC Pre-Church erence Mtg PM Wesley Handbells PM AA/12 Step (EH) PM CHURCH CONFERENCE PM Wesley Choir (CR)</p>	<p>30 10:30 AM Bible Study - Old Testament Prophets 6:15 PM AA Women (LL)</p>	<p>1 10:00 AM Carty Cupboard 10:00 AM Days for Girls Sewing (SR) 7:00 PM Young Adults (YR)</p>	<p>2 9:30 AM Korean School 10:30 AM Ghanaian Choir (LL) 12:00 PM UMW Christmas Program (BH) 4:00 PM Tiago (S) 5:00 PM Mfantsman (YR) 5:00 PM T. Veira (S) 6:00 PM Ghanaian Prayer Group (CH)</p>

CHRISTIAN FORMATION OPPORTUNITIES AT WESLEY

Three New Small Group Opportunities for the Fall—

- 1) ***Spiritual Formation : A Wesleyan Paradigm***—Based on a book of the same name by Diane Leclerc and Mark A. Maddix, this group's invitation is to help faithful disciples grow in their relationship with Jesus Christ, while learning more about Wesleyan spiritual practices.
- 2) ***Living in Sacred Balance***—Are you soul-weary? Do you struggle to make time for God in the midst of a packed schedule? In their book *The Cycle of Grace: Living in Sacred Balance*, Trevor Hudson and Jerry P. Haas invite participants to utilize practical spiritual exercises and devotional times to restore/keep balance and to live grace-filled lives.
- 3) How can *we* help transform the world? ***Make a Difference*** draws upon biblical wisdom to provide practical guidance to help people connect their passion with the world's great need. Real stories of how real people found their place to serve will inspire and encourage you to do the same.

Interested in leading or being a part of one of these small groups? Please contact Lisa Fagerstrom or sign-up on the sheets provided in Brewer Hall.

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The **Adult topical Sunday School class** is reading and discussing the book "One Thousand Gifts: A Dare to Live Fully Right Where You Are" by Ann Voskamp. Stop by the John Wesley room on Sundays at 9:30 a.m. if you'd like to be a part of this intriguing and engaging study. All are welcome!

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New Sunday School Class for Families Raising Children...

This new class, led by Judy and Jim Hoffman, is beginning on October 22nd at 9:30 am and is open to parents and grandparents who have children living with them. Our first primary text will be the book "**Raising Peaceful Children in a Violent World.**" Please see the amplified article in this Herald for additional information.

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### **Fall Retreat: *Let Your Life Speak* ~ Saturday, November 4<sup>th</sup> from 12– 4:30 p.m.**

This retreat will encourage participants toward a sense of meaning and purpose in making a difference in the world. With the help of concepts and themes from Parker Palmer's book of the same name, we will explore the gap between "the life I am living and the life that wants to live in me." Sign-up at church on Sunday, or by leaving a message for Lisa Fagerstrom at the church office. A light lunch will be served at noon, with the retreat beginning at 12:30.

## THE WESLEY BULK PANTRY IS HERE!

It's the announcement you've all been waiting for! Below is a list of food items presently available at Wesley, along with the cost. We don't yet have a formal distribution system: e-mail Brett ([climbingorganist@gmail.com](mailto:climbingorganist@gmail.com)) if you would like anything on this list and he will offer you a few possibilities for getting your food. Sunday after church is a great time!

Some questions and answers are below:

*What is a food coop?*

A coop – short for cooperative – is a business in which a group of people serves as both members and co-owners. A food coop typically involves buying food in bulk to cut down on packaging and handling costs. Instead of a typical business model, profits generally go back to its members or expanding the offerings. In all cases, they are jointly owned and democratically managed.

*Is the Wesley Bulk Pantry a coop?*

Not yet. The buckets in my office are the hopeful seeds of one. The Wesley Bulk Pantry is a chance to learn about reducing our waste, buying food together in community, and enjoying healthy and organic foods. As interest and involvement grow, it could develop into a coop that reaches beyond Wesley, filling a niche in Worcester, while also linking us to our neighbors in the community.

*Will this generate money?*

At these price points, the profit margin is very small as the purpose is to share awareness and develop bulk food practices within the community. Money that comes in will go to replenishing and expanding the pantry. Should this endeavor grow into a proper coop, initial profits would go to paying back the initial investment.

*What do I need to get started?*

All you need are some standard-sized mason jars, which you likely have at home. You can buy them in many stores, and we have quart-sized jars available for \$1.50 each. Quarts seem to be the most useful size, but other standard sizes are pint, half-pint, and half-gallon. Once you have your jars, they are yours for life – you can keep refilling black-eyed peas into the same jar every Sunday you come to Wesley for decades. A canvas bag to carry them all would help, too!

*Can we ever get other foods?*

Absolutely! We can order any food item we would like, and it doesn't even have to be food: we could get bulk oil, spices, soaps, cleaning supplies... E-mail Brett if there's something you wish we could carry here at Wesley ([climbingorganist@gmail.com](mailto:climbingorganist@gmail.com)).

*Where does the food come from?*

Right now, we are getting the food at a discount through a coop in Boston. If we started to go through enough volume, we could order food directly from the regional supplier and further reduce our costs.

*Are other containers okay?*

| <i>Present Pantry Offerings</i>         |                        |
|-----------------------------------------|------------------------|
| <b>Food<br/>(all certified organic)</b> | <b>Quart Cost (\$)</b> |
| rolled oats                             | 1                      |
| steel cut oats                          | 3                      |
| rice - white basmati                    | 5                      |
| rice - short grain brown                | 4                      |
| millet                                  | 3                      |
| quinoa                                  | 4                      |
| black beans                             | 3                      |
| black eyed peas                         | 4                      |
| red lentils                             | 3                      |
| green lentils                           | 3                      |
| mung beans                              | 4                      |
| white navy beans                        | 4                      |
| chickpeas                               | 3                      |
| shredded coconut                        | 3                      |
| yellow popcorn                          | 4                      |
| almonds                                 | 12                     |
| raisins                                 | variable               |
| quart-sized mason jar                   | 1.5                    |

For now, I'd like to limit us to mason jars - this makes it fast and efficient to scoop out the right amount. Once we get into weighing old spaghetti jars and yogurt containers, it becomes a more time-consuming and messy process.

*Are there recipes available?*

We are presently at work developing a website that contains a glossary of all the items we carry. Each item will have its own page with nutrition information, cooking techniques, and recipes. Sharing food recipes and culture are both great ways of building community.

## DID YOU KNOW?

This past Saturday a group of people gathered in the chapel to watch a movie about circuit riders, those traveling preachers whose ministries were instrumental in the growth of Methodism in North America during the late 18<sup>th</sup> C into the 19<sup>th</sup> C. Early in the history of our denomination in this country clergy were assigned to travel around specific geographic territories (known as circuits) to minister to settlers and organize congregations. They usually traveled by horseback in order to cover the large distances of the American frontier. Did you know that homage is paid to circuit riders in the stained glass of our church?

Many people are aware that there is a “Wesley window” in the North balcony (pulpit side) of the sanctuary, which depicts Susannah, John, and Charles Wesley, but in the same balcony there is also a window dedicated to the early founders of Methodism in America. This “early founders” window is facing you on the left as you look up into the North balcony from the sanctuary floor. (The Wesley window is on the right.) The central figure in the founders window is Francis Asbury (1745-1816), founding bishop of American Methodism, shown preaching. Asbury himself established the precedent for circuit riding, traveling an estimated 270,000 miles and preaching 16,000 sermons “on the road” as it were, making his way up and down early America supervising clergy and nurturing the emerging Methodist church in America. If you look more closely at the window you will see that in the smaller medallion just below the main preaching figure, Asbury is in fact depicted as a circuit rider on horseback.

Early British Methodist preachers also rode around their circuits, and John Wesley certainly put in many miles on horseback during his career; however in general the British Methodist clergy did not have as much territory to cover as their American counterparts did. Many circuits in America were so large that it took 5 to 6 weeks to make the rounds! In the frontier years of America, circuit riders traveled through the wilderness and also visited settlements and villages. They preached at any available location including indoors in cabins, courthouses, and meeting houses, as well as outdoors in fields and on street corners.

Now you might be wondering who the other two figures in the window are. On the left as you face the window is Thomas Coke (1747-1814) appointed by John Wesley as superintendent for Methodism in America. He was an opponent of slavery and strong advocate for overseas ministries. On the right is William McKendree (1757-1835) elected in 1808 as the fourth Bishop of the Methodist Episcopal Church, and the first Methodist bishop born in the United States.

*Continued on page 12...*

*Did You Know continued...*

In the smaller central lancets towards the top of the windows there are angels of praise and prayer, holding a trumpet and a censer, respectively, but hidden in the lancets on the sides are various images related to the life of settlers in the wilderness: a plow, a turkey, a spinning wheel, a country church, an ear of corn, a log cabin, a covered wagon, and a buffalo.

On the surface the story of circuit riders might seem to be an interesting tidbit from the history of our denomination; however the present form of itineracy whereby our pastors are under obligation to serve in their charges as appointed by the bishop emerged directly from this older practice of pastors traveling more widely through circuits. Congregations do not call their pastors, and pastors do not choose their places of service. United Methodist ministers are called by God when they enter ministry and from then on are sent.

*Submitted by, Deborah O'Driscoll*



### **SOMETHING FOR YOU OR A GIFT TO GIVE AND A FUNDRAISER FOR DAYS 4 GIRLS...**

What if I told you you could check off a present for someone on your Christmas list AND provide help for our sisters who are less fortunate? On Sunday's you have an opportunity to purchase the medium utility tote (pictured below) by Thirty One gifts for \$35 each from Independent Consultant Allison M. **AND** support the Days For Girls ministry here at Wesley. Days For Girls Internationale is a grassroots non-profit that provides sustainable feminine hygiene products and reproductive health advocacy and awareness to girls world wide. As we come into this holiday season would you please consider giving the gift of feminine health? See Allison in Brewer Hall on Sunday's to place your order!!!



## 2017 HERALD SCHEDULE

Below are the next Herald mailing dates along with the deadline dates.

| <b>Article Deadline<br/>Date</b> | <b>Herald Mailing<br/>Date</b> |
|----------------------------------|--------------------------------|
| Mon., Nov. 13                    | Wed., Nov. 15                  |
| Mon., Nov. 27                    | Wed., Nov. 29                  |

If you have an article, please email it as a Word attachment to:

**office@wesleyworc.org**

## ALTAR FLOWERS

On Sundays altar flowers are available for donation in honor, celebration or in memory of a loved one or friend. Stop by the office and reserve the date in the Altar Flower book. You can reserve the chapel or the sanctuary. After church you are welcome to take the flowers home to enjoy or you may leave them to be delivered to a shut-in or member/friend in the hospital or in rehab. The cost for the two arrangements in either the chapel or sanctuary is \$60. Please be sure to complete a form with the dedication and return it to Debi with the payment as soon as you are able.



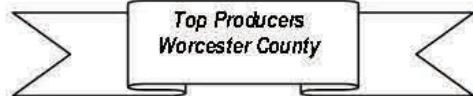
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**WESLEY HERALD**  
**NOVEMBER 1, 2017**

***DON'T MISS OUT...  
READ THE HERALD TODAY!***

**WESLEY STAFF & LEADERSHIP TEAM**

|                                                |                                                   |
|------------------------------------------------|---------------------------------------------------|
| Pastor                                         | Rev. Shandirai Mawokomatanda                      |
| Director of Christian Formation & Discipleship | Lisa Fagerstrom                                   |
| Director of Music Ministries                   | Brett Maguire                                     |
| Director of Children's Music                   | Nan Gibbons                                       |
| Asst. Director of Ghanaian Choir               | Wesley Hall                                       |
| Music Assistant & Layleader                    | Deborah O'Driscoll                                |
| Building Superintendent                        | Tim Murphy                                        |
| Business Administrator                         | Lorna Mattus-Merrill                              |
| Church Secretary                               | Debi Ritacco                                      |
| Custodians                                     | April Dylewicz<br>Tom Friend<br>Gerard Piscitelli |
| Security                                       | Steve Boyns                                       |
| Head Usher                                     | David Dagle                                       |
| Church Council                                 | Tom Ingrassia                                     |
| Board of Trustees<br>Co-Chairs                 | Yaw Enyim<br>Gary Robinson                        |
| Carty Cupboard Food Pantry                     | Nancy Spencer                                     |
| Communion Steward                              | Linda D'Acri                                      |
| Finance & Stewardship<br>Co-Chairs             | Michael Edmunds<br>William Wong                   |
| Ghanaian Association                           | Paul Hayfron                                      |
| Hospitality Co-Chairs                          | Vivian Assie<br>Kimberly Lindsey-Amoah            |
| Medical Ministry                               | Ron Ramsay                                        |
| Mission Coordinator                            | Betsy Pennino                                     |
| Staff-Parish Relations                         | Giftly Bentum-Asante                              |
| Youth Directors                                | Anthony & Adrienne Phillips                       |
| United Methodist Women<br>Co-Chairs            | Barbara Ingrassia<br>Allison Hansen               |

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