

PLUGGED IN



St. Paul's United Methodist Church
620 Romeo Street • Rochester, MI 48307 • (248) 651-9361
November/December 2009

The Plugged In . . . but better!

As we approach 2010, you will see some changes to the Plugged-In newsletter. We want all of our families to stay current and up to date with the wonderful events and activities for children and youth. After many discussions about how to communicate information and use our resources wisely, we're very excited to announce that beginning in December, you will receive the Plugged In by email. This will be the last issue of the Plugged-In that will be mailed to your home.

You will be able to receive the Plugged-In three different ways:

- If we already have your email address, look for the Plugged In to arrive on the 15th of each even numbered month beginning in December. Look for an email to arrive on: December 15, 2009, February 15, 2010, April 15, 2010 and June 15, 2010. If you have not given the church your email address, please send it to Susan Mason at susan@stpaulsrochester.org so that you will receive the Plugged-In emails.
- Printed copies will be available at the church. Look for copies in the Education Wing and on the Kiosk in the Narthex.
- The website will have a copy to download. Go to www.stpaulsrochester.org and look under the "Grow" tab.

We want everyone to connect with the ministries of St. Paul's. If you would still like to receive your Plugged In by US mail, please let Susan Mason know by contacting her at either 248-651-9361 or susan@stpaulsrochester.org.

You will notice in this issue of the Plugged-In there are multiple ways for you and your family to make connections...especially connections to God and others. Our hope is that this Advent season will be a time for your family to connect with each other and the church family as we celebrate the birth, life and example of Jesus.

Grace and Peace-
Stacie Buckler

Faith First

Save your spot and reserve any books for these classes
by calling the church office at least one week prior to the start of the class.

November: Healthy and Whole
Respecting our bodies as temples

ANCHORING YOUR WELL BEING:

Christian Wholeness in a Fractured World

Tuesday afternoons, 1:30-3:00 p.m.; October 27 – December 15; Room 131

Come, discover new and ancient ways of Christian self-care for healing and wholeness in the face of our frantic, fractured, violence-plagued world. You will learn new ways to use the Christian good news to guide and empower a healthy, biblical, spiritually-centered lifestyle for you and your loved ones. This class will encourage you to stay fully alive and fit throughout all the stages of your life's journey. Together, we will examine ways to become whole – physically, spiritually and relationally. Susan Amick, who has been working in the field of healthcare, wellness, and healing for nearly 20 years, will be facilitating the class. RSVP to church office at (248) 651-9361. Books available for \$10.00 at first class. ** See childcare note.

MANAGING STRESS DURING THE HOLIDAYS: *FOOD & MOOD*

Wednesday, November 11; 6:30 – 7:30 p.m.; Parlor

Every year, at this time, our lives become increasingly busy with preparations for the Holidays. It is easy to forget that Thanksgiving and Christmas are about relationships and a renewed awareness of God's presence in our lives. The Health Ministry Team invites you to spend just 2 hours focusing on staying healthy and connected as you move through the rest of 2009 into the New Year. Food and Mood will address: The Effects of Stress on the Body, Specific Holiday Stressors, The Effect of Food on Mood, Healthy Food Choices, and Emotional Eating. The session will be led by Beth Webb, Licensed Nutritionist. ** See childcare note.

MANAGING STRESS DURING THE HOLIDAYS:

CARING FOR YOURSELF AND OTHERS

Wednesday, November 18; 6:30 – 7:30 p.m.; Parlor

Identifying and Addressing Your Holiday Stressors, Special Considerations for Caregivers, and Stress Reduction Techniques. Led by Diane Worley, Licensed Social Worker. ** See childcare note.

** Childcare is available for classes with this notation. Call the church office (248) 651-9361 ext. 114, to register by 3:00 p.m. at least two business days prior to the first class. Ability to provide childcare will be based on a minimum RSVPs received prior to the first class.

December: Christ in Celebration
Centering ourselves on the Christ in Christmas

ALL CHURCH ADULT STUDY

The Advent Conspiracy: Christmas Was Meant To Change The World

Sunday mornings November 22, December 6, 13, & 20; Adult Sunday school classes

Tired of the consumerism that has come to define Christmas? Advent Conspiracy invites you to restore the heart of the holiday. Authors Rick McKinley and Chris Seay show readers how they can substitute compassion for consumption through four simple principles: Worship Fully—because Christmas begins and ends with Jesus! Spend Less—and free up resources for things that truly matter. Give More—presence: helping hands, healing words, humble hearts. Love All—the poor, the forgotten, the marginalized, the sick, in ways that make a difference.

OPENING YOUR HEART TO CHRIST

Wednesday, December 9 & 16, 6:30-7:30 p.m.; Parlor

This experiential mini-retreat will give you the opportunity to breathe, relax and refocus your heart on the coming of Christ in the midst of your busy holiday schedule. Journey with Susan Amick back to the expectation of Mary, Joseph, and all ancient Jews! During this two-part retreat, you will experience song, movement, scripture, quiet reflection, prayer and meditation. Begin exploring how you prepare your heart for Christ during Advent, and all year-round. ** See childcare note.

January: Money and Manna
Living Abundantly even in scarcity

GOOD SENSE BUDGET COURSE

Biblical Financial Principles for Transforming Your Finances and Life

Sunday, January 10; 4:00-7:30

and Wednesdays, January 13, 20, 27, and February 3; 6:30 – 7:30 p.m.

Do you control your finances or do your finances control you? Come learn how you can experience grace, joy, and freedom through Biblical financial principles. This nationally renowned Christian budgeting program will be kicked off Sunday, January 10 by Rev. David Bell, V.P. of Stewardship, Methodist Foundation of Michigan. The introductory session will cover the first two units of the program and include a light supper. The next four sessions will be led by Mike Gable on the following Wednesday evenings. Books for this course will be available for sale in the church office in December. Participants will need to have completed some preliminary sections in the book prior to the first session. The cost for dinner and book on January 10: \$12 for 1 person, \$14 for 2 people, and \$16 for a family. Please contact the church office to reserve your book and dinner.

** See childcare note.

CHILDREN AND YOUTH CONNECTIONS

FAMILY SUNDAYS

Sundays, November 29, December 27 & January 3

There will be no Sunday school during worship or at the 10 am hour for children, youth and adults. Families can attend worship together and worship bags for children will be available in the Narthex and balcony on those Sundays. *Childcare will be available for children ages birth through 4 years during the worship services.*

LOGOS/360°

3rd – 8th Grade; Wednesday evenings; 5:00 – 7:30 p.m.

LOGOS is *the* place for youth on Wednesday nights! LOGOS is a program for youth in 3rd-8th grades that combines games, dinner and Bible study all into one action packed night. If you haven't pre-registered, RSVP to Susan Mason at (248) 651-9361 by noon the Monday before and you can join in dinner and fun on Wednesday nights for just \$5 each night!

NOVEMBER THEMES

- 4: Fiesta Night
- 11: Harry Potter Night
- 18: Pilgrim Party
- 25: NO LOGOS

DECEMBER THEMES

- 2: Deck the Halls
- 9: Birthday Party
- 16: Favorite Teddy Bear Party
- 23 & 30: NO LOGOS or 360°

Adults and youth are encouraged to dress up and have fun with the different themes!

JESUS' BIRTHDAY PARTY

Saturday, December 5; 1:00 – 2:30 p.m.; Hickey Hall

Bring the whole family and help us celebrate Jesus' birthday. We'll remember the true spirit of Christmas together, as we share an Advent craft, a walking Nativity Story, performances by the Cherub and Handchime choirs, sing carols and Happy Birthday to Jesus. Children are invited to bring an unwrapped gift that will be donated to children at United Methodist Children's Home or Rochester Area Neighborhood House. (*See the gift list on page 11.*) During the program the children have an opportunity to place their gifts under the Christmas tree. Punch and cupcakes provided following the program.

If you are unable to join us for the party, you can still donate an unwrapped gift for these children! Just place your gift in the donation boxes around the church. (See the Evangel for collection dates.)

We could use a little help before the party – Those who are able are asked to bake 24 cupcakes and drop them off at St. Paul's on December 5, by 11:30 a.m. Contact the church office (248) 651-9361 for more information.

KID'S NIGHT OUT

Saturday, December 12; 5:00 – 8:00 p.m.

Parents – Save the Date – Kid's Night Out is coming! Kid's Night out is your chance to have a night out on the town, get some Christmas shopping done or simply enjoy a quiet couple of hours. Children ages birth-fifth grade will be cared for by youth and adults at the church that evening. Activities will include games, crafts, a Christmas movie, plus – we will feed your children! A suggested donation of \$15 per child or \$25 per family is asked, which will go to support the 2010 Youth Worktrip! Registration is required for this event by Monday, December 7. To register: contact Stacie Buckler at stacie@stpaulsrochester.org or (248) 651-9361 with your name, your email, your child's name and your child's age or grade.

POCKETS MAGAZINE

This is a great resource published by The Upper Room for parents and their children. It includes daily devotionals, memory verses, puzzles and other activities. You can pick up a free copy of the November issue all about blessings in the education wing.

MIDDLE SCHOOL 360°

Wednesdays; 5:00 – 6:00 p.m.; Lounge

Middle School 360° meets on Wednesday from 5:00 – 6:00 p.m. in the Lounge, following the LOGOS calendar. 360° is a high energy ministry with lots of fun and games, plus a message that is relevant to you! After 360°, youth have the opportunity to stay for Logos and have dinner at 6:00 p.m., followed by either Confirmation or small discipleship groups. Look for the latest details in the email blast that comes out on the first and third Tuesday of the month.

Here's what's coming up:

November 4:	Survivor Party
November 11:	Operation Christmas Child service project
November 18:	Win, Lose or Draw (Thanksgiving Style)
November 26:	No 360° or LOGOS
December 2:	Film Festival Skits
December 9:	Trivia Night
December 16:	Christmas Party. Bring a wrapped white elephant gift (something unique, fun and under \$5.)

DEVOZINE

Devozine is a devotional magazine by teens and for teens! It is fresh, relevant and is teens speaking with teens about faith, life and the latest news or trends. If your teen is between the ages of 12 and 18 and is looking for ways to develop a regular practice of prayer and spiritual reflection, then pick up the latest issue of Devozine in the education hallway.

CONFIRMATION CLASS 2009- 2010

This year's Confirmation class has been meeting every Wednesday from 6:30 p.m. to 7:30 p.m., after enjoying dinner and fellowship with the LOGOS program. Our Sunday afternoon retreat at Skyline was a great success. Reverend Kelsey, as a guest speaker, shared his knowledge of the Sanctuary stained glass symbolism. We are quickly learning that our faith and friendships can be much like a tiny mustard seed that grows into a large and beautiful tree.

Upcoming Confirmation events for November and December:

- October 28: Youth to receive Bibles presented by guest speaker, Reverend Regan.
- November 11: Guest speaker, Dr. Jean Randall, to give tour of Sanctuary organ.
- December 11: Friday evening field trip to Temple Beth El for Hanukkah service. Leave St Paul's church at 5pm and return at 9:30pm.
- December 16: Rev. Amick will join our class to discuss sacraments within the Methodist church.

There is still time to join this year's Confirmation class. Please contact the church office for information.

CONFIRMATION CLASS 2008-2009

Lock-In Reunion

By popular demand, last year's Confirmation class will have a reunion lock-in, Saturday, November 14th, starting at 6:00 p.m. Fun, games, food and movie will be provided. The lock-in will end after 9:00 a.m. service. Further information will be sent to youth.

YOUTH CAFÉ

6th – 12th Grades; Sunday mornings, 10:00 – 10:50 a.m.; Lounge

Feeding the hearts and souls of youth, this is the Sunday morning program for youth that connects the interests and needs of 6th-12th graders with the gifts and passions of adult leaders. Youth Café meets from 10:00 - 10:50 a.m. every Sunday in the Lounge and includes a great snack!

2010 WORKTRIP MEETING

Sunday, November 1; 10:15 a.m.; Rickard Chapel

All interested youth and their parents are invited to attend an informational meeting about 2010 Worktrip. We're going to Waterloo, Iowa for a challenge camp this summer from approximately June 26 - July 4. This is a critical meeting that will give you all the details about the trip and the fundraising hours each youth needs to earn. If you can't make the meeting, but still want to go on worktrip, please email Stacie at stacie@stpaulsrochester.org.



HIGH SCHOOL YOUTH GROUP

Sunday evenings; 6:00 – 7:30 p.m.; Lounge

High school youth group meets every Sunday from 6:00-7:30 p.m. in the Lounge (unless otherwise noted). Friends are always welcome! Look for the latest details in the email blast that comes out on the first and third Tuesday of the month.

Meet our high school youth leaders. We have many wonderful adults that assist with youth group each and every Sunday. They are a vital part of the ministry and bring lots of laughter, fun and faith with them. Our high school adult leaders for this year are: Jonathan Botkin, Zac Eskau, Cam and Sue Evans, Holly Kralik and Carole Welbaum. Thanks to each of them for their dedication!

Here's what's coming up:

- November 1: Haunted House & Hayride at Blake's Apple Orchard.
- November 8: We'll head to the Dollar Store to fill our shoe boxes for Operation Christmas Child. This is a wonderful service project that helps children around the world have a joy-filled Christmas. Bring an empty shoe box and \$10-\$15 to spend.
- November 15: It's the return of our Iron Chef competition. But this time it is desserts. Allez Cuisine!
- November 22: Laser Tag at Zap Zone in Utica.
- November 29: *No youth group* (Happy Thanksgiving)
- December 6: *No youth group* (Enjoy the Rochester Christmas Parade)
- December 13: Trivia Night. We're going to try to break a Guinness Record tonight!
- December 20: Pasta Party at Stacie's House. Come for some great food and don't forget to bring a wrapped white elephant gift (something unique, fun and under \$5.)
- December 21: We're serving dinner at Grace Centers of Hope in Pontiac. This is a great way to find meaning in the Christmas season and help out our neighbors in need.
- Dec. 27 & Jan. 3: *No youth group* (Merry Christmas)

ALL CHURCH CONNECTIONS

DECK THE HALLS

Wednesday, December 2; 6:00 – 7:30 p.m.; Hickey Hall

No cooking required for Deck the Halls! You are invited to join LOGOS for dinner (\$5/person or \$10/family) and an evening of fellowship and decorating! Dinner will be from 6:00-6:30 p.m. in Hickey Hall, followed by fun activities and decorating the church for the Advent season from 6:30-7:30 pm. There will be something for every age, including a great craft project for families with young children. Childcare is available for birth through four years from 6:30-7:30 pm. **RSVP for dinner and/or childcare before November 30 at 12:00 noon. Call the church office at (248) 651-9361.**

GIFTING TOGETHER

Call it co-charity: Teaming up with your children when you plan to carry out charitable giving gets them into the habit of helping while cementing family ties. Gifting together benefits kids. “The goal is to help them think of themselves as the kind of people who care about others and really want to help, even when there is no benefit to themselves.” Says Alfie Kohn, author of *UnConditional Parenting: Moving from Rewards and Punishments to Love and Reason* (Atria, 2005). Giving kids appropriate responsibility in the process builds their self-confidence. “With helping, as with most things,” says Kohn, “children learn to make good decisions by making decisions – not doing what they are told.”



Simple Steps this Holiday Season:

- As a family, discuss the events or charities you will support. There are numerous opportunities at St. Paul’s which include: Holiday Baskets, Food Pantry and Jesus’ Birthday Party.
- Provide concrete details about how the recipients of your gifts or donations will benefit. Help your child understand why they are doing this activity. Reflecting on the why will help establish giving as a habit.
- If you are going to purchase items to donate, take your children with you to the store so that they can help decide what to buy. This will help build their commitment to the project. **Taken from September 2009 Experience Life Magazine*

DONATIONS TO THE FOOD PANTRY

Our giving continues to the Rochester Area Neighborhood House Food Pantry. On Sunday, November 8 the food pantry is asking for canned pasta (spaghetti and ravioli). Look for the donation station in the Narthex and leave your items there. Thanks for helping our neighbors here in Rochester!

CHRISTMAS CORRIDOR: SHOEBOX NATIVITIES ON PARADE

Children’s Ministry is inviting all families to bring a homemade nativity display to church. Ask your child to imagine how they would tell about the birth of Jesus and wish the Christ child a happy birthday. Then, put their creativity and imagination to work and construct a nativity in a shoebox. There are no rules for his...simply an opportunity to help your child better understand the true meaning of Christmas. **Bring your family’s shoebox to church on December 13 or 20 to the Education Wing.** Tables will be set up in the hallway to display the magnificent ways our children can help all of us see the wonder of the birth of Jesus. *Have fun and show creativity in your nativity!*



ADULT CONNECTIONS

Weekday Opportunities



H.U.G.S.: FOR MOTHERS OF ALL AGES

Humor, Understanding, Growth, Support

Wednesday mornings; 9:30 – 11:00 a.m.; Rooms 128, 129

November 4-18 we will look at the subject of "Play" based on the book by that name by Stuart Brown, MD. We will see how important "play" is for all ages . . . how it "shapes the brain, opens the imagination, and invigorates the soul."

December 2, 9, and 16, HUGS will do our Annual Advent Study. This is always an insightful time to see Christmas in the ways it is meant to be celebrated. . . . from traditions, to symbols, the essence of the Christmas Story, and how we build a sense of wonder in the process. HUGS is for Moms of all ages . . . come and enjoy building friendships in this truly special group. Childcare is provided. If you do not have a child previously registered and will be attending for the first time for this unit of study, contact Stacie Buckler at stacie@stpaulsrochester.org or at (248) 651-9361 (ext 114 childcare hotline, if after hours) to register your child(ren) the Monday PRIOR to the class you will be attending. *NOTE: If Rochester schools are closed for a snow day, there will be no HUGS.*

WALKING IN FAITH

Tuesday mornings, through November 24;

11:00 – 11:45 a.m.; gather outside Hickey Hall

Have you ever thought of walking as prayer? Come try this spiritual practice that gently exercises your body and calls you deeper into your faith life. Each week's walk will be framed by scripture and prayer. If you can't join us to walk at the church, but would like to try this at home, materials will be available for independent walkers.



ADULT CONNECTIONS

Sunday Mornings

ADULT SUNDAY SCHOOL

Sunday mornings; 10:00 – 10:50 a.m.

No Sunday school November 29, December 27 and January 3

Time Out (Rooms 128, 129) Time Out is a reprieve for parents of young children. We share fellowship, laughter, and support in this parenting season of our lives. Join us as we study "The Four Season's of Marriage. . .Understanding and Talking About the Ever-Changing Cycles

of Marriage by (Gary Chapman, author of the Five Love Languages). . .Beginning November 1st for the month of November. . .led by a variety of class members. Please come for fun, faith and fellowship!!

Faith and Family Class (Room 132) Faith and Family is a Sunday school class that consists of parents of youth in middle school, high school and beyond. Are you looking for Bible-based ways to integrate faith into the teen-age years in your family? Join us for lively discussions and a great way to share the parenting journey.

Family Life (Parlor) Family Life is an adult, member-taught class with about 40 people in attendance each week. Every class begins with refreshments and fellowship, followed by a short devotion and program. Topics include Current Events, Pastoral Presentations, Bible Study, and we participate in the "Church-wide" studies each year. For more information, contact Ernie or Sharon Schaefer at 248-969-3349.

Sunday Morning Bible Study (Room 131) This class is for all ages, for those experienced or less-experienced with Bible study. Each class is self-contained but is also woven into the fabric of the overall course. Come find challenging wisdom for these challenging times. We will begin our All Church Advent study on November 22 and welcome everyone to attend. Attend one class, or attend them all! You are always welcome! See page 3 for more information about the All Church Study.



Christmas Eve Services

Family Service

Thursday, December 24 at 4:00 p.m.; Rev. Jack Amick
*(childcare provided for children birth through age 4;
no reservations required)*

This is a family oriented worship service that will retell the Christmas story in a beautiful pageant by our own St. Paul's families. Children and families are invited for this special evening of celebration and praise. There will be glow sticks for children and candles for adults.

Candlelight Services

Thursday, December 24 at 7:30 p.m.; Rev. Regan
*(childcare provided for children birth through age 4;
no reservations required)*

Thursday, December 24 at 11:00 p.m.; Rev. Regan

JESUS' BIRTHDAY PARTY WISH LIST

The Children's Home has a special request for *backpacks, duffel bags and gym bags*. Currently, most children leave with their possessions in grocery bags or garbage bags. It would mean so much to a child to be able to have a bag to call their own to safely store their possessions.

CLOTHING ITEMS

Belts (leather; Boys 14-20)
Boys P.J's (14-20)
Clothes
(boys and girls-infant up to size 6)
Rain Coats
Socks (Men 10-13, Boys XL)
Swim Trunks
Team Baseball Caps
Thermal Insulated Gloves
Personal Items

EDUCATIONAL ITEMS

Adventure Stories
Adventures from the Book of Virtues
video tapes
Electronic dictionaries
Flash Cards (Math, History,)
Goosebump Books- 2000 series
Michigan Maps
Sports Books
U.S. Maps
Work Books (Grades 1-12, math &
reading)
Arts and Crafts
Activity Books (non-seasonal)
Alphabet Beads to String
Coloring Books (non-seasonal)
Craft Glue and Kits
Plastic Thread & Beads
Drawing Paper & Pencils

TOYS & ACCESSORIES

Action Figures (WWF, Spiderman,
Batman)
Ball Inflating Needles
Baseball Mitts
Basketball Pumps
Batteries (AA, AAA, C, D, 9V)
Bike Helmets
Bike Pumps
Bike Tire Repair Kits
Blank Tapes (VHS & audio)
Board Games
Comic Books
Disposable Cameras
Hand-held Games
K'nex Set
Koosh Balls
Lego Set
Matchbox/Hot Wheels Cars
Model Cars
Nerf Balls & Toys
Nonviolent Nintendo 64
Games/Playstation
Ping Pong Balls/paddles
Playing Cards
Polaroid/35MM Film
Pool Chalk
Posters (sports, music, and positive
messages)
Protective Gear for Skating
Race Car Sets
Radio/remote control cars
Sleds
Sleeping Bags (for camping season)
Sports Card Binders/holders/plastic
protective sleeves
Videos DVD & VHS (Rated G, PG,
PG13)
Walkman Radio/Cassette Players



St. Paul's
United Methodist Church
"Love God...Love your neighbor as yourself."
Matthew 22:36-39

620 Romeo St.
P.O. Box 80307
Rochester, MI 48308
PHONE: (248) 651-9361
FAX: (248) 651-7391
CHILDCARE HOTLINE:
(248) 651-9361, ext. 114

OFFICE HOURS
Monday—Friday, 8:30am—4:30pm

SUNDAYS AT ST. PAUL'S
9:00am Informal Worship
Children's Sunday school
10:00am Adult Sunday classes
Children's programs/choir
11:00am Traditional Worship
Children's Sunday school



St. Paul's UMC
620 Romeo Street
P.O. Box 90307
Rochester, MI 48307
Phone: (248) 651-9361

FAMILY MINISTRIES TEAM

Adult Ministries Rev. Jack Amick
jamick@stpaulsrochester.org

Jodi Christensen
jodichristensen@comcast.net

Confirmation Rev. Latha Ravi
lravi@stpaulsrochester.org

Fran and Dave King
fedcking@aol.com

Education Ministries Stacie Buckler
Stacie@stpaulsrochester.org

Lynn Loeb
lloeb@wideopenwest.com

Children's Ministries Amy Lundquist
calund2@yahoo.com

Education Office Assistant Susan Mason
Susan@stpaulsrochester.org

Non-Profit Organization
U.S. POSTAGE PAID
Rochester, Michigan
PERMIT NO. 75