



*Fifth Avenue United Methodist Church
Family Connections*

Volume 24 No. 9

September 2019

Our Mission: “We are a welcoming Christian Community where all can experience the saving grace of Jesus Christ. We are growing as disciples of Christ as we teach, support, and nurture one another in ministry to our community and world.



WORSHIP WITH US!

Sundays: 8:30am & 10:45am

- Sept. 1** **8:30 and 10:45am Worship**
12th Sunday after Pentecost
Sacrament of Holy Communion
- Sept. 8** **8:30am & 10:45am Worship - Rally Day**
13th Sunday after Pentecost
- Sept. 15** **8:30 & 10:45am Worship Service**
14th Sunday after Pentecost
9:30am Children’s Sunday School Begins
- Sept. 22** **8:30 & 10:45am Worship**
15th Sunday After Pentecost
- Sept. 29** **8:30am & 10:45am Worship**
16th Sunday After Pentecost

Children’s Sunday School will begin on Sunday, Sept. 15 at



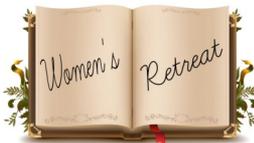
A Graceful Mess

By: Megan Vollmer

We Should Serve Ourselves Too

We are called to serve others. For many of us, that is much easier than serving ourselves. Serving ourselves doesn't make us selfish though. We must take care of ourselves, fill our own cup, if we want to serve others. We are no good to our obligations, family members, or friends if we are not taking care of ourselves.

One of the best ways to serve ourselves is to regularly practice self-care. Self-care can be different for everyone. For some of us, it means getting enough sleep, drinking enough water, and just doing the basics. For some of us, it means spending 30 minutes a day exercising, reading, or whatever helps us to unwind. Spend time talking to God and focusing on that relationship. Do something just for you. It might be hard for some to do something just for themselves. We feel guilty or think of 12 different ways we could spend that time, but it is so important to take care of ourselves mentally and physically.



"A Women's Inspiring Retreat"

When: Saturday, Sept. 14, 1029

Where: Cedar Ridge Club Room
113 Cedar Ridge Dr., West Bend

Time: 9:00am Fellowship Retreat: 9:30-2:00pm

Cost: \$15 (includes lunch, snack, craft)

Guest Speaker: Brie Lundberg is a skilled communicator who specializes in interweaving spirituality with daily communications. Join us on a Spiritual Journey. We will provide fun and practical skills that will enhance our relationship with others.

Registration and money are due in the church office by Sept. 6. **Registration forms** are on the bulletin board in the north entrance. **Scholarships** are available from united Methodist Women.

Please note: this is a perfect opportunity to **reach out** and invite others.

Parish News

Death

Ron Hartmann, husband of Beverly Hartmann, on July 31. He was a member since 1960.



Thank You Notes



Thank you, Church Friends, for all the prayers and well-wishes beginning with my surgery in late March through the radiation treatments that followed into July. The many cards, emails, calls and yummy goodies were well received and appreciated.

GOD IS GOOD!

Jean Seeger



Thank you, 5th Avenue Church Family, for all your prayers, cards, and letters. Thanks to the Prayer Shawl Group for the lovely prayer shawl, to the United Methodist Women for the delicious box of cookies, and to Pastor Clarissa for her visits and prayers shared with me.



Thank you all for remembering and caring.

Roger Rogge



**Sunday Morning
Adult Study**

**Sunday Morning
Adult Bible Studies
Fall 2019**

God, the Creator

The lessons in September, through Genesis and Exodus, help us discern what "Godness" is. In Proverbs, we learn about Wisdom as an essential part of who God is. In Hebrews, we consider Christ's role with God in the world's creation. These lessons encourage us to develop the spiritual practice of mindfulness.

The Bible Study is held in the Disciple Room from 9:45-10:30am.

Fill the Red Truck!



We will be collecting donations of all produce and vegetable garden surplus on **Sunday, Sept. 8 (Rally Day) from 9am-10:30am**. There will be a red truck parked in front of our church.

Donations will be given to our friends at Northcott Neighborhood House. This is a non-profit organization in Milwaukee that provides food, clothing, and shelter to those in need. It is sponsored by the United Methodist Church.

This year we are asking for **any new or gently used coats, hats, scarves and mittens**.

Thank you so much for your support!

Adult



CHOIR

Chancel Choir News

The first rehearsal of the Chancel Choir for the 2019-20 church season will be in the **Sunshine Room on Wednesday, August 28, from 7:00pm to 7:59pm**. We are meeting a week earlier than in the past because Dave and Polly will be out of town in early September.

The first Sunday that the Chancel Choir will sing will be September 22. If August 28 is not a good day for you to sing, feel free to drop in on any other Wednesday evening beginning September 18. Questions? Please contact Dave at 262-338-9144.



Lunch Group At the Ridge!

The Lunch Group will meet on **Thursday, Sept. 19,**
at **12:00 Noon** at Top of the Ridge Restaurant.

Please call **Carol Flanders, 334-9662,** if you plan to attend.
Deadline is Tuesday, Sept. 17. Lunch will be ordered off the
regular menu.

Open to members and friends of Fifth Avenue.



Breakfast Group will meet on
Tuesday, Sept. 3, 2019. Meet at
8:30am at **Copper Penny,** 1700 E.
Washington St., West Bend. No sign up
is necessary.



Thank You!

A big thank you to **Jim and Carol Winget**
for molding and donating aluminum brackets
to hold our music stands.

We can now all have the music closer so we
can see it clearly.

- **The Bell Choir Members**



Noisy Sunday will be held on Sept. 8.
Bring your extra change for missions.



Prayer Shawl Ministry

Mark your calendar to join this group of knitters and crocheters on **Tuesdays, Sept. 3 & 17, at 1pm in the Fireside Room.**

Feel free to join this group at any time.

The following “People at Home” will have Sept. Birthdays:

- **Doris Mohr (Sept. 15)**
Cedar Bay East
5577 Home Dr. #126
West Bend, WI 53095

Happy
Birthday



Flowers and Bulletins Signup

If you would like to share the gift of **flowers or bulletins** on a Sunday for special moments in your life or in celebration of special family times, please sign up in the north entrance.

Flowers can be delivered to the **church by noon on Fridays or bring them to the church before the first service on Sunday.** Cost of bulletins is **\$25.00.**

Sign up sheets are on the bulletin board in the north entrance.

The Greatest Gift of All

Did you know you could **save a life?** Please consider making an appointment to donate blood. It only takes about 45 minutes and could be a life saver to someone in need.

Call 1-877-232-4376.



Bereavement Group

Have you **suffered a recent loss** or know someone who has? You are invited to attend the Ecumenical Bereavement Support group held in our church lounge. They meet the **first Thursday of every month from 6:30pm-8:00pm.**

Feel free to join them on **Thursday, Sept. 5.**



Food Pantry

Don't forget that our local **Full Shelf Food Pantry** needs your donations. Please bring your items and place in the **baskets at either entrance.**

You may also write a **check** payable to Fifth Ave. UMC and indicate Food Pantry on the memo line. **Thank you!**

WONDERFUL
Wednesday

Wonderful Wednesday

Wonderful Wednesday will not meet in September.

They will meet on **Oct. 9 at 5:30pm in Fellowship Hall.** Our United Methodist Women will host a Chili Supper. A signup sheet will be available at that time.

Thank You

A big **Thank You** to everyone who helped with Harvest House on Sat. August 17th. Whether you helped cook, serve the meal, or baked a cake, your service to our mission is appreciated.

The next time we serve at Harvest House is **Sat. Nov. 16th** if you want to mark your calendar.

Thank you - Marolyn Kell

UMCOR School Bag Project



Project?

A container is in the north entrance for the following items. Unfortunately, only these **exact items** are accepted for this project. Monetary donations for the purchase of these items are also accepted or \$1 per bag to cover shipping costs. Thank you for your support! Checks can be made payable to Fifth Ave. UMC.

- Notebooks (8"x10-1/2" spiral are best)
- Pencils (#2, unsharpened, no advertising)
- Ball Point Pens—Black or Blue ink
- Blunt School Scissors
- Ruler (12" with 30 cm metric)
- 2-1/2" Eraser
- Box of 24-count Crayons

Thank You Notes



"Thank you for letting me go to camp this summer. I learned about God and the Bible. My favorite part was meeting new friends."

- April Carrier

"Thank you for helping me go to church camp. I learned about God and Jesus."

-Taylor Carrier