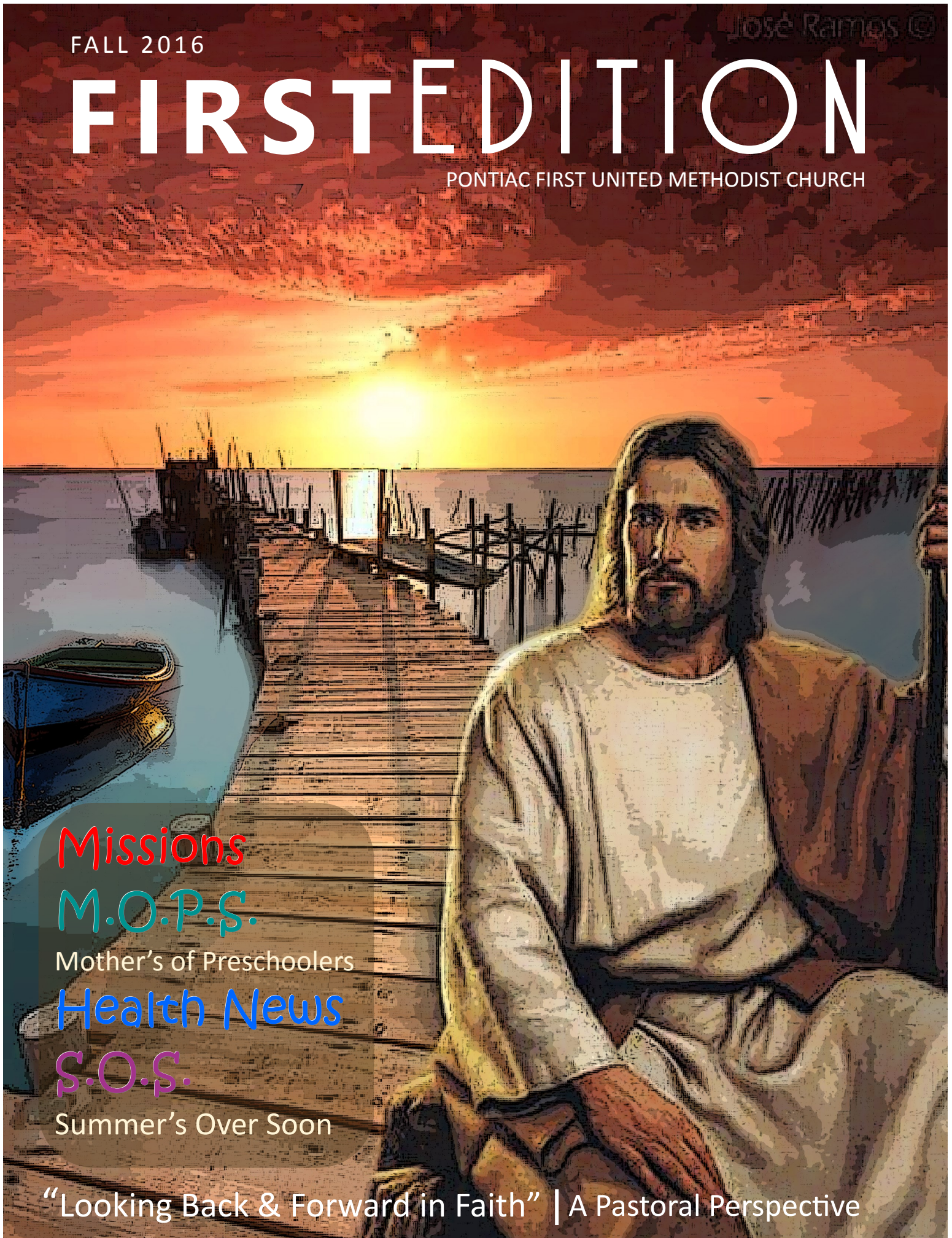


FALL 2016

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# FIRST EDITION

PONTIAC FIRST UNITED METHODIST CHURCH



Missions

M.O.P.S.

Mother's of Preschoolers

Health News

S.O.S.

Summer's Over Soon

“Looking Back & Forward in Faith” | A Pastoral Perspective





PASTOR TOM GOODELL

## A PASTORAL PERSPECTIVE

“Truly I say to you, when you welcomed the stranger you welcomed me.” -Jesus  
As a child I idolized Johnny Bench, the Hall of Fame baseball catcher for the Cincinnati Reds. He was from a small town in western Oklahoma not far from where my Bender ancestors had farmed. He was charming, good looking, and a catcher (where I fancied myself playing until my left handedness created problems).

Many years later I learned that Johnny Bench would be signing autographs at a card show. I stood in line with a photo for him to sign, ruminating over which question I would ask him.

Tell me why so many Reds pitchers in the 1970s had arm troubles?

How did he hit those two home runs to win the 1976 World Series against the Yankees?

Was Pete Rose really as ornery off the field as he was on the field?

But when I nervously approached the table and he just grabbed and signed my poster. I posed my question about his birth town and our connection. He simply ignored it, turned toward the next person and continued to sign posters without further acknowledging me. I got the distinct impression that he was not interested in my questions, had no time for conversation, and probably could care less about our Binger-Lookeba, Oklahoma connection. I wandered away determined to find another hero. I left there somewhat demoralized, at least less in awe of Johnny Bench. Now I think he was just tired of sitting at a table as 250 fans came through and asked him the same questions!

I wonder sometimes what someone who wanders into our or any church feels. Are they nervous about how they will be received, and anxious about what unstated rules they do not understand about the church? Do people stop them to ask their name and thank them for attending? Do people offer help as they try to navigate through the service, understand when to stand and when to sit, try to figure out what an offertory is and whether or not we will be sharing what they gave “on the big board” at the end of the service?

We all are called to welcome the strangers (Matthew 25) in our midst every Sunday. We need to recognize that our welcome will determine whether they come back or wander away determined to find another hero elsewhere.

*Grace and Peace,  
Pastor Tom*



## MISSIONS:

### Highlights from our Missionary friends in Nepal

- by John Trewartha

Les and Debbie Dornan, missionaries at Tansen Hospital in Nepal, sent a newsletter to our church in July. Here are some highlights from that letter which tells more about the work and life of our friends that we support.

- Les has transitioned from being the Medical Superintendent of Tansen Hospital to being involved in the day to day care of the patients in the clinics and wards of the hospital. This is the work he loves most. In addition, he is involved in training of the staff at Tansen and also village health post workers.
- The spring weather at Tansen Hospital was extremely hot and dry. Roads were covered with an inch of fine dust and the hospital was literally down to its last day of water in the

*(Cont. on page 7)*

**LOOKING BACK AND FORWARD IN FAITH** - by Pastor Tom Goodell

They carefully packed the contents together. An Illinois road map, a placemat with pictures of various Methodist ministries, an Evenglow Lodge brochure, a copy of "Who's Who in Atomic Evolution", a collection of church bulletins, a copy of "The Daily Leader", and an 87<sup>th</sup> anniversary sale catalogue from Montgomery Ward. Too bad no one thought to put a 1959 Bob Gibson rookie baseball card into the capsule as well! Once complete the contents and their capsule were combined with the saved contents from a much earlier capsule, found in the cornerstone of the old sanctuary built in 1885. They were placed in the cornerstone set on the earth on the corner of Madison and Chicago streets.

The year was 1959 and the people who placed this capsule in a cornerstone, were the building committee led by Pastor Dale Pitcher, chair Robert Dievendorf, and members Wilbert Asper, Joe Bailey, George Brunskill, Delbert Gardner, Harriet Lopeman, Mrs. James McCabe, Max Myers, John Taylor, Reid Tombaugh, Kenneth Tucker, Mrs. Ray Westall and Richard Winters were proud of what they were doing, they were building a sanctuary. Sidney Smith chaired the "cornerstone committee".

According to the story in "The Daily Leader", their work was the culmination of years of study, assessment of the current state of the sanctuary, the need for modern heating and cooling, and more seating. What was not written in the story, but was written in their hearts, was the belief that God was calling them to this work. Construction costs were estimated at \$360,000 (somewhere around \$3,000,000 today). A pledge drive had raised over half of the funds (\$200,000); the balance would be financed. McCoy Construction was hired as general contractor, Phillips, Swager and Associates were the architects.

The sanctuary built in 1885 was torn down so that construction could begin. May 17, 1959 was the last service held in the old sanctuary. They worshiped in fellowship hall during the construction. No doubt in addition to those engaged in the construction

(Cont. on page 4)



PROPOSED METHODIST CHURCH, PONTIAC, ILLINOIS  
P H I L L I P S                      E                      S W A G E R ,                      A R C H I T E C T S

*Phillips & Swager - Architectural Rendering*

(Cont. on page 4)



### *Removal of the Steeple*

*The 1959 cornerstone still sits at the base of our sanctuary, and the cornerstone of Jesus Christ still anchors our faith as a congregation.*

*trades, and the building committee overseeing this work, there were lots of others who took great interest in the new sanctuary project. If you want to stir up a hornet's nest in church, just debate the color of carpet, the padding on the pews, or the position of the pulpit. Little things can cause great discussion in a church building. But the congregation stayed together and worshiped together in their new sanctuary one year later.*

*For what was laid in the cornerstone on that Sunday morning in 1959 was less important than what that cornerstone laid upon, a foundation of faith in Jesus Christ. "You are the church built on the foundation of the prophets and the apostles, with Christ Jesus Himself as the cornerstone" (Ephesians 2:20).*



## PFUMC PARISH NURSES HEALTH NEWS

### **DIABETES Types I and II.** - by Mary Lauher

Many are confused about the difference between type I diabetes, also known as "juvenile diabetes," and type II diabetes, which is sometimes called "adult onset diabetes." Both have similar symptoms but have different causes and different treatment protocols.

#### **Common symptoms:**

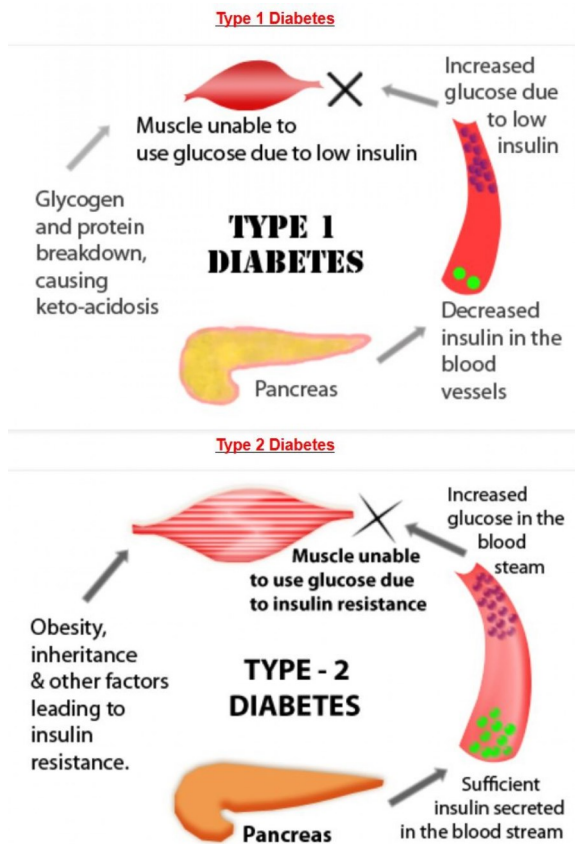
Both type I and type II diabetes include dry skin increased thirst and urination, unintentional weight loss, sores that don't heal, increased hunger, blurry vision, numbness in feet and hands.

**Common health risks:** Both types of diabetes can lead to circulation problems, which can increase the risk of heart attack and stroke. Kidney and vision problems can also result from uncontrolled diabetes. Type 1 diabetes is an autoimmune disorder. The immune systems of those with this condition attack the body's mechanism for producing insulin. This condition often develops in children and young people,

(Cont. from page 4)

but adults can also develop it later in life. People with type I diabetes must take supplementary insulin through injections or an insulin pump. Type I diabetes is not caused by “eating too much sugar” or other dietary factors. Researchers aren’t sure what triggers most cases of type I diabetes, but they suspect that it may be genetic factors or exposure to a virus. Some medical conditions, such as those that affect the pancreas, can also cause type I diabetes.

Type II diabetes is the result of the pancreas being unable to produce enough insulin. Causes include both genetic and lifestyle factors. For example, drinking too much alcohol, being overweight or living a sedentary lifestyle can contribute to the development of the disease. Individuals with type II diabetes may not need to take supplementary insulin. Instead, they may be able to control their blood sugar through diet or other medications. If you are concerned about diabetes or have a family history of the disease, talk to your doctor. He or she can review any symptoms that you might have and check your blood sugar. Increased knowledge and improved treatments now allow people with diabetes to live full and active lives.



Courtesy of Advocate Broomen Health Tips

## **DIABETIS TYPE 1** “ON A PERSONAL NOTE” - by Mary Lauher



I have had Type I Diabetes since I was 12 years old. This October, I will celebrate living with diabetes for 53 years. In 2013, I was rewarded with a medal from the Joslin Diabetes Center in Boston. I was invited to go there for health evaluations but unable to attend. (They sent me my medal) I was able to join a Facebook page for people who have lived with diabetes for 50 or more years. Many people share their stories. There have been a few people who have made it 60-65 years.

I have had several of the complications. I had a stroke in 2000 and many eye problems before that. The most profound problem has been with my feet. Also, I had plenty of hospitalizations because of high or low BSs. In 2006, I started using an insulin pump which has helped me greatly. Now, when I eat, I check my blood sugar and I estimate the number of carbohydrates that I am going to consume and my pump determines the amount of insulin, I press a button and it is delivered. I still have episodes of low and high blood sugars but it is much better than it used to be. My A1C is always good.

Through God and the support of many different doctors, I have made it this far. When I was diagnosed, my mother was told that I would probably die by the time I was 30.

*If anyone would like to talk to me about any of this or your problems please contact me. - Mary*



“We are Starry-Eyed”

MOPS

MOPS International encourages and equips moms of young children to realize their potential as mothers, women and leaders, in relationship with Jesus, and in partnership with the local church. MOPS is a grass-roots movement that believes mothers are world changers. We connect moms all over the world to a community of women who meet together to laugh, cry, and embrace the journey of motherhood. MOPS groups are rallying women to be more honest, to feel more equipped and to find our identity by journeying alongside one another. We come from all walks of life but share one desire—to be great moms. MOPS is a place to have fun, make friends, be encouraged, grow spiritually, and share practical advice on raising our children.

MOPS stands for Mothers of Preschoolers, but is for mothers with children of all ages. We hold 2 meeting a month at Pontiac First United Methodist Church and while the children are being cared for by loving and talented volunteers, moms enjoy a chance to socialize over refreshments, laugh over recent parenting moments, craft, and grow together in small group discussions. A few times a year we hold special events including play dates, Mom’s night out, and family events. We currently serve around 25 families, and are continually striving to reach other young moms.



Recently our group has had the opportunity to begin a Teen MOPS group. We noticed a need in our community to reach out to teenage mothers and offer them a support system. Teen MOPS is also a part of MOPS International and offers a safe place for teenage moms to socialize, support one another and learn more about parenting from speakers, community members and mentor moms.

Our theme this year is provided by MOPS International and is titled “We are the Starry Eyed: A year of wonder, hope, and kindness.” Starry Eyed means looking for the light even when darkness is enveloping. Its an opportunity to hope recklessly and to witness God’s presence guiding things seen and unseen, comfortable and uncomfortable. Starry Eyed is significant acts of kindness that send ripples of light into the world. We are excited to see what this year brings!

Our local MOPS group is so grateful for the opportunity to partner with the Pontiac First United Methodist Church. The entire church staff is extremely supportive of our group, from aiding us financially to providing a place to meet, and everything in between. Our moms feel at home at PFUMC. Several families, including some of our Teen MOPS mothers, have begun attending Sunday services because of their positive experience with MOPS. Our group leaders are thankful to have a local church as wonderfully supportive as Pontiac First United Methodist Church.

MONDAY mornings at 9:00am MOPS holds a Bible Study in the Library.  
Please consider going deeper in God’s word with us! We’d love to have you!  
See Ellen Yedinak or just “Pop In.”

# “A year of wonder, hope, and kindness”

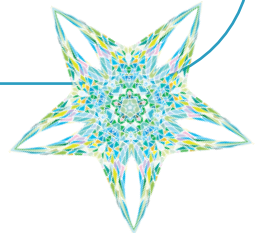


If you are interested in serving our MOPS groups, there are several ways to help. We are always in search of volunteers to serve in the classrooms with children during our meetings. (MOPS meets on the 1st and 3rd Wednesdays of month from 9-11am. Teen MOPS meets on the 2nd and 4th Thursdays of the month from 5-6:30pm.) Volunteers can lead crafts, teach bible lessons, or just snuggle babies! Teen MOPS is also in need of volunteers to provide meals for meetings.

We are looking forward to a great year!

With love from MOPS,

Kristen Arbogast and Abby Rjinker  
MOPS Coordinators



## Missions (cont. from page 2)

storage tanks. Water hauled in by tanker trucks were needed to keep the hospital running.

- Les and Debbie continue to be thankful to serve the many very sick patients who come to Tansen Hospital. The challenges are varied, including their first snake bite victim!
- The new water tank at the hospital has been completed and was recently dedicated. It is able to hold 1 million liters of rainwater—so when the other storage tanks become full, the extra rainwater will go into the new tank to help the hospital operate in the dry season. All are very thankful for that.
- Les and Debbie became proud grandparents on April 9. Rose Miriam Dornan was born here in the U.S.A. to Luke and Laura Dornan. Debbie got to spend a couple weeks with the new granddaughter after she was born, and Les and Debbie plan to travel home to see her in September.
- Les and Debbie have known the fears of those who are sick—but they also know the hope we have in Christ—and they are filled with gratitude for His gifts to them. They certainly include in those gifts the prayers and support that our local church provides, and they pray blessings for us and send their heartfelt thanks!

If you would like to read the blog from the Dornans and leave encouraging messages, you can do so by following their story at <https://dornannepalmission.wordpress.com>

**November 30th—Dec. 2nd** our Missions Ministry Adults are going to Midwest Distribution Center in Chatham, IL. IF YOU ARE INTERESTED IN JOINING US—we will need to know **before October 5th**.  
- See John Trewartha, call 815-510-8671 or send emails to: [trewarth@gmail.com](mailto:trewarth@gmail.com)



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*"The Mission of our church is to make disciples of Jesus Christ for the transformation of Pontiac and the world!"*

**"Summer's Over Soon"**



Pontiac First United Methodist Church will be hosting the 3<sup>rd</sup> annual "Summer's Over Soon" aka SOS Fest on Sunday, September 11 from 1-5 pm on the Pontiac Square. The rain date is September 18. SOS is a free event which promotes the importance of family and education. It is a faith-based event! Since this year's event falls on the anniversary of September 11, we want to include a tribute to remember the significance of this day. The VFW will participate and Pastor Tom will lead a prayer followed by a Moment of Silence at 1:00 pm.

We are very excited that so many Ministry Teams and individuals from our church will be helping to make this event successful. In addition, several area churches, (including Kulture Church, Pontiac Bible Church, St. Mary's Catholic Church, First Lutheran Church, and Grace Community Church of Streator) are also helping with SOS this year. Some churches are volunteering help for the event and others have Praise Bands that will be performing on the stage. Mark Osman will emcee for this event.

This year's free lunch includes grilled pork loin, brats, hotdogs, chips, water, and a packaged dessert. We will again have 3 bouncy houses, face-painting, kids' games, live music, give-aways, free haircuts, and live music from community & local Praise Bands. We will also have several informational stands to share information about churches, programs, IHR, Livingston County Children's' Network FUMC Tutoring Program, Aglow, and several others. This year we will also have a Prayer Tent and are looking for people who want to pray for others during 30 minute blocks of time.

We would appreciate any help you can provide. We need volunteers to serve food, man the check-in table, supervise an inflatable, assist with set-up and/or cleanup. Please contact David Meader at 815-842-1157 or email at [highercalling@hotmail.com](mailto:highercalling@hotmail.com).

Each year our event has grown. We had over 600 kids and adults our first year. Last year we had 1157 kids and adults who attended the SOS Fest. We hope to increase that number this year. Please come out and experience the event and bring a friend, neighbor, or someone you know who could benefit from this experience.

**Get Involved....**

**Volunteer**

**Donate**

**Pray**

**Spread the Word**