

NOVEMBER 2025
SONBURST

*Let's Give
Thanks!*

MOORESVILLE FIRST UNITED METHODIST CHURCH
900 INDIANAPOLIS ROAD • MOORESVILLE, IN 46158



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**Greetings, Brothers and Sisters,
in the Wonderful Name of Jesus!**

November is one of my favorite months in the church year. It's a month full of gratitude, remembrance, and joy — a time when we look back with thankful hearts and look forward with hope.



We begin with **All Saints Sunday on November 2**, a sacred day when we pause to remember those who came before us — the saints who prayed for this church, served faithfully, and made it possible for us to be here today. Every year, when we light candles and speak their names, I'm reminded that our faith didn't start with us. We stand on the shoulders of people who built this table long before we arrived, and their witness still shapes who we are.

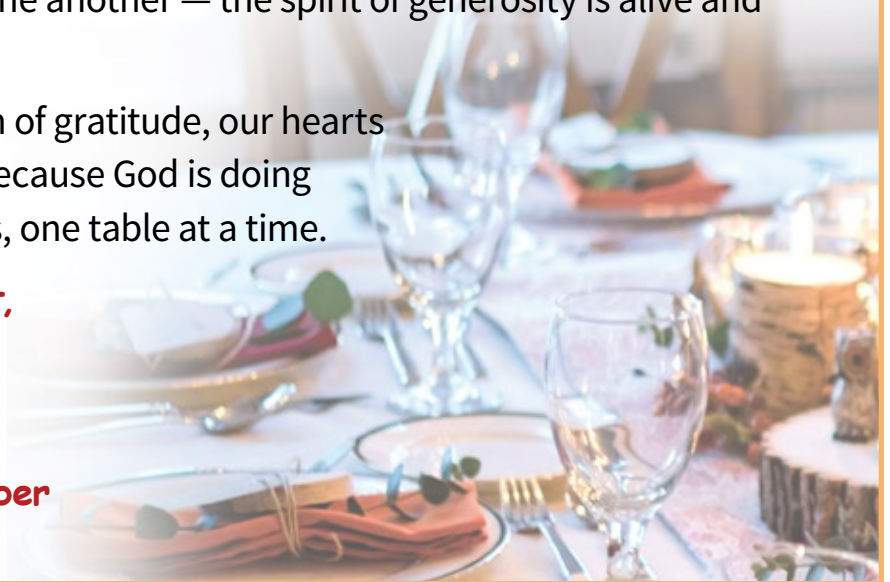
Then, the very next **Sunday, November 9**, we'll gather for our **Celebration Sunday** — the grand finale of our “**Set the Table for Ministry**” stewardship campaign. On this day, we'll bring our **2026 pledge cards**. After worship, we'll stay for a **church-wide pitch-in potluck**, because what better way to celebrate than around the table together? Each casserole, crockpot, and dessert will be a delicious reminder that when everyone brings something, there's always more than enough.

But here's what I love most about this season: every single week, our church is *already* setting the table for ministry. Whether it's our volunteers serving in worship, preparing food for neighbors, teaching children about Jesus, visiting the sick, or simply showing up for one another — the spirit of generosity is alive and well at Mooresville First UMC.

As we move through this month of gratitude, our hearts are filled with great gratitude because God is doing something beautiful through us, one table at a time.

**In the Name of Jesus Christ,
I pray we continue to...
Show Love, Share Love,
and Spread Love!**

Grace and Peace, Pastor Amber





WELLNESS AWARENESS

Cheryl Howard | PARISH NURSE



“Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.” (3 John 1:2)

FOOD FOCUS MONTHS

I would like to share some information on food—choices, health impacts and interesting facts! November and December are food focus months.

Have you ever had GERD — Gastric Esophageal Reflux Disease? This occurs when stomach acid flows back into the esophagus and causes heartburn, which feels like a burning sensation in your chest or throat. Possible causes are red wine, coffee, red meat, chocolate, peppermint, pasta sauces, fried foods, and heavier “comfort” meals. What helps? Saliva is a natural buffering agent, so sucking on a lozenge can help. Herbal teas rinse the acid back into the stomach. Almonds and mustard have also might help.

You can help lower your cholesterol by increasing your consumption of plant sterols — whole grains, legumes (beans, peas and lentils), walnuts, seeds and seed oils are all good sources of plant sterols. Oatmeal and high fiber foods (like okra) are good choices.

The Nova food classification system defines processed foods as products changed from their natural state with two of three ingredients. Ultra-processed foods are recognized as industrially processed products made with five or more ingredients. Processed products, in general, are known to be high in sugar, saturated fats, and additives such as artificial dyes that lead to chronic health conditions. They may also contain colorants, flavorings, sweeteners, emulsifiers, and thickening agents. READ LABELS!

CAFFEINE VS. ENERGY DRINKS

A meta-analysis of more than 1.5 million participants has suggested that coffee and energy drinks have opposing effects on suicide risk. High coffee consumption — more than 60 cups per month — was linked to significantly reduced suicide attempts, probably because of its stimulating and mood-enhancing properties. In contrast, even a single can of an energy drink per month was observed to increase the risk for suicidal thoughts and attempts, and it can triple the risk at higher consumption levels. This difference may be explained by the presence of other psychoactive ingredients in energy drinks — such as taurine, guarana, and ginseng — along with their high sugar content, which can trigger anxiety and mood swings.

“FOREVER CHEMICALS”

Exposure to synthetic chemicals known as PFAS, or “forever chemicals,” has been shown to increase the risk for type 2 diabetes (T2D) by 31%. Research indicates that PFAS are detected in the blood of 98% of people in the United States. They are found in drinking water, food packaging, from which they then leach into their contents, household items like nonstick cookware and cleaning products, consumer items, including clothing and cosmetics. READ LABELS! Choose PFAS free items.

AS WE APPROACH THANKSGIVING AND CHRISTMAS TABLES

Cathy Mosier | FUMC PRAYER TEAM



Ephesians 2:13-22, *But now in Christ Jesus you who once were far away have been brought near by the blood of Christ. ... In Him the whole building is joined together and rises to become a holy temple in the Lord. And in Him you too are being built together to become a dwelling in which God lives by his Spirit.*

Pastor Amber reminded us:

Holy moments are found at the table.

Christ is found at the table.

Christ's body is there at the table.

Christ's blood is there at the table.

Christ's forgiveness is there at the table.

In prayer we remind each other of the TRUTH of Christ's love for each of us. Holy moments are found while praying for each other. Christ is found when we pray for each other.

As you contemplate praying for others, I'm going to "borrow" a Missional suggestion from Dave Nance:

As you pray for a grandchild ...
will you pray for one of our youth?

As you pray for your spouse ...
with you pray for one of our single seniors?

As you pray for a sibling ...
will you pray for someone you greeted on Sunday?

As you pray for a loved one ...
will you pray for someone who works to
make sure our Father's house is warm/cool,
well lit, clean, and in working order?

In Christ's service
Cathy for your Prayer Team



MISSION and MINISTRIES



Dave Nance | MISSION CHAIR

Thank you Church for your missional hearts. The next couple months will be a time of increased opportunities to serve. Much of our service will be directed to increasing food support.

CHURCHES IN MISSION clients are experiencing increased need for food support. Our Church is helping Churches In Mission (CIM) by

increasing our support through your general fund giving. Using your mission's budget, we are meeting their request from our Church for Thanksgiving side items, specifically canned corn and yams for 250 baskets. We delivered 500 cans of corn in October and we expect to deliver 250 large cans of yams by the date of this publication. Yams seem to require more lead time, so we sourced from two locations with an additional 250 large cans of yams helping to cover Christmas or weekly needs.



NOW FOR YOUR PART: CIM needs your donations from shopping. What you typically have on your shopping lists are also needed by their clients. Just place your donations in the box near the Fellowship Hall.

Pledge Sunday will provide you with an excellent opportunity to practice this type of donation. ***Please bring in food and hygiene items on Sunday November 9*** as a donation to Churches In Mission.

This month the **ANGEL TREE FOR HENDERSON SETTLEMENT**, UMC Appalachian Mission, is set up in the hall near the narthex. We support this mission by your direct donation only as all general fund giving stays in our local community. Your Christmas gifts to the kids in SE Kentucky are very important to the goals of the mission. ***The mission requested we focus on teenager gifts*** as they are always under supplied. You will find gift ideas and additional information at the tree and on the Mission section of the bulletin board near the fellowship hall.

CAMPUS LIFE is another local mission supported by your general fund giving. They provide a light program prior to the start of the school day at both the middle school and high school, one day a week. Both programs are growing, serving our youth. You are participating but there are opportunities to participate more. Just ask Bill Allen, your missions committee contact, or Dan Herron, our youth director, for more information.

November is the month when most of the food for an estimated 300 Christmas Backsacks will be purchased using your general fund giving. You may notice it in storage areas. This will be further discussed next month.

You'll find additional information on these and other missions on the **MISSIONS SECTION OF BULLETIN BOARD** located on the wall outside of the Fellowship Hall.

Your Missions Committee



UNITED METHODIST WOMEN (UMW)

The leaves are turning, and the weather is becoming cooler which makes our thoughts turn to the upcoming holidays. We, the UMW, wish each of you a Happy Thanksgiving and many blessings through this season.

Just a reminder that the "BIG CHRISTMAS COOKIE SALE" will be coming soon. Once again, we thank you for the great support you have given to the UMW and their missions.

Question: Why did the turkey cross the road?

To prove he wasn't chicken. 😊 Hope that brought a smile.



Tomorrow's Promise Preschool

November's themes:
Sports, Cooking, Give Thanks

Preschool is off November 26-28
to celebrate Thanksgiving.



In November, the children will be practicing for their Christmas program. Practice will take place after the children's moment during the Sunday school time. The program will be on Dec. 14 during the 9:15 service.

KAIROS TM #6

Mooresville First United Methodist has a connection with the Heritage Trails Correctional Facility through a Kairos council. A Kairos team spends over 30 hours rehearsing important lectures and building spiritual unity. The Church hosted one of the team meetings on Oct. 4 and the United Methodist Men provided a fried chicken lunch. The men felt like royalty eating off porcelain plates and using real silverware.



FAMILY MINISTRIES

Thanks to everyone who donated and participated in our Trunk-or-Treat event. It was a great day and we had so much fun!

GONE FISHIN'

On September 21, Yeager's held their third fishing extravaganza for the youth group. Weather was ideal again. The fish caught were thrown back, and many were caught. So, we ate hot dogs instead.



WHAT'S COMING UP

SUNDAY, NOV. 2

OPERATION CHRISTMAS CHILD SHOPPING

Join us from 4:45-7:15pm for dinner and then a shopping trip to fill several Operation Christmas Child boxes!



SUNDAY, NOV. 9

REGULAR YOUTH MEETING

Join us from 4:45-7:15pm for Food, Fun, and Faith!



SATURDAY, NOV. 15

PB&J BUILD AT HORIZON HOUSE

Make PB&J sandwiches for the homeless. Meet at church at 9:30am. Take the van to Horizon House. Each person should bring: three loaves of bread, one 15oz jar of peanut butter, one 20oz jar of jelly/jam. We will go to lunch afterwards. Return to the church by 1:30pm!



SUNDAY, NOV. 16

REGULAR YOUTH MEETING

Join us from 4:45-7:15pm for Food, Fun, and Faith!



SUNDAY, NOV. 23

RASCALS FUN ZONE TRIP

Trip to Rascals Fun Zone! 4:45-8pm. Eat dinner at the church at 5pm. Head to Rascals at 5:30pm Return to the church around 7:45-8pm Cost: \$21 for 1 hour of main attractions (Go-karts, Bumper Cars, Miniature Golf, and Blaster Boats. The Arcade is extra: \$10 for 50 tokens



SUNDAY, NOV. 30

THANKSGIVING WEEKEND

No Youth Group





OPERATION CHRISTMAS CHILD

Operation Christmas Child boxes are out and waiting to be filled. These boxes give children “wow” items, fun toys, school supplies, hygiene items and notes of encouragement. They are easy to fill and there is helpful information on the box table.

Packed boxes will be due by Sunday, Nov. 17.

Build a box online at <https://www.samaritanspurse.org/operation-christmas-child/buildonline/>



Each year the Henderson Settlement provides an opportunity for parents to shop/choose their child's gift. This year the Mission requests teens be FUMC's target age group. The Community Outreach Coordinator for Henderson Settlement provided a list of recommendations for consideration as presents for their teenagers, 12-17 years old. Pick up a list at church or contact the office at office@moorevillefumc.org.

All gifts must be returned to the Church by Sunday, Nov. 30.

There is an opportunity for you to travel with us and the gifts to assist the mission staff as they prepare for the Christmas gift experience. Just let us know if you are interested in spending a couple days at Henderson Settlement. It will be a time of spiritual enrichment you will remember.



SUNDAY SCHOOL and RECURRING GROUPS



Please check with your leader to confirm meetings.

Group Name	Time	Location	Leader	Date	Description of Study
SUNDAY GROUPS					
Seeker Sunday School	10:30 am	Rm 106	Cathy Mosier	Meeting Now	Bible Study
Friendship Class	10:30 am	Parlor	Yeager / Harris	Meeting Now	Bible Study
Here and Now Class	10:30 am	Rm 104	Dave Nance	Meeting Now	Bible Study
Talk Back	10:30 am	Rm 110	Pastor Amber	Meeting Now	Bible Study
Alcoholics Anonymous	4:00 pm	Rm 110	Team Leaders	Meeting Now	Support group
The Crossing	4:50 pm	Rm 112	Dan Herron	Meeting Now	7th-12th grade youth group
5th/6th Grade Youth	4:50 pm	Rm 108	Dan Herron	Meeting Now	5th-6th grade youth group

MONDAY GROUPS					
Trailblazers	1:00 pm	Parlor	Cheryl Howard	Meeting Now	Bible Study

TUESDAY GROUPS					
Quilters	9:00 am	Parlor	Team Leaders	Meeting Now	Bring sewing machine

WEDNESDAY GROUPS					
Prayer Group	8:00 am	Chapel	Team Leaders	Meeting Now	Pray for our church/community
Stretch & Flex	10:30 am	Parlor	Team Leaders	Meeting Now	Chair Yoga
Handbell Choir	6:00 pm	Rm 103	Cathy Mosier	Meeting Now	Handbell practice

THURSDAY GROUPS					
LRE Visitation Team	9:30 am	Rm 104	Sandy Fanning	Nov. 13	Meet for devotions/outreach

FRIDAY GROUPS					
Alcoholics Anonymous	7:30 pm	Parlor	Team Leaders	Meeting Now	Support for addiction
Al-Anon	7:30 pm	Rm 110	Team Leaders	Meeting Now	Spouse support for addiction

SATURDAY GROUPS					
UMMen's Breakfast	8:00 am	Parlor	Team Leaders	Nov. 8	Breakfast & devotion with sharing

NOVEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 10am Charge Conference at Pittsboro UMC
2 9:15am Worship 10:30am Adult & Children Sunday School 4pm AA 4:45pm 5th-12th Grade Youth Group 	3 9am Tomorrow's Promise Preschool 1pm Trailblazers	4 9am Tomorrow's Promise Preschool 9am Quilting Group 6:40pm Bible Study Fellowship	5 8am Prayer 9am Tomorrow's Promise Preschool 10:30pm Stretch & Flex 6pm Bell Choir Practice	6 9am Tomorrow's Promise Preschool	7 9am Tomorrow's Promise Preschool 7:30pm AA 7:30pm Alanon	8 8am UMM Breakfast
9 CELEBRATION SUNDAY 9:15am Worship 10:30am Adult & Children Sunday School 11am Celebration Sunday 4pm AA 4:45pm Youth Group 	10 9am Tomorrow's Promise Preschool 1pm Trailblazers 7pm Delta Theta Tau	11 9am Tomorrow's Promise Preschool 9am Quilting Group 6:40pm Bible Study Fellowship	12 8am Prayer 9am Tomorrow's Promise Preschool 10:30pm Stretch & Flex 6pm Bell Choir Practice	13 9am Tomorrow's Promise Preschool 9:30am LRE 6:30pm 4H Pioneer Clovers	14 9am Tomorrow's Promise Preschool 7:30pm AA 7:30pm Alanon	15 9:30am Youth Group to Horizon House
16 9:15am Worship 10:30am Adult & Children Sunday School 4pm AA 4:45pm 5th-12th Grade Youth Group	17 9am Tomorrow's Promise Preschool 1pm Trailblazers	18 9am Tomorrow's Promise Preschool 9am Quilting Group 6:40pm Bible Study Fellowship	19 8am Prayer 9am Tomorrow's Promise Preschool 10:30pm Stretch & Flex 6pm Bell Choir Practice	20 9am Tomorrow's Promise Preschool 1pm Book Club	21 9am Tomorrow's Promise Preschool 7:30pm AA 7:30pm Alanon	22
23 9:15am Worship 10:30am Adult & Children Sunday School 11:30am Deck the Halls 4pm AA 4:45pm Youth Group to Rascals Fun Zone	24 9am Tomorrow's Promise Preschool 1pm Trailblazers	25 9am Tomorrow's Promise Preschool 9am Quilting Group 6:40pm Bible Study Fellowship	26 OFFICE CLOSED	27 <i>Happy Thanksgiving!</i> 	28 7:30pm AA 7:30pm Alanon	29
30 FIRST SUNDAY OF ADVENT 9:15am Worship 10:30am Adult & Children Sunday School 4pm AA						

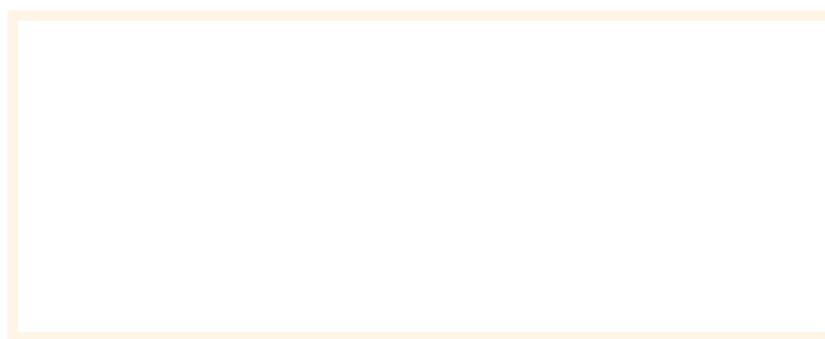
Celebration Sunday



*On **Sunday, November 9**, we will celebrate Celebration Sunday — our day to bring forward our 2026 pledges with gratitude and joy. After worship, we'll gather for a church-wide pitch-in potluck, a true feast of thanksgiving!*

Our First Fruits Offering that day will be an extra blessing to help Churches in Mission as their need reaches record demand.

Together, we'll celebrate how God multiplies what we bring.



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