



Meetings and Gatherings

Bible Study: October 24, 6:00-7:30 PM

Children's Church: Each Sunday following the Children's Message

Charge Conference: Thursday, October 10, 6:00 PM

Choir Rehearsal: Mondays, 5:15 PM

Church Office Closed: October 9 & 10

Hands of Hope Crafters: Mondays at 6:30 PM

Korean Sunday School Class: Sundays at 9:30 AM

MaTT Club: October 6 & 20, 4:00 PM

Praise & Prayer Small Group: Sundays at 9:30 AM

Staff Meeting: October 1 & 15, 9:00 am

United Methodist Men: Saturday, October 12, 7:30 AM breakfast meeting, Murphysboro UMC

Young at Heart: Tuesday, October 8, leave MUMC parking lot at 11:00 AM for BJ's Garden Inn Café.

Victory Dream Center Youth: Wednesdays, October 9 & 23, 5:30 PM

Women's Bible Study: Wednesdays at 9:30 AM

Worship: every Sunday at 10:30 AM

**Join Us for
In-Person Worship or
Online**

Worship on Sundays 10:30AM

To watch the recorded service through Facebook video visit our website at
<https://www.facebook.com/CarbondaleGraceUMC>.



Grace Notes

News from Grace United Methodist Church
Carbondale, Illinois 618-457-8785
Web site: www.carbondalegrace.org

Veronica McMichael: Pastor of Christian Education & Discipleship
Michelle Parker-Clark: Pastor of Congregational Care
Marty McMichael: Sr. Pastor

CHANGE IS COMING

“There is a time for everything, and a season for every activity under heaven:

a time to be born and a time to die,
a time to plant and a time to uproot,
a time to kill and a time to heal,
a time to tear down and a time to build,
a time to weep and a time to laugh,
a time to mourn and a time to dance,
a time to scatter stones and a time to gather them,
a time to embrace and a time to refrain,
a time to search and a time to give up,
a time to keep and a time to throw away,
a time to tear and a time to mend,
a time to be silent and a time to speak,
a time to love and a time to hate,
a time for war and a time for peace.”

Ecclesiastes 3:1-8 (NIV)

In this very familiar passage of scripture which has been quoted over and over again throughout history, and which was put to music by The Byrds in 1965 with the song Turn! Turn! Turn! (To Everything There Is A Season), the wisest man who ever lived, Solomon, expounds on the times and seasons of our lives and how they fit together. Life is not some vague process of subtle, illogical patterns placed willy-nilly in our path for us to puzzle over. It's a composite of joys and sorrows, gains and losses, giving and keeping, laughing and grieving, loving and losing, until the last numbered day arrives.

When we speak of the seasons our minds almost automatically turn to thoughts of the seasons that God created. We have just entered the season of Autumn and soon the trees will have shed their leaves leaving them bare and lifeless, the morning dew will be replaced by heavy

(continued on page 2)

“Change is Coming” continued from page 1

frost on the ground, and Winter will be upon us. We anticipate Winter in the sense that even we adults look forward to snow for the holidays, and it is a time for children to go sledding, build snowmen and make snow angels. But soon we tire of the dark, cold days and our minds turn to thoughts of flowers blooming, trees budding, and birds singing. Everything seems alive and fresh and new during Springtime. And then the coolness of the Spring mornings turns into the heat of Summer afternoons, and the minds of children begin to wander as they await Summer vacation from school with thoughts of camps, vacation time with family, and lying on the grass with friends looking up into the sky and comparing sightings of animal shapes in the clouds. However, those lazy days of Summer disappear all too quickly and shopping for new school clothes and supplies becomes the daily agenda and once again Autumn is in the air.

There is a quote attributed to the Greek philosopher Heraclitus that says “The only constant in life is change.” Here are some things to consider about the idea that change is the only constant: 1) Fear of change: Humans often like routine because it makes them feel in control. 2) Adaptability: Adaptability can be a key protective feature for mental health. 3) Handling change: How we handle change impacts how we live with it. 4) Acceptance: Accepting external changes that are out of our control can help us respond instead of reacting with anger.

Psychologically, I can agree with these points that deal with change, but I have to disagree with the initial quote. Our lives are much like the every-changing seasons that God created. However, as a follower of Christ, I have to say that the only constant in life is the omnipotent, omnipresent, and omniscient God of the universe – the creator of you and me. When we face changes in our lives – negative or positive (and, as we know, even positive changes can create stress) - the words of a Greek philosopher will not give us the peace or comfort that we find in God’s Word, and in knowing that God is with us throughout all the days of our lives and all the changes that occur throughout our lives. So, as we look ahead to the changing of the seasons and to the changes that will inevitably occur in our lives, please hold on to these words from Psalm 46:1-2,7 (NIV): “God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea,. . . The Lord Almighty is with us; the God of Jacob is our fortress.” Amen!

Blessings!

Pastor Michelle

October Birthdays

10/1 Dorothy Unruh
10/2 Bill Crain
10/5 Julia Long
10/7 Karen Downey
10/13 Dominic Marlow
10/18 Bonnie Stuck
10/20 Orville Hake
10/21 Rev. Larry Gilbert
10/22 Matthew Kunkel
10/22 James Pease
10/25 Ron Eckiss
10/25 Juanita Hartman
10/29 Mark Pease
10/31 Steve Arthur
10/31 Elizabeth Shultz



Early November Birthdays

11/1 Jacob Williams
11/3 Cathy Biggs
11/4 Audrey Meadow



10/14 Jeffrey & Soo-Jin Edwards

Grace Church is blessed to have the service of three talented pastors! We deeply appreciate the work of Pastors Marty, Veronica, and Michelle. Although any day or time of the year is ALWAYS the appropriate time, October is officially **Pastor Appreciation Month**. Please consider honoring our gifted servants in Christ with a kind word and smile, a special message or card of gratitude, a small gift or monetary token, or a personal invitation. Knowing how their words or actions may have helped you to be closer to God or moved you would certainly be a gift of love, also. Our pastors make many sacrifices and are often spread thin in their work with three church bodies; let us show our appreciation with words and deeds this month and always.



Kinley, Miley and Kingston's baby sister Aubree was born Friday, September 27. Aubree weighed 8lb 6oz and was 21 inches long. Great-grandmother is Flossie Langin and Alden Hickman is the great-great grandfather. Congratulations!



3th Annual Community Coat Drive

New or like new Coats needed for all ages & all sizes

Collection Dates: Now thru October 18th

Coats may be dropped off on Monday, Wednesday & Friday mornings at University Baptist Church, 700 South Oakland, Carbondale, IL.



Monetary donations will be accepted as well.

For more information contact the church
office : 618-457-0323 Or email
ubc11@ubccarbondale.org

United Methodist Men
Saturday, October 12, 2024
7:30 AM Breakfast
Murphysboro UMC

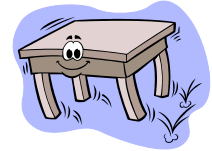


Grace Mission Statement

"Love God, love people, make disciples of Jesus Christ."

MaTT Club -

a place for kids and adults to gather with friends, old and new, at the table with Jesus.



MaTT Club is off to a wonderful start. We lost several of our friends this year but we also gained some new friends.

Nine children gathered for our first meeting. Our theme this year is "Fruit of the Spirit - Living Healthy". To start things off, we played some "fruit" games. First the children paired up by matching their half a fruit with the child who had the matching other half of the same fruit. The kids then asked each other three questions. When we came back together they introduced their new friend. We also did an orange race and played a version of Fruit Basket Upset.

During Bible Exploration I introduced the passage from Galatians 5:22-23a, then we discussed what "Fruit of the Spirit" is. After prayer the children created the cover picture for their binder books. The books are kept on the bookshelf under the TV in the children's area. Ask a MaTT Club child to show you their book.

During craft time we made Fruit of the Spirit Folding Craft Sticks. The children did a great job of connecting their sticks so that they folded like a fan. This was a bit of a high end craft and the children all did a wonderful job!

We end each meeting with prayer, first voicing Yay Gods and Hey Gods, known in the adult world as joys and concerns. We prayed about new teeth, vacation trips and the expected arrival of a new baby sister. After prayer each child draws a 'Prayer Bear' to receive the name of another MaTT Club child. The children are asked to pray for this friend till our next meeting.

Our next meeting will be October 20.

(continued on page 4)

MaTT Club continued from page 3

- Thank you for providing snacks Flossie and Shaleigh.
- Thank you for extra help Jennifer, Rosemary and Pastor Veronica.
- Thanks for taking pictures Jennifer.
- Happy September birthday, Freya.
- In October we'll focus on the fruits of Love and Joy.

■ *Flossie*

Give thanks ... and please give generously

Thanksgiving, Advent and Christmas are perfect opportunities to give thanks for God's generous gifts and to share our bounty with others. The Missions Committee encourages you to support the work of the Midwest Mission in Pawnee, Illinois, by providing monetary and in-kind support. Beginning in October, we will collect urgently needed items in Classroom 12, and early next year Larry Dunlap-Berg will deliver to Midwest Mission.



Urgent needs include:

- ☐ Onesies, size 0-6 months (Most manufacturers list them as 0-3 and 3-6)
- ☐ Flannel blankets (28" x 28" or 32" x 32") – no fleece or thermal
- ☐ Shampoo 12-15 oz.
- ☐ Trash Bags—heavy duty or contractor

If you do not enjoy shopping, Barb Dunlap-Berg does, so please feel free to give her cash or a check, and she will give you the receipt! (Note: She will get a shiny, new knee on Nov. 19, so please try to beat that deadline.)

Thanks in advance for sharing with Midwest Mission!

- Barb Dunlap-Berg and Karen Downey, co-chairs, Missions

Thank you to our Grace church family for their many prayers while I was in the hospital from September 21 - 23. Thank you to Alice Berry for sending out the prayer request for me.

The roses I received from our Grace UMC family while in the hospital are beautiful and much appreciated.

Linda Egner



Young at Heart on the Road



Young at Heart will be back on the road on Tuesday, October 8. We will be traveling to DuQuoin for 11:30 am reservations at BJ's Garden Inn Cafe where we will enjoy a private buffet with homestyle favorites such as fried chicken, ham and beans, and polish sausage and kraut. We will depart the MUMC parking lot at 11:00 am and after lunch we will return to Murphysboro stopping for a tour at Ron Kiser's farm where we will view his extensive collection of antique cars and other vintage items. Young at Heart is open to any retirees, so always feel free to invite a friend as we love welcoming new people to join the group. We hope to see "you" on October 8 at YAH goes back on the road!

Pastor Michelle



Spirit of Christmas: October 6 – November 10

Spirit of Christmas is a fundraising campaign to benefit clients of organizations such as Centerstone and Good Samaritan. Agencies will provide gift cards or gifts for their clients. If you want to participate, write a check to Interfaith Council with S.O.C. on the memo line. An envelope will be in the church office. Rosemary Hubenthal will send all checks to Interfaith Council on Nov. 10. Questions? Contact Rosemary at whroseh@gmail.com or 618-549-2563.