

## For The JOURNEY MONTHLY NEWSLETTER

2233 Golf Road, Eau Claire, WI 54701 www.hope-eauclaire.org 715-835-5310 hopeumcec@yahoo.com



With Christ as our center, we are called to reach out and share God's love with all.

Volume 30, No. 10 October 2023

"Generosity is the most natural outward expression of an inner attitude of compassion and loving-kindness." - H.H the Dalai Lama

"Give away your life; you'll find life given back, but not merely given back - given back with bonus and blessing. Giving, not getting, is the way. Generosity begets generosity."— Luke 6:38 The Message

Many of us were taught as children that it is important to share with others, but did you know that, increasingly, studies of the human brain are showing that we are "hardwired" to thrive as we are generous?



There is an increasing amount of research that shows that being generous is good not only for those who receive, but for those who give! Yes, a growing number of the world's leading universities and medical centers are discovering, through the study of brain science and other fields, that being generous is good for both individuals and for society. At the University of Pennsylvania, Dr. Femida Handy teaches a course called, "The Science of Generosity: Do Good...Feel Good!" based on the most current research. Individuals that practice generosity regularly have measurable positive outcomes in terms of health, stress reduction, and improved relationships.

In other words, there's real power in practicing generosity.

#### Why generosity?

- Giving enriches both the giver and the recipient.
- Giving extends beyond just material gifts and can involve selflessly giving one's time, energy, and talents.
- Acts of generosity lead to true happiness and have abundant benefits for mental and physical health, as well as improving relationships and self-esteem.
- Genuine acts of generosity come from a place beyond mere self-interest and have the power to transform lives and encourage mutual trust. (Continued on Page 2)



#### ONLINE WORSHIP LINK - Sundays at 9:00am & Special Services

We have moved our online worship platform from Zoom to FACEBOOK. https://www.facebook.com/Hope-United-Methodist-Church-116517175038771 10





(Continued from Page 1)

It is no wonder that when we are generous, our very health, relationships and well-being increases and our communities and God's world benefit.

Imagine your heart as a well, with generosity being the water that fills it. When you give, it's like pouring water into your well, enriching not only yourself but also those around you. Practicing genuine generosity where we expect nothing at all in return isn't always easy. Often, that's because we think these gestures need to be grand in order to be worthwhile.

At a recent outing to Altoona Family Restaurant, members of Hope UMC were surprised by an act of generosity. As they were nearing the end of their meal, the owner of the restaurant came out to explain that a gentleman, who had already left, had paid for the group's entire meal- all TEN of them! While not a world changing act, it was certainly grand enough! And it opened the door for the recipients to "pay it forward" as this type of act of generosity come to be known.

But wait...maybe it was enough to change the world. "It only takes a spark to get a fire going" (as it says in one of my favorite hymns, "Pass It On.") Perhaps you've heard the saying, "Be the change you wish to see in the world." The ripple effect of generosity can be vast – it sets off a chain reaction that reaches far beyond the immediate recipient of your kindness. As each person passes on the gesture, we see the potential for a kinder world emerging. All it takes is one act of generosity to start this process.

Acts of generosity don't have to be grand gestures; even small acts can reap abundant benefits. When you give freely without expecting anything in return, you create a powerful social connection. You're not only enriching someone else's life but also enhancing your own mental and physical health. The benefits in life associated with generosity extend beyond the immediate joy that comes from altruistic action - they touch on everything from improved relationships to increased self-esteem.

The Wesleyan movement got the name "Methodists" as a nick name or "cat call' aimed at John Wesley and the Holy Club at Oxford. They were methodical in living out their faith. They methodically, relentlessly visited prisons and hospitals and cared for the hungry and poor.

So much of the focus over the history of the church has been on its Orthodoxy, meaning "right beliefs," what Wesley called works of piety. But Wesley and others seeking to live the "Jesus way" across the centuries also have sought to incarnate their theology. They sought to put their beliefs into action through "right practices," Orthopraxis, or what Wesley called works of mercy.

There is great gain in a relationship with God (that is, godliness) that is lived out with contentment and in community. As we "live to give," a number of health indicators improve.

As a congregation, we will be studying how God has created us to be generous. Through a four-part series throughout October, our congregation is going to focus on generosity. This series is designed to help individuals and families reflect on God's generosity and then in turn understand that we are in fact woven together as human beings, created in the image of this generous God for community with one another.

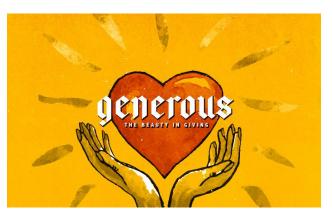
"For it is in giving that we receive." –Francis of Assisi

In Christ's Love,

Pastor Jen

#### **Worship for October- Generous**

We get lots of messages about what is important, what the "good life" is, and everything we need to do—and have—to achieve it. Still, so many of us remain unsatisfied, chasing after the next thing in search of fulfilment. But there is good news for us! God desires for us to have lives of contentment, freedom from worry, and joy in



abundance. And Jesus shows us the way there. As we learn how to find our contentment in God, we will also discover the beauty in giving. Our lives will be evidence that the good life is the generous life – a life through which the grace of God flows into the world.

#### October 1st- World Communion Sunday "Living With Abundance" Matthew 6:24-34

What we focus on gets magnified. We are invited to seek the kin(g)dom of God and experience a growing trust and freedom from worry.

# October 8th "Finding Our Contentment in God" 1 Timothy 6:6-12

When we find our contentment in God, we are freed for a changed perspective on money – no longer all-important for our happiness, but rather a tool to be used in our lives.

#### October 15th- Laity Sunday Matthew 25:14-30

Laity Sunday is a day set aside to remember and lift up a constant reality: the priesthood and ministry of *all*. Every person on the planet is invited to share in God's community of healing, love, justice, and world repair.

#### October 22nd "The Flow of Grace" Ephesians 3:5-12

Just as God's grace flows from Christ to the church, we are called to be conduits of grace to bless the world.

# October 29th "Abundance in Community" John 6:1-14

Though we may, at times, face scarcity, Jesus receives what we offer, blesses it and provides for us and through us.



In-Person Worship 9:00am Sunday Mornings

#### Online Worship Options



- ❖ Link to the Church Facebook Page for ONLINE WORSHIP (Sundays at 9:00am & Special Services) <a href="https://www.facebook.com/Hope-United-Methodist-Church-116517175038771">https://www.facebook.com/Hope-United-Methodist-Church-116517175038771</a>
- ❖ Zoom Link Option for ONLINE WORSHIP https://zoom.us/j/94890292077?pwd=ekxnanU5THc 2eEdLK1ZpRllKYUZ4QT09

Meeting ID: 948 9029 2077 /Passcode: 512603 Dial by your location +1 312 626 6799 US (Chicago)

# LAY PASTORAL CARE TEAM CONTACT INFORMATION



If you could use support, or if you know of someone who might, please contact a member of our Lay Pastoral Care Team

 Judy Ganong
 715-514-0258

 Connie Jacobsen
 715-838-9594

 Jan Lorentz
 608-886-0668





## **Hope Virtual Church**

## **GIVING OPTIONS**

We can continue our ministries whether we are meeting in-person, or online. The church is not about the building, but WE are the church.



MAIL: Please feel free to send your offerings in mail: Hope United Methodist Church

2233 Golf Road Eau Claire, WI 54701



#### **ELECTRONIC GIVING:**

Call or email the church office to request an Authorization Form for Automatic Withdrawal. Phone: **715-835-5310** (leave a message)

Email: hopeumcec@yahoo.com



ONLINE GIVING Coming Soon

## **UPCOMING EVENTS**



#### UPCOMING COMMITTEE MEETINGS

Oct 2 1:30pm Nurture

➤ Oct 2 5:00pm Faith Formation

➤ Oct 10 6:00pm Trustees

> Oct 23 6:00pm Ad Board

Committee Meetings ZOOM Link:

https://zoom.us/j/94890292077?pwd=ekxnanU5THc2eEdL

K1ZpRIIKYUZ4QT09

Meeting ID: 941 9785 3095 / Passcode: 078279



#### Rehearsals:

7:00pm Tues, Oct 17 7:00pm Tues, Oct 24

#### Sing in Worship:

Sunday, Oct 22 Sunday, Oct 29

Mark Your calendars! 2023 Annual Charge Conference 5:00pm Tues, Dec 5<sup>th</sup>



#### 2023 WISCONSIN CONFERENCE UNITED WOMEN IN FAITH ANNUAL GATHERING

"Mosaic of Faith: We are All Part of God's Story"

October 13 & 14, 2023

Lake Street United Methodist Church 337 Lake Street, Eau Claire, WI 54703



Tuesday October 31st 5:00-7:30pm



#### PLANNING FOR TRUNK-OR-TREAT

We will start organizing for the parking lot Trunk or Treat event soon, and will need people to dress up, decorate vehicles and meet the families in our neighborhood. We'll also need donations of packaged candy and snacks to pass out. Look for the sign-up sheets and stay tuned!

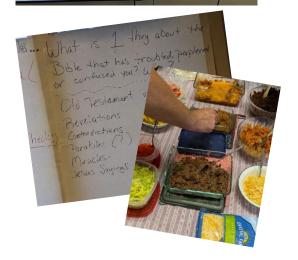


Regular Office Hours: 9:00am-1:00pm Tues, Wed, Thurs (Office hours may change occasionally, please call before you visit)

BOOK STUDY & DINNER "Making Sense of the Bible" Fall 2023



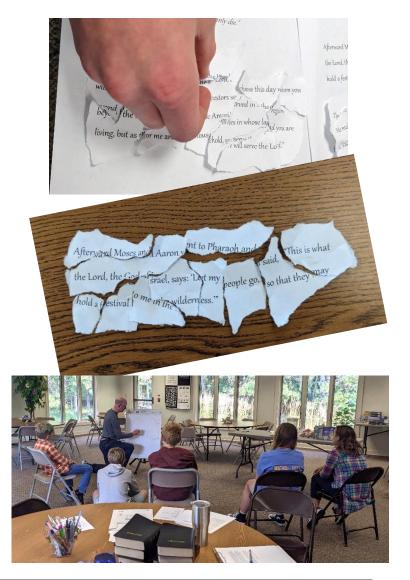




### HOPE BIRTHDAY CELEBRATION September 24, 2023



#### **CONFIRMATION Fall 2023**



# CARPET CLEANING September, 2023

THANK YOU to all who donated to help offset the cost of cleaning the carpets! The stains are gone and it feels so nice to have it all fresh and clean!





# REPLACING DOORS & NURSERY

WINDOWS Sept 26, 2023





# There are many opportunities to share



## your gifts and talents:

- Reading
- Greeting
- Sunday Fellowship
- Mowing
- Running PowerPoint
- Help to Prepare/Serve Communion
- and many more!

Please let
Pastor Jen
know if you are
interested, or
if you have
questions.





# BEACON VOLUNTEERS NEEDED

We will be serving at Beacon House on Wednesday- Friday, October 11-13. We are in need of servers, food providers, and donations. If you are interested, please sign up on the clipboard at church or contact Joey Bohl at 715-563-0983 or gibbonje@hotmail.com.

Supper is served each night at 5:30 p.m. If you would like to pair up with an experienced volunteer and join us in this fantastic opportunity, contact Joey. Monetary donations to cover overnight staff at \$80/night are appreciated and may be made to the church. Additional donation items can be found at:

https://www.familypromisecv.org/donate and may be dropped off at church prior to October 8.



Women of Hope will meet in Fellowship Hall at 9:00am on Saturday, October 21st.



#### WOMEN'S BIBLE STUDY

Our next gathering will be October 23rd at 1:00pm. Please contact Linda Larson with questions.



Our next serving date at Feed My People will be Thursday, October 12<sup>th</sup> from 1:00-3:00pm. Please contact Cheryl Muller for more details.







### Don't Throw Your Batteries in the Trash!



Place your old batteries in the box in the hallway at church, and we'll make sure they are disposed of appropriately and can keep them out of the landfill.



#### SAVE YOUR INK CARTRIDGES

Please save your Empty (notpreviously re-filled) cartridges for Hope!

Please do not throw your empty inkjet, laser, or printer cartridges in the trash! We have a way to turn those cartridges into cash. Simply place your empty cartridges in the basket near the main entrance.



# FOOD PANTRY SUNDAY THIRD SUNDAY OF THE MONTH

As you know we have added a new little food pantry and it has been well utilized. It is a great ministry and example of

loving our neighbors! Our next Collection Date will be October 15<sup>th</sup>.

#### **FINANCE NEWS**

FINANCIAL REPORT - AUGUST 2023					
	MTD	YTD			
Contributions	\$8,467	\$88,339			
Expenses	\$9,056 \$86,078				
	(\$589)	\$2,261			

#### CONNECTIONAL GIVING (APPORTIONMENTS)

 Conference Assigned
 We Have Paid

 Amount for 2023:
 As Of 8-31-23:

 \$16,493.00
 \$8,960.00

## **FAITH FORMATION NEWS**



- SUNDAY SCHOOL: October 8
- ❖ CONFIRMATION: Confirmation will meet again October 21<sup>st</sup> at 9:30am at Hope UMC. Kids in 5-8th grades are eligible. For more information contact Pastor Jen.

## J.O.N.A.H. NEWS & UPDATES

(Joining Our Neighbors Advancing Hope)

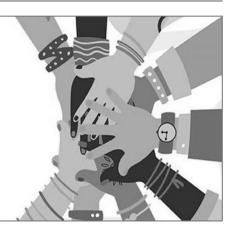
#### JONAH mission statement:

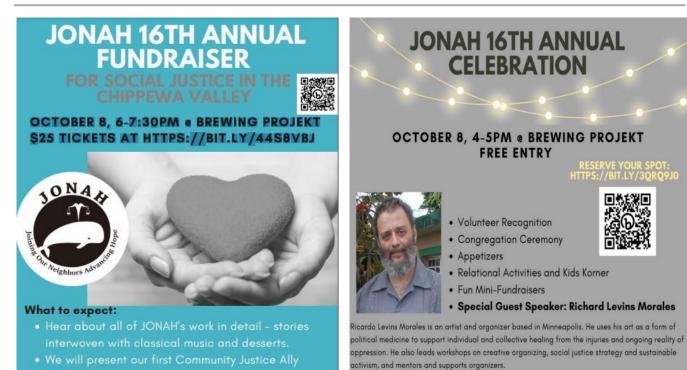
JONAH exists to deepen relationships within and among faith communities and partner organizations to empower people in addressing the root causes of social injustice in the greater community.

Visit the JONAH website for updates and more information www.jonahjustice.org

JOIN A TASK FORCE - Consider attending one of JONAH's task forces to see if you would like to get involved:

- Environmental Task Force
- **Immigration Task Force**
- Chippewa Valley Child Poverty Coalition
- Affordable Housing Task Force
- Transportation Task Force
- Chippewa Valley Justice Action Team
- Mental Health Group





· Consider your giving level to create community and

Limited seats available!



born into the anti-colonial movement in his native Puerto Rico and was drawn into activism in

Chicago when his family moved there in 1967...This activism has included support work for the Black Panthers and Young Lords and participating in or acting in solidarity with farmers, environmental,

labor, racial justice, antiwar and other struggles for peoples empowerment.



#### All are invited to the 2023

## WISCONSIN CONFERENCE UNITED WOMEN IN FAITH ANNUAL GATHERING

"Mosaic of Faith: We are All Part of God's Story"

October 13 & 14, 2023

Lake Street United Methodist Church, 337 Lake Street, Eau Claire, WI 54703

#### FRIDAY OPTIONAL ACTIVITIES DURING THE DAY:

10:00 – 11:30: **Volunteer Opportunity for Service -** We will be helping at Hope Village Chippewa Falls. We will be making laundry detergent, dryer balls and fabric softener. The materials will be there, and each volunteer will contribute \$15 for the provided materials. 1825 Kennedy Rd, Chippewa Falls, WI 54729

**Ingathering materials:** This year we are collecting detergent, soap, diapers, shampoo, conditioner, paper products (such as Kleenex, paper towels and toilet paper), and feminine products which will go to Lather with Love, Lighten your load and food pantries.

11:30 – 12:45: **Lunch** - Cowboy Jacks, 1432 Front Porch Place, Altoona, WI 54720

1:00 – 2:30: Visit Chippewa Valley Museum, 1204 E. Half Moon Drive, Eau Claire,

WI 54703. Group tour - Seniors \$10, Adults \$12.

2:45 – 4:00: Explore sculptures in downtown Eau Claire

#### FRIDAY EVENING

Registration from 5:30 - 6:30 pm; program begins at 6:30 pm for all. This year no separate training for district officers. It will be held at a separate time – October 26th

Worship leaders: Linda Caprariello and Irene Verdegan with Karol Hommen on the piano.

**Self-care:** Sarah Aiken-Felling "Acupressure for Emotional Resiliency"

Keynote: Kerri Parker "How to have difficult conversations."

#### SATURDAY MORNING

Registration from 8:00 - 8:30 am; program begins at 8:30 am

Worship leaders: Linda Caprariello and Irene Verdegan. Karol Hommen on the piano.

**Self-care:** Sarah Aiken-Felling "Acupressure for Emotional Resiliency"

**Speaker**: Heidi Careaga "Latest UWF Info using our website" **Kevnote:** Mike Cohoon, Founder of Hope Village Chippewa Falls

Foot Washing Ceremony: Barb Certa-Werner, Assistant to the Bishop

#### SATURDAY AFTERNOON

1:00-2:00 Breakout sessions:

- Learn about some ministries of the Chippewa Falls Mission Coalition which all can be easily duplicated in your city: Lighten your load, Hope Village Mentoring, Lather with love, Soles for Souls, & Food for Kids with Gayle Klitzke
- Kairos Prison Ministry with James Kilpatrick
- Our Whole Lives (OWL): Faith and Sexuality over the Lifetime with Kathy Hartke
- Soul Care: The Healing Power of Plants with Margaret Murphy
- Shaping Destiny video: Stories of Trauma and Resiliency with Deb Pattee

#### REGISTER BY FRIDAY, SEPTEMBER 22 FOR A REDUCED FEE OF \$25 (INCLUDES SATURDAY LUNCH)

Contact: Jan Voss, 10087 151st, Chippewa Falls, WI 54729

Jbv128@gmail.com 715 559-3430

A block of rooms has been reserved under United Women in Faith for \$134.95 at Staybridge Suites Eau Claire-Altoona, 1515 Bluestem Blvd, Altoona, WI 54720. To reserve a room call: (715) 830-0800. Fax: 715 830-0802. Web: <a href="https://www.staybridgesuites.com/altoonawi">www.staybridgesuites.com/altoonawi</a>. Room block and rate expire on October 1, 2023. If you reserve your room before Oct 1, you will not have to pay any tax.

#### DIRECTIONS TO LAKE ST. UMC – 337 LAKE ST. EAU CLAIRE, WI 54703

**From West** – Take I-94 eastbound to Exit 65 (Hwy 37). Turn right onto Hwy 37 to Clairemont Ave. Turn left onto Clairemont Ave to Menomonie St. Turn right onto Menomonie St. (at end of bridge) & follow to 5th Ave. Turn left onto 5th Ave. to Lake St. Turn right onto Lake St. Church is on corner of Lake St. and 4th Ave.

**From South** – Take I-94 westbound to Exit 65 (Hwy 37). Turn right onto Hwy 37, then follow directions to church given for those coming from the west.

**From East** – Take Hwy 29 westbound to Exit 75A (Hwy 53). Go south on Hwy 53 to Exit 89 (River Prairie). Turn right onto River Prairie and go to Hwy 124 (Hastings Way). Turn left onto Hastings Way and go over bridge to stoplight at Main St. Turn right onto Main St. Follow Main St. to stoplight at Farwell St. Turn left onto Farwell St. Go 1 block and turn right at the stoplight onto Lake St. Church is on corner of Lake St. and 4th Ave.

**From North** – Take Hwy 53 south to Exit 89 (River Prairie). Turn right onto River Prairie and follow directions to church given for those coming from the east.

**Note** – These directions are not necessarily the most direct route through Eau Claire to the church, but involve the least number of turns and avoids most high traffic areas.

Wisconsin Conference Annual Gathering of United Women of Faith: Lake Street Methodist Church in Eau Claire, WI

October 13 & 14, 2023

Early Registration Deadline: September 22 at \$25

Late Registration Deadline: October 1 at \$35.

If you register after October 1, you will need to make your own lunch arrangements for Saturday.

#### Friday optional activities:

#### Circle those you plan to attend

10:00 - 11:30: Volunteer service at Hope Village in Chippewa Falls making 3 different things!

1:00: Visit the Chippewa Valley Museum

2:45 – 4:00: Tour the streets of Eau Claire to see the largest display of sculptures in the country.

#### Saturday afternoon breakout session:

Please circle preference for breakout session.

- A. Learn about some ministries that you might also duplicate in your area.

  Gayle Klitzke
- B. Kairos Prison Ministry. James Kilpatrick
- C. Our Whole Lives (OWL): Faith and Sexuality over the Lifetime. Kathy Hartke
- D. Soul Care: The Healing Power of Plants. Margaret Murphy
- E. Shaping Destiny video: Stories of Trauma and Resiliency.
   Deb Pattee

Please PRINT: If registering for a separate form for each person		one person, copy and complete
Name:		
Address:		
City:	State:	Zip Code
Email Address:		
Phone:		
Church:		
Please check all that apply:		
Teen (Teen only Age)		
First Time Attending		
UWF member		
Clergy		
Guest (not UWF member	)	
Lunch: Chicken salad on a cro accommodations for both vege Dessert: Bars Coffee, lemonade, and water		
Bring refillable coffee and w	ater containe	rs.
There is no childcare availab	le.	
Emergency contact informat	ion:	
Name		
Relationship		
Day Phone		
Evening		
used in material to promote Ur	nited Women	Annual Gathering and could be in Faith. I permit my photo to th to help share United Women
Sign		
Date		
Special request:I need a so awarded to the first 25 to make		scholarships available,
Please make checks payable to Mail to Registrar: Jan WI 54729.		N CONFERENCE UMW 151 <sup>st</sup> , Chippewa Falls,
TOTAL AMOUNT EN	CLOSED: \$_	

J	October 2023					Hope United Methodist Church	thodist Church
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ш	1		E	4	50	9	7
	9:00am WORSHIP	10:00-11:30am Coffee & Chat (FH)		Pastor Jen @ Green Lake			9-2 Chapel Heights
	SUNDAY			6:00pm - Book Study			Fall Bazaar
		1:30pm Nurture		"Making Sense"			
		7 to 1			4:30-8:30pm (FH + K)		
		5:00pm Faith Formation	5:30pm Zumba (FH)		Mindfulness		
	8	6	10	11	12	13	14
	9:00am WORSHIP			Beacon House	_		
	200000			6:00pm - Book Study	1:00-3:00pm		
			6:00pm Trustees	"Making Sense"	Feed My People		
	6-7:30pm JONAH Fundraiser		5:30pm Zumba (FH)		4:30-8:30pm (FH + K) Mindfulness	United Women of Faith @ Lake Street	ke Street
	15	16	11	18	19	20	21
	9:00am WORSHIP						9:00am Women
- 14	Food Pantry Sunday		5:30pm Zumba (FH)				of Hope (TBD)
/I _							9:30am CONFIRMATION
			7:00pm CHOIR	5:30pm P. Valley			at Hope
				Book Study "Chasing Francis"	4:30-8:30pm (FH + K) Mindfulness		11am-2pm PV Bazaar
	22	23	24	25	26	72	28
	9:00am WORSHIP	NEWSLETTER					
	CHOIR	DEADLINE	5:30pm Zumba (FH)				
		1:00pm Women's	7:00pm CHOIR	5:30pm P. Valley			
		Bible Study 6:00pm Ad Board		Book Study "Chasing Francis"	4:30-8:30pm (FH + K) Mindfulness		
	29	30	31	1-Nov	2-Nov	3-Nov	4-Nov
	9:00am WORSHIP						
	CHOIR						
			5:30pm Zumba (FH)				
			5:00-7:30pm TRUNK-OR-TREAT				

SERVING SCHEDULE	View the most current Serving Schedule, by following this link, or scanning the QR code at the bottom of the page: <a href="https://hopeumceauclaire.churchtrac.com/card/34">https://hopeumceauclaire.churchtrac.com/card/34</a>				
	Oct 1	Oct 8	Oct 15	Oct 22	Oct 29
Greeters	Ruth & Ray Nyland	Judy Ganong	Linda Larson	Connie Jacobsen	John & Merry Weiland
Online Greeter					
Scripture Reader	Sharon Fortune	Cindy Peterson	Ryan Stepp	Linda Norton	Cindy Peterson
Children's Message		Sharon Fortune			
Prayers of the People	Becky Gochanour	Pastor Jen	Jan Lorentz	Pastor Jen	Sharon Fortune
Audio Visual	Renee Marino	Alberto Larabee	Cindy Peterson	Renee Marino	Alberto Larabee

#### **SUNDAY MORNING SCHEDULE**

#### 9:00am Sunday Worship

We will have both In-Person Worship and Online Streaming of the service on our Facebook Page.

#### **HOPE UMC OFFICE HOURS**

Tues, Wed, Thurs 9:00am- 1:00pm Office hours may change occasionally, please call before you visit.

#### **HOPE UMC STAFF**

Pastor . . . . . . . . Rev. Jen Barnet Office Manager . . . Kristen Kirchman Pianist . . . . . . . . . Ben Kittilstad

# HOPE UMC website: www.hope-eauclaire.org



Visit and "LIKE" the Hope UMC Facebook page

From our website, click the "Like Us on Facebook" button just above the map showing our location

### **SCAN HERE**

for more info and LINKS



FOR THE JOURNEY Newsletter articles and updates should be submitted to the church office by the **20**<sup>th</sup> of each month. Contributions are welcome.