

**Central United  
Methodist Church  
October 27, 2024**



Lectionary readings for

October 27, 2024

Twenty-Third Sunday after Pentecost:

[Job 42:1-6, 10-17, Psalm 34:1-8, 19-22,](#)

[Hebrews 7:23-28, Mark 10:46-52.](#)

*What do you want me to do for you?* -Jesus: two times in Mark.

In this week's gospel reading, we witness Jesus' healing Bartimaeus, a blind beggar sitting, in Jericho. Bartimaeus cried out to Jesus even though it made folks angry. Those in the crowd tried to shut Bartimaeus up, Just as the disciples tried to keep children from coming to Jesus for a blessing.

What is it about his followers preventing the very people who need Jesus the most from coming to him? I wonder if you see this trend in churches today.

After the healing, Bartimaeus followed Jesus "on the Way," presumably to his crucifixion at the hands of the religious leaders in Jerusalem.

In the Gospel of Mark Jesus first asks the question, "What do you want me to do for you?" to James and John. After they ask for glory and honor, Jesus informs them that they don't know what they are asking for. Do you ever feel like you don't know what you would ask Jesus for?

Our small groups wrestled with the task of naming our needs this week. It is not as simple as it sounds. Many things we need make us want to cry out when they are lacking: safety, health, rest, creativity, relationships, air, sleep, and so much more. Scripture invites us to bring our needs to the Lord. And if you're perplexed about why God seems quiet or far off, just do the next right thing while you keep bringing up your need in prayer.

At any rate, these sturdy dreamers, Bartimaeus (who can now see) and James and John (who will see after the resurrection) follow Jesus on the Way. They witness the "cup he drinks" which he promised the brothers Zebedee that they too would share. They experience his unjust arrest, trial, and crucifixion.

At the empty tomb, Mark tells of a young man in a white robe. Is this clear-eyed Bartimaeus announcing where Jesus can be seen? He knew his need: to see again. He lived his response to follow Jesus' way.

May we be blessed to follow Jesus.

**Pastor Biel**

EMOTIONS AREN'T "GOOD" OR "BAD"

↓ EXAMPLES ↓

**STRESS**

"I need to slow down. I need self-care."

**SAD**

"It's okay. I need love & to look for joy & gratitude."


**ANXIOUS**

"I need calm & grounding. I can remind myself I am safe & can manage this."

They are SIGNALS to us...

our body bringing our attention to something → Maybe letting you know that something is 'off-kilter' or out of balance.

ASK YOURSELF:  
"WHAT IS THIS FEELING TRYING TO TELL ME?"



@journey-to-wellness

## Bible Study



Join us for Bible Study from **9 am to 9:45 am** - Sunday morning via Zoom.

If you would like to be on the Zoom list for the Bible Study Class, please email the church office by clicking on this link:

[centralchurch@skokiecentralumc.org](mailto:centralchurch@skokiecentralumc.org).

## Worship Service

Join us in the Sanctuary for our in-person service. We celebrate the **Lord's communion every Sunday and we invite all to partake regardless of membership.**

The worship service is available on Zoom at 10:30 am. Please email or click this link: [centralchurch@skokiecentralumc.org](mailto:centralchurch@skokiecentralumc.org)

to request the Zoom Link information.

## Donate



We appreciate all the financial support that has been received to support the church and missions. You can now give your financial support to Central in many ways.

**CASH and CHECKS**— Cash and check donations can be placed in the offering box at our church services. Checks can be mailed to the church.

**VENMO** – Using the VENMO app, pay by credit card. Enter Central Church's Venmo email: [centralchurchgiving@gmail.com](mailto:centralchurchgiving@gmail.com).

**ONE TIME DONATIONS OR SET UP RECURRING DONATIONS BY CREDIT CARD OR BANK TRANSFER USING THESE OPTIONS:**

**ONLINE GIVING** – go to <https://onrealm.org/skokiecentralumc/give/now> ;

or use the QR Code.

**TEXT TO GIVE** – Using our secure online giving platform, TEXT to 73256 and send the message GIVECHURCH. A response will appear with a link to our online giving web page.

### From The Trustees



### **THANK YOU TO ALL THE VOLUNTEERS WHO HAVE HELPED TO CLEAN UP THE LOG CABIN**

A big thank you to Mae Williams, Diane and Edgar Wolff-Klammer, John and Kathy Tiffin, Ernie and Millete Silverio for the herculean efforts in cleaning up, fixing, and reorganizing the log cabin.

This activity all started after Trustees considered a shared space agreement with the Morton Grove Presbyterian Community Church. They will be using the Log Cabin on

Sunday Mornings for their worship service and Parlor B exclusively as their church office.

Improvements to the Log Cabin have included:

1. Removing black mold from Parlor A
2. Major upgrade of the flooring in Parlor A
3. Installing new Red Oak planks in Parlor A
4. Sanding much of the flooring throughout the Log Cabin
5. Vacuuming the walls after the floor sanding
6. Washing down the walls after the vacuuming
7. Washing down the kitchen
8. Vacuuming the floors
9. Wiping down, vacuuming, and polishing all the furniture
10. Washing all the windows
11. Installing a new energy efficient hot water heating system.  
And we continue to use the historic and heavy radiators
12. A new domestic hot water heating system was installed

People who have volunteered and help with the cleanup are:

1. Barb Smith
2. Boy Scouts, Troop 72
3. Diane Wolff-Klammer
4. Ernie Silverio
5. James Faber
6. Joanne Faber
7. John Tiffin
8. Joy Hoffman
9. Karen Buccola
10. Kathy Tiffin
11. Mae Williams
12. Marides Haidari
13. Mary Wadleigh
14. Millete Silverio
15. Ruby David
16. Tae Yoon Kim

Professional Experts who made this happen are:

JR GRAVES Remodeling  
(773) 447-3992

Gartner HVAC  
(847) 965-9645

A Log Cabin Re-opening Celebration Party is being planned. We will celebrate those who helped financially and physically with this project.

***Kathy Tiffin***

***Trustees Chair***

## Altar Flowers



**October 27, 2024**

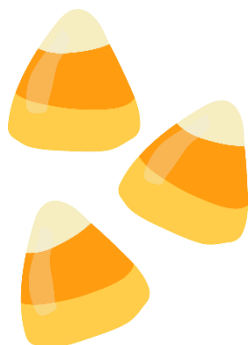
The altar flowers this Sunday are provided by Pam Castaneda in honor of Mae Williams' birthday.

## Fellowship

**Sunday, October 27, 2024** is the last Sunday of the month, don't forget, **Pot - Luck!** Please bring a dish to share!

The following allergies and dietary restrictions within our congregation are known of: **corn, dairy, gluten, meat and onions.**

## Halloween Candy for the Kids



**Sunday, October 27, 2024**

All children are invited to come to church in their Halloween Costume! Come dressed in your Costume for a day of treats and fun. We encourage all church members to bring a bag of candy to pass out during fellowship hour.

## Looking Ahead

### Readers, Flowers and Fellowship Oh My!

**We are always looking for Volunteers. Please sign up, TODAY!**

**Sunday, October 27, 2024**

Reader: [Zaillah Gurugulla](#)

Flowers: Pam Castaneda

Host Fellowship: POT-LUCK

**Sunday, November 3, 2024**

Reader: Tina De Ocampo

Flowers: Mar Haidari

Host Fellowship: **Volunteers needed**

**Sunday, November 10, 2024**

Reader: Ruby David

Flowers: Ruby David

Host Fellowship: **Volunteers needed**



## All Saints Day



### **Sunday, November 3, 2024**

"All Saints Day is an opportunity to give thanks for those who have gone before us in the faith. It is a time to celebrate our history, what United Methodists call the [tradition of the church](#).

From the early days of Christianity, there is a sense that the Church consists of not only all living believers, but also all who have gone before us. For example, in Hebrews 12 the author encourages Christians to remember that a "great cloud of witnesses" surrounds us encouraging us, cheering us on."

to learn more [click here](#).

**On Sunday, November 3, 2024**, Central UMC will be honoring those who have passed away. If you have somebody you would like to honor, please email the church office at: [centralchurch@skokiecentralumc.org](mailto:centralchurch@skokiecentralumc.org)

## UMCOR 2024 Disaster Response



### UMCOR U.S. Latest Responses

UMCOR and its partners are responding to disasters across the globe every day.

Please join us in prayer for the affected areas and consider giving to UMCOR U.S.

Disaster Response to support these efforts.

UMCOR will provide further updates as they become available. For the most up to date information, follow the [UMCOR Facebook page](#).

Hurricane Helene has devastated parts of the southeastern U.S., bringing catastrophic wind, rain and flash flooding to many states and communities.

In response, UMCOR is coordinating with affected annual conferences and supporting their local relief efforts. So far, UMCOR has awarded solidarity grants to the North Georgia, South Georgia, Western North Carolina and Holston annual conferences.

Additionally, UMCOR-trained Early Response Teams (ERTs) are coordinating efforts to support the removal of debris, tarping of roofs, and cleaning out of homes in hard-hit areas.

to learn more [click here](#).

## Elections



Posted: October 4 2024 at 12:00 AM

Author: Bishop Dan Schwerin

“We are one people, one family, one house.”—John Lewis, *Walking with the Wind*

On Oct. 5 we will be roughly one month away from the Nov. 5 national elections. As your bishop I ask you to pray for and live into election neighborliness. Let me explain.

Matthew 22:37-39 reads, “‘You must love the Lord your God with all your heart, with all your being, and with all your mind.’ This is the first and greatest commandment. And the second is like it: ‘You must love your neighbor as yourself.’”

In First Nations Version: An Indigenous Bible Translation of the New Testament, that same passage is rendered, “‘You must love the Great Spirit from deep within, with the strength of your arms, the thoughts of your mind, and the courage of your heart.’ This is the first and greatest instruction. The second is like the first, he added. ‘You must love your fellow human beings in the same way you love yourselves.’”

Notice that love is to be at the center of our life together.

When I met with Muslim leadership in Chicago not long ago, we discussed what we could agree to work on together as children of Abraham. Of the many things we affirmed, we committed to engendering neighborly interfaith relationships in our span of care. One request surprised me: Could we agree to conduct ourselves by telling the truth? Misinformation intimidates legitimate citizens from diverse people groups from going to the polls for fear of harassment.

Spreading fear-filled falsehoods about particular people groups is a weapon not used by love-your-neighbor people.

I pray that United Methodists in Northern Illinois and Wisconsin will encourage entrance into shared public spaces, and foster relationships of well-being. We have an opportunity to practice election neighborliness with our words and deeds. Paul Chilcote says ours is the choice between hostility and hospitality. I appreciate the words of John Lewis on this: “We are one people, one family, one house.”

In the next month during your private and public worship prayer times, remember to pray for the election process. Please seek of God and offer your neighbor free and fair election behavior. Pray for a process not marred by malfeasance, and an acceptance of honestly established outcomes—especially without resorting to violence.

Know that I am praying for you, and I am grateful for your ministry.

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Click below for voting resources:

### [Is the UMC involved in politics?](#)

The people called Methodists have been actively involved in social and political matters from their founding in 18th century England. Methodists were among the primary advocates for the abolition of slavery across the British Empire, the organization of labor unions to protect workers from dangerous working conditions, the ending of the debtors prison system, and the creation of new systems of care for poor children. Given this heritage, Methodists have continued to advocate for other social or political issues since that time - [women’s suffrage](#), temperance, civil rights, health care and care for the environment, to name a few.

### [Vote](#)

Everything you need to Vote.

[votesavesamerica.com](https://votesavesamerica.com)

VSA's Build Your Own Ballot Tool is make it easier to vote up and down the ballot! No more getting overwhelmed by all the options or leaving the bottom half of your ballot blank—we've made it easy with our thorough research and sample ballots. Click below to get started with BYOB (Build Your Own Ballot).

## Central Caring Crafters



**Thursday, November 21 , 2024**

**10 AM Ed Bldg. Room 7**

The prayer shawl group is back as **Central Caring Crafters!** We are exploring the scope of our group to include quilting, sewing and other crafts that you have a heart for. Bring a bag lunch and stay for lunch together or just come to gather for exchange of patterns and ideas. We hope to see you there!

If you're interested, please email the church office at: [centralchurch@skokiecentralumc.org](mailto:centralchurch@skokiecentralumc.org)

## Tai-Chi Classes



Interested in learning Tai-Chi? Join our free class in the **Log Cabin, Tuesday mornings, 9:00 to 10:00 a.m.** Classes are taught by certified instructors, Jas and Jo Faber. This slow, meditative exercise is designed to improve energy, relaxation, balance and overall health.

If you're interested, please email the church office at: [centralchurch@skokiecentralumc.org](mailto:centralchurch@skokiecentralumc.org)

## Tuesday Morning Meditation



**Weekly on Tuesday**

**Hybrid - Ed Bldg. Room 7**

**Starting the first week of Oct**

**10:30 AM**

Join us as we gather to practice Lectio divina on the weekly lectionary readings.

**Lectio divina** is a contemplative practice with its Christian roots in the Benedictine tradition. It combines slow, conscious reading of a biblical or sacred text with contemplation and silent prayer. It is meant to promote communication with God and a deeper knowledge of Christ, in our lives today.

During Lectio Divina we put aside thoughts of studying the text. This is not the time to consider the historical or theological meanings of what we are reading. We read with a willingness to enter into text in a felt sense. The purpose of this practice is to hear, in silence, the word of God, in this moment. What, through this reading, is God saying to me right now? What do I hear that helps me know what it means to walk the Christ path today?

Lectio Divina has traditionally been a communal practice; that is, one shared when in a group but it can be done when alone.

to learn more [click here](#)

## Mini Food Pantry

Thank you to everyone who brings food for our Mini Food Pantry. The Pantry needs filling every day. Please bring something on Sunday - even a couple of cans would be gratefully accepted.

Please do not bring any containers - empty jars, etc.

Below is a list of suggested items - because the Mini Food Pantry is outside, it's important to only contribute non-perishable items, such as:



- [Canned goods](#) with ring-pulls
- Hygiene products: toothpaste/toothbrush, deodorant, soap, menstrual products, etc.
- Tuna and crackers
- Spices; salt and pepper
- Cooking oil
- Sugar
- Tea and coffee
- Peanut Butter
- Kids' snacks
- Dish Soap
- Stove-top Stuffing
- Non-perishable foods
- Bottled water

Thank you for your support in helping others less fortunate.

If you have questions or suggestions, please email the church office at

[centralchurch@skokiecentralumc.org](mailto:centralchurch@skokiecentralumc.org)

## 2024 UWFaith NIC Annual Celebration

**Bind us together**

**Saturday, October 26, 2024 9:00 am – 12:00 pm (will be streamed)**

at **First United Methodist Church - [1903 E. Euclid Ave., Arlington Heights, IL 60004](#)**

**Cost will be \$15.00, includes lunch; Virtual registration \$10.00**

**Registration Begins at 8:30 am**

Beverages and morning snack and fellowship - Please bring your own refillable beverage container. Carpooling strongly encouraged!

Worship, business meeting, and communion service with Pastor Brittany Isaac.

Election and installation of officers for 2025

Offering for our Pledge to Mission

Keynote speaker Gloria Carter, WI Pres. United Women in Faith

Lunch and fellowship 12:00 – 12:45 pm

Leadership training sessions for district leaders: 1:00 – 2:00 pm

Focus groups for those not attending training sessions

Childcare provided at no charge; please bring sack lunch and snack for children.

Registration closes October 16.

[Click here](#) to learn more.



## Center for Action and Contemplation



**Discover contemplative wisdom and practices that are easy to understand and apply to your everyday life.**

Contemplation is the practice of being fully present—in heart, mind, and body—to what is in a way that deepens awareness, encourages oneness, and strengthens compassion. A committed daily contemplative practice doesn't have to be long or complex—it simply needs to allow deep listening to open your heart to love.

Discover ways to embody the contemplative life with this collection of practices that help us align actions and values, re-engage with our True Self, and show up in service to the world.

[Click here](#) to learn more.

## Spiritual Gifts



Every child of God is filled with [the power of the Holy Spirit](#), specially gifted to play a unique and valued role in the body of Christ.

No one is without gift or purpose.

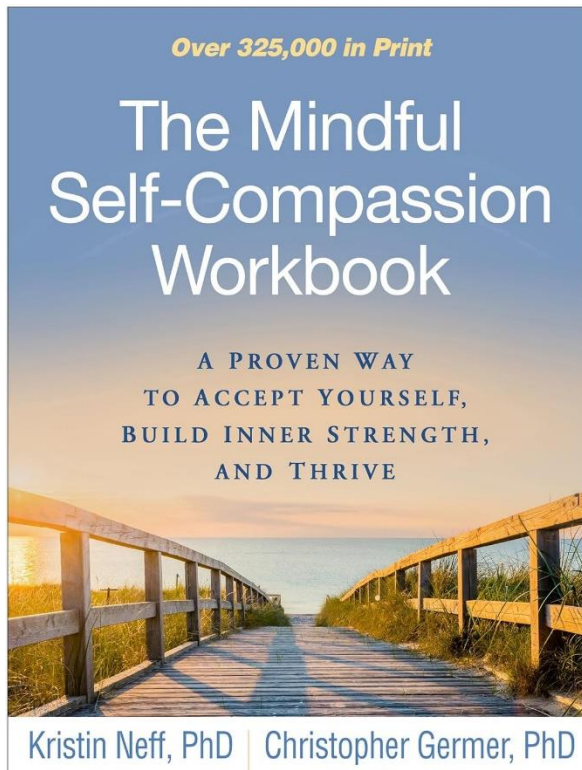
Spiritual gifts are not our talents or skills. They are the grace of God at work within us, empowering us to match our deep passions with the world's deep need. The gifts are given to individuals, but they are given to build and strengthen community and to meet the needs of those around us.

Begin the journey. Discover your gifts. Talk about your gifts with others. Strive together to understand your gifts and how you can use them to serve God, neighbor, and world. You have been gifted. You have been given a purpose.

[Click here](#) to take Spiritual Gift Assessment.

[Click here](#) to learn more.

## Mindful Self-Compassion



Are you interested in learning how to cultivate more compassion in your life? We're inviting you to join our new study group focused on self-compassion.

Why join?

- **Personal Growth:** Compassion can reduce stress, anxiety, and depression while boosting self-esteem and overall well-being.
- **Stronger Relationships:** Compassion fosters empathy, understanding, and connection with others.

**Positive Impact on Your Community:** By learning compassion, you can contribute to a more caring and supportive environment for everyone.

What to expect:

- Guided Discussions: We'll explore various techniques and practices for cultivating compassion.
- Shared Experiences: You'll have the opportunity to share your thoughts, feelings, and insights with a supportive group.
- Practical Exercises: We'll practice mindfulness, meditation, and other compassionate exercises together.

### **What is self-compassion?**

Let's face it – life can be hard. Difficult emotions such as grief, worry, and fear are all part of the human experience. Oftentimes, we do everything we can to avoid experiencing these difficult feelings. **Research has shown that the more we try to [suppress certain emotions](#), the stronger those emotions become.**

What happens when, instead, we show ourselves compassion? Self-compassion means treating ourselves with love and kindness. It involves validating our feelings and experiences instead of trying to fight back against them or change them. Self-compassion allows us to accept our humanness and validates what we are experiencing.

We can show ourselves self-compassion in a variety of different ways. Whether we offer ourselves a **soothing touch**, such as placing our hands over our heart or giving ourselves a gentle hug, or offer ourselves words of **love and kindness**, self-compassion is a unique journey for everyone.

### **What self-compassion is not.**

We often have a tendency to mistake treating ourselves with compassion as being selfish, weak, or engaging in self-pity – in reality, it is **quite the opposite**. Research shows that individuals who have greater self-compassion are actually able to be more caring and supportive to others. Self-compassion is a sign of inner strength, courage, and resilience to overcome life's challenges – which is anything but weak.

Self-pity places focus on the individual, whereas self-compassion recognizes that everyone goes through difficult times. Engaging in self-compassion can help us to feel more connected to others and focus on commonality, instead of feeling isolated in our problems.

**\*\*NEW START DATE Oct 9 - Nov 20. An 8-week long study**

**Location: Zoom**

**Time: 7 PM - 8:30 PM CDT**

**Please email the office or Mar if interested.**

[Click here](#) - Some copies available in the office. First come first serve.

[Click here](#) - to take the Self- Compassion test.

**Concert Opera of Greater Chicago  
Presents:**



**An Afternoon of  
Opera, Broadway, Tango & Mariachi!**

**Join us for an afternoon of great vocal music. Featuring  
many exciting new voices making their COGC debut.**

**Tickets: \$20**

**Saturday,  
October 26, 2024  
at 1 pm**



**Scan QR code  
for Tickets!**

**Central United Methodist Church  
8237 Kenton Avenue  
Skokie, IL 60076**

**Music by: Bellini, Mozart, Cole Porter, Bernstein,  
Lloyd Webber, Puccini and more...**

**Accompanied by Maestro Anatoliy Torchinskiy, piano**

**Sat, Oct 26th, 2024, 1:00 PM CDT**

**Central United Methodist Church, Skokie, IL**

**[Click here](#) to purchase tickets.**

## Line Dancing



**Friday, November 8, 2024**

**Fellowship Hall**

**6 PM - 9 PM**

Join us for a night of dancing!

"Line dancing is done individually. There are many different line dances and depending on the region or dance hall you're at the same line dances can also vary. Each line dance can be recognized by the name. For example, some commonly known line dances are: Tush Push, or the Watermelon Crawl. Line dancing can be better understood as a group of people dancing in a line or rows to a choreographed dance with repeated sequence of steps, while facing the same direction. Like two step, once you learn the basic steps, picking up the dance combinations becomes easier due to the repetition."

See **Tina De Ocampo** for more detail.

If you're interested, please email the church office at: [centralchurch@skokiecentralumc.org](mailto:centralchurch@skokiecentralumc.org)

Suggested Donation for Mission: \$15.00

## Prayer of the Week

### Deep Listening

God of silence and God of all sound,  
help me to listen.

Help me to do the deep listening to the sounds of my soul,  
waiting to hear your soft voice calling me deeper into you.

Give me attentive ears

that begin to separate the noise from the sounds that are you;

you who have been speaking to me

and through me my whole life,

for so long that you can seem like background noise.

Today help me hear you anew.

- Author Unknown, offered by Rachel Chrastil

### [Central United Methodist Church](#)

Rev. Timothy Biel Jr., Pastor

8237 Kenton Avenue  
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Church Email:  
[centralchurch@skokiecentralumc.org](mailto:centralchurch@skokiecentralumc.org)

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[Send Us An  
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