

Agape

Greek for "Love without Limits"



A Publication of North Olmsted United Methodist Church

Vol. 52 Issue 3

April 2018

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April Events



Easter Worship Sunday, April 1, 2018

8:30 am Communion Worship Service
 9:30 am Fellowship Hour
 10:30 am Celebration Worship with Choir & Bells

Church Staff

Reverend Mark L. Steiger
 440-779-6634, ext. 16
 Admin. Assistant: Sharon Werner
 440-779-6634, ext. 10
 Christian Education: Wendy Cooper
 440-779-6634, ext. 13
 Youth Director: Katie Chapman
 440-779-6634, ext. 14
 Facility Manager: Judi Wagner
 440-779-6634, ext. 15
 Organist: Marlene Dirksen
 Choir Director: Gabriela Martinez
 Stephen Ministry:
 440-779-6634, ext. 12
 Social Media:
 Hanna Moore



Corn Hole League starts April 13

Find Your Joy mini-retreat
 Saturday, April 14



HOME OPENER HOT DOG LUNCH SUNDAY, APRIL 15TH

Eat in or carry out. Proceeds will benefit our Sunday School Hurricane Relief Mission Project.

April 22
 Earth Day Lunch &
 Walk in the Park



United Methodist Women's Spring Rummage Sale Saturday, April 21



9 am to 3pm
 Lunch &
 Bake Sale



The Daniel Plan starts Saturday, April 28!

Details on all these events found inside.



News and Notes from NOUMC

The Daniel Plan is coming to NOUMC

Are you over weight or under weight? Are you low -energy? Are you suffering from chronic health issues? Are you sometimes depressed, angry, or in a bad mood? Do you sometimes have problems with relationships? If your answer to any of these questions is "Yes," The Daniel Plan is for you.

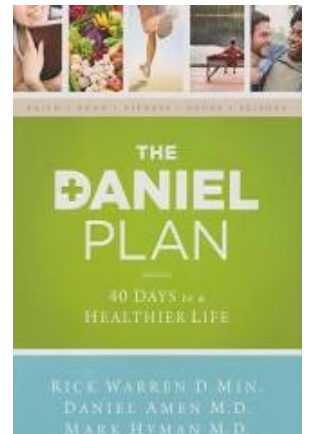
Rick Warren, Pastor of Saddleback Church and Author of *The Purpose Driven Life*, teamed up with Dr. Daniel Amen, the "Brain Doctor" of PBS fame, and Dr. Mark Hyman, the Chair of the Cleveland Clinic Functional Medicine Department, to develop The Daniel Plan. (The program takes its name from Daniel 1:8-15.) This is a six week program that concentrates on the five essentials of healthy living: Faith, Food, Fitness, Focus, and Friends.

I will be facilitating The Daniel Plan on Saturday mornings April 28th through June 2nd from 10:00 a.m. to Noon. Join us as together we undertake The Daniel Plan. I guarantee it will be a life-changing experience. Please sign up on the office door.

The cost for The Daniel Plan Study Guide is \$8.00. I will order a Study Guide for everyone who signs up for The Daniel Plan. It is also highly recommended that you read *The Daniel Plan: 40 Days to a Healthier Life* book as we spend our six weeks together. If you check "Order a Book" on the signup sheet, and I will order a book for you in addition to the Study Guide – Cost for the Book is \$15.00. You can also order the book on amazon.com; and, it is available for Kindle. (Note: The Study Guide is also available on Kindle; but you really need the Study Guide in hard-copy because there are sections to be filled-in during sessions and between sessions.)

I'm excited about The Daniel Plan. Please join me for six Saturdays as we journey together to a healthier life.

Rev. Mark



VOTE BY MAIL SUNDAY

Marilyn Ransom

VOTE BY MAIL SUNDAY

Sunday, April 22, 2018 North Olmsted United Methodist Church
Before Church Service 9-10:30 am After Church Service 11:30-12:30 pm



**APRIL 9TH IS THE DEADLINE TO REGISTER OR
 UPDATE YOUR ADDRESS/NAME TO VOTE IN THE MAY 8TH PRIMARY.**

Register at your local library OR come with your family, friends, and neighbors to
 VOTE BY MAIL SUNDAY at NOUMC.

The League of Women Voters of Greater Cleveland Westlake/North Olmsted Chapter members will help you fill out applications and answer questions. We will be taking applications to the Board of Elections or you can mail them yourself.

Marilyn Ransom

LWV of Greater Cleveland Westlake/North Olmsted Chapter Member and Member NOUMC

Healthy Bodies, Minds, and Spirits...

Rev. Mark Steiger

Over the past weeks of Lent, I have often spoken of the three “Great Commandments” of Christ. Yes, Christ says there are only two: love God, and love your neighbor as yourself; but I like to break the second apart. Thus I find three commandments: love God, love your neighbor, and love yourself; and I believe we cannot adequately do any of the three without doing all three together.

I am a big believer in holistic health. I often speak of caring for ourselves: physically, mentally, emotionally, and spiritually. There are those who would suggest that the church should only deal with the spiritual (or maybe the emotional and spiritual) and leave the other things to the secular world. I respectfully disagree. The Apostle Paul, in his letter to the Romans states:



So, brothers and sisters, because of God’s mercies, I encourage you to present your bodies as a living sacrifice that is holy and pleasing to God. This is your appropriate priestly service. (Romans 12:1 CEB)

We cannot appropriately answer our Christian call to the service of Christ if our bodies, minds and spirits are not in the best shape possible. That’s why I’m truly excited to bring The Daniel Plan to NOUMC.

A few years back, Pastor Rick Warren of Saddleback Church had a large baptismal ceremony where he baptized several hundred people. His church does baptism by immersion where the pastor lays the person backward into the water and lifts them up again. He states that half way through the ceremony he was physically exhausted. He thought to himself, “These people are really fat.” His next thought was, “I’m also really fat. I have not taken care of my body as God would want me to.” As a result, he called some of the nation’s leading health and fitness experts, and together they developed The Daniel Plan, based on the model of the Old Testament character Daniel.

The Daniel Plan is NOT a diet program, although a healthy diet is a major part of the program. The Daniel Plan is NOT a fitness program, although “getting moving” in a way that everyone can do is a major part of the program. The Daniel Plan is a six week program that focuses on the five essentials of a healthy life: Faith, Food, Fitness, Focus, and Friends; and I dare say there is no one that could not use some improvement in at least one or two of those areas.

The Daniel Plan is also not a “six weeks and done” program. The Daniel Plan is about making healthy life style changes that will last the rest of our lives. I hope you will join me, as together we undertake The Daniel Plan. (See the announcement elsewhere in our newsletter and sign up on the office door.)

See you in church,

Rev. Mark

Our Faithful Journey



Our Guiding Principles

- We appreciate and invest in our youth.
- We actively serve our neighbors in the North Olmsted community and the wider world.
- We provide varied opportunities for people to grow in their faith.
- We welcome and nurture a diverse congregation who become extended family.
- We foster lasting personal relationships, which are especially important in a digital world.

Christian Education

by Wendy Cooper



Son-fest: A Carnival for the Community

On Saturday August 11th, NOUMC will be reaching out to share the love of Christ by inviting our community to a summer festival. Son-Fest will be a one-day summer carnival-type celebration geared towards the whole family. We are currently in the planning and idea stage. We have many fun ideas but **WE NEED YOUR HELP!** A festival of this magnitude cannot happen without the help of all of our members....and many hands make light work. Whether you can be here on August 11th or not...whether you can commit a lot of your time or just a little...whether you can do big things or just little ones...there is something for everyone to do! Please join us, it will be a lot of fun too! Each aspect of the festival will have its own committee and specific tasks to complete in order for this to not become overwhelming for anyone. Committees are currently forming...please sign up for one or two...and consider being the chair of that committee. If you would like to see what each committee will be responsible for before you sign up, or if you have any questions, please see Wendy or Katie.

INDIAN'S HOME OPENER HOT DOG LUNCH

Our youth will be holding an Indian's Hot Dog Lunch on **April 15th**. Lunch will include a hot dog on a bun with various condiments, Nachos and Cheese, and a can of pop....all for \$5.00. You have the option to add a 2nd hot dog for a total of \$6.00, or a 3rd for a total of \$7.00. You can choose to eat your lunch at church or take it home with you. All proceeds will benefit our Sunday School Hurricane Relief Fund Mission Project.



Children's Clothing for the Twice Blessed Store at the Nehemiah Mission Due April 22!

The youth are requesting your donations of new or gently used seasonal (spring and summer) children's clothing. The youth will then donate that clothing to the Twice Blessed Store, a Free Store Ministry which is run by Rocky River UMC. Please be sure to have all items here by **April**

22nd. If you would like to know more about the Twice Blessed Store...please see me!

Easter Flower Sale.... Thank you to all who purchased a flower in memory of or in honor of a loved one to place on our altar on Easter Morning. The sanctuary will be beautiful and your donations will help out those still dealing with the aftermath of the deadly hurricanes that struck in late summer. Proceeds will go towards our Sunday School Hurricane Relief Mission Project (Please see future bulletin articles for the exact amount). If you can't remember what you ordered, we will have a list available on Easter morning. Thank you also for helping our youth discover how to be disciples of Christ!

Youth Annual Conference:



It's time to start thinking about **YAC 2018!** It is scheduled for June 8th-10th at beautiful Lakeside Ohio. It is a week-end event for youth from the East Ohio Conference of the

UMC to meet together for a time of worship, leadership development, and fellowship. There will be speakers, games, music and fun. The conference begins Friday evening at 6:00 and ends around noon on Sunday. **Early registration is due by April 4th.** I have information packets for any youth interested in going. All youth ages 12 or older are encouraged to attend! If you have any questions or would like to sign up for the conference, please see me or Katie!

Attention Graduates

We will be honoring our graduates during a worship service during the month of June. If you are a graduate or know of a member who is graduating (high school, college, technical school, online degree...etc.) please get all of your details to me by the end of May. I will need your name, school, degree, and what you will be doing next (job, further schooling, taking a nap, traveling around the country...etc.).



The Youth Page



WOW!!!!!!

You are AMAZING!!!!!!

Thank you for your extremely generous donations at our Pancake Breakfast on Palm Sunday. We raised \$323 towards our Youth Work Mission Trip to Buffalo, NY! Without your support this trip would not be possible. We are beyond grateful!

CINCO DE MAYO!!!

“ven hambriento, deja feliz “

Come Hungry, Leave Happy!!!

May 6, 2018 after worship

Our next Youth Work Mission Fundraiser will be on May 6, 2018 immediately following church service. We will be celebrating Cinco De Mayo with a Mexican themed lunch. This will be a free will offering meal with all donations going towards our mission trip to Buffalo. We are looking for volunteers to donate a Mexican dish. See Katie or Tammy Moore for details.



Summer Camp Info Is Here!

Camp information is here and brochures can be found in Fellowship Hall. Scholarship help is available. Please see Wendy, for any additional information.



Facebook

Are you on Facebook? So are we!
Please “Like” our church Facebook page.....
NORTH OLMSTED UNITED METHODIST CHURCH.
Check it for updates, announcements, reminders
and other events.

You can reach our Youth Director,
Katie Chapman at:
440-779-6634 ext. 14
Office hours are Monday and
Thursday 11am to 2:30 pm

Outreach Committee

by Barb Andrews

You won't believe the reaction I got when I told Georgia at the Food Pantry that I had 80 jars of peanut butter in my trunk. She said, "I could kiss your feet." She told me I could quote her. There was not one jar of peanut butter on the shelves, and she said the pantry has not been able to get any from the Cleveland Food Bank because even there they were too expensive. I was thanked profusely during our time there, but you are the ones to be thanked. We realize peanut butter is fairly expensive, but that it does provide a good food source for people, so I will share foot-kisses with all of you. We are currently collecting vegetables, due April 8, followed by spaghetti sauce on May 11. Keep up the good work.



**OX CART
PANTRY**

Item	Due
Vegetables	April 8
Spaghetti Sauce	May 11

Palm Sunday was a busy day at church. If you checked in on the activity at the back of Fellowship Hall, you saw many of our youth and adults happily filling Easter baskets for the Oxcart Pantry. They filled 72 baskets with small toiletry articles, gifts, and candy. These provided some of your neighbors with some necessities and extras to make their Easter a little happier. Along with the baskets we prepared, Fairview Grace United Methodist Church members added a couple of dozen baskets, and we certainly thank them for joining with us in this mission.

Military Coupons...We are still collecting coupons for military families to use at the PX. These coupons help them stretch their budget and they greatly appreciate them! Please clip the coupons before bringing them in and place them in the envelope under the Outreach bulletin board (by the nursery). Thanks for your help with this mission project.

Journeying through Grief

by Claudia Taller

Grief comes in many shapes, but not necessarily many sizes. Although you may be able to think of a loss as not a big deal, grief is always life-changing, even when you're not acknowledging it. If you're feeling the full impact of a loss, you know how debilitating the emotional impact can be—it's not just an emotional expression of loss, grief also brings us down physically and mentally. We try to carry on, but we can hit a wall where life as it used to be is no longer possible. The phases of grief often follow the same pattern for people, and your Stephen Ministers are in a unique position to help you through your loss to find hope and healing and put you on the road to rebuilding your life and remembering in a way that allows you to move forward into a life that is not necessarily a worse life, but a different one. Author Kenneth C. Haugk wrote an excellent 4-book series called *Journeying through Grief*, which your Stephen Ministers can access and make available to you. Just call or email Reverend Mark or any of the Stephen Ministers—Janis Jarvis, Sue Shellhouse, Sarah Jackson, Judy Lachvayder, or Claudia Taller—and begin the journey



toward wholeness.

Stephen Ministers will focus on some of the shapes of grieving during Adult Sunday School over the next month or so. On April 22, Claudia will lead a class on experiencing loss due to aging, and in our safe space together, we'll explore and discuss how we feel about getting older or watching loved ones get older, and how to best process aging. On April 29, Sarah will take students through the perils and losses from divorce and encourage people to open up, either privately or with the group, about the struggles of failed relationships. And on May 6, Judy leads a class on caring for people before, during and after hospitalization, a time of grief for both care giver and care taker when the body's brokenness brings out feelings of helplessness and despair.

Maybe the best way to look at grief is as a journey. Like other life experiences, when God is with you and Jesus comforts you, life can be beautiful even in its most destructive times. Remember that your church family surrounds you to help you find your faithful way.

April Penny Sunday for Hurricane Relief

by Wendy Cooper

On **April 15th**, our Penny Sunday donations will be used to benefit our Sunday School Hurricane Relief Mission Project. Since September, our youth have been raising funds to help those devastated by the hurricanes that hit Texas, Puerto Rico, Florida and Louisiana in August and September. In June, all money the youth have collected will be sent to UMCOR: The United Methodist Committee On Relief. UMCOR is often one of the very first relief agencies on the scene when disaster strikes anywhere around the world.... and is often the only agency left long after the disaster is no longer front-page news. 100% of your donations to UMCOR will go directly towards relief. You can find out more by going to the UMCOR website or to their Facebook page. We thank you for your generous donations and for helping our youth learn how to be disciples of Christ!



United Methodist Women By Barb Andrews, UMW President

USO Cookies due April 8th



We're off and running for the month. And once more we are asking for your help in getting us through this busy time. Our first activity is USO cookies. This is an ecumenical project of Church Women United

where different areas of the Cleveland area are asked on different months to provide cookies for the USO. They ask that you place cookies in zipper freezer bags and put the type and number on the bags. To keep them for the month, the cookies are frozen and then used as needed. Purchased cookies are accepted, but they much prefer home made ones.

Rummage Sale April 21 9 am - 3pm



Moving on down the month, we come to the event we all look forward to (being over, that is), **the Spring Rummage Sale**. We will be sorting and pricing items on Thursday and Friday, the 19th and 20th, starting at 9 am. When we finish

depends on the amount of rummage and the amount of help we get. That's where you come in. Any time you can spare during those two days is appreciated. We also will have a bake sale, so you can help there, too. We usually need some help during the sale itself, which runs from 9:00 until 3:00 on Saturday, especially at clean up time. We, as usual, will purchase stock from any of our work mission

people if they are there at 3:00. Once again, if enough of you show up, we are usually through by 4:00, and the church usually looks better than when we started to work on the sale. Please, find some time during that week to bring in your rummage, if you haven't already, or to help with the work being done. All the profits go toward the UMW budget or for church projects.

Spring Plant Sale



Spring plant order forms are included in this Agape and are due April 15. The plants will be delivered on Saturday, May 12 and will be available between 11 am and 2 pm. We promise you that spring is actually coming-believe it or not.

Adult Council

Friday Night Cornhole! Starting April 13!

Calling all bean baggers!!! Adult Council is starting an informal Corn Hole league. They will meet every other Friday, at NOUMC beginning on April 13 at 6:30 p.m. Come for friendly evening of fun and fellowship. We will meet rain or shine. No skill is required. All are welcome!! Join us for a "cheap" night of fun. Signup on the office door. Be sure to invite your family and friends!!!!



Find Your Joy



Find Your Joy at a mini-retreat on **Saturday, April 14**, at North Olmsted United Methodist Church. Lunch begins at noon and then will move into a program of meditative prayer, movement, vision boards, affirmations, journaling, and discussion. If you've been looking for an event to spark a spiritual and creative connection, this event could be it! After 3, join Claudia Taller for a writing workshop designed to find your voice. The cost is \$20 for the retreat, including lunch, and an additional \$15 for the writing program. Proceeds will be donated to North Olmsted United Methodist Church for its mission work. The event is sponsored by Adult Council and the retreat is being led by Claudia Taller.

Sunday, April 22 - North Olmsted United Methodist Church will celebrate Earth Day on April 22 with a walk in the park. Bring your walking shoes, a jacket, and a brownbag lunch to church and plan to head out to the Rocky River Nature Center around 12:30 PM. Adult Council members will lead the way through boggy marshes, meadows, and woodlands.

Save the Date: Potting Party at Dean's Greenhouse on Tuesday, May 15 at 6:00 pm
Signup and more details to follow.



Thank You Notes...

Thank you for allowing us to hold our meetings at your church.

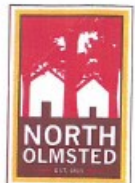
Daisy Scout Troop 71247

Aubriella
Kaidence
Emily
Lily
Makayla
Lucy
Nora
Sara
Emily



February 20, 2018

North Olmsted United Methodist Church
ATT: Barb Andrews
4600 Dover Center Road
North Olmsted, OH 44070



Dear Barb and Friends,

On behalf of the Department of Youth and Family Services, I would like to extend my thanks and gratitude for participating in the 2017 Adopt-A-Family Program this year. Your time, thoughtfulness, and generosity were greatly appreciated, and made for a truly memorable Christmas to the families you sponsored.

Thank you, too, for all of the wonderful (and generously filled!!) stockings! Everyone loved them - as usual!!

I also can't thank you enough for your monthly donations and your generous support with your "toilet paper ministry"! You have no idea what a difference that makes to people. You all go above and beyond in your efforts!! Thank you!

It was a pleasure working with you and in your helping to make a difference in our community again this holiday season. I wish you a Happy New Year and look forward to working with you in 2018!

Sincerely,

Georgina Wilder
Case Manager, Pantry Services
City of North Olmsted
440-716-4165

North Olmsted UMC
 4600 Dover Center Rd.
 North Olmsted, Oh 44070
 Phone 440-779-6634
 Fax 440-779-0903



April 2018

Office Hours: Mon.— Wed. 10 am - 2 pm

Thursdays - 2 to 5:30 pm

Christian Ed Office Hours:

Mon. - 1 to 3 pm, Thurs. - Noon to 3 pm

Youth Director— Mon. & Thurs. 11 to 2:30 pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday, April 1 Easter Sunday 8:30 am - Communion Service 9:30 am-Fellowship 10:30 am-Worship 11:30 am-Fellowship	2 6:00 Dover Players 7:30 Bells 8:30 AA	3 11:00 AA 6– 7 Daisy Scouts 7 Disciple	4 10 am UMW 6:00 Dover Players	5 6:00 Dover Players 7 pm Choir Practice	6 6-8 Kid's Club Movie/ Game night	7 8:30 am UMM @Canary's 10-1 Stamp Social 9:30-10:30 am Fitness Class
Sunday, April 8 Communion Sunday 9 am - Sunday School 10:00 am-Fellowship 10:30 am-Worship 11:30 am-Fellowship Noon-Ad Board	9 6:00 Dover Players 7:30 Bells 8:30 AA	10 11am AA 7 Disciple	11 10 am-UMW 6:00 Dover Players 8:30 AA	12 10- 2 St. Richard's Fellowship 6:00 Dover Players 7 pm Choir Practice	13 6-7 Corn Hole League	14 9:30-10:30 am Fitness Class 12:30-4 Artist's Way retreat
Sunday, April 15 Penny Sunday Native American Sunday 9 am - Sunday School 10:00 am-Fellowship 10:30 am-Worship 11:30 am-Fellowship & Hot Dog Lunch Noon—Outreach Meeting 5:30 pm Work Mission at Christ UMC 6-8 pm Scouts	16 6:00 Dover Players 7:30 Bells 8:30 AA	17 11am AA 6–7 Daisy Scouts	18 10 am-UMW 6:00 Dover Players 8:30 AA	19 9-1 sort rummage 11:30 Lunch w. Friends 6:00 Dover Players 6 pm - Worship Committee 7 pm Choir Practice	20 9-1 price rummage Agape Deadline	21 9-3 pm Rummage Sale 3-4 pm Clean-up
Sunday, April 22 9 am - Sunday School 10:00 am-Fellowship 10:30 am-Worship 11:30 am-Fellowship Noon - Youth Council Noon - Lunch & walk in the Metropark	23 6:00 Dover Players 7:30 Bells 8:30 AA	24 11am AA 1-3 Alz. Assoc.	25 10 am-UMW 6:00 Dover Players 8:30 AA	26 4:30—6 pm Community Meal 6:00 Dover Players 7 pm Choir Practice	27 6-7 Corn Hole League	28 9:30-10:30 am Fitness Class 10 - noon Daniel Plan
Sunday, April 29 9 am - Sunday School 10:00 am-Fellowship 10:30 am-Worship 11:30 am-Fellowship Noon - New Member Class	30 6:00 Dover Players 7:30 Bells 8:30 AA	May 1 11:00 AA 6–7 Daisy Scouts	May 2 10 am UMW 6:00 Dover Players 8:30 AA	May 3 7 pm Choir Practice 6:00 Dover Players	May 4	May 5 8:30 am UMM @Canary's 9:30-10:30 am Fitness Class 10 - noon Daniel Plan

**NORTH OLMSTED
UNITED METHODIST CHURCH**



4600 Dover Center Rd.
North Olmsted, Ohio 44070

Agape Newsletter

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North Olmsted, Ohio

Permit No. 25



April Free Community Meal



Join Us!

Thursday, April 26, 2018

Serving 4:30 to 6:00 pm

Chef Floyd will be in the kitchen and will be serving a roast pork dinner with potatoes, vegetable, salad, assorted deserts and beverages.

**Held at North Olmsted United Methodist Church
4600 Dover Center Rd., North Olmsted, Ohio 44070
440-779-6634**

The Free Community Meal is a mission of North Olmsted United Methodist Church with assistance from our friends at St. Richard and St. Clarence Catholic Churches and others in the community. All meals are funded by donations and the dinners are prepared and served by volunteers. Menu's may change because of donated food or food pricing. Additional volunteers are always welcome! If you would like more information, please contact us at 440-779-6634.



We are a handicap accessible facility