

The Messenger



WESTLAKE UNITED METHODIST CHURCH

To live so that others will want to be followers of Jesus



Pastoral Reflections

October 21st will be a special day for the Westlake Congregation. Former member Pastor Karen Hollingsworth will be preaching that Sunday as she and I will have a pulpit exchange. Karen left here in July of 2010 to become pastor of Faith UMC in Lorain where she continues to serve. Please plan on hearing her and having the opportunity to catch up with her.

Thanks to the willingness of many, and especially to Yolanda Crisp, the Westlake UMC Performing Arts Series will continue. The full information of the first concert is on page 2. It will be a return engagement of Bradley Sowash on October 28th at 4:00 p.m.

For those who live a distance away, the parking lot addition is virtually finished and will be by the time you receive this newsletter. We are approaching the half-way

point in our fund raising effort, and there is still a need for your gift. So far all of the borrowing has been at no interest, therefore your gift will go entirely for the cost of the project.

Summer is over. The days are shorter. In church circles this season is often called Ordinary Time. It is the time between Pentecost and Advent. But there is a sense for people of faith than anytime we are aware of God's presence it is far from ordinary.

God calls us into partnership. We are asked to do what is possible. God's tasks are on the amazing side of life. Let us not become discouraged in doing right. God is at work.

Grace and peace,

Pastor John

All-Church Tailgate Potluck

WELCOME BACK POTLUCK!

SUNDAY, OCTOBER 7TH, 11 A.M.— 1 P.M.

Come and celebrate the new parking lot and the beautiful fall season with an outside (weather permitting) tailgate potluck on October 7th! The church will provide hotdogs, drinks, and a variety of chips. Please bring a hearty dish to share and don't be shy, this is a tailgate! Feel free to bring your favorite sides such as macaroni and cheese, potato dishes, pastas, salads, fruit dishes, yummy casseroles, or a dessert. You are also more than welcome to bring a main dish type item such as chicken, chili or that fabulous meatloaf you make! Please join us rain or shine for a fun filled event of celebration and fellowship. If you have any questions or if you would like to volunteer for up or tear down of the tailgate please contact Brianne Merrill at (216) 548-0386 or jbmerrill08@gmail.com. Go Team!



Hospitality Best Practices



In September, the greeters reviewed some of the basics for welcoming people to our church. Won't you join them in using these best practices every Sunday?

- **Wear Your Westlake UMC nametag.** Order one in the lobby if yours is lost. Keep it in your car or purse.
- **Practice the Circle of 10, Rule of 3:** Commit to greeting everyone you don't know within a 10' radius of your pew within the first 3 minutes after service. It only takes guests 3 minutes to exit the sanctuary and be in their car!
- **Give away Visitor Gift Bags.** The bags are located in the narthex, lobby and on the coat rack in Fellowship Hall.
- **Sign the attendance pad with all your information.** If you completely fill out the attendance pad, visitors are more likely to do the same. This allows the office to follow up with a welcoming note from the staff.
- **Invite guests to meet you at Coffee Hour.** Knowing a friendly face will be looking for them at coffee hour helps visitors feel more comfortable to join us!

WESTLAKE UNITED METHODIST CHURCH

27650 Center Ridge Road * Westlake, Ohio 44145 * (440) 871-3088 * www.westlakeumc.org

Sunday Worship at 8:15, 10:00 and 11:21 a.m.

Performing Arts Series

Begins 2012-2013 Season in October

The board of directors of the WUMC Performing Arts Series is pleased to welcome back good friends and exceptional performers as the 11th season of the Series begins in October.

The Series kicks off on **Sunday, October 28, at 4:00 p.m.**, with an inspirational jazz concert by **Bradley So-wash, jazz pianist**. Far from a traditional piano recital, an intimate afternoon with this engaging artist will leave you refreshed and inspired. Imagine a fast-paced and diverse program featuring joyfully reinterpreted jazz arrangements of hymns and spirituals alongside uplifting originals. Bradley will touch your spirit with humor, substance and a distinctive piano style which has been described as “a marriage of contemporary jazz and classical style ...” – very accessible to the non-jazz aficionado.

Bradley is a friend of the WUMC community who has

performed in the Series during its first 10 years. He has performed in every imaginable setting from living rooms, churches and jazz clubs to major concert venues both here and abroad for over 30 years. This year the **WUMC Chamber Ensemble will join him in an inspirational hymn setting during our 10:00 a.m. worship service on October 28th.**

Upcoming events will feature the outstanding choirs and ensembles of the WUMC, including the ever-popular Valentine Concert, as well as the touring company of the Oberlin Choristers. Watch for more information on upcoming events in *The Messenger*.

As always, events in the Performing Arts Series are free and open to the public. Receptions follow each performance in Fellowship Hall. Free parking is available in our expanded, beautifully landscaped parking lot.

~Yolanda Crisp, *Artistic Director*
WUMC Performing Arts Series

Income Statement—August 2012

	August 2012	YTD 2012	2011	YTD 2011	Annual Budget 2012
INCOME					
CONTRIBUTION INCOME	\$34,973.63	\$364,752.81	\$36,077.82	\$364,040.24	\$574,500.00
TOTAL INCOME	\$34,973.63	\$364,752.81	\$36,077.82	\$364,040.24	\$574,500.00
EXPENSES					
ADMINISTRATIVE EXP.					
STAFF PARISH EXP.	\$22,654.71	\$206,436.51	\$23,342.06	\$202,395.38	\$350,023.00
OFFICE EXP.	2,891.85	17,469.39	1,903.52	14,849.61	23,550.00
FINANCE TEAM EXP.	229.51	2,132.23	719.29	5,309.53	2,100.00
FACILITIES EXP.	4,013.88	45,305.45	4,360.74	55,633.65	75,900.00
Subtotal Expenses	29,789.95	271,343.58	30,325.61	278,188.17	451,573.00
MINISTRY EXPENSE					
MUSIC EXP.	51.95	1,676.42	672.87	2,129.25	4,250.00
WORSHIP EXP.	1,073.12	3,933.02	138.47	1,428.30	5,750.00
EDUCATION EXP.	143.33	4,699.08	644.14	5,684.67	11,870.00
OUTREACH EXP.	418.73	3,362.24	646.87	3,000.47	11,844.00
MISSION EXP.	6,267.73	49,702.11	6,698.72	59,878.52	89,213.00
Subtotal Ministry Expense	7,954.86	63,372.87	8,801.07	72,121.21	122,927.00
TOTAL EXPENSES	37,744.81	334,716.45	39,126.68	350,309.38	574,500.00
TOTAL FUND TRANSFERS	0.00	-\$122.39	0.00	0.00	0.00
EXCESS INCOME/EXPENSES	-\$2,771.18	\$29,913.97	-\$3,048.86	\$13,730.86	\$0.00

Faith Giving

We are at it again; Faith Giving. Soon you will receive an unopened financial commitment card you filled out last November. Please open and review your record of generosity. Faith Giving is based on the premise that God will provide if we are faithful individually and as a community.

God has provided abundantly. To date the operating budget has a slight surplus and the parking lot is complete. Five years ago, who would have dreamed of this? Thank you for your faithful support.

There has been faithfulness in areas besides financial giving, including small group and mission participation, increased worship attendance, etc. Faithfulness is a continuing process. I think God is pleased with our level of faithfulness, but won't be satisfied if we become self-satisfied.

With you on the journey,
Don Lefelar
Stewardship Chair





Small Group Opportunities



CHRISTCARE GROUPS

Begin on Tuesday or Thursday nights for 8 weeks

Outside of weekly worship, belonging to a ChristCare group is one of the most important things you can do to grow as a disciple. Meeting regularly with a small group of people, you will ask questions, pray, laugh, serve and be supported as you seek to know how God is working in your life. This is a short term commitment...try it, you just might like it!!

- Tuesday Nights at 7 p.m. — Begins October 23rd at WUMC, facilitated by Don Lefelar.
- Thursday Nights at 7 p.m. — Begins October 18th at WUMC, facilitated by Sharon Spieth & Jim Howell.

WEEKDAY MOM'S GROUP

**Ten Principles for Spiritual Parenting
Tuesday, October 9th & 23rd, 9:30 a.m.**



Looking for that mom-spirit connection as you seek to raise your little ones in the faith? Join us on Tuesday mornings for inspiration, laughter and some creative time while your little ones are safely cared for in an age appropriate setting. Story hour in the Westlake UMC library is back for children 3 and up! Reserve your Childcare spot by calling the office or email: epeifer@westlakeumc.org. Moms will be using the book *10 Principles for Spiritual Parenting, Nurturing your Child's Soul* by Mimi Doe.



WOMEN'S FALL RETREAT

SATURDAY, OCTOBER 20TH, 9 A.M. -2 P.M.

Women of WUMC....mark your calendar for a day away to reflect and explore our personal struggles and tensions that exist for women as we try to serve God and others and soothe our spirits. Our day together will be facilitated by Rev. Beth McKee, Chaplain and Spiritual Care Director at Wesleyan Senior Living as well as Flat Rock Homes. Rev. Beth will be basing our time together from the book, *Having a Mary Spirit* by Joanna Weaver.

We will be at Sandy Ridge Reservation, Lorain County Metro parks in North Ridgeville. Carpools will be organized leaving from WUMC.

Please make your reservation by October 14th- the cost is \$20.00 per person, which includes breakfast and picnic lunch. Checks can be made to "WUMC" with a notation for Women's 10/20 Retreat. Please give your check to Gretty Myers.



UNITED METHODIST WOMEN

GENERAL MEETING

THURSDAY, OCTOBER 11 - 10:30 A.M.

All women of our church and their friends are welcome to join this friendly group.

The meeting starts at 10:30 with lunch at 12:00 noon. Bring your sandwich. Dessert and beverage will be provided.

The 1:00 program will be "The Liberian Camphor Missions," presented by Mrs. Martha Wason. Please join us for this interesting gathering in the church's Fellowship Hall. See you there!


* Our Silent Quilt Auction kicks off at the meeting!
See page 4 for more details! *

UMW FALL LUNCHEON
THURSDAY, OCTOBER 25TH
AT 12 NOON
\$15 DONATION
(all proceeds will be used for Missions)

For tickets, please call (440) 934-4542,
or buy them in Fellowship Hall
on 10/7, 10/14, or 10/21.

This year's entertainer will be
Mary Beth Ions, a well-known
and gifted violinist. She plays beloved
Broadway and popular tunes along with
classical numbers. Her audiences are
captivated by her musical offerings,
exuberance, and often antic behavior.

Come on, Come all!
Bring your husbands
and gentlemen friends!

 HOSPITALITY

COFFEE HOUR SPONSORS NEEDED!

Sponsorships are available for our weekly coffee hours following Worship on Sundays. If you would be interested in sponsoring coffee hour, please submit an envelope with the sponsorship amount included (\$35 per Sunday) at the office prior to the week of the sponsorship or in the collection basket. Checks made payable to WUMC. **You can find Sponsorship forms on the table near the coffee at Fellowship Hour and in the lobby.**

COFFEE HOUR SPONSORS

OCTOBER

- October 7 *Tailgate Potluck!*
- October 14 Judy McDonald
- October 21 Tess Stephens
- October 28 Greg Acuff



NEW MEMBER CLASSES

NEW MEMBERS WILL BE RECEIVED INTO THE CHURCH IN OCTOBER



The following classes are part of the new member process and are open to members and visitors alike:

Spiritual Gifts Discovery: Saturday, October 6th from 9:30 – 11:30 a.m. In this class we discover what brings you joy and discuss how you might use your gifts as you connect with the church.

Stewardship & Your Money Autobiography: Sunday, October 14th at 10 a.m.

Please let the office know if you will be participating and if you need childcare for any of the sessions.

NOVEMBER LADIES NIGHT OUT

MONDAY, NOVEMBER 26TH, 6:30PM – 9:00PM

Laurel Run Cooking School (Vermillion) will hold an EXCLUSIVE class for our Westlake United Methodist Women's Group: **Chocolate Showstopper Desserts** demonstration by Maria Isabella.

Learn to make an impressive dessert in this class, which focuses solely on luscious chocolate confections, including: *32-Layer Chocolate Crepe Cake, Chocolate Truffle Decadence, Black Forest Kirsch-Soaked Cherry Torte and Chocolate Fantasy Sack with Grand Marnier Lava Cream & Medley of Fresh Fruits.*



Cost is \$48 per person. Due to logistics and space, the maximum attendance is 30 so this will be on a first come basis. Make your reservation by giving a check (made out to WUMC) or cash to Gretty Myers. This will confirm your spot.



PICTURE DIRECTORY UPDATES NEEDED!

Watch the FYI for dates when our volunteer photographers will be available to take your family picture for the church directory. You can also send the office a digital photo. Don't be left out! We would like to have all our members and frequent visitors featured in the directory. Associating names and faces is one of the ways our church can continue to be a warm and welcoming community of faith.



NEW SUNDAY MORNING CLASS Begins October 21st at 10 a.m.

Watch the weekly FYI to get in on a new Sunday School class for adults at 10 a.m. Now the whole family can participate in Sunday School classes at 10 a.m and then worship together at 11:21a.m.

SILENT QUILT AUCTION

The United Methodist Women are having a silent quilt auction **starting Thursday, October 11th.**

The quilt will be on display in the church lobby. Forms will be available by the quilt to submit your bid. The bidding will start at \$200. All the money received will go to missions.

Final bids are due by 10:00 a.m. on Thursday, November 8th.





Sunday School

GOT KIDS?

More than just milk and cookies, WUMC offers terrific soul tending programs from nursery through Sr. High. Please help us protect children with allergies, purchase enough materials, and send surprises to kids by registering your child(ren) for WUMC programs today via the link on our webpage (westlakeumc.org) under "Forms."

CHRISTIAN EDUCATION:

BLAST PICK-UPS

Parents and/or guardians of our BLAST kids in grades 1—6 should pick-up their child(ren) from their team room at **11:10 a.m.** Giving these classes a full hour (by picking up ten minutes after eleven), and a class specific rooms, is a great support to our children, their volunteer teachers, and any WUMC visitors. If you will need to pick-up early, we understand. If possible, let your child know so they can anticipate maybe not finishing a project/game that day.

VOLUNTEER TEACHERS/HELPERS

Is your nest is looking a bit empty? Do you miss engaging with young children or teens? Looking to read a story to somebody that isn't in the newspaper? Want to count baby toes, or maybe talk about faith with teens? To quote the store Lowes, "We can help with that!" Please contact Carol Ryan via cryan@westlakeumc.org for high to no commitment opportunities.



Children's Choir

Children's choir will be singing for BOTH the 10:00 and 11:21 worship services on

October 7. Your child needs to be here by **9:30 a.m.** in Room 105 on October 7 so that we can warm-up and review our song. Also, please bring your child **directly to Room 105** after Sunday school on October 7. We will sing at the beginning of the 11:21 service. Please have your child wear their navy blue children's choir shirt and khaki colored bottoms.

You may take your child home after we sing in the 11:21 worship service. If you are planning to stay for the entire 11:21 service or are attending the adult Bible class at that time, the children and I will sing some fun songs and play some music games in Room 105 until noon. Questions? Contact me at (216) 862-1232 or annie.kaschube@yahoo.com. Looking forward to the children sharing in worship!

~Annie Kaschube, Children's Choir Director



YOUTH GROUP: MISSION TRIP PLANNING & GAME NIGHT MONDAY, OCTOBER 8TH, 6:00 DINNER—8:00 P.M.

Youth mission trip is getting underway! All youth are welcome to help select the location of 2013 mission trip and help plan ahead. Come with options for us! Games of various sorts will follow our discussion. Join us in Fellowship Hall!

CEDAR POINT SOCIAL!

SUNDAY, OCTOBER 14TH, 12:15 P.M.—8:00/MIDNIGHT

Meet new people and be part of a multi-church event! Bay UMC, Christ Lutheran Church, and Westlake UMC are teaming up for a social outing- Cedar Point! Carpool will depart WUMC no later than 12:30 p.m. Bring a packed lunch and layers of clothes. Youth will enjoy the park in teams of no less than 6. The group will meet for dinner and it's your choice to depart early (return by 8 p.m.) or late (return by midnight). Cost is \$40. Season pass holders are welcome; cost is \$10. Adult chaperones/drivers are needed. Friends are welcome! **RESERVE YOUR TICKETS TODAY.**

YOUTH LEADERSHIP MEETING

MONDAY, OCTOBER 22ND, 6—7:30 P.M. (6:00 DINNER)

If you are a member of youth leadership or want to be, please join us! Meet in the Youth Room for dinner at 6, then detailed planning of events for the months of December & January. Join us in the Youth Room!



Support Youth Ministry! Be part of the Food Crew.

Contact Anna TODAY!

Food Crew members will be asked to prepare a meal for one or two youth meetings during the months of October-May. Our group size ranges from 12-20 and all food purchases will be reimbursed. Your gift is to plan, prepare, and deliver your meal with Anna's help. We hope that you will stay and eat with us too. Youth Ministry runs off the presence of two things—God & FOOD! Help to keep us running...

Questions? RSVPs? Contact Anna Magill:
amagill@westlakeumc.org or (216) 650-8290

Church Family Focus



BIRTHS

Anthony Robert Goehrke was welcomed by parents John and Risa Goehrke on September 1st.

WITH SYMPATHY

Jack Hutter, husband of Jean Hutter, passed away on September 3rd. A Memorial Service was held on September 8th at WUMC, co-officiated by Rev. John Butchko and the Hutter's nephew, Rev. Bob Kistemaker.

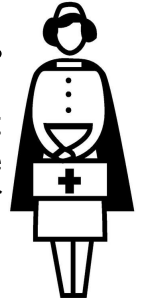


THANK YOU

To my church family,
I was so humbled and overwhelmed by all of the love and support I received during my 6 weeks of radiation. I am convinced that I came through it in such good shape because of the prayers lifting me up, the cards with wonderful, caring notes, telephone calls, emails and daily texts. I am truly blessed to be a part of this wonderful church family. Thank you so much.

Hugs,
Susan McKean

From the Parish Nurse...



Kathy Tafuri, our WUMC Volunteer Parish Nurse, is available on Wednesdays at WUMC from 10:00 a.m. to 12:00 p.m. She may be reached at (440) 871-3088 x17, or ktafari@westlakeumc.org with health-related concerns. Free blood pressure screening on Sunday, October 14th after each service.

Kathy has some medical supplies you might need. Please let her know if you could use anything.

- 4x4 gauze bandages
- One cane (with 4 "feet" for balance)
- Sinus Rinse and Neti Pot kits
- Feeding tube supplies
- Walkers
- Canes
- Arthritis sock assistive device
- Exercise Equipment (for seated, pedaling exercise)
- Incontinence supplies (Depends)

MEDICARE QUESTIONS?

OPEN ENROLLMENT OCTOBER 15 - DECEMBER 7 FOR PART D AND MEDICARE ADVANTAGE PLANS



Could you use help in understanding Part A, Part B, Part D, Medi-gap policies or Medicare Advantage Plans?

Confidential assistance is available 10:00 am to Noon the first and third Wednesdays of the month at the Church Or by appointment.

This support service is being offered through the Parish Nurse Office, by contacting Patti Stineman, OSHIIP Volunteer Counselor (Ohio Senior Health Insurance Information Program) or Kathy Tafuri, R.N.

Oberlin Choristers

ATTENTION STUDENTS K - 4TH GRADE!

The Oberlin Choristers will be offering choir sessions **HERE** at WUMC on Tuesday evenings for all interested K - 4th graders. This session started on September 25th.

Primary Choir	K-2 nd grade	5:15-6:00
Intermediate Choir	3-4 th grade	6:30-7:30

These choirs will rehearse each week to build vocal skills, learn choral literature, build self-confidence, and make new friends. Each group will perform at a fall demonstration and 2 major concerts throughout the year. Many WUMC singers have participated in this organization. If you have any questions, please visit the Oberlin Choristers website www.ochoristers.org or call the Choristers office (440) 774-4079. It's not too late to join us!

United Methodist Men

MEN'S FALL GATHERING

**SATURDAY, NOVEMBER 10TH,
8:30 A.M.—3:30 P.M.**



All men are invited to attend the Conference Fall Gathering at Lakewood UMC (15700 Detroit Rd., Lakewood). The speakers include Dan Stultz, Rev. Warren Freed, and Wade Mays from the Society of St. Andrew. Registration forms are available at the UM Men's bulletin board in Fellowship Hall.



Community Dinner

In March, Westlake United Methodist Church began offering a monthly Community Dinner. In line with our Vision – *Living in the image of Christ, we positively impact primarily the Westside of Cleveland* – for the past six months we have provided a warm meal, friendship, laughter and connectedness to those who may be lonely and needing a social lift, those experiencing economic challenges and in need of a hot meal and/or those seeking a purpose in life. We have invited and served our neighbors from Westlake and surrounding communities, young and old, singles and families, of differing ethnic and religious backgrounds, and differing income levels to share in the dining experience here at WUMC.

Participation started slow but continues to grow each month— we are now serving 60-70 guests! We have had the blessing of several Christ Care Groups volunteering to serve and clean up to support the meal. As we move forward and anticipate more guests attending, we would like to reach out to the congregation for help and support. The meal is offered the **FOURTH WEDNESDAY OF THE MONTH** here at the church from 5:30-6:30 p.m. Volunteers are needed for the following positions. You can volunteer one time or several times per your preference. Sign up sheets are posted in the front lobby.

POSITION	TIME COMMITMENT	RESPONSIBILITIES
HOST/HOSTESS	5:00 – 6:30 p.m.	Greet & seat guests as they arrive. Upon departure, thank guests for coming, gain feedback and remind them of next month’s meal.
SERVER	5:15 – 7:00 p.m.	Serve beverages, salad, meal and dessert to guests. Remove all soiled dishes from table upon meal completion. Reset table as needed.
AMBASSADOR	5:15 – 6:30 p.m.	Enjoy dinner with guests at their table. Share conversation and gain feedback.
DISHWASHER	5:45 – 7:00 p.m.	Run dish machine, store clean dishes.

INTERESTING FACTS

- 285 Meals were served over the past six months
- \$2.92 – Average cost per meal
- Typical Meal: Garden Salad or Fresh Fruit Salad, Herb Roasted Pork Tenderloin, Roasted Red Potatoes, Hot Dinner Roll with butter, Brownies, Beverage
- An anonymous donation has been made to fund the next 12 Community Dinners
- Dinners are offered on the 4th Wednesday of every month. EXCEPTION: December, the meal will be offered on Wednesday, December 19th.

Questions? Contact the church office or talk with Barbara Canary, Chuck Lokar, Karen Braun, or Karla Lux

The Cleveland Food Bank

VOLUNTEER OPPORTUNITIES: EVERY 4TH MONDAY, 6-8PM

The Cleveland Foodbank supplies a majority of the food used in local hot meal sites, shelters, food pantries, child care centers, group homes and elderly programs across northeast Ohio.

Two years ago, a small group from WUMC started volunteering one time per month. The group sorts and re-packs food for the various programs offered through the Foodbank. The work is easy and very rewarding!

Would you like to be part of this great mission?

You can volunteer one time, several times, or every month – whatever works in your schedule. Carpools are organized from WUMC leaving around 5:20 p.m. and returning around 8:20 p.m. (*we always finish early!*). The

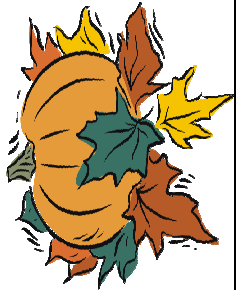
Cleveland Foodbank: 15500 S. Waterloo Road, Cleveland.

REQUIREMENTS:

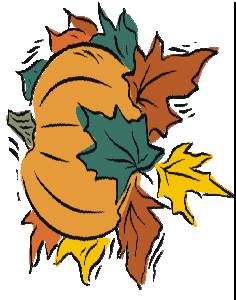
- You need to be at least 12 years old.
- You cannot wear sandals or open-toed shoes when you volunteer. (Tennis shoes are great)
- You must be able to stand, bend and lift small objects for two hours

Please consider giving your time to this great mission. If you are interested, please contact **Karla Lux (440) 892-9703** or karla_lux@yahoo.com.

Schedule 2012:
 Monday, October 22nd 6-8pm
 Monday, November 26th 6-8pm
 Monday, December - CLOSED

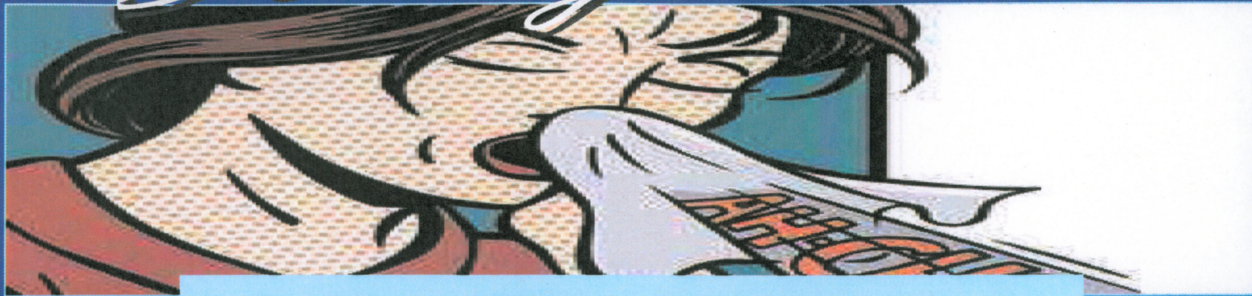


October 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>7</p> <p>Tailgate Potluck! 11 a.m.—1 p.m.</p>	<p>1</p> <p>10am Monday Morning Bells 12pm All-Staff Meeting (off-site) 1pm ChristCare—EP(100) 7pm ChristCare—JK (205)</p>	<p>2</p> <p>9:30am Kindermusik (103) 5pm Oberlin Choristers (FH)</p>	<p>3</p> <p>9:30am Kindermusik (103) 10am Parish Nurse Available 10am Medicare Consulting 10am Bible Study (107) 12pm Purl Girls (100) 1:30pm PACE (103) 7:00pm ChristCare—RE (205) 7:30pm CWRU (107)</p>	<p>4</p> <p>10 am CWRU (107) 10 am UMW Bd. Mtg (104) 5:30pm Marijuana Anon (100) 6 pm Yoga (103-4) 6:30pm Chamber Ensemble 7:30pm Chancel Choir</p>	<p>5</p>	<p>6</p> <p>9:00—11:30 am Spiritual Gifts Workshop</p>
<p>14</p> <p>Bells Play Free Blood Pressure Screenings with Parish Nurse 1000am Stewardship Class Reservations for Women's Retreat due Youth: Cedar Point Social</p>	<p>8</p> <p>10am Monday Morning Bells 12pm Alzheimer's Assoc (FH, 106-7) 12:30pm Games 'N Such (103) 1pm ChristCare—EP(100) 6:00pm Youth Group (FH) 7pm ChristCare—JK (205) 7pm Trustees (106) 7pm Finance Comm. (104) 7pm Stephen Ministry (107)</p>	<p>9</p> <p>9:30am Kindermusik (103) 9:30am MOMs Group (106) 5pm Oberlin Choristers (FH, 106-7) 7:00pm Oberlin Choristers (Sanctuary)</p>	<p>10</p> <p>9:30am Kindermusik (103) 10am Parish Nurse Available 10am Bible Study (107) 12pm Purl Girls (100) 1:00pm ChristCare-JMc (107) 1:30pm PACE (103) 7:00pm ChristCare—RE (205) 7:30pm CWRU (107)</p>	<p>11</p> <p>10 am CWRU (107) 10:30am UMW Gen. Mtg (FH) 5:30pm Marijuana Anon(100) 6 pm Yoga (103-4) 6:30pm Chamber Ensemble 7:30pm Chancel Choir</p>	<p>12</p>	<p>13</p>
<p>21</p> <p>10:00am New Sunday Morning class begins for adults Karen Hollingsworth</p>	<p>15</p> <p>10am Monday Morning Bells 1pm ChristCare—EP(100) 7pm ChristCare—JK (205)</p> <p style="background-color: #cccccc; text-align: center; padding: 5px;">MESSENGER DEADLINE FOR NOVEMBER</p>	<p>16</p> <p>9:30am Kindermusik (103) 5pm Oberlin Choristers (FH)</p>	<p>17</p> <p>9:30am Kindermusik (103) 10am Parish Nurse Available 10am Bible Study (107) 10am Medicare Consulting 12pm Purl Girls (100) 1:30pm PACE (103) 7:00pm ChristCare—RE (205) 7:30pm CWRU (107)</p>	<p>18</p> <p>10 am CWRU (107) 10 am UMW Outreach (FH) 5:30pm Marijuana Anon (100) 6 pm Yoga (103-4) 6:30pm Chamber Ensemble 7:00pm ChristCare—SS (205) 7:30pm Chancel Choir</p>	<p>19</p> <p>Taylor-Rutigliano Wedding Rehearsal</p>	<p>20</p> <p>Women's Retreat 9:00 a.m.—2:00 p.m. Sandy Ridge Reservation Taylor-Rutigliano Wedding</p>
<p>28</p> <p>PAS: Bradley Sowash 4:00 p.m.</p>	<p>22</p> <p>10am Monday Morning Bells 1pm ChristCare—EP(100) 6pm Youth Leadership (205) 6pm Cleveland Food Bank 7pm ChristCare—JK (100)</p>	<p>23</p> <p>9:30am Kindermusik (103) 9:30am MOMs Group (106) 5pm Oberlin Choristers (FH) 7:00 pm ChristCare—DL (205)</p>	<p>24</p> <p>9:30am Kindermusik (103) 10am Parish Nurse Available 10pm Bible Study (107) 12pm Purl Girls (100) 1:00pm ChristCare-JMc (107) 1:30pm PACE (103) 5:30pm Community Meal (FH) 7:00pm ChristCare-RE (205) 7:30pm CWRU (107)</p>	<p>25</p> <p>10 am CWRU (107) 12 pm UMW Fall Luncheon (FH) 5:30pm Marijuana Anon (100) 6 pm Yoga (103-4) 6:30pm Chamber Ensemble 7:00pm ChristCare—SS (205) 7:30pm Chancel Choir</p>	<p>26</p> <p>Kovach-Clarke Wedding Rehearsal 6:00 pm</p>	<p>27</p> <p>Kovach-Clarke Wedding 2:00 pm</p>
<p>29</p> <p>10am Monday Morning Bells 1pm ChristCare—EP(100) 7pm ChristCare—JK (205)</p>	<p>30</p> <p>9:30am Kindermusik (103) 5pm Oberlin Choristers (FH) 7:00 pm ChristCare—DL (205)</p>	<p>31</p> <p>9:30am Kindermusik (103) 10am Parish Nurse Available 10am Bible Study (107) 12pm Purl Girls (100) 1:30pm PACE (103) 7:00pm ChristCare—RE (205) 7:30pm CWRU (107)</p>	<p> 9:30am Kindermusik (103) 10am Parish Nurse Available 10am Bible Study (107) 12pm Purl Girls (100) 1:30pm PACE (103) 7:00pm ChristCare—RE (205) 7:30pm CWRU (107)</p>			

Feeling Sick?



Cold or Flu? What to do?

- Tried-and-true home remedies can help you feel better when you find yourself “under the weather” with a cold or the flu. And a few over-the-counter medications can help relieve nasty symptoms.
- The first question is; do you have a cold or the flu? Chances are, if you had a flu shot, you don't have influenza.
- You can still get vaccinated to protect yourself the rest of the flu season, which runs through April, according to the CDC.
- The symptoms are confusing, but here's a simple test: People with the flu get sick more suddenly, look much sicker, and feel sick all over. High fevers, body aches, extreme fatigue and dry cough are also more likely to be flu, according to experts at eMedicineHealth. The common cold generally consists of; a runny or stuffy nose, a slight fever, and coughing.
- In either case, antibiotics are not the cure. In fact, taking these prescription medications weakens their effectiveness for when you really need them. Colds and flu are caused by viruses. Antibiotics cannot fight viruses. So reserve them for bacterial infections, and your doctor is the best judge of that.
- Often, what you need to ease the symptoms of colds and flu can be found right at home – where you should be so you aren't coughing and sneezing and infecting others. Mary Windle, PharmD, Pharmacy Editor of eMedicine, Inc., and Adjunct Assistant Professor at the University of Nebraska Medical Center, College of Pharmacy, offers this prescription to feel better fast:

For chest congestion:

- Drink plenty of fluids (8 to 10 cups a day) such as water, sports drinks, herbal teas, fruit drinks, or ginger ale. Fluids help break up congestion, prevent dehydration and keep your throat moist.
- Inhaled steam can ease congestion too. Create steam with a humidifier, or steam up the bathroom by running a hot shower.

For nasal congestion:

- Relieve clogged nasal and sinus passages caused by excessive mucus with either decongestant pills or with a nasal spray. These are best taken following a hot shower and lots of nose blowing to clear out the mucus as much as possible.

For fever and pain, body aches and tiredness:

- Rest in bed.
- Over-the-counter medications such as acetaminophen (Tylenol) or ibuprofen (Advil or Motrin) can help decrease fever and ease sore throat pain and body aches.

For cough:

- For a dry hacking cough, you may choose a medication that contains a cough suppressant – Look for over-the-counter medications that contain dextromethorphan.
- For a cough that produces excessive mucus, or phlegm, you may want to use an expectorant that loosens phlegm. Guaifenesin is the most common active ingredient.

For sore throat:

- A warm salt-water gargle can relieve a scratchy throat.
- Lozenges, mouthwashes, and sprays that contain a numbing ingredient can ease the pain.

Source: Consumer Health News

WESTLAKE UNITED METHODIST CHURCH STAFF

Rev. John Butchko	Senior Pastor: jbutchko@westlakeumc.org
Patti Cervenka Barnes	Nursery Coordinator
Annie Kaschube	Organist
Alexandra Kellatis	Childcare Assistant Coordinator
Jill Limpert	Childcare Assistant Coordinator
Ardith McCloy	Director of Handbells
Anna Magill	Youth Associate
Stephanie Minor	Childcare Assistant Coordinator
Gretty Myers	Stephen Ministry Coordinator
Ellie Peiffer	Small Group & Welcoming Ministries
Carol Ryan	Christian Education Associate
Stephanie Schuerger-Fries	Administrative Assistant
Sharon Stickler	Finance Manager
Kathy Tafuri	Volunteer Parish Nurse



OTHER PASTORS CONNECTED TO THIS CONGREGATION:

Rev. Jim Cake	Rev. Nancy Hull	Dr. Richard Parks
Rev. Ron Dietrich	Rev. Don Lefelar	Rev. Bob Remington
Rev. Diana Guyette	Dr. Richard Lehto	Rev. Tom Taylor

Coming up
this month!



TAILGATE POTLUCK (see p. 1)
Sunday, October 7th, 11 a.m.—1 p.m.

SILENT QUILT AUCTION (see p. 4)
Begins Thursday, October 11th

UMW FALL LUNCHEON (see p. 3)
Thursday, October 25th at 12 noon

PERFORMING ARTS SERIES:
BRADLEY SOWASH (see p. 2)
Sunday, October 28th at 4:00 p.m.

*** * MESSENGER ARTICLES FOR NOVEMBER: DUE OCTOBER 15TH * ***

Mailed September 25, 2012
DATED MATERIAL—DO NOT DELAY



WESTLAKE UNITED METHODIST CHURCH
27650 Center Ridge Road
Westlake, Ohio 44145
(440) 871-3088
www.westlakeumc.org
westlakeumc@westlakeumc.org

Sunday Worship at
8:15 a.m. (Reflective)
10:00 a.m. (Classic)
11:21 a.m. (High Energy)

RETURN SERVICE REQUESTED