

# The Messenger



WESTLAKE UNITED METHODIST CHURCH

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



## Pastoral Reflections

A number of years ago George Will, (the columnist) was discussing that science is the pursuit of truth and therefore one could not legitimately talk about the Biblical view of creation as Creation Science. You cannot start the pursuit of knowledge with the answer in hand. He was asked, "So you dismiss the Bible and religion entirely?" "By no means," he replied, "The pursuit of truth is always of religious value."

The birth of Christ is about the Word becoming flesh and dwelling in our midst full of grace and truth (*John 1:14*). Truth is not so much to be captured as it is to be pursued. We will have moments of seeing and grasping truth, and it is liberating. But tomorrow is another day and the pursuit of truth is longer than the journey of the

folks following a star, or the trek from Nazareth to Bethlehem.

Jesus coming is indeed good news! It is a final answer, but it is to be experienced anew again and again. May we know that we are in the process of knowing, and it will make us whole.

Join me in the journey that does not end but whose kingdom is here and yet coming.

Grace and peace,  
*Pastor John*



## Christmas Eve Services:

Monday, December 24, 2012

*Families and children welcome  
at all services listed below. Please join us!*

3:00 p.m. Classic Candlelight Service

5:00 p.m. Family Service

9:00 p.m. Classic Candlelight Service

*\*Childcare is available  
at all three services*



## How can YOU be a witness for Christ at Christmas time?

### Volunteer your time for the church...

There are simple things that you can do this Christmas time to live so that others want to be followers of Jesus.

- ★ Invite a friend, family or neighbor to our Candlelight Christmas Eve services. Pick up Christmas Eve invitations and deliver in your neighborhood, mail them or put them up at places you visit during the week.
- ★ Be a greeter or usher on Christmas Eve at 3:00 p.m., 5:00 p.m. or 9:00 p.m. and welcome a stranger. Consider volunteering at a different service than the one you will attend.
- ★ Help with our "After Christmas Welcome Program" dropping off a simple gift to first time visitors to let them know their visit is important to God and to us!

*Please contact the office to volunteer your time reaching out to those seeking the gifts of Christ at Christmas time.*

WESTLAKE UNITED METHODIST CHURCH

27650 Center Ridge Road \* Westlake, Ohio 44145 \* (440) 871-3088 \* [www.westlakeumc.org](http://www.westlakeumc.org)

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

## The Gift of Music at Christmas



When I was a pastor I typically fretted about what God would have me say in a Christmas Eve message. And each year I remembered my own experience as a child and as an adult that it really didn't matter too much what the pastor had to say in retelling this old story. The Word was magnificently spoken through the music. The angels we heard on high were right there in that church sanctuary. And as the music rang in and softened my heart, I usually could hear the preacher much better. Through our magnificent pipe organ, our voices are lifted up and join with the cloud of angels to join in songs of wonder and praise. And our hearts are touched as we come seeking the hope and love of God in the unique circumstances of each year. God's greatest gift, Jesus, comes at Christmas. We can make a gift for those who come for years after us seeking God's love. Please consider a special gift to support the restoration and the enduring wonder of our magnificent pipe organ.

~Jim Cake, Finance Chair



### Poinsettia Sale *and/or* Scholarship Fund

Poinsettias are available for purchase to help decorate the altar for Christmas Eve. You may also contribute to the scholarship fund of WUMC in addition to, or in place of, poinsettias.

**Each poinsettia plant costs \$8.**  
Order forms available at the office.  
Orders for poinsettias due by  
**Sunday, December 2nd**

## Income Statement—October 2012

	October 2012	YTD 2012	2011	YTD 2011	Annual Budget 2012
<b>INCOME</b>					
CONTRIBUTION INCOME	\$36,136.76	\$452,222.09	\$40,737.88	\$452,002.42	\$574,500.00
<b>TOTAL INCOME</b>	<b>\$36,136.76</b>	<b>\$452,222.09</b>	<b>\$40,737.88</b>	<b>\$452,002.42</b>	<b>\$574,500.00</b>
<b>EXPENSES</b>					
<b>ADMINISTRATIVE EXP.</b>					
STAFF PARISH EXP.	\$31,565.10	\$260,362.51	\$24,426.79	\$252,451.48	\$350,023.00
OFFICE EXP.	1,557.66	20,640.58	1,731.37	17,853.71	23,550.00
FINANCE TEAM EXP.	243.40	2,484.87	728.76	6,666.43	2,100.00
FACILITIES EXP.	4,903.14	56,041.92	4,296.53	64,058.88	75,900.00
Subtotal Expenses	38,269.30	339,529.88	31,183.45	341,030.50	451,573.00
<b>MINISTRY EXPENSE</b>					
MUSIC EXP.	40.00	2,394.70	140.36	2,624.77	4,250.00
WORSHIP EXP.	656.52	5,616.25	175.92	1,886.22	5,750.00
EDUCATION EXP.	1,253.05	7,977.47	351.31	7,103.18	11,870.00
OUTREACH EXP.	381.20	4,392.25	357.98	4,471.99	11,844.00
MISSION EXP.	6,267.82	62,237.70	8,111.65	74,734.54	89,213.00
Subtotal Ministry Expense	8,598.59	82,618.37	9,137.22	90,820.70	122,927.00
<b>TOTAL EXPENSES</b>	<b>46,867.89</b>	<b>422,148.25</b>	<b>40,320.67</b>	<b>431,851.20</b>	<b>574,500.00</b>
<b>EXCESS INCOME/EXPENSES</b>	<b>-\$10,731.13</b>	<b>\$30,073.84</b>	<b>\$417.21</b>	<b>\$20,151.22</b>	<b>\$0.00</b>



### Reminder from the Financial Manager's Office:

Donations intended to be credited to 2012 **MUST** be received in the church office by December 31st, 2012.  
Thank you!

Any questions, please contact Sharon Stickler at (440) 871-3088 x12.



## ALL CHURCH SUNDAY "THANKFULNESS" SUPPER SUNDAY, DECEMBER 2ND AT 5 P.M.

At this season of thankfulness and hope, we celebrate God's goodness to our church thru the faithful giving of regular people. Join us for an old fashioned Sunday Supper and a time of looking back & visioning forward. Mr. Brian Sheets of the East Ohio United Methodist Foundation will offer a short reflection. The supper is sponsored by the Legacy Giving Team. Please RSVP your attendance to the church office ([westlakeumc@westlakumc.org](mailto:westlakeumc@westlakumc.org)).



## Weekday Mom's Group



**TUESDAY, DECEMBER 4TH, 9 - 11:30 A.M.**

Join the Mom's group for a morning of baking Christmas cookies for those that need a little holiday cheer. We'll meet in the church kitchen and then later in the week, take the kids to deliver cookies. Please bring 2 cookie tins... one for you and one to give away. Free professional childcare is offered for infants up to age 3. The older children will enjoy story hour time with our librarians, Judy McDonald and Nanci Danburg. Childcare spots are limited so please call the office to reserve at (440) 871-3088 or email [epeiffer@westlakeumc.org](mailto:epeiffer@westlakeumc.org)

## Tax Tip!

With an unknown tax code for next year, and possible higher estate taxes coming, it may be a good time to pay your Capital Campaign pledge, or to remember someone with a gift to the church's ministry or endowment funds. If you have stocks with capital gains, you could donate a portion to the church and not pay capital gains tax or a broker's fee. The total value can be deducted from your income tax. It could be a win-win situation. Please contact our Finance Manager, Sharon Stickler (440) 871-4088 x12, or [ssickler@westlakeumc.org](mailto:ssickler@westlakeumc.org) to discuss.



## What Do You Want For Christmas? Advent Study

**SUNDAYS, DECEMBER 2 - 23RD, 9:00 OR 11:21 A.M.**  
"What do you want for Christmas?" It's a question that gets asked often as the holiday approaches. And if we're honest, much of the time, we have material things on our mind. This study invites you to explore the question on a deeper level, examining the gifts the Christ Child brings... the type of gifts that money can't buy. Join facilitator Ellie Peiffer in Room 107 at 9:00 a.m., or Laurie Marshall in Fellowship Hall at 11:21 a.m. for this 4 week study.



## New Member Classes begin in January



If you've been contemplating membership at Westlake UMC, please watch the weekly bulletin for the dates of our next set of classes. These include coffee with Rev. John Butchko, a Spiritual Gifts Discovery Workshop, and a Money Autobiography class with Don Lefelar. For more information, please contact the church office at (440) 871-3088 or [westlakeumc@westlakeumc.org](mailto:westlakeumc@westlakeumc.org).



## HOSPITALITY

Thank you to all of our Sunday Coffee Hour Sponsors for 2012! We look forward to fellowship with our WUMC Family and Friends at future coffee hours!

If you have not yet had the chance to sponsor a coffee hour and would like the opportunity, or would like to sponsor another Sunday, please fill out the goldenrod forms found on the table in the lobby or in Fellowship Hall. Cost is only \$35 for a Sunday, and the Hospitality Team does all of the work!

### DECEMBER COFFEE HOUR SPONSORS

December 2	Barbara Lachowicz
December 9	Judy McDonald
December 16	Karen Sutherland
December 23	Liz & Dick Parks
December 30	Suzanne D'Ettorre



Blessings to all during this joyful Christmas season!

# CHRISTMAS CORNER



## Performing Arts Series: *Special Advent Service*

**SUNDAY, DECEMBER 16TH AT 10 A.M.**

The tradition of Lessons and Carols on Christmas Eve dates to the late nineteenth century, pairing the traditional Gospel account of the birth of Christ with carols appropriate to each verse.

On Sunday, December 16th at 10:00 a.m., a special worship service based on this tradition will focus on prophecy and the anticipated coming of Christ.

The music ministry ensembles of Westlake United Methodist Church share songs and carols of Advent and Christmas in this worship service filled with sounds of the season. We are invited to be in the spirit of anticipation of the Christ child's coming, while also being mindful that we live in the knowledge and presence of the living Christ in our midst. The music is the centerpiece of this special worship service.

Join us as we listen to the spirit presented by the WUMC Chancel Choir, Children's Choir, Monday Morning Handbell Choir, and Joyful Spirit Handbells, featuring our very own special musicians.

~Yolanda Crisp, artistic director  
WUMC Performing Arts Series Chair



## United Methodist Women

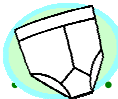
### *Christmas Tea*

**THURSDAY, DECEMBER 6TH AT 1 P.M.**



**Everyone** – mark your calendars so you don't miss this Great Christmas event!

There is no charge! The program begins at 1:00 p.m. with wonderful entertainment by Debra Rose, Singer Extraordinaire! Following this will be delicious food in Fellowship Hall. We encourage both men and women of the church, and their friends, to attend.



### SHOW YOUR LOVE: SOCKS & UNDERWEAR DRIVE CHILDREN



Church members and friends have been donating socks and underwear to 4 and 5 year old boys and girls at Head Start and Guidestone (Formerly Berea Children's Home) at Christmastime. Please drop these off in the church lobby (across from the elevator) in the UMW basket by December 9th, or bring them to the Christmas Tea.

## Messiah Recording Available!

### CHRISTMAS GIFT IDEA



Just in time for the Christmas season, you can own a copy of Handel's *Messiah* performed by the WUMC Chancel Choir and the Blue Water Chamber Orchestra. CD's are \$15 each, available in the church office. Sure to add to your holiday listening pleasure, these CD's also make great gifts for family and friends. Pick up your copy today!



Join Us for  
Caroling

## HERE WE COME A-CAROLING!

**On Sunday, December 16th**, we will go Christmas caroling! We will meet at the church in the Fellowship Hall at **2:00** p.m., divide into groups, and go caroling to our church's shut-ins and to several nursing care facilities. We will meet back at the church for soup, salad, and bread from Zoup!--and of course hot chocolate! Bring a plate of Christmas cookies to share! Look for the sign-up sheet on the bulletin board in the lobby. People of all ages are invited! Bring a friend! Questions? Contact Annie Kaschube at (216) 862-1232 or [annie.kaschube@yahoo.com](mailto:annie.kaschube@yahoo.com).



## Children's Choir

The children's choir will be participating in worship on three dates during the month of December. Please see details for each service below:



**On Sunday, December 2nd**, the children will be participating in the 10:00 worship service only. They will be playing chimes as the 3 and 4 year olds and the Kinder class sing "Away in a Manger." Please have your child in the Sanctuary by 9:30 a.m. to practice. Please have your children wear their children's choir polo and khaki bottoms.

**On Sunday, December 16th**, the children will be participating in the 10:00 AND 11:21 worship services. They are singing "Bring a Torch Jeannette Isabella" which has oboe and hand bell accompaniment. Please have your child in the Sanctuary by 9:30 a.m. to practice. Please have your children wear their children's choir polo and khaki bottoms. Please plan to pick your child

up after we sing during the 11:21 service. We will not have rehearsal on this day.

**On Sunday, December 23rd**, we will review our song for Christmas Eve and have a Christmas celebration during our normal rehearsal time. This will include making a special Christmas Music craft. **On Christmas Eve**, the children will sing "Bring a Torch Jeannette Isabella" for the 5:00 worship service. Plan to come to the sanctuary at 4:30 p.m. to warm-up. Wear festive Christmas attire of your choice!

We will **NOT** have rehearsal on December 30th. We will resume on January 6th.

If you have any questions, please contact me by email at [annie.kaschube@yahoo.com](mailto:annie.kaschube@yahoo.com) or (216) 862-1232.

Have a Blessed Advent and Christmas Season!

~Annie



## Speech and Debate Winter Break Workshop

**WHAT:** PUBLIC SPEAKING & DEBATE WORKSHOP

**WHO:** 6TH - 10TH GRADE STUDENTS  
WITH MRS. CAROL RYAN

**WHEN:** DECEMBER 27TH AND 28TH,  
FROM 9:00 AM - 3:00 PM

**WHERE:** WUMC

**COST:** \$40. REDUCED FEES FOR SIBLINGS, AND HARDSHIP  
FEE WAIVERS AVAILABLE

**ADDITIONAL INFORMATION:** Lunch and snacks provided. Any proceeds over cost of meals, supplies, and stipends for assistants will be donated to *Imagine No Malaria* on behalf of WUMC's children's mission project. Before/After care option for participants will be considered based on interest. Space is limited. To reserve a spot, please pre-register with no obligation now online at [westlakeumc.org](http://westlakeumc.org) under the tab for "Forms."



### Workshop Description

You may love having an audience. You may know more about a subject than anyone. You may have facts on your side to win a debate.

But can you structure your thoughts for a presentation that will make your remarks memorable, comprehensible? Can you thoughtfully use non-verbal skills of eye contact, gestures, and vocalics to enhance not detract from your message? Afraid of public speaking? You are not alone. The *New York Times* frequently rates "Public Speaking" as Americans #1 fear (above spiders, jeggings, and *Teletubbies*) – so you are not alone. And with public speaking, fears may disappear or downgrade to "nervous butterflies" with practice – public practice.

This two-day workshop will cover basics of presentation structure, impromptu speaking, persuasive speaking, and modified Lincoln Douglas debating. This workshop is performance based. You will present to the group. And you will be expected to develop skills as a receptive audience member. Participants will work together, independently, and in experience based grouping. In other words, this workshop will support students new to speech team styled basics as well as those competing in forensics (competitive public speaking).

Mrs. Carol Ryan brings her past experience coaching national college champions together with her recent experience coaching middle school speakers to host this event. Also, participants will benefit from a surprise assistant "coach" for this workshop who is a successful, current, high school debater!












# December

# 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>2</b> <i>Poinsettia Orders Due!</i> 4:30pm Simpson Comm. Meal 5 pm Thankfulness Sup-  <b>First Sunday of Advent</b>	<b>3</b> 10am Staff Meeting (205) 10am Monday Morning Bells 12pm All-Staff Meeting (106) 1 pm ChristCare—EP (100)	<b>4</b> 9am MOMs Group (Kitch.) 9:30am Kindermusik (103) 9:30am ChristCare—MLL (100) 5pm Oberlin Choristers (FH)	<b>5</b> 9:30am Kindermusik (103) 10 am Parish Nurse Available 10am Bible Study (107) 12pm Purl Girls (100) 1pm ChristCare-JMc(205) 1:30pm PACE (103) 7pm ChristCare-RE (205) 7:30pm Joyful Spirit Bells	<b>6</b> 9am-5pm Gen Cmmsn on Chr. Unity & InterRelig. Concerns (107)  1pm UMW Christmas Tea (FH) 5:30pm Marijuana Anon (100) 6 pm Yoga (103-4) 7:30pm Chancel Choir	<b>7</b>	<b>8</b> 6:30pm ChristCare-LK (205)
<b>9</b> <i>Bells Play</i> <i>Free Blood Pressure Screenings</i>  <b>Second Sunday of Advent</b>	<b>10</b> 10am Staff Meeting (205) 10am Monday Morning Bells 12:30pm Games 'N Such (FH) 1 pm ChristCare—EP (100) 7 pm Finance Comm. (104) 7 pm Stephen Ministry (107)	<b>11</b> 9:30am Kindermusik (103) 9:30am ChristCare—MLL (100) 5pm Oberlin Choristers (FH) 6:30pm Trustees (106) 6:30pm Ladies Night Out	<b>12</b> 9:30am Kindermusik (103) 10 am Parish Nurse Available 10am Bible Study (107) 12pm Purl Girls (100) 1:30pm PACE (103) 7pm ChristCare-RE (205)	<b>13</b> 5:30pm Marijuana Anon(100) 6 pm Yoga (103-4) 7:30pm Chancel Choir	<b>14</b>	<b>15</b> West Side Community House Christmas Party
<b>16</b> 10am <i>PAS: Special Advent Svc.</i> 2pm Christmas Caroling!  <b>Third Sunday of Advent</b>	<b>17</b> 10am Staff Meeting (205) 10am Monday Morning Bells 1 pm ChristCare—EP (100)	<b>18</b> 9:30am Kindermusik (103)	<b>19</b> 9:30am Kindermusik (103) 10 am Parish Nurse Available 10am Bible Study (107) 12pm Purl Girls (100) 1pm ChristCare-JMc(205) 1:30pm PACE (103) 5:30pm Community Meal 7pm ChristCare-RE (205)	<b>20</b> 4 pm Youth to D&B 5:30pm Marijuana Anon (100) 6 pm Yoga (103-4) 7:30pm Chancel Choir	<b>21</b>	<b>22</b> 10 am Piano Recital—Cassandra Clouser
<b>23</b>  <b>Fourth Sunday of Advent</b>	<b>24</b>  3:00 pm Classic Service 5:00 pm Family Service 9:00 pm Classic Service	<b>25</b> <i>Blessed Christmas</i>  Staff Offices Closed	<b>26</b>	<b>27</b> 9am—3pm Speech & Debate Wkshp 10 am UMW Outreach (FH) 5:30pm Marijuana Anon (100) 6 pm Yoga (103-4) 7:30pm Chancel Choir	<b>28</b> 9am—3pm Speech & Debate Wkshp 6:00 p.m. <i>Wedding Rehearsal</i> Gary Linch & Jayne Putrino (Decorating in FH—afternoon)	<b>29</b> Gary Linch & Jayne Putrino Wedding: 1:1:30 a.m. 4-8 p.m. Reception
<b>30</b>	<b>31</b> 10am Staff Meeting (205) 10am Monday Morning Bells					

**MESSENGER DEADLINE FOR JANUARY 2013**



## SUNDAYS

**CONFIRMATION 7-8** (Parents are welcome to attend!)

DECEMBER 2-16, 10:10—11:10 A.M. IN STAGE CLASSROOM

**NEW SERIES:** THE UNITED METHODIST FAITH WITH DR. PARKS

## SENIOR HIGH YOUTH FORUM

THROUGH DECEMBER 16TH, 11:10 A.M.—12:10 P.M.

IN THE YOUTH ROOM

**NEW SERIES:** "THE GOSPEL ACCORDING TO THE SIMPSONS"

## COMMUNITY SERVICE OPTION: SERVING, BUSSING TABLES

### LEGACY DINNER AT WUMC

SUNDAY, DECEMBER 2ND, 5—7 P.M.

Westlake UMC is hosting an elegant dinner, and youth are needed to host. Community service hours are available. Dress is formal—black pants and white top. Come with a smile, social graces, and lots of energy! Check in with Mr. John Lux. Thank you for your service!



## ALL-CHURCH CHRISTMAS CAROLING

SUNDAY, DECEMBER 16TH, 2—? P.M.

Come for dinner and a time of good cheer. All are invited! See page 4 for more details!



## ALL YOUTH EVENT: DAVE & BUSTERS SOCIAL LUMINARY PREP AND GAME NIGHT!

THURSDAY, DECEMBER 20TH, 4:00—? P.M.

All youth are invited for a time to play at Dave & Busters, followed by dinner, luminary preparations, and card games! Adult drivers are needed. Luminary preparation and assignments will be done this night. Please contact Anna to help on December 24th: 4:00 setting, 8:00 setting, 10:30 clean up.



Due to the holidays, youth are encouraged to worship with family December 23rd and 30th. No classes meet. Blessings to all! May the spirit of Christmas transform your family as you partake in the mystery of baby Jesus.

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

## 'Tis the Season of Giving...



### FLAT ROCK HOMES:

#### Donations for Christmas Gifts!

Flat Rock Homes...pick up a gift tag and purchase a Christmas gift(s) for children at Flat Rock Homes. The gift tags are on the bulletin board in church lobby. Please return the gift, unwrapped with tag attached **by Sunday, December 2nd**. Place in box marked for "Flat Rock." Online donations can be made at [www.flatrockhomes.org](http://www.flatrockhomes.org)

### SIMPSON UMC: Clothing Donations!

Christmas gift donations needed are new or gently worn children's winter coats, hats, gloves, mittens, scarves and socks. Please bring items marked for "Simpson UMC" and place in lobby in collection box **by Sunday, December 2nd**.



## PARTY ELVES NEEDED

### SIMPSON UMC CHRISTMAS PARTY

Date to be announced!

We have been asked to help at the Simpson UMC Christmas Party this year – families are welcome! Please contact Gretty Myers for more details – (440) 734-5473 or email [grettymyers@sbcglobal.net](mailto:grettymyers@sbcglobal.net).

### WEST SIDE COMMUNITY HOUSE CHRISTMAS PARTY

Saturday, December 15th in the afternoon

More party elves and bakers needed for West Side Community House Christmas party... teens and adults are welcome! Also needed are Christmas cookie donations for the party!

**Bring them to church on Sunday,**

**December 9th.** Please contact Gretty Myers at (440) 734-5473 or send an email to: [grettymyers@sbcglobal.net](mailto:grettymyers@sbcglobal.net).



*Thank you for your time and generosity!*

## Church Family Focus

### BAPTISMS

**Nora Joy Fiest**, daughter of Wendi and Jason Fiest, was baptized by Rev. John Butchko on November 18th. Her godparents are Patricia and Kyle Roush.



### WITH SYMPATHY



**Thelma Burk**, mother of Jeanne Rife, passed away on November 3rd.

**David Twichell**, brother of Jeanne Halaby, passed away on November 4th.

**Mark Strout**, brother of Deb Kremer, passed away on November 9th.

### THANK YOU

Dear Church family,

We'd like to thank you for all of your prayers, cards, visits, and phone calls during Len's surgery and recuperation. All of these were a comfort to us in the midst of such frightening circumstances. Your generosity and compassion served to ease the stress of those events. We know there are angels on Earth! Blessings to all of you,

~Len and Barb Siwik



## Housing Help Requested

(For University of Virginia Men's Chorus!)

We have the opportunity to host the University of Virginia Men's Chorus on March 14th. There is no fee involved for hosting. The grandson of Rev. Bob and Carolyn Remington is in the chorus.

The catch is we need to provide housing for approximately 50 folks. This is not scheduled as part of the Performing Arts Series, but would be an excellent opportunity.

Please contact the church office (440-871-3088 or email to [westlakeumc@westlakeumc.org](mailto:westlakeumc@westlakeumc.org)) by **December 15th** if you can assist. If we are not able to host, we need to provide time for another host to be found. Thank you in advance.

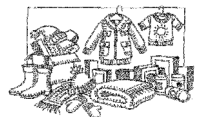


## Donations Requested

### COMMUNITY CORNER

**Resale Shop Donations — Collection year-round!**

Our church has been supporting Community Corner for over ten years. The need for winter clothing and household items is great. Place your items in the box in front of the kitchen in Fellowship Hall at church. If you have any questions, please feel free to call Judy Lawless (440) 327-7304.



### HATS AND GLOVES NEEDED!

**Collection throughout the winter!**  
The Wednesday afternoon Christ Care Group has chosen as its mission project to provide warm winter hats and gloves for children that come to school unprepared for cold weather. We hope to provide them throughout the winter to the Toni Morrison Elementary School in Lorain: Grades pre-K through 6th. We would greatly appreciate your help of donations of **new** hats and gloves. There is a basket in the lobby to receive them.





## POSITION OPENING: BUILDING MANAGER

The SPRC is seeking persons interested in the position of Building Manager for WUMC. The purpose of the Building Manger is to oversee the physical operations of WUMC, assure regular maintenance of the building and grounds and coordinate building operations with the Trustees. The position requires a person with basic electrical and plumbing skills. The position will require approximately 15 hours per month at approximately \$20 per hour. Interested parties should email your qualifications to Duane Miller at [duanemiller@wowway.com](mailto:duanemiller@wowway.com). The detailed job description is available upon request.



## MAIL UPDATES

Do we have your **current** email address?  
Please send updates to [westlakeumc@westlakeumc.org](mailto:westlakeumc@westlakeumc.org)

Not currently receiving the Weekly Reminder and/or the monthly *Messenger* newsletter? Let Stephanie know!  
(Snail mail address updates & phone changes important, too!)



### Healthy Eating During the Holidays

The holiday season presents so many tasty temptations that even the most disciplined people have a hard time saying "no." For most of us, the holiday season begins in mid-November and ends in January giving us eight weeks to overindulge. What's more, weight gained during this season tends to stay with us. But, with knowledge about good nutrition, it is possible to eat healthy and still have fun.

Whether attending a company party, planning a dinner party or going out for a New Year's Eve celebration, here are tips to help you enjoy the holidays and avoid undesired weight gain.

#### Party tips:

- Never go to a party hungry. Eat a low-fat snack before you go.
- Limit alcohol calories, which are stored as fat.
- Choose diet sodas, club sodas or water so you don't waste calories on beverages.
- Exercise before eating. A brisk 30-minute walk can reduce your appetite as well as burn calories.
- Use small plates and take small portions.
- Choose mostly fruits and vegetables, then add some of your favorite foods as a treat.
- Use salad dressing sparingly. Avoid soups and breads.
- Enjoy your favorite dessert, but watch your portion and don't go back for seconds.
- When socializing, move away from the buffet table.

#### Cooking and Preparing Holiday Foods:

- Use nonstick cooking sprays.
- Choose lower fat meats like turkey breast, lean ham and filets.



# Eating Healthy during the Holidays

- Prepare stuffing outside of the turkey.
- Use a gravy separator to de-fat gravy.
- Use skim milk and low-fat cheeses.
- Flavor with lots of herbs and spices.
- Use two egg whites rather than a whole egg in recipes.
- Serve angel food cake with light whipped topping and fruits.
- Test low-fat versions of recipes a few days before to be sure they taste good.

#### Attending Dinner Parties:

- Expect to overeat somewhat, and cut back on eating the day before or day after.
- Take it easy with hors d'oeuvres when a full course meal will be served.
- Grilled or broiled fish are your best bets for entrees.
- Take second helpings of salads or vegetables if you are still hungry.
- Listen to your stomach and stop eating when full.
- If you can, skip dessert or share with your date.

The most practical tip is to not attempt to lose weight during the holidays. This is an unrealistic goal that will set you up for failure and add to the stress of the holiday season. Since most people gain weight during the holidays, you will do well to maintain your weight.

Many holiday and family traditions revolve around foods that make the season special. Limiting high-fat foods, maintaining a healthy diet and getting regular exercise year round will fend off significant permanent weight gain from holiday festivities.

Source: [www.exercise.about.com](http://www.exercise.about.com)  
[www.messa.org](http://www.messa.org)



Provided Courtesy of  
[www.WellnessProposals.com](http://www.WellnessProposals.com)

# Equal Exchange Holiday Order Form

## Fair Trade Coffee, Tea, Chocolate & Snacks

A gift from Equal Exchange is the perfect answer to the "What do I get this person for Christmas?" question!  
Teachers, friends, family, Santa himself... who doesn't love a treat!?!

See the large selection of products below, knowing that your purchase supports Fair Trade and Westlake UMC's Mission Team activities. The team can even take care of packaging your products in a gift basket to make the presentation special (not to mention convenient for you!).

ITEM	Price	Qty.	Total (\$)
<b>COFFEES... (12 oz. bags)</b>			
Café Salvador	Drip Grind	\$7.00	
Bright Day Brew	Drip Grind	\$7.00	
Organic Mind, Body & Soul (Medium/Vienna Roast)	Drip Grind	\$7.50	
Organic Breakfast Blend (Medium/French Roast)	Drip Grind	\$7.50	
Organic Columbian (Full City Roast)	Drip Grind	\$7.50	
Organic Ethiopian (Full City Roast)	Drip Grind	\$7.50	
Hope's Blend (14 oz.)	Drip Grind	\$8.00	
Organic French Roast (10 oz.)	Whole Bean	\$7.50	
<b>FLAVORED COFFEES... (12 oz. bags)</b>			
French Vanilla (Medium Roast)	Drip Grind	\$8.00	
Hazelnut Crème (Medium Roast)	Drip Grind	\$8.00	
Toffee Caramel (Medium Roast)	Drip Grind	\$8.00	
<b>DECAF COFFEES... (12 oz. bags)</b>			
Organic (Full City Roast)	Drip Grind	\$8.50	
Cozy Cup (Full City Roast)	Drip Grind	\$8.00	
Hazelnut Crème (Medium Roast)	Drip Grind	\$9.00	

Over for more delicious items! →

ITEMS	Price	Qty.	Total (\$)
<b>ORGANIC TEAS...</b>			
English Breakfast Tea	\$3.25		
Chai	\$3.25		
Green Tea	\$3.25		
Jasmine Green	\$3.25		
Black Tea	\$3.25		
Mint Green	\$3.25		
Chamomile — caffeine free	\$3.25		
Peppermint — caffeine free	\$3.25		
<b>ORGANIC CHOCOLATE BARS (3.5 oz.)</b>			
Milk Chocolate	\$3.00		
Dark Chocolate with Almonds (55% cacao)	\$3.00		
Very Dark Chocolate (71% cacao)	\$3.00		
Chocolate Caramel Crunch with Sea Salt (55% cacao)	\$3.00		
Orange Dark Chocolate (65% cacao)	\$3.00		
Mint Chocolate (67% cacao)	\$3.00		
Panama Extra Dark (80% cacao)	\$3.00		
Chocolate Espresso Bean (55% cacao)	\$3.00		
<b>COCOA...</b>			
Organic Hot Cocoa Mix (12 oz. can)	\$5.50		
Unsweetened Baking Cocoa (8 oz.)	\$5.50		
<b>SNACKS...</b>			
Tamari Roasted Almonds (5.0 oz.)	\$3.50		
<b>EXTRAS...</b>			
Custom Made Gift Basket	\$5.00		
<b>GRAND TOTAL</b>			<b>\$</b>

Please fill out and turn in to the Mission Team (or put the form in the Fair Trade mailbox) by **Sunday, December 9th**.  
Orders can be picked up on **Sunday, December 16th** (or later). Payment will be collected when you pick up your order.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_



*Thank you  
for supporting  
Equal Exchange!*



27650 Center Ridge Road ~ Westlake, Ohio 44145  
(440) 871-3088 ~ [www.westlakeumc.org](http://www.westlakeumc.org)  
Jim Gramlich's phone: (440) 899-1382

## WESTLAKE UNITED METHODIST CHURCH STAFF

<b>Rev. John Butchko</b>	<i>Senior Pastor:</i> <a href="mailto:jbutchko@westlakeumc.org">jbutchko@westlakeumc.org</a>
<b>Patti Cervenka Barnes</b>	<i>Nursery Coordinator</i>
<b>Kevin Foster</b>	<i>Choir Director—ON LEAVE</i>
<b>Annie Kaschube</b>	<i>Organist</i>
<b>Alexandra Kellatis</b>	<i>Childcare Assistant Coordinator</i>
<b>Ardith McCloy</b>	<i>Director of Handbells</i>
<b>Anna Magill</b>	<i>Youth Associate</i>
<b>Stephanie Minor</b>	<i>Childcare Assistant Coordinator</i>
<b>Gretty Myers</b>	<i>Stephen Ministry Coordinator</i>
<b>Ellie Peiffer</b>	<i>Small Group &amp; Welcoming Ministries</i>
<b>Carol Ryan</b>	<i>Christian Education Associate</i>
<b>Stephanie Schuerger-Fries</b>	<i>Administrative Assistant</i>
<b>Sharon Stickler</b>	<i>Finance Manager</i>
<b>Kathy Tafuri</b>	<i>Volunteer Parish Nurse</i>

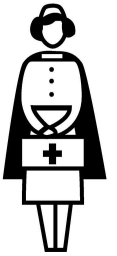


### OTHER PASTORS CONNECTED TO THIS CONGREGATION:

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

## 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 [ktafuri@westlakeumc.org](mailto:ktafuri@westlakeumc.org) with health-related concerns. Free blood pressure screening on Sunday, December 9th 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)

\* \* MESSENGER ARTICLES FOR JANUARY: DUE DECEMBER 14TH \* \*

Mailed November 27, 2012  
DATED MATERIAL—DO NOT DELAY



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

27650 Center Ridge Road  
Westlake, Ohio 44145  
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[westlakeumc@westlakeumc.org](mailto:westlakeumc@westlakeumc.org)

WESTLAKE  
UNITED METHODIST  
CHURCH

RETURN SERVICE REQUESTED