

## PASTOR'S POST



It was around three o'clock on a Friday afternoon. The "bing" signaling a notification on Jeff's phone caused him to pick up and read the latest incoming e-mail. "Hurricane in the Atlantic causes a route change for the cruise ship that you are assigned to. Please be prepared to leave up to two days early for your upcoming date." 24 hours later, Jeff had hastily thrown his luggage in the back of the truck and was on his way to the airport—two days earlier than expected. I stood in the doorway as he pulled out of the garage and it hit me like a wave. Loneliness. There it was again. Like an old friend that had come to visit.

Maybe you have experienced loneliness creeping up on you from time to time. My loneliness that day made me think about all of the other people who experience loneliness every day—many in our church family both young and old. As much as we would like to think that we are "alone" in our loneliness, the statistics tell us a different story. In the last 50 years, rates of loneliness have doubled in the United States. In a survey of 20,000 Americans, almost half reported that feeling alone, left out, or isolated is part of their everyday experience. Some health professionals have even gone so far as to call it a "Loneliness Epidemic." There are many reasons that loneliness can overtake us in different seasons of life: the death of a spouse or significant other, a spouse who travels for work, a job change, moving to a new city, becoming an empty-nester, experiencing a prolonged illness, losing a pet, experiencing strained relationships with friends or family and many more. Few people will ever go through life and avoid feelings of loneliness. Loneliness is a fact of life.

When God created us, he knew that it would not be good for us to be alone. So, when we experience loneliness, it is actually a reminder that God created us to be in relationship with others. There is

## Overcoming Feelings of Loneliness

nothing wrong with feelings of loneliness. Loneliness just signals that we are longing for the community that God created us for. Rather than feeling ashamed of being lonely (which often leads us into deeper isolation), we can bring our loneliness to God and ask Him for those things that will bring us out of our loneliness. Here are some specific requests that we can make of God when feelings of loneliness overcome us.

**God's Perspective**—Ask God to help you see yourself the way that He sees you in the midst of your loneliness—as His precious and beloved child. Ask Him to remove any thinking that tells you that you are unlovable or unloved.

**God's Protection**—Ask God to protect you from making wrong choices to overcome your loneliness. Ask Him to help you trust in His protection during this vulnerable time.

**God's Presence**—Ask God to help you remember that He is always close to you when you feel lonely and that He has promised to never leave you.

**God's People**—Ask God to guide you to Godly friends who can help you overcome this burden of loneliness. Ask Him to help you be the kind of friend that others can be blessed by.

**God's Persistence**—Ask God to strengthen you and give you courage to look beyond your own loneliness and reach out to someone else who is lonely. Ask Him to help you listen to someone the way that He listens to you when you are lonely.

Finally, coming together with your church family is one of the best ways to overcome loneliness. Thank you for being a warm and loving church that helps so many overcome loneliness every week.

What do you do to overcome loneliness? Email me your thoughts at [pastorcarrie123@gmail.com](mailto:pastorcarrie123@gmail.com)

*Pastor Carrie*

# Missions & Ministries

## Mission Calendar

### October

- 1 – Missions meeting @ 6:30 PM in the Chapel
- 5 – IHN dinner @ Westwood UMC
- 13 - Matthew 25 Ministries: 9 AM-11 AM; 11060 Kenwood Rd.
- 14 - Prince of Peace breakfast – meet @ 5:40 AM CUMC parking lot
- 21-27 – Redbird Mission trip
- 28 – Mission offering

### November

- 4 & 11 – Giving Tree tag distribution
- 11 - Prince of Peace breakfast – meet @ 5:40 AM CUMC parking lot
- 17 - Matthew 25 Ministries: 9 AM-11 AM; 11060 Kenwood Rd.
- 25 - Mission offering
- 25 – Giving Tree gifts due
- 30 – IHN dinner @ Westwood UMC

## Westfed Food Pantry

Cereal, crackers, canned corn, and large paper grocery bags. Check the Sunday bulletin for additional needs that may occur throughout the month. Donation baskets are outside Werner Lounge. Donation envelopes are available on the Welcome Centers. Please make checks out to CUMC with memo: **Westfed**.

Thank you for supporting our neighborhood mission.



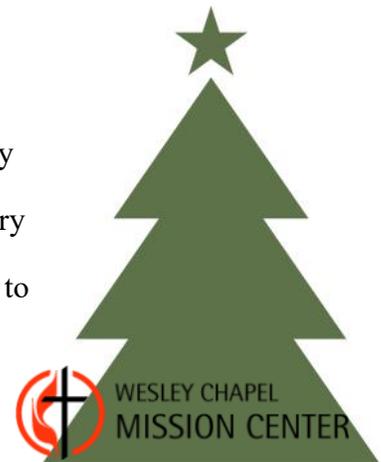
## The Giving Tree

Coming in Early November

Our Giving Tree project will support Wesley Chapel Mission Center's Santa Shop. The Mission Center in Over the Rhine provides educational support through homework help, tutoring and enrichment programs for children. They also serve high school students by providing a safe after-school space where they can study the Bible, learn life skills and gain leadership experience. Every Christmas the Center provides a Santa Shop, where the grade school children can shop for gifts for their parents and siblings. In November, children begin to earn points that they can then use to "purchase" the gifts. Points are awarded for good behavior, doing homework, learning Bible verses, etc.

Our Giving Tree goal this year is to help stock their store shelves with items that have been recommended by Wesley Chapel's staff. Each tag on the Giving Tree will list 2 or 3 items (with a total value of about \$25). We are asking that you select a tag from the tree, purchase all of the items listed, and return them **UNWRAPPED** to church.

Since the items need to be delivered to Wesley Chapel by the first of December, we will need to get started in early November. Tags will be available on November 4 and 11. Gifts will need to be returned to church by November 25. Contact Bobbi Ostermeyer (662-2841 or [RAOst@aol.com](mailto:RAOst@aol.com)) with any questions.



## Festival of Sharing update:

Thank you to all who participated in the FOS mission project. Over one hundred school kits and health kits were completed. Donated items which were not on the shopping lists will go with our team to Redbird Mission later this month.

# Yes, God Can!

by Lois Schalk-Hartley

## “O The Wonder of It All” Yes, God Can!

The season of Fall is coming upon us and with it I see a big oak tree across the street from us. Now that in and of itself is fine, but what does an oak tree produce? ACORNS! You got it. So yes, we are inundated with hundreds of those lovely acorns each year.

The squirrels love them and of course they scurry around eating them and finding places to hide them too. I love fall, I love God’s creatures and I love God’s creation. God never ceases to amaze me with all He has created. I used some cherry and peach seeds to share in a Children’s message one Sunday. There they were, dead looking seeds. How in the world could they ever produce anything? From the looks of them they could not. And yet, place them in the ground, water them and let the sun shine on them and all of a sudden out of the ground pops the beginnings of a cherry tree, a peach tree.

How in the world does that happen? As I shared with the children, deep inside each of them is “life and information”. Yes, there is. How did that get there? Well, as it says in Genesis 1, “In the beginning God created the Heavens and the Earth”. And He created each thing after its kind. I love that truth too. An orange tree will not pop out of a cherry seed and a plum tree will not pop out of a peach seed. The life and information in each seed comes from God!

O what a wonder it is! There’s a song I used to sing from the Gaithers called, “God Can”. Let me share some of it with you:

*I can’t make a simple cloud but God can.*

*I can’t feed a hungry crowd but God can.*

*I can’t make the lame to walk, I can’t make the dumb (mute) to talk*

*Can’t put corn upon a stalk, but God can.*



*Sometimes I wondered in His plan if He included me.*

*And then I think how one small acorn made the big oak tree.*

*God will give the strength we lack, follow Him and don’t look back*

*Sometimes we can’t see the track, but God can!*

*I can’t calm the raging sea, but God can.*

*Can’t make honey like a bee, but God can.*

*I can’t make the lightning stop, can’t make earth produce a crop*

*I can’t make it rain a drop, but God can.*

Our great men show their mighty power, on land and air and sea

But science can’t produce one thing that lives or dies or breathes.

I don’t know just what’s in store, I can’t see through Heaven’s door

Never walked this way before, don’t know what we’re asking for.

**BUT GOD CAN!**

What an awesome God we have. Psalm 19:1 tells us, “The Heavens declare the glory of God and the earth shows His handiwork.”

Psalm 102:25 says, “In the beginning You laid the foundations of the earth, and the Heavens are the work of Your Hands”.

Also check out Psalm 104, a wonderful chapter on God’s creation.

It’s a new school year. We don’t know what’s ahead. But God does. And just like that tiny acorn can produce a huge oak tree, there is huge potential in each one of us to be all that God has created us to be. God wants to put new life in us and that is spelled J-E-S-U-S! He also wants to fill us with His Word, the information we need to live the Christian life. And He has created us to live in His image, one of a kind, uniquely His child. So open up your heart to Jesus, ask Him in.

Find an acorn, keep it in your pocket and remember, with God all things are possible because if God can make a mighty oak tree out of a small acorn, then GOD CAN do anything!!

## Saturday Women's Bible Study- All women are welcome to join (invite friends and relatives too)

We meet every other Saturday in the Werner Lounge at 8:00 AM and finish around 9:15 AM

Here are the future dates and readings we will be discussing (please feel free to begin joining us ANYTIME!!!)

October 6th- 2 Samuel 16-24; Galatians 1-6; and 1 Kings 1-6

October 20th- 1 Kings 7-22; Ephesians 1-6

November 3rd- No Meeting (Woman's Retreat - "Beautiful Feet" in Fellowship Hall)

November 17th- 2 Kings 1-25

In case you are interested we are following the book "A Woman's Guide to Reading the Bible in a Year" by Diane Stortz, but there is no need to purchase.

We will continue to update the dates/readings on a regular basis in Crossbeams, Facebook, and CUMC Website.

"The Bible is the only book whose Author is always present when one reads it. --Anonymous



## Operation Christmas Child, in July- Major Success!

For the first time OCC boxes were distributed and collected in July so that we could support this ministry AND the giving tree. 70 boxes were returned filled and ready to be delivered to the next stop on their journey. The packing party was a big success in attendance (10 people) and boxes (36 packed).

Packing and talking gave the attendees a chance to plan and dream for an even bigger event in 2019. Supplies for the packing party were provided by individuals, VBS extra items and attendees. The idea of taking a mission offering to cover the \$9/box shipping cost (the September offering) was developed thru this gathering as well.

Looking ahead to November there will be a second chance to donate a box prior to the national collection date. If you missed out in July look for the flyers and empty boxes to appear late October with a return date of November 11.

Any questions can be directed to Amy Morand [awmorand@zoomtown.com](mailto:awmorand@zoomtown.com) or (513) 608-2269.



## Cincinnati Sound Chorus, Crosstown Sing out Show

Saturday, October 27 - At St. James of the Valley Church...

Doors open at 7 PM for "Pre-Game Pep Rally." Show starts at 8 PM until 9 PM. Tickets here at: [cincinnati-sound.org](http://cincinnati-sound.org) or from Chorus Member. \$15 or \$12 (Senior and Youth).

Raffles, UC and Xavier Memorabilia, Split the Pot, Shooting Hoops, Vote on your favorite Grippio's vs. Husman's, Creamy vs. crunchy, etc.! ALSO!!! As if this fun, fun show was not enough!! The church (St. James of the Valley) is hosting a Chili Cookoff from 5:30 until 7 that afternoon/evening.

For more information or questions, contact Karen Ebel, choir, praise team, Sarah Circle member





# Christmas Choral Experience

**Save the Date!** December 16<sup>th</sup>, 4:30pm

"Sing Christmas," a Christmas choral experience. Presented by the CUMC Festival Choir and Orchestra

Come join us for this beautiful musical as we celebrate the Christmas season.

## Church Council

By the time that you are reading this, we will have gathered for our much-anticipated "All Church" Church council meeting that took place on Monday, September 24th. This meeting that was open to all members of the congregation was an opportunity to celebrate the work of our summer Advisory teams of Invite, Connect, Grow and Send and to read and discuss their recommendations for the future of our church.

Prior to the meeting on the 24th, copies of the recommendations were printed and e-mailed to the church for review. In addition, an informative Q and A session was held at the meeting when participants were invited to ask questions and add their input. Following the Q and A session, members of church council then cast their vote on each recommendation. The results of the vote for each recommendation were distributed to the congregation and printed copies can be picked up in the narthex.

We thank God for the prayerful, Spirit-led and exciting work of everyone involved in this process and pray for God's continuing hand to, through us, provide the resources that will be necessary to bring His vision into reality.

Pastor Carrie



Cheviot UMC	2018 Budget	Jan- Aug	% of Budget
Income	\$290,819	\$206,644	71%
Expenses	\$415,211	\$257,436	62%

For Jan-Aug 2018, contributions are 1% higher than the Jan-Aug of 2017.  
Average weekly attendance is 142.8 YTD vs 141 for 2017

If you would like more detail on the above financial information, please contact Anna Lawson, Stewardship and Finance Chair at [alawson94@fuse.net](mailto:alawson94@fuse.net) or 513-304-7370.

**You're Invited** to the annual Twin Towers Auxiliary Fall Event on Tuesday, October 23, 2018. Join us for **HOMEMADE FOR THE HOLIDAYS**, A luncheon and silent auction with a special selections of handmade goodies and gift items. The luncheon is from 1 to 3 PM with the doors opening at 12:30 for the auction. The cost is \$15.00 per person. The event is at the Gulden Community Center at Twin Towers at 5343 Hamilton Avenue, Cincinnati, OH 45324. If you want to make reservations or have any questions, please call Wendy Bruestle at 513-661-3261.

## My Brother's Keeper

If you liked them during worship you might like to hear more. Travel to Harrison, OH and hear My Brother's Keeper on the first Friday of the month. They play from 7:30 to 9:30 at The Coffee Peddlar, 112 Harrison Ave. Harrison, OH. For more details [www.mybrotherskeeperband.com](http://www.mybrotherskeeperband.com). Just arrive early if you want a seat as the room is small and the crowds are not.

## Volunteers Needed

We are looking for several people to help organize and prioritize historical church documents so they can be scanned and saved for future generations. If you are interested, please contact the church office.

Office@cheviotumc.com or (513) 662-2048



Cheviot UMC  
History

Dear church family,

I would like to say a big **thank you** to all for prayers, cards and well wishes for my speedy recovery from surgery on August 24th. My recovery has been going well. I am very appreciative and humbled to have such wonderful friends and family.

Blessings to all,  
Catherine Klein, flutist

## Interested in Tutoring at Cheviot School?

Larry and I have been tutoring at Cheviot Elementary for five years. There have also been other members of our congregation helping children at the school in past years. The school has asked us to see if we can recruit other members of our church family to tutor. There is a need.

You will need a background check and a photo taken for Cincinnati Public School ID Badges. Both of these requirements can be done at the two-hour training held at the Literacy Network of Greater Cincinnati. Once your badge is ready you can call the school to set up a schedule.

If you would like more information call either Linda or Larry at 513-608-7255 or 513-662-4545 and we will be happy to answer any questions. You can also call Literacy Network at 513-621-7372 and ask for Annie Schneider.

This is a great opportunity right in our neighborhood to be Disciples for Jesus. You can volunteer one hour a day a week or more depending on your availability. It is very rewarding, and the children and teachers really appreciate the help.

Thank you for considering this opportunity and hope you join us! Linda Benken



- 10/4 *Ashleigh Outt*
- 10/5 *Joan Schlensker*
- 10/7 *Michael Romanello*
- 10/8 *Gary Krebs*  
*David Meiners*
- 10/9 *Jeffery St. John*
- 10/10 *Sue Duebber*  
*Michael Smith*
- 10/11 *Renee Leimbach*
- 10/13 *Hailey Brice*
- 10/15 *Glen Lash*
- 10/16 *Linda Kimble*
- 10/23 *Ben McGinnis*
- 10/26 *Brenda Zerby*  
*Eleanor Ackerman*
- 10/27 *Nancy Phillips*
- 10/29 *Larry Morgan*
- 10/30 *Annette Nose*



- 10/1 *Josh & Amanda Thomas*
- 10/2 *Jim & Cheryl Wilde*
- 10/5 *Jeff & Missy Wittich*
- 10/11 *Martin & Katie Golek*

# October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 1:00 PM Craft Club 6:30 PM Mission Committee Mtg. 7:00 PM Contemporary Worship Committee Mtg. 7:00 PM Mercy Group 7:00 PM Trustee Committee Mtg.	<b>2</b> 2:00 PM Lydia Circle	<b>3</b> 6:40 PM Choristers 7:00 PM Adult Choir	<b>4</b> 7:00 PM Praise Team Practice 7:00 PM Women's Bible Study	<b>5</b>	<b>6</b> 8:00 AM Men's Bible Study 8:00 AM Women's Bible Study 8:30 AM New Member Orientation 10:00 AM Christmas Cantata Rehearsal
<b>7</b> 9:10 AM Traditional Worship 10:20 AM Sunday School and Fellowship Time 11:15 AM Celebration Bells 11:15 AM Contemporary Worship 4:00 PM Youth Group	<b>8</b> 1:00 PM Craft Club 7:00 PM Discipleship Committee Mtg. 7:00 PM Mercy Group 7:30 PM Stamp Club	<b>9</b> 7:00 PM SPRC Committee Mtg.	<b>10</b> 6:40 PM Choristers 7:00 PM Adult Choir	<b>11</b> 7:00 PM Praise Team Practice 7:00 PM Women's Bible Study	<b>12</b>	<b>13</b> 8:00 AM Men's Bible Study 9:00 AM Growing Generous Givers
<b>14</b> 5:40 AM Prince of Peace Breakfast 9:10 AM New Member Sunday 9:10 AM Traditional Worship 10:20 AM Sunday School and Fellowship Time 11:15 AM Celebration Bells 11:15 AM Contemporary Worship 4:00 PM Youth Group	<b>15</b> 1:00 PM Craft Club 7:00 PM Mercy Group	<b>16</b>	<b>17</b> 6:30 PM Women's Book Club 6:40 PM Choristers 7:00 PM Adult Choir	<b>18</b> 7:00 PM Praise Team Practice 7:00 PM Women's Bible Study	<b>19</b> 12:30 PM S.A.M Luncheon 8:00 PM Youth Overnight	<b>20</b> 8:00 AM Men's Bible Study 8:00 AM Women's Bible Study 9:00 AM - 11:00 AM Youth Sponsored Pancake Breakfast
<b>21</b> 9:10 AM Traditional Worship 10:20 AM Sunday School and Fellowship Time 11:15 AM Celebration Bells 11:15 AM Contemporary Worship 4:00 PM Youth Group	<b>22</b> 1:00 PM Craft Club 7:00 PM Church Council 7:00 PM Mercy Group	<b>23</b> 7:00 PM Sarah Circle	<b>24</b> 6:40 PM Choristers 7:00 PM Adult Choir 7:30 PM Stamp Club	<b>25</b> 7:00 PM Praise Team Practice 7:00 PM Women's Bible Study	<b>26</b>	<b>27</b> 8:00 AM Men's Bible Study
<b>28</b> 9:10 AM Traditional Worship 10:20 AM Sunday School and Fellowship Time 11:15 AM Celebration Bells 11:15 AM Contemporary Worship 4:00 PM Youth Group	<b>29</b> 1:00 PM Craft Club 7:00 PM Mercy Group	<b>30</b>	<b>31</b> 6:40 PM Choristers 7:00 PM Adult Choir			

Do you have information you'd like to add to the Crossbeams?  
 Please email your article to [crossbeamseditor@cheviotumc.com](mailto:crossbeamseditor@cheviotumc.com) by the 10th of the month.



Cheviot United Methodist Church  
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 (513) 662-2048

www.cheviotumc.com

Address Service Requested

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- Lois Schalk-Hartley, Assoc. Pastor ..... [awriter@fuse.net](mailto:awriter@fuse.net)
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**Worship Schedule**

- 9:10 a.m.**  
**Traditional Worship—Sanctuary**
- 10:20 a.m.**  
**Sunday School (All Ages)**
- 11:15 a.m.**  
**Contemporary Worship—Fellowship Hall**

“Our mission is to make disciples of Jesus Christ.”