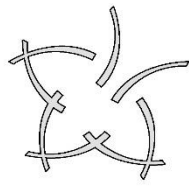


the trumpet



CROWN HEIGHTS
UNITED METHODIST CHURCH

October/November 2016

Vol. 11 Issue 10

Thoughts from Trina

NEWSLETTER

GOD HAS BLESSED US SO WE CAN BLESS OTHERS

This newsletter covers the months of October and November, two months which pair together perfectly at our church. Because of the Thanksgiving holiday, November is a month we give thanks to God even more intentionally. And for us, October is a month we live into our gratitude by giving back to through missions and stewardship. Gratitude and generosity go hand in hand.

One of my favorite ways of saying grace over a group meal is to say: Food that is shared is already blessed. I first heard this blessing at OCU, by a religion professor. And I love the communal sentiment in the words. I used this blessing fairly recently with a bunch of clergy friends, and one of the clergy woman said, yes, but I hate to miss an opportunity to say thank you to God.

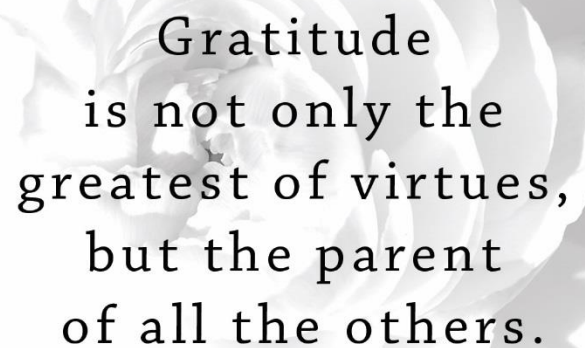
Yes, we don't ever want an opportunity to give thanks to pass us by. "If the only prayer you said was thank you, that would be enough," said Meister Eckhardt, 13th century theologian.

For the gifts of beauty, love, and life, may we turn to God with our gratitude. May we lift our voices in prayer and song, giving thanks to our God who created us. And may we receive God's goodness and be moved beyond words to be give back generously to God and others. From our blessings, may we bless others.

Throughout the fall, our church is filled with opportunities of service. In September, many of our members gave money to benefit our United Methodist Apportionments, money that impacts lives around the world. Every Wednesday in October we will gather

to help others. Our actions will shine God's light and love out into our neighborhood, local elementary school, and around Oklahoma City. In November we will collect food bags for Thanksgiving meals for Skyline Urban Ministries families. We also will consider our financial giving to the church. We will ask for our church family to fill out a pledge card for next year. At Crown Heights UMC, there are so many ways to give back to God for our many blessings.

May we live into our gratitude and generosity fully through these months of October and November.



Gratitude
is not only the
greatest of virtues,
but the parent
of all the others.

Marcus Tullius Cicero

OCTOBER/NOVEMBER 2016 SERMONS

October 2	<i>Gifts of the Unfaithful</i> World Communion Sunday	Exodus 17: 1-7
October 9	<i>Naming Our Idols</i>	Exodus 32: 1-8
October 16	<i>Making an Honest Living</i>	Deuteronomy 28: 12-14
October 23	<i>Defined by Generosity</i>	Luke 12: 13-21
October 30	<i>Extravagant Generosity</i> Charge Conference at 2-4 p.m. at Church of the Servant	2 Corinthians 9:6-15
November 6	<i>Gold in a Furnace</i> All Saints' Day- Remembering Rev. Bill Henry Big Truck Tacos after 11am worship	Wisdom of Solomon 3:1-9
November 13	<i>Plotting Goodness</i> Special Baptism	Genesis 12: 1-9
November 20	<i>It's Not Too Late</i> Celebrating Thanksgiving	Genesis 18: 9-33
November 27	<i>First Sunday in Advent</i>	

PUTTING GOD FIRST IN LIVING AND GIVING

During the month of October, our church will hear about God's generosity and our response as we focus on stewardship. This is our time to self reflect on what we put first in our lives and make sure we are living out our values and priorities intentionally. May this be a time when we as individuals and we as a church choose to put God first in living and giving!

HOW TO GIVE WITH YOUR IRA**MAKE A CHARITABLE GIFT WITH YOUR INDIVIDUAL RETIREMENT ACCOUNT (IRA)**

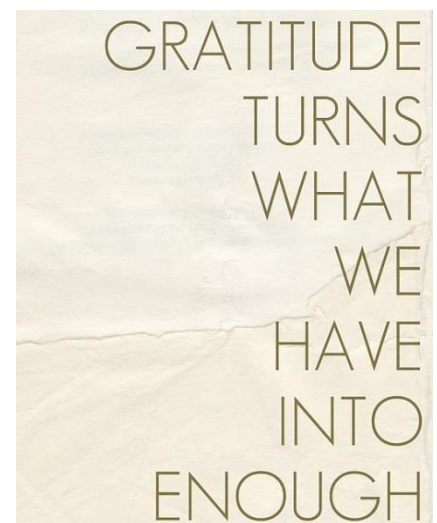
The IRA Charitable Rollover is now permanent. If you are age 70 ½ or older, you can make a gift of up to \$100,000 per year, directly from your Individual Retirement Account (IRA) to Crown Heights United Methodist Church. Gifts from your IRA are not reported as taxable income and can qualify for your required minimum distribution (RMD), which can lower your income and taxes. If you have more questions, please contact Libby Campbell at CHUM.

STEWARDSHIP

As we consider our own stewardship...

Dave Ramsey's Seven Baby Steps towards financial peace

1. Create a \$1,000 emergency fund.
2. Pay off all debt except the house utilizing the debt snowball.
3. Save three to six months in savings.
4. Invest 15% of your household income into Roth IRAs and pre-tax retirement plans.
5. Put money in a college fund for your children.
6. Pay off your home early.
7. Build wealth and give.



MISSIONAL BUDGET FOR CROWN HEIGHTS UMC

Your church leadership has constructed a plan of ministry to continue the work of our church for 2017. We celebrate a wonderful past year and commit ourselves to continuing to be faithful in the coming year. Join us in this journey of being God’s people in this place and time!

A. To provide meaningful, life changing worship every week of the year.

Worship is at the heart of our church life. Between our two services at 8:30 am and 11 am, Crown Heights UMC has averaged about 85 people each Sunday. We worship God through music, prayer, and preaching. The 11am service has over 30 children and youth— many are picked up and dropped off each week. The kids bless this church with energy and life. The 8:30 am service is smaller in size, but every week, they beautifully lift up prayers for their lives and the world.

(% of pastor’s, office manager’s, and custodian’s salaries, music director’s salary, music, others musicians, worship supplies, copier)

Budget Total - \$74,525 Percentage- 29%

B. To nurture persons in their faith journey

Crown Heights UMC provides many program ministries for our church family. Our kids grow spiritually through Sunday school and Vacation Bible School. This year VBS had 80 children participate from our church, Wesley UMC, and Mosaic UMC. Our youth meet biweekly for a lesson and activity. Adult Sunday School expenses are also covered in this area.

(Programs— youth, children, Vacation Bible School, Sunday school, % of pastor’s, office manager’s, and custodian’s salaries)

Budget Total - \$36,950 Percentage- 15%

C. To witness to our faith in service beyond ourselves

Apportionments to the greater United Methodist Church make up more than half of the money we spend in service beyond ourselves. We also budget for missions and outreach for our church. This is the area that pays for our welcome breads to be mailed to our visitors.

(Apportionments, % of pastor’s and custodian’s salaries, van, copier)

Budget Total - \$73,035 Percentage- 29%

D. To maintain our building

Our building is vital to the ministries of our church, such as weddings, Alcoholics Anonymous and Narcotics Anonymous, Whiz Kids and Arts Academy. What a blessing it is! But there are significant costs to insuring, maintaining, and updating our facilities.

(Insurance, utilities, maintenance, phones, yard, supplies for custodian and kitchen)

Budget Total- \$69,300 Percentage- 27%

Total needed to fulfill our mission - \$253,810

A detailed line item budget is available in the church office for any who wish to review it.



MISSION MONTH

October is Mission Month at Crown Heights UMC, and we have lots of big projects to tackle! Join us every Wednesday in the month of October for a dinner and a mission project in the Fellowship Hall. Dinner will be served starting at 5:30 until 6:15. We have wonderful church members providing the meals. Please bring a donation to cover their expenses.

From 6:15-7:30, we will be in mission for our community. There will be something for everybody, all ages welcomed.

- October 5** put Curbside Chronicle bags together, make cards for pumpkins
October 12 write care notes for Putnam Heights Elementary School, make cards
October 19 distribute pumpkins
October 26 Regional Food Bank— grab dinner at 5:30 pm
 6:30-8:30 pm work at the Regional Food Bank
 Address: 3355 S Purdue

Directions: From the East: Follow I-40 west to I-44 West, and take the Airport Road exit. Exit onto North MacArthur Ave. At SW 36th Street, turn right. Once on SW 36th Street, take the second left-hand turn onto Purdue. The Food Bank is the fourth building on the left.



Gratitude is an opener
of locked-up blessings.

~Marianne Williamson

HOLIDAY GROCERY SHOPPING

Too many families in Oklahoma City struggle to put food on the table. This Thanksgiving, Crown Heights United Methodist Church is collecting bags of food for families in need of a Thanksgiving meal. Our grocery list is all the nonperishable food items needed to feed a family of 6, not including the meat. Bags will be given to *Skyline Urban Ministries* for distribution. Please, shop the grocery list below, and deliver your bag to the church (Office hours or Sunday mornings) by November 20th. We will also collect outside the church on Saturday, November 19th from 9am- noon.

2016 Grocery Shopping List

- | | |
|-----------|---------------------------------------|
| 2 boxes | stove top stuffing |
| 2 box | scalloped potatoes |
| 1 box | pancake/ baking mix (for biscuits) |
| 2 cans | green beans |
| 1 can | sweet potatoes |
| 2 can | corn |
| 1 package | cookie mix |
| 1 box | cake mix |
| 1 can | prepared frosting to go with cake mix |

Total cost per bag \$18



Thank you for helping those in need this holiday season!

COMMITTEE UPDATES

Admin Council - We meet after church on October 9th to plan ahead for Christmas activities and work through Charge Conference assignments. Charge Conference will be October 30, 2016 at 2pm at Church of the Servant.

SPRC - Next meeting will be after church on October 2nd.

Introducing our new Children/ Youth Director, Jay Williams. His responsibilities include preparing lessons for our teachers and handling scheduling for teachers, drivers, and breakfast cooks. We are so happy to welcome him.

A word of introduction from Jay

“Hello everyone! My name is Devaunjue Williams or Jay. I moved to the city just a couple of months ago to attend Oklahoma City University for a major in religion! I grew up and attended school in Wewoka, Oklahoma. The only hobby I have is cheerleading. I have cheered for two years in high school and two year on a competitive squad near my home. This year I am continuing to cheer with the OCU spirit squad. I have thoroughly enjoyed getting to know each young person and his or her personality. Thank you all for your hospitality.”

Trustees - October 2nd is our next meeting, following church.

We are nearing the end of the tile portion of the roof project. We now have full access to the Garden Room doors. Come and go, as you please! The Trustees are still in discussions over the flat roof and sanctuary lighting. More to come!

Finance Committee - Prayers over this stewardship month. Our next meeting will be Thursday October 13th at 5:30 pm in the library.

UMW RUMMAGE SALE by Charlene Jones



Our rummage sale date has been set. Saturday October 15 from 9:00 am to 3:00 pm. You NOW can bring items for our sale and place them in the Youth Activities Room with a note attached "rummage sale".

Organizing and setting up and pricing will begin October Friday October 7 and throughout the week.

There are some items that we will not take like old TV's and old Computers. They do not sell and they are very hard for us to move. If you have any questions on what we will take call, text or email Charlene Jones, Rummage Know It All & Sale Coordinator.



OSU DINNER NIGHT

On September 11, the OSU moms drove up to have dinner with the OSU students from our Church.

We ate at Joe's and had a great time.

AN AMAZING JOURNEY

Bill Goodier, member at our church, has just accomplished something few people do. He is in a small group of runners, who have run a marathon in every state. A marathon is 26.2 miles. Here's what Bill said about his journey:

I started walk/running in 2000 to lose weight and stop smoking. Eventually, the running portion increased until I was no longer walking. A co-worker suggested I train for the Oklahoma City Memorial Marathon with the Oklahoma City Running Club. I had no clue what I was doing or getting myself into!

After that first marathon, I made the comment many marathoners have made - "I will never run another marathon again." But peer pressure from friends convinced me to run the Dallas White Rock Marathon in December 2003. I then decided in 2004 to run the Little Rock Marathon. Since my first three marathons were in three different states, I decided why not run in all 50 states and DC (if they had one). Once again I was clueless about obtaining this goal.

Uncharacteristic of my personality, I did not have a set schedule or plan. More than once I questioned if I would succeed. Like all goals this one evolved over time (and marathons). I realized this is a great way to see our beautiful country. My focus changed to being more about the journey than the actual destination (marathon). Prior to my trips, I research the state and map out my plans. I always have a list of things I want to see and do at each location. Depending on my schedule, I will spend hours walking, hiking, climbing, or sightseeing either before and/or after my marathons. On my trip to Montana and Wyoming, I ran the Billings Marathon on Sunday, took several hiking trips in Yellowstone National Park the following days (one was 15 miles), climbed "The Grand" Teton (13,000+ foot mountain) and then ran the Jackson Hole Marathon the following Sunday. That was an amazing week!

In 2011, I decided to make it a little more challenging by finishing all 50 states, plus DC, before I turned 50. To accomplish this I would have to increase the number of marathons per year, which would include back-to-back marathons - getting two states in one weekend. Back-to-back races would also save on travel costs! I did not think finding two neighboring states, one with a marathon on Saturday and the other on Sunday, would be easy. But, it was and I did this several times (KT/OH, CT/RI, NH/ME, IA/SD, and MD/VA). My epic year was 2013 where I ran 13 marathons in 13 states, including 8 new states. Yes, I repeated 5 states I had already "checked off the list." It's not just about the race! As I mentioned earlier, I did not have a set schedule including which state would be my final state. Many times during this adventure life got in the way thus changing my plans. Due to a scheduling conflict last year, I had to change my schedule. Therefore, my final state would be Alaska.

Sometimes the path we walk is not the path we plot. Contrary to what you may be thinking, I was not enthusiastic about this change. I wanted to finish where my friends and family could be there to celebrate. However, to my surprise 6 friends decided to run the Anchorage Marathon also. They too are working towards running in all 50 states, so it was a great excuse for them. The 7 of us had a wonderful time in Anchorage. My itinerary after the marathon took me from Anchorage, to Barrow (so I could wade in the Arctic Ocean), Fairbanks, Denali, and Whittier where my parents joined me on an Alaskan cruise to Vancouver, BC. I could not have planned a better ending!

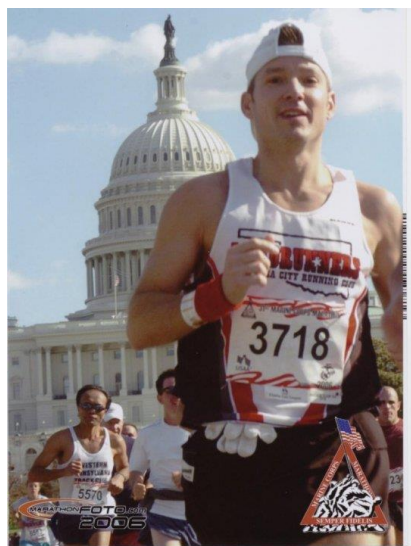


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People ask me, "What was your favorite?" That's a tough question because each state or marathon is unique and special; my answer is not always the same. However, Hawaii (2007) and Seoul, South Korea (2012) are dear to me. I ran both with my brother, Mark, while he was stationed with the Army in those locations.

Trina asked me, "What did you learn from the experience?" She is the first person to ask me this question! Coming up with the goal was easy. Planning and execution, now that's a different story. I have accomplished more than I ever thought possible. When I started running, 1 mile was a long way to run. However, our body is wonderfully made. Incredibly, it can adapt and healed itself. Once I stopped smoking, changed my eating habits, and started exercising running became easier. God also reminded me He is in control. Things in life happen; we are along for a wonder ride when we allow Him to be in control. What I thought would be a small trip to Alaska was actually better than I ever imagined.



So what's next? I visited Barrow, AK so I could step in the Arctic Ocean. I also mentioned Seoul, South Korea. It only makes sense to run a marathon on all 7 Continents. Yes, this includes the Antarctica Marathon where I hope to wade in the Antarctic Ocean. But for now, I am enjoying the incredible sense accomplishment and thanking God for each day. God has blessed me more than I ever imagined.

WHIZ KIDS FAMILY CHRISTMAS DINNER – DECEMBER 8 by Janet Basler

If you ask anyone who has ever been to the Whiz Kids Family Christmas Dinner, I'm betting you will hear something like this: "That is the best way I know to begin the Christmas season! The smiles, the great food, the wonderful desserts, and the singing together just make the season more real. The singing of 'Silent Night' together while everyone holds hands around Fellowship Hall, is just the best EVER!!" And last year we heard one of the little girls sing 'Silent Night' in Spanish as a solo. Can't get more goosebumps than that!

You can be a part of this wonderful evening on December 8th.

- Brigitte Gean will need help most of the afternoon in the kitchen and after 6 for cleanup.
- She could use help the day before setting up the tables.
- We will need cakes brought for cutting up and serving.
- We will need servers to take food to the tables between 4:30 and 5:30 pm. (You might want to stay to eat and be a part of the singing also till about 6 pm.)
- We need a photographer to remind us later how awesome everything was.

Call Janet to volunteer for any of these opportunities and be a part of the "Best way to begin the Christmas season!"

WHIZ KIDS EXPANDS THIS YEAR**by Janet Basler**

Thanks to many people volunteering to be tutors, our Whiz Kids has grown ALOT!!! We began the year with 18 returning students and tutors for most of them. Now we have 27 Whiz Kids and tutors for all of them along with 8 substitutes for tutors who must be gone sometimes. Several of our new tutors are tutors who couldn't stay away for very long, and came back after a few years of being away. It is THAT exciting around Whiz Kids!!!!

The new kids coming into Whiz Kids are almost all 2nd or 3rd graders who will hopefully stay with Whiz Kids for the next 3-4 years. It is so much fun to watch as our Whiz Kids grow up, become good readers, and mannerly young people. Each week we have a 'Star of the Week' introduced to the group by their tutor. A few weeks ago we heard from Jeff who told us he and Josiah had been together for several years. He recounted that at first they could only read a few pages each day, and many of those had pictures. Last year they began the year reading about 20 pages during their Whiz Kids day. But by the end of the year, they were reading around 50 pages during their time together, and loving the better stories they could read. Josiah stood beside his tutor while all this was revealed. He started with his head down, kind of shy-like, but by the end of the speech Josiah was beaming from ear to ear, and standing as tall as he could get.

Whiz Kids is making a big difference in these children's lives. We always have more kids who could use an extra adult in their lives, encouraging them, reading with them, and letting them know how really special they are.

If you're interested in Whiz Kids there are several people at Crown Heights you might talk to about it. Bruce Pitts, Mary Brooks, Sue Brown, Taffy Fellingham, and Janet Basler have been with Whiz Kids for many years. They will be happy to tell you of their experiences. Stephanie Coles, and Trina Bose-North are our new ones this year, so wait a month or so, and ask them how it is to be at Whiz Kids.

CANCER AND GUITARS?**by Janet Basler**

A young man with cancer back east decides to do more than feel sorry for himself. So he calls his sister in Oklahoma City and asks if she can help him find some guitars for children with cancer. She can, so he begins teaching guitar to the children in the hospital where he spends so much time. When the children leave the hospital they get to take their guitar home with them. Nice story, but it gets better.

Then the sister, Betty, decides there must be other places where guitars can reach kids besides half way across the US. So she Googles a few things and finds the Arts Academy at Crown Heights United Methodist Church. She calls, and makes arrangements to bring three guitars to our kids, stays to help the first week with getting kids enrolled, and leaves with pictures to send her brother, and a huge smile on her face. A smile which also matches the smiles on the 3 guitar students who have a guitar to take home each week for practicing.

Thank you God for working so wonderfully in so many lives.

Thank you Betty and her brother who are so open to share what they have with children.

Thank you Crown Heights UMC for supporting the Arts Academy to impact so many lives in such positive ways.

YOUTH MEETINGS

Our Youth is meeting the following Sundays from 4:15-5:30 p.m. along with the following adult volunteers:

October 9	Lesson	LuWayne Irwin and Wayna Tyner
October 23	Photo Scavenger hunt	Brigette Gean and Lee Endicott
November 6	Lesson	LuWayne Irwin and Wayna Tyner
November 20	Mission Night	Brigette Gean and Lee Endicott

'FEEL GOOD FEELINGS' ABOUND**by Janet Basler**

The change in day and time did not seem to change the desire for Putnam Heights Elementary School kids to learn more about the arts and music. 59 students signed up to take lessons this year, and all of them are able to do just that. This is thanks to 25 very capable young people stepping up to volunteer their time and expertise with their younger neighbors. We have 9 pianos going each Wednesday, 5 guitars strumming, 3 violins getting smoother sounds each week, and 1 drum getting quite rhythmic. We have a singing choir of 9 girls, 2 sculpting classes beginning pinch pots, and 3 drawing classes learning shading, and other techniques to turn ideas into pictures.

What an exciting ministry to watch the teenagers relate to the elementary children with art and music. We have 22 teens coming from Classen School of Advanced Studies, Harding Fine Arts School, McGuinness Catholic School, and Dove Academy. Talent is everywhere in this part of OKC!!!!

This year we have 3 adults teaching in the Arts Academy also. Olivia Langer is now in her junior year at UCO but taught in the Arts Academy several years while in high school and just can't leave it. Trina Bose-North, as our pastor, wanted to be an integral part of this ministry so shares her love of guitar with a young student. Katie Suarez said she was bringing her daughter to teach drums each week then waiting on her, so why not teach? So she is!!!

If that is not enough people working hard, we also have 5 transportation adults who also patrol our hallways during the lessons, 1 adult welcoming people at the door, and 2 more working on administrative things like getting everyone to class, making sure snacks are ready, and telling a Bible story each day.

This ministry is so exciting. Come by some Wednesday afternoon around 4:45 and get your 'feel good feelings' for the day. They are always there.

MOVIE NIGHT

In October, CHUM wraps up its brief survey of comedies surrounding political campaigns with...

THE FARMER'S DAUGHTER (1947)

starring Loretta Young and Joseph Cotten

Saturday, October 22 @ 6:00 p.m.

Swedish-American farmer's daughter Katie Holstrom moves to Capital City and falls in with a political family whose party allegiances are not always in line with her own. When she speaks up, the consequences are unpredictably humorous, harsh, and heartening. Little-remembered today, this film is a delight, and Loretta Young won an Oscar for her performance.

As usual, this screening will feature an introduction by me and is appropriate for ages 10+. Drinks and popcorn are provided. Other pot-luck movie snacks are welcome.

RSVPs are helpful, but not required. Comin'? Ya-ya!



CHURCH STAFF

Trina Bose North, Lead Pastor

Stacy Gilbert Coombe	Administrative Assistant
Libby Campbell	Accounting Secretary
Mario Estrada	Custodian
Mariann Searle	Coordinator of Music Ministry
Katie Langer	Nursery Coordinator
Emily Hornsby	Nursery Assistant
Phoebe Butts	Nursery Assistant
Elijah & Sofia	Nursery Assistants

Address Service Requested

POSTMASTER: Send address changes to: The Trumpet at 1021 NW 37, Oklahoma City, OK 73118

ALL SAINTS' DAY

All Saints' Day, November 6th

We will celebrate the lives of our church family who passed on this last year, especially the life of Rev. Bill Henry. Phyllis Henry is working on joining us, and Rev. David Severe and Bishop Bill Oden (in writing) will share memories of Bill Henry during the 11am service.

CHRISTIANITY AND YOGA

Christianity and Yoga with Tim Bodenstein
 October 22, 2016 9 am-12:00pm in the Parlor

This workshop will focus on how Yoga and Christianity can work together to deepen your own spiritual practice. We will look at the history of yoga, different Christian spiritual practices, discuss the compatibility of yoga and Christianity, and experience a Christian Yoga class. This workshop is intended for people of faith with experience practicing yoga. Cost for this event will be \$45 and will include a USB containing resources used and snacks.

CALENDAR OF EVENTS

October 2	World Communion Sunday	
	Trustees and SPRC	after worship
October 5	Mission Night	5:30-7:30 pm
October 9	Admin Council	after worship
	Youth	4:15-5:30 pm
October 12	Mission Night	5:30-7:30 pm
October 15	Rummage Sale	9:00 am - 3:00 pm
	Wedding	
October 19	Mission Night	5:30-7:30 pm
October 22	Yoga workshop	
October 23	Youth	4:15-5:30 pm
October 26	<u>Mission Night</u>	
	Meet at restaurant,	5:30 pm
	Regional Food Bank	6:30-8:30 pm
October 30	Charge Conference	2:00 pm
	at Church of the Servant	
<hr/>		
November 6	All Saints' Day, lunch-	
	Big Truck Tacos, distribute grocery bags	
	Youth	4:15-5:30 pm
November 16	Ladies' Day Out	11:30 am
November 19	Neighborhood grocery bag collection	9:00 am
November 20	Youth	4:15-5:30 pm
November 26	Wedding	