



The Signpost

Harlem Road Church

May 2017

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A Letter from the Pastor's Heart:

Dear HRC Family,

I've noticed something that concerns me greatly. There may be a number of us who are suffering from A.E.S. You know what A.E.S. is, right? It's "**Acute Exhaustion Syndrome.**" It's a disease that comes from trying to stuff 180 hours into a 168 hour week. It comes at the end of a 70-80 hour work week. It happens at the end of a 14 hour day. It happens when you are exhausted physically, spiritually, and emotionally. The symptoms vary, but mostly you become agitated easily, have little patience, you sense an emotional imbalance, and those around you are steering clear so they don't suffer the fallout.

God, the Creator, knew this would happen to us. He knew that if He didn't "command" rest, we would work and play ourselves into spiritual, physical and emotional bankruptcy. So, very early in the scriptures, in fact in Genesis 2:2, He set a divine example for us. It simply states: "After the work of creation, God rested." Later in the scriptures He commanded that you and I take a rest for physical, emotional, and spiritual renewal.

The important point is not which day, or the details of specific forbidden activities on that day. What is important is your observance of a "Sabbath"-- a day of rest and restoration, a day of praising God in community with other believers, a day with no agenda; physical or mental. Sadly, we think this command for a day of rest is a restriction of our freedom. So we shout back, "Oh no, you don't! You're not going to steal my one and only day for doing anything I want to do!" What we don't see is that the Creator knows us inside and out. He knows our needs as human beings, and so this command is given for our own good. Thomas Merton has referred to our bent on busyness as the "violence we do to ourselves." Truth is, our observance of the Sabbath limits or prevents us from doing this "violence to ourselves."

Do you sense that you have A.E.S.? Sometimes I see it in your eyes. I surely see it in my own. The eyes tell a whole story. And it's clear that we may not be willing to observe an honest Sabbath in our own life. If we do take a break, we simply exchange what we normally do, for a myriad of other stressing activities. Take a look at your kids and grandkids. When do they have "down time" to simply play and be creative? Most of our kids are so active in their lives that they too become physically, spiritually, and emotionally spent. The bottom line is this: We humans need rest....and the One who created us knew that. And so with a protective love, He said, "take a break" - a Sabbath.

We need to look over what we have done all week....note its goodness...and then rest. We need to labor in a loving way to serve God and those around us....and then join God in resting. Our Sabbath day is all about coming together, connecting with God in community and being spiritually renewed, and using the rest of the day to refresh physically and emotionally. This prepares us for the week ahead. Without that Sabbath rest, A.E.S. is prone to take over your life. The Creator of the universe gives you permission to rest.

For those who have accepted God's gift of a Sabbath, it continues to be a day of delight in the Lord, a spiritual, physical, and emotional renewal. It's the only way to rid oneself of this ugly A.E.S. disease. We need a day to celebrate and worship together in the house of our Lord. It's the medicine we need to confront this dreaded disease.

So on behalf of the Creator, please personally consider these questions: When do you rest? Can you rest without feeling guilty? (The best lie of Satan is to keep you so busy that it destroys you!) Is your Sabbath day spent renewing spiritually, physically, and emotionally? Or do you fill all of your time with activity? How do you think that activity level affects your young children? When and where do you renew? When do young children renew, have time for play and creativity? Are you rejecting God's command when it comes to this Sabbath rest?

Blessings, Pastor Bud

Health and Wellness News

By Sue Wilcox and Mary Beth Cowans

When was the last time you really looked deep into the night sky?

“The heavens tell the glory of God. The skies display his marvelous craftsmanship. “ Psalm 19:1 NLT

We would like to thank all who participated in our “Minute to Win it” games and all who pledged to donate for the mission trip this summer. Thank you, Lisa Branzel, for this really fun evening!

Our Red Cross blood drive surpassed the goal set for donations. Each one of you has impacted lives in countless ways. Thank you for your donation!

Move: What the Health

We're excited to let you know that we'll be hosting a screening of the movie, "What the Health" at Harlem Road Church on Monday, May 8 from 6:30 pm to 8:30 pm.

This is a new documentary about health, diet, and lifestyle. It also addresses why there is so much confusion about healthy diets and their impact on disease.

This event is free! Everyone is welcome! So please come check it out, and invite anyone who you think may also like to join us!

Relay for Life

The Sunbury site will no longer be participating in the Relay for life event. We will not be scheduling a walk this year as a group. There are several adjacent communities that still sponsor the walks. The RelayforLife.org website has dates and times. Check out the area closest to you if you wish to walk as a survivor or to honor a loved one.

Blessing Box

The team is thinking about placing a Blessing Box somewhere in our community. The location has not been determined. A blessing box is a wooden box large enough for nonperishable items such as toilet paper, soap, shampoo, canned foods, and other items that folks need. We as a congregation will help in keeping it stocked. The place is yet to be determined. Ideas? Talk to one of the committee members: Sue Wilcox, Mary Beth Cowans, Gretchen Bernhardt, Linda Huling, Eva Wolfe, or Lisa Branzel.



Heroin Epidemic

We are planning a presentation for our congregation/community sometime in the next few months. This will be a comprehensive program to help us all have a better understanding of how the heroin addiction has reached our own community.

Life Line Screening

Life Line Screening will be at the church on Thursday, July 20.

May: melanoma/skin cancer detection and prevention month

Use this article as a reminder to use sunscreen, wear hats, and be aware of the sun.

Melanoma is the most dangerous form of skin cancer. These cancerous growths develop when unrepaired DNA damage to skin cells (most often caused by ultraviolet radiation from sunshine or tanning beds) triggers mutations (genetic defects) that lead the skin cells to multiply rapidly and form malignant tumors. These tumors originate in the pigment-producing melanocytes in the basal layer of the epidermis. Melanomas often resemble moles; some develop from moles. The majority of melanomas are black or brown, but they can also be skin-colored, pink, red, purple, blue or white. Melanoma is caused mainly by intense, occasional UV exposure (frequently leading to sunburn), especially in those who are genetically predisposed to the disease. Melanoma kills an estimated 10,130 people in the US annually.

If melanoma is recognized and treated early, it is almost always curable, but if it is not, the cancer can advance and spread to other parts of the body, where it becomes hard to treat and can be fatal. While it is not the most common of the skin cancers, it causes the most deaths. In 2016, an estimated 76,380 of these will be invasive melanomas, with about 46,870 in males and 29,510 in women.

Warning signs: The ABCDEs of Melanoma

Moles, brown spots and growths on the skin are usually harmless — but not always. Anyone who has more than 100 moles is at greater risk for melanoma. The first signs can appear in one or more atypical moles. That's why it's so important to get to know your skin very well and to recognize any changes in the moles on your body. Look for the ABCDE signs of melanoma, and if you see one or more, make an appointment with a physician immediately.

Children's Ministry News

By Pam Leskovic

Friday Night Live!

Our Friday Night Live program reaches across 14 different zip codes to teach children about God the Father, Son and Holy Spirit. This year we held 6 events from September through April. 119 children came through our doors this year. We averaged 57 kids per event, with our biggest event being Trunk-Or-Treat in October when we had 82 kids. We gave out 8-10 Bibles to kids who prayed to receive Christ as Savior – or who asked to have a Bible of their own. Of those kids attending, 40% were our own kids, 40% were kids who claimed no church home, and 20% were kids from other churches. So we really are reaching out to connect kids to Christ!



We're breaking for the summer and giving our 31 volunteers and 4 youth volunteers some much needed time off! Thank you all for giving to the General Fund of the church – HRC totally supports FNL through your giving. Without you, this ministry would not be possible!

If you'd like to volunteer for this great outreach ministry, contact pam@harlemroadchurch.org for more info!

Summer Events for Kids at HRC

We're planning several fun events for our kids throughout the summer. Watch for the details in upcoming newsletters, bulletins & postcards. We will not be doing a weeklong Summer Nights Live event this summer.

Volunteers Needed for 2017-18 Program Year

If you'd like to be a volunteer with children's ministry, grab a volunteer form off the main table in the lobby and sign up! Forms will also be in the bulletin for the months of May and June. We need help with the nursery and Sunday school at 8:30 am, 9:45 am and 11 am every Sunday of the year. We need volunteers to work in Friday Night Live once a month – preparing dinner, organizing and presenting crafts, running with kids from station to station, teaching the story, and leading the games. We will also need volunteers to work with the children's Christmas Musical that begins in September. If you have a heart for kids, please consider volunteering! Volunteers are required to fill out a volunteer form with references and submit to a background check to comply with our "Safe Sanctuary Policy."

Kids on Sundays

8:30 am KIDS: We start with our parents in the worship service and then go to Sunday school in room #105. Parents, please pick up your children in their classroom at the end of the worship service.

The Nursery is available for children ages 3 and under. We still need nursery volunteers for the 4th and 5th Sundays, so at this time we cannot offer the Nursery at 8:30 on those Sundays. If you'd like to volunteer to work in the nursery, please let Pam Leskovac know!

9:45 am KIDS: We gather in room #102 for games, puzzles, crafts and fun together while our parents attend Sunday school class. Parents, please pick up your children in their classroom at the end of your Sunday school class. The Nursery is available for children ages 3 and under.

11:00 am KIDS: we start with our parents in the worship service and then go to the Chapel together. We break into age groups and attend our Sunday school class. Toddlers (ages 2 and 3) are in room #101. PreK/K kids are in room #102. Grades 1-3 are in room #105. Grades 4-5 are in room #104. Parents, please pick up your children in their classroom at the end of the worship service. The Nursery is available for children under age 2.

Missions News

By Judy Sharpe-Kosmatka

Local Outreach

Our local outreach is done in partnership with other churches and organizations: Galena UMC, Church of the Saviour UMC, New Albany UMC, New Albany Church of the Resurrection Catholic and Harlem Township Helping Hands. We call our combined group "SidebySide."

SidebySide

Homework Help: Our school-year Homework Help will end this month when school ends. We have had around 13 kids participate each week and have seen kids improve their reading skills.

Summer Enrichment: We will be having a summer reading enrichment class again this year called Staying Sharp Over Summer (SSOS). Our own Christie Johnson Stuber is heading this up. Sessions will be from 10:30 – noon on Tuesdays, June 13, 20 and 27, and July 11, 18 & 25. July 6 (Thursday) will be a field trip for the kids to the Delaware County Humane Society so the kids can read to a new best, furry friend. We still need people to volunteer to provide snacks for each session other than June 13 and 20. Snacks for July 6 need to be hearty enough to serve as lunch. If you can help, please let Judy Sharpe-Kosmatka know.



Garage Sale!!

REMEMBER OUR ANNUAL GARAGE SALE to support Missions! Setup is Tuesday, Wednesday and Thursday, May 2, 3, and 4, from 6 – 8 pm. That's when you should bring your items over to the Schaublins' home, 305 Sterling Ct., Westerville. The sale will be Friday and Saturday, May 5 and 6, from 7:30 am. to 2 or 3 pm each day. Bring items to sell and then come to the sale to buy other's items! It's a WIN-WIN! If you have any questions, please contact Judy S-K at judysharpekos@insight.rr.com or 614-565-3395.

Free Produce Giveaway

We hold our monthly produce giveaway each third Saturday from March - December. If you would like to help with this ministry, please contact Mishelle Soule at bristol2425@yahoo.com. Volunteers are needed from 10 am – 1 pm to sort and hand out the food. **Critical:** If you have a pick-up truck that can haul 2,000 lbs, WE NEED YOU to help occasionally to bring the food from Mid-Ohio Food Bank in Grove City to HRUMC on a Saturday morning. You'd be down in Grove City by 9 am and be done helping us by 10:30 am.

For the first giveaway in March, 34 families (105 people) were served and in April, 34 families (6 were new families) and 114 people were served.

Global Outreach – Our Orphans in Haiti

In March, a much-needed orphanage office was created from one of our shipping containers. Kids who have learned woodworking, masonry and electricity in our Saturday Professional Trade School helped in the construction. In April and May, thanks to a generous donor, a large room in the current Transition House will be turned into a music room complete with two pianos, two drum sets, 3-4 guitars, risers for choir practice and blackboards for teachers. Music class will become a regular subject during our kids' school day.

You can stay current on happenings in Haiti by visiting the Imagine Missions page on Facebook, where Melissa posts updates almost daily.

Do You Shop at Amazon?

If so, please consider using SMILE.Amazon.com instead. It's the exact same Amazon except that you can select a non-profit to receive a donation from Amazon equal to a percentage of your purchase. Choose a charity of your choice! Perhaps Imagine Missions could be your designee.

Ongoing Missions at HRUMC

Kroger Community Rewards: Here's another great way to help your church! We have several households who are shopping at Kroger and using their Community Rewards card to bless Harlem Road UMC. YOU CAN ALSO HELP IN THIS WAY! Please go to www.kroger.com and follow the instructions for Community/Community Rewards – and thank you!! If you've enrolled in the past, your enrollment expires each 12 months so please re-enroll.

Crochet Necklaces: Each month, necklaces made by an HRUMC-trained Westerville Estates woman are taken to the Ohio Art Market for sale. Please patronize the Ohio Art Market, located in Uptown Westerville on the corner of Main and State streets.

Aluminum Pop Tabs: Please bring in the tabs off your aluminum cans and we will take them to the Columbus Ronald McDonald House which recycles them to raise funds to purchase wheelchairs. Receptacles are on the table at the back of the main hallway.

BoxTops for Education: Please bring in the BoxTops for Education labels from your food packages and we will take them to Souders Elementary School. Receptacles are on the table at the back of the main hallway.

Reynoldsburg Emmaus Walks

By Judi Ayers

If you are interested in attending an Emmaus Walk or would like to know more about this Christian weekend, please contact Judi Ayers by email at jayers@ocsea.org or by cell phone at 614-915-6825 and leave a voice mail. I will get back to you as soon as I can. Here are the 2017 dates:

- Women's Walk #105- Jul 27-30
- Men's Walk #84- Oct 12-15
- Women's Walk #106- Nov 9-12

Community Connection Groups

Thinking about joining a small group, but not sure which one might be right for you? Contact the leaders to find out more about the people in the group and what they do!

IRONWORKS MEN'S MINISTRY BREAKFAST GROUP. Ironworks is an opportunity for men to come together and network with other men of the church and community for the purpose of helping each other to become better warriors for Jesus Christ. We will meet at the church on Saturday, May 6. A continental



breakfast starts at 8:30 am, followed by study and fellowship until about 10 am. Mark your calendar and plan to join us!

Leader: Mark Peterson (6906whodey@gmail.com or 614-270-0600)

MEN'S BIBLE STUDY Meeting Time/Place: Tuesdays at 7 pm in the pastor's office. All men are welcome!

Leader: Jim Bernhardt (bernharj@gmail.com or 614-895-1807)

WOMEN'S TUESDAY NIGHT BIBLE STUDY Meeting Time/Place: We are studying God's endless supply. We meet every Tuesday at 7 pm, at the home of Ellen Jacobs, 148 Nicole Dr., Westerville. Anyone is welcome to join us.

Leader: Ellen Jacobs (jacobsellen53@gmail.com or 614-406-4s337)

WOMEN'S WEDNESDAY NIGHT GROUP Meeting Time/Place: On May 10, we plan to plant flowers at the church and then go out for pizza. On May 24, we will meet at Judy Sharpe-Kosmatka's house.

Leader: Diana Robertson (office@harlemroadchurch.org or 614-882-9487)

WOMEN'S LUNCH BUNCH Meeting Time/Place: Lunch Bunch will gather at noon on Thursday, May 4 at Red Robin, 1021 Gemini Place (off Polaris Parkway).

Leader: Bobbi Pollock (blp1946@embarqmail.com or 740-965-4503)

SATURDAY COUPLES GROUP Meeting Time/Place: The Couples' Group will not meet in May. Our next meeting will be June 17.

Leaders: Ron and Lisa Danne (lisad@columbus.rr.com or 740-244-7223)

THE AYERS GROUP Meeting Time/Place: Our small group meetings on May 2 and 16 will be at 7 pm at the home of Phil and Susan Soule in Galena. On June 6 we will meet at Karen and Dianne's house for a potluck..

Leader: Karen Dodson 614-579-5135, kadee115@aol.com.

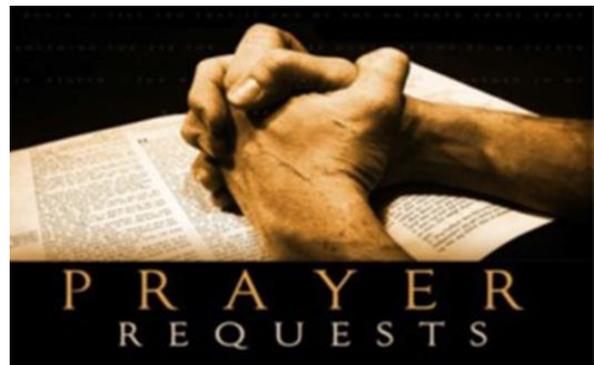
CRAFTING & LAUGHING: We will meet again at HRC, date and time TBD. We are starting a group project of quilting squares and combining them to a make lap quilt. The plan is to auction it off with proceeds going to our missions. Bring your scraps! Beginners or experts welcome. Or if quilting isn't your thing, bring your craft and enjoy the fellowship! (We really are quite fun!)

Leaders: Karen Dodson and Mary Alice Evans.

Prayer Requests

Expectant Moms: Brandi Alverson, Crystal Ratliff, Lacey Rogers

Requests: Cheriton Courts, Mary Rogers, Margie Cook, Jay Huling, Beth Moore, Jeff Gyurko, Michelle Harshey, Baby Violet, Brian Pannell, Scott Maienza, Bev Moreland, Kimberly Adkins, Donna Evans, Mary Lou Piper, Herb & Bonnie Wilson, Alan Heligmann, Allie Pollock, Jim Stone, Liz Fravel, Kelly Hanlin, Yvonne Lake, Martha Ann Branin, Arthur Saunders, Kyle Cooger, Jarrett Wampler, Gary Evans, Sara Roberts, Betty Baughman, Sophia Hill, George Pollock,



Joel Wilcox, Denny Krebs, Herb Baker, Clyde Fravel, Linda Emerson, Penny Meyers, Kim Houf, Suellen Peterson, Doug Edwards, Joe Carl

Cancer Treatment: Laura Frank, Jean Howman, Randy Borden, Eddie Orendorff, Barb Bollon, Elisa Rountree, Jessica McCoy, Judi Miller, Patti Hayes, Robin Cumberledge, Ray White, Don Basile, Kathy Rank, Denise Sproul, Shari King, Mike Stati, Nancy Neutzing, Zoey Harper, Allen Dyer, Shawn Correll, Ray White, Chuck Netting, Howie Goodman, Sidney Hatfield, Debbie Goslin, Debbie Dorsch, Rosemary Finn, Bunny Pearson, Craig Valentine, John Bell, Leah Dean, Mike Doel, Jessie Wampler, Vicki Troendly, Robin Smith, Diane Jewell

Military Service: Joe Pasqua, Jeremy Ragan, Christina Hahn, Chad Cunningham, Scott Crowell, Sean Hatch, John Smock, Stuart David, Nathan Brumbaugh, James Martin, Michael David-Gish, Nathan Bertram

College Students: Alec Evans, Austin Evans, Bret Stacy, Breanna Soule, Audrey Patterson, Kaleigh Hussey, Peter Abraham, Joanna Abraham, Kevin Schaublin, Stephanie Keller, Eddie Passen, Devin Simeral, Mason Knight, Haleigh White, Kelsey White, Mike Bell, Kyle Wurm, Nick Vermaanten, Jarrod Norton