



The Signpost

Harlem Road Church

October 2016

Volume 11, Number 8

A Moment of Reflection

By Pastor Bud Leskovac

Today I'm 60 years old. Six decades! I don't know where precious time is going. I am keenly aware today that I only have so much time on planet Earth to make an eternal difference, and even a worldly difference, and it is ticking away. I paused for a while this morning to think about the past year. Reflection is good for the soul. It allows one time to analyze purpose, meaning, progress, relationship, joys, and concerns for the future and make changes and adjustments where needed. More importantly, I pause for a minute to reflect on my personal pastoral and spiritual goals that come from the Book of Jude: "Continue to build your life on the foundation of your holy faith. Continue to pray as you are directed by the Holy Spirit. Live in such a way that God's love can bless you as you wait for the eternal life that our Lord Jesus Christ in his mercy is going to give you. Show mercy to those whose faith is wavering. Rescue others by snatching them from the flames of judgement. There are still others you need to show mercy." I have work to do in all these areas, for sure. But it has been a good year.

I am most blessed as I reflect on my family. Pam is absolutely the most perfect "pastor's spouse." She loves the Lord and has an active, developing maturity in her Christian walk. She loves and supports me. (That's worth a jewel on her crown for sure!) She loves the ministry of the church and pours her heart and soul (and many hours) into her work with the children, young families, and ladies at HRC. My daughters and son and son-in-law are growing in the Lord and serving the church in a variety of meaningful ways. I'm so pleased that they each have a personal relationship with the Lord who is shaping and guiding their lives. I'm also crazy about being "Pappa" now and watching my granddaughters and grandson begin to grow and take on personality. What a gift it is from God to get to live long enough to have a relationship with your grandchildren! I am looking forward to my years with the grandkids and watching them begin to develop in their faith and understanding of God.

All that aside, what a blessing and gift it is from God to be in church ministry with you. We really do have an awesome church with tremendous potential and responsibility. As I reflect on the church this past year it is a joy that we've been able to accomplish so much together. I know we have much more to do together, but we'll keep working on it as we go forward and I know this ministry will continue to serve the spiritual needs of our community for many years to come. What thrills me most when I reflect is the people in the Church Family. In my mind's eye, I see all the faces of new people who are searching for a deeper relationship with God, I see all the new families, all the new children, all the college aged young folks away at school, I see all the little babies in the nursery, all the community folks coming for Friday Night Live, all the adults going to Education Classes and Community Connections Groups, I see all the volunteers working on the building and grounds, I hear the early morning hymns and praise songs and hear the people worshiping from their hearts, I see people coming to our Christian counselor for help to navigate the struggles of life, I see the eyes of the adults who are recognizing and responding to God's love for them, and I'll never forget the eyes of the little ones from Friday Night Live who have come to me asking, "Pastor Bud, will you pray with me to ask Jesus into my heart?"

What a year! What a family! What a church! I want you to know, as I reflect, how blessed I am, how thankful I am, to get to be your pastor. You are a great congregation that chooses to demonstrate your deep love of God by giving it away to others. I know you are committed to the vision God has placed on our hearts as we build His

church. I know you are risk takers and bold in your faith and sold out to glorifying God at Harlem Road United Methodist Church. I believe God is glorifying Himself in our midst, and in the year to come, we will continue to build the Kingdom of God in powerful and positive ways.

What will I write about next year when I'm turning 61? I don't know yet, but I believe we're about to have our best year together yet! There's plenty of hard work ahead of us. We have a number of hurdles to overcome together. But are we moving in the right direction together? I believe it with all my heart. I offer this re-commitment: I will grow, I will change, I will keep learning, I will actively work on deepening my relationship with the Lord, I will continue to pour my heart out, I will learn to listen and discern more clearly from the Spirit, and I will treasure each moment we have together serving God.

Blessings,
Pastor Bud

Church Family Fun Day at the Pumpkin Patch

Come one – come all – and join in the fall fun on October 8 from 1-3 pm (or whenever you want to leave) at Hidden Creek Farms, 581 S. Galena Rd in Sunbury.



Cost is \$6/person (age 2 and older) or \$20/family of 5 or more.

HRC pays with one check – the farm is giving us a little price break - so please plan to pay HRC for your admission and we will give you a wrist band at the entrance to the farm. Watch for our HRC sign! Their picnic areas are all booked, so we won't be having a picnic this year. We'll head out on our own to visit the animals, hay maze, corn box, pumpkin slide, etc. We can take a hayride to the pumpkin patch and pick our very own pumpkin! You have to carry it from the

field back to the wagon, so pick one you can carry easily enough! (The price of the pumpkin is not included in the cost of the event. Pumpkins must be paid for separately at the scale near the entrance.)

RSVP by October 4 to Pam Leskovic at 614-507-1577 (text) or pam@harlemroadchurch.org. You can also call the church office to RSVP: 740-965-4543.

Paint Night and Potluck!

We are having a paint night & potluck on Friday, October 7. People should show up around 6:30 pm to bring in dishes, grab some good food and find a seat. Painting will start at 7 pm and finish around 9. Child care will be available if there is enough interest. We'll be sending sign-up sheets around at church for the potluck and will provide a link to register and pay online. Cost is \$25/person. Anyone 8 years old and older is welcome (men too)! Please invite friends and extended family to come too. It's a fun, easy-going event where you can connect with one another. We are planning to create a seasonal "pumpkin" type of painting.



If you have questions, contact Jenni Stupski at 614-579-2158 (jenpennij@aol.com) or Karen Dodson at 614-579-5135 (kadee115@aol.com).

Children's Ministry News

By Pam Leskovac

Christmas Musical

"All About that Baby" is our children's Christmas musical this year. Rehearsals are underway and are held after the 11 am worship service w/lunch provided. The details surrounding the musical are still being worked out – so watch the bulletin for updated information! Contact Kate Steele (614-312-7691) if you have any questions.

FNL Trunk or Treat

October 14 is our Friday Night Live "Trunk-or-Treat." Come dressed up as a "good guy/gal" - no scary costumes – no devils or witches - thanks!

This month we invite our kids age 2 through 5th Grade to attend. Parents of kids under 4 must accompany their kids throughout the night. We will gather in the Family Life Center at 6:30 and then eat dinner together at 6:45. At 8 pm we will go out into the parking lot to "Trunk-Or-Treat" and then return to the Family Life Center for closing. The evening ends at 8:30 pm.



Contact pam@harlemroadchurch.org for more info!

Calling all adults – we need your help with "Trunk-Or-Treat"!

If you're willing, please decorate your trunk in fall fashion and be in the church parking lot by 7:45 pm with enough candy for 125 kids on October 14. The kids from FNL will come out to the parking lot to gather treats at 8 pm. If you can't be here to pass out treats, but would like to bring treats for someone else to pass out, you can drop your candy off on the table in the Lobby any time before this event.

Christmas Musical is underway!

It's time! Join us for Sunday afternoon rehearsals from 12:30-2:00 pm for the upcoming Christmas Musical, "All About That Baby."

ALL KIDS – AGES 4 THROUGH 5TH GRADE – JOIN US!

Lunch provided at 12:10 pm. Rehearsals are from 12:30-2 pm.

(Parents, please be here to pick up your child right at 2 – thanks!)

- Dress Rehearsal/Cast Party: Saturday morning December 3 from 10am – noon
- Saturday, December 3: performance at 6 pm (earlier time than previous years)
- Sunday, December 4: performance at 10:30 am (combined worship service that day)

If you have any questions about this year's musical, please contact Kate Steele at 614-312-7691 or email her at ksteele@gmail.com.

Stewardship Sunday Is Coming, from a Biblical Perspective!

By Benjamin Wolfe, Finance Team Leader

Remember, congregations that approach financial stewardship from a biblical perspective do not view the money that Christians give to their church merely as a way to pay the bills. Rather, such congregations see

financial contributions as a way to help people grow spiritually in their relationship with God by supporting their church's mission and ministry with a percentage of their incomes.

Our congregation's finance committee campaign, Stewardship Sunday, is a way to teach the biblical and spiritual principles of generous giving. This campaign is based on the biblical philosophy of the need of the giver to give for his or her own spiritual development, rather than on the need of the church to receive. Instead of treating people like members of a social club who should pay dues, we will treat people like followers of Jesus Christ who want to give unselfishly as an act of discipleship. This program encourages people toward proportionate and systematic giving in response to the question, "What percentage of my income is God calling me to give?"

On Stewardship Sunday, we will ask HRUMC attendees and members to make their financial commitments to our church's missionary, benevolent, and educational ministries in this community and around the world.

We will do no home solicitation to ask people to make a commitment. During morning worship on Stewardship Sunday, Pastor Bud will conduct a brief period of instruction and inspiration, followed by members making their commitments as a confidential act of worship, by filling out an Estimate of Giving Card. We urge people to attend church on Stewardship Sunday, even if you don't intend to fill out a card.

Since we will make no follow-up visits to ask people to complete their cards, we will make every effort to inform, inspire, and encourage everyone to attend Stewardship Sunday worship on November 6, with one service at 10:30 am.

Thank you in advance for your heartfelt participation in our Stewardship Sunday events.

Missions News

By Judy Sharpe-Kosmatka

Harlem Road UMC focuses its Mission Outreach efforts in two key areas: our local Big Walnut community, with an emphasis on Westerville Estates, and our global Haitian community in the Imagine Missions orphanage. Our local outreach is done in partnership with other churches and organizations. We call our combined group "SidebySide." The other organizations are Galena UMC, Church of the Saviour UMC, New Albany UMC, New Albany Church of the Resurrection, and Harlem Township Helping Hands.

Local Outreach

Free Produce Giveaway: We hold our monthly produce giveaway each third Saturday through 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 pounds, 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.

SidebySide - Fall Activities: SidebySide is again running Homework Help at the Estates Clubhouse. We started on September 14 and eleven kids came! This is a 90-minute program (from 3:30 – 5 pm) and is for elementary aged kids. We NEED YOUR HELP to ensure that each child has a one-on-one experience with a loving, caring adult. The format is more structured this year with dedicated time for homework and group activities. You don't need to be "smarter than a 5th grader" to help - you just need to care about helping a child learn to love learning. Please let Judy Sharpe-Kosmatka know if you're able to help.

Global Outreach

Our Orphans in Haiti: Our kids have started another school year! This year, Imagine Missions has added three grades – 7th, 8th and 9th – to our onsite school. This is a BIG DEAL because it means Imagine Missions has control over the curriculum and the quality of teachers. This was made possible by a church in Iowa donating four “Sukup” homes – metal buildings resembling a short farm silo. Thank you, Lord, for helping make this happen!

Here are some pictures of the kids at school:



Ongoing Missions at HRUMC

Income for Our Neighbors: Each month, necklaces made by two Westerville Estates women 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.

Kroger Community Rewards: This is a great way to help your church! We have 9 households who are shopping at Kroger and using their Community Rewards card to bless Harlem Road UMC. Those 9 households were responsible for Kroger's donation of \$213.36 for the past three months. YOU CAN ALSO HELP IN THIS WAY! See the instructions below - and thank you!! If you've enrolled in the past, your enrollment expired March 31. If you didn't re-enroll in April, you will need to do so now.

If it's the first time you are registering, you will need to set up your account first.

- For a member to enroll your card, go to www.krogercommunityrewards.com
- Click "Create an account"
- Put in your email address and password. Confirm your password
- Enter plus card OR alt ID number
- Go to Community Rewards (near bottom)
- Follow through the steps. (Name, address, etc.)
- Put in the group number or part of the name of the organization.
- Choose the correct organization.
- Click Enroll.

For a participant to re-enroll your card, go to www.krogercommunityrewards.com

- Click "Sign-in"
- Put in your email address and password that you used to enroll your card.
- Click on your name at the top right, and scroll to the bottom for Community Rewards.
- Put in the group number or part of the name of the organization.
- Choose the correct organization.
- Click Enroll.

If you are having an issue with your password and or email address, please call 1-800-KROGERS, and press 5 to speak to a customer service representative.

MarketPlace

MarketPlace is returning this fall at Harlem Road Church on Saturday, October 22 from 10-3. The admission is \$3, with ages 10 and under free. Proceeds go toward helping the Haitian orphans. We are still seeking vendors for this event, as well as volunteers who will help with setup, tear down, and some other acts of service. If you are available to help, we need to hear from you. If you know of anyone who may be interested in renting table space, the cost is \$25.00. Please contact Judy S-K at judysharpekos@insight.rr.com or (614) 565-3395 OR Ellen Jacobs at jacobsellen53@gmail.com or (614) 406-4337.

Health and Wellness

By Sue Wilcox

Your health account, your bank account, they are all the same. The more you put in, the more you can take out. Exercise is king and nutrition is queen. Together, you have a kingdom.”

- Jack LaLanne, “Godfather of Fitness”

Walk to Bethlehem

The Walk to Bethlehem is well underfoot. “Our bodies were made for walking. We were built to stand erect. Our organs function when given room to work. Our joints need movement to maintain good range of motion. None of this can be accomplished by lying on a couch. The benefits of walking are numerous. The benefits are compelling. Regular walking can prevent depression, lengthen lifespan, lower stress levels, relieve arthritis and back pain, strengthen muscles, bones and joints, and improve sleep.” (aarp.org/health/fitness/walking) Take time to focus on prayer, and your spiritual growth will increase as well.

Remember to record your activities/miles on the clipboard or email them to “awalktobethlehem@gmail.com.” If you need help with converting your activities into steps, there is a sheet on the table in the church lobby. Keep those miles coming - get us out of the Atlantic Ocean as soon as possible!

CPR/AED Training

There are a few more spaces in the class. Hopefully we can get that class going in the next few weeks. Let me know if you have an interest. (ksuewilcox@aol.com)

Bone and Joint Health

October is the month to recognize bone and joint health. Let’s share some key facts about back pain and spinal health:

- Low back pain is the single leading cause of disability worldwide, according to the Global Burden of Disease 2010.
- Back pain is one of the most common reasons for missed work. In fact, back pain is the second most common reason for visits to the doctor’s office, outnumbered only by upper-respiratory infections.
- One-half of all working Americans admit to having back pain symptoms each year.
- Experts estimate that as much as 80% of the population will experience a back problem at some time in their lives.
- Most cases of back pain are mechanical or non-organic—meaning they are not caused by serious conditions, such as inflammatory arthritis, infection, fracture or cancer.
- Americans spend at least \$50 billion each year on back pain—and that’s just for the more easily identified costs.

What causes back pain?

The back is a complicated structure of bones, joints, ligaments and muscles. You can sprain ligaments, strain muscles, rupture disks, and irritate joints, all of which can lead to back pain. While sports injuries or accidents can cause back pain, sometimes the simplest of movements—for example, picking up a pencil from the floor—



can have painful results. In addition, arthritis, poor posture, obesity, and psychological stress can cause or complicate back pain.

Back pain can also directly result from disease of the internal organs, such as kidney stones, kidney infections, blood clots, or bone loss.

Here are some tips to prevent back pain:

- Maintain a healthy diet and weight.
- Remain active—under the supervision of your health professional.
- Avoid prolonged inactivity or bed rest.
- Warm up or stretch before exercising or physical activities, such as gardening.
- Maintain proper posture.
- Wear comfortable, low-heeled shoes.
- Sleep on a mattress of medium firmness to minimize any curve in your spine.
- Lift with your knees, keep the object close to your body, and do not twist when lifting.
- Quit smoking. Smoking impairs blood flow, resulting in oxygen and nutrient deprivation to spinal tissues.
- Work with your doctor or chiropractor to ensure that your computer workstation is ergonomically correct.

Reynoldsburg Emmaus Walks

By Judi Ayers

What is the Walk to Emmaus?

The Gospel of Luke relates the story of the risen Christ appearing to the two disciples who were walking the road from Jerusalem to Emmaus. They were sharing their hearts' deepest concerns when the risen Christ joined them. He explained the scriptures as they walked, and their hearts were warmed. The illuminating climax of the experience was when Christ took the bread, said the blessing, then broke it and gave it to them. The two had their eyes opened and they recognized him! (Luke 24:13-35)

Emmaus is an awesome part of a Christian's walk. It is a weekend all about you and the love of Jesus Christ. You will become closer in your personal relationship with God and your Christian family.

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.

Remaining 2016 dates:

- Men's Walk #76: October 9-12
- Women's Walk #97: November 13-16, 2016

2017 dates:

- Men's Walk #83- Mar 9-12
- Women's Walk #104- Apr 27-30

- 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!

A women's nondenominational community connection weekly bible study group is starting this fall at Nancy Babbitt's home in Lake of the Woods, at 9119 White Oak Lane, Westerville. Contact Nancy at 614-891-5638 or johnlbabbitt@gmail.com

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 meet at the church the first Saturday of the month. A hot breakfast starts at 8:45, followed by a relevant study topic/discussion. Please see or email Mark Peterson for further information.
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: Usually every Tuesday night at the home of Ellen Jacobs (148 Nicole Drive, Westerville) at 7 pm. Description: Please contact the leader to learn more about this group's current study. All women are welcome to join us on Tuesday evenings!
Leader: Ellen Jacobs (jacobsellen53@gmail.com or 614-406-4s337)

WOMEN'S WEDNESDAY NIGHT GROUP Meeting Time/Place: We are discussing a video series on the Holy Spirit. Please join us at Diana's home, 344 Mary Ave., Westerville, on October 12 at 7 pm.
Leader: Diana Robertson (office@harlemroadchurch.org or 614-882-9487)

WOMEN'S LUNCH BUNCH Meeting Time/Place: Lunch Bunch is meeting at noon on Thursday, October 6, place TBD.
Leader: Bobbi Pollock (blp1946@embarqmail.com or 740-965-4503)

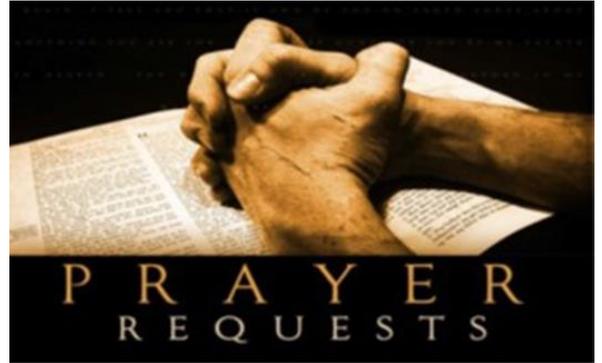
SATURDAY COUPLES GROUP Meeting Time/Place: The couples group lead by Lisa and Ron Danne will meet at the Soules' house on Dustin Road for a bonfire on Saturday, October 15, at 6 pm. We will share food and fellowship and a short devotional. Please RSVP to Ron and Lisa.
Leaders: Ron and Lisa Danne (lisad@columbus.rr.com or 740-244-7223)

THE AYERS GROUP Meeting Time/Place: On Tuesday, October 4 at 7 pm, we'll have an Alice in Wonderland-themed "Tea Party" (with a bonfire and s'mores) at Karen and Diane's house, 210 Old County Line Road, Westerville. On Tuesday, October 18, we will meet at 7 pm at Jeff and Jenny Hecker's house, 668 Little Rock Road, Westerville.
Leader: Karen Dodson 614-579-5135, kadee115@aol.com.

Prayer Requests

Expectant Moms: Jenni Stupski, Kendra Garee

Requests: Alan Heligmann, Ty Young, Allie Pollock, Jim Stone, Kim Curtis, Phil Myers, Liz Fravel, Kelly Hanlin, Yvonne Lake, Martha Ann Branin, Arthur Saunders, Kyle Cooger, Jarrett Wampler, Gary Evans, Sara Roberts, Geneva Day, Betty Baughman, Don Tieche, Sophia Hill, George Pollock, Joel Wilcox, Joel Hecker, Denny Krebs, Herb Baker, Clyde Fravel, Linda Emerson, Penny Meyers, Winnie Bateson, Jim & Kim Houf, Brenda Barcus, Dottie Sund, Suellen Peterson, Doug Edwards, Trish Bateson, Phil Myers



Cancer Treatment: Ray White, Don Basile, Kathy Rank, Denise Sproul, Shari King, Mike Stati, Nancy Neutzing, Zoey Harper, Judy Smoot, Allen Dyer, Charles & Sheryl Boldosar, Shawn Correll, Chuck Netting, Howie Goodman, Loraine Bell, Sidney Hatfield, Amy Yeagle, Debbie Goslin, Debbie Dorsch, Michelle Stimer, Gary Fravel, Rosemary Finn, Bunny Pearson, Craig Valentine, John Feller, John Bell, Leah Dean, Mike Doel, Jessie Wampler, Vicki Troendly, Robin Smith, Bonnie Edwards, Julie Smart

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