



The Signpost

Harlem Road Church

November 2018

Volume 13, Number 8

Give Thanks, With A Grateful Heart

By Pastor Bud Leskovac

My Christian Brothers and Sisters,

Each year on Thanksgiving, we gather with family and friends to thank God for the many blessings He has given us, and we ask God to continue to guide and watch over our families, our church, our homes, and our country. I really hope and pray you get to connect with loved ones during the upcoming holidays to give thanks and to make life-long memories.

In 1620, almost 400 years ago, after surviving their first winter at Plymouth Rock, the Pilgrims celebrated a day to give thanks. George Washington proclaimed the first National Day of Thanksgiving in 1789. Abraham Lincoln revived the tradition during the Civil War. Since that time long ago, we have always stopped all our activities and work for one day to express thanks to God for the bounty of blessings that we enjoy, and to spend time with family and friends. We give thanks in times of challenge and in times of calm, for we always have reasons to be a thankful people. God has truly blessed us all.

I am so thankful for my wife Pam, who is an amazing gift of God in my life. Not only is she the perfect soul mate, she is an amazing Christian woman who completes our calling to Christian ministry. I'm thankful for my children; and my two sons-in-law and my daughter-in-law, each one a unique blessing full of promise and hope and possibility. I'm thankful for five energetic, creative, healthy grandchildren; each with their God-given personalities and potential. I'm thankful for my family back home in the foothills of the Allegheny Mountains in PA.; I don't get to see them often, but when we do visit we're able to pick up right where we left off.

And I'm thankful for my church family and all who worship at HRC. I'm always amazed each and every Sunday when I look around the Family Life Center and see the place filled with people I'm proud to call my Christian brothers and sisters. You are a wonderful church family! You are faithful, you are generous, you are risk takers for the Kingdom, you are hard workers for the Kingdom, you are gracious when I stumble, you are forgiving, you are compassionate, and you know your God-given purpose on this earth. Each and every time I see you or think of you, I thank God for you in my prayers.

On Thanksgiving Day, when I've over-eaten, and they have to call in the paramedics to pry me out of grandma's Lazy-Boy; When my moans are loud enough to signal Urgent Care; When my new "Elvis" belt won't go around my waist; When special delivery brings me a Sumo Wrestling application; When I have my cholesterol checked and the finger prick will yield only gravy; When representatives from Butter-Ball call and want me to do a commercial.....I will think of how blessed I am....How good our God is....What a great family I'm graced with....What a terrific , faithful church I get to pastor....and how thankful I am....to be alive and loved by God. "Give thanks, with a grateful heart; Give thanks, to the Holy One."

Your Thankful Pastor,

Bud Leskovac

Welcome to New Members!

On October 21, we welcomed three new members to Harlem Road UMC:



Barbara Bradley: Barb joins us from Hilliard. She grew up in Sylvania, Ohio, is newly retired and enjoys volunteering in the public health arena and assisting in a kindergarten. She enjoys swimming and – she’s set to marry our own Frank Bright next spring!

Dorothy Benton: Dorothy is a retired RN who lives with her daughters Karen and Diane in Westerville. They all just recently moved from a historic homestead into a beautiful newer home. Dorothy grew up in Lancaster, Ohio and loves nature, reading, and life.



Paulette Hogg: Paulette is retired and loves to travel, especially to visit family. She and her husband Dave live in the Sharon Woods area of Columbus. She also enjoys cooking, reading and fishing with Dave on Hoover Reservoir.

Welcome to all of you – we look forward to seeing what God will do with the new members in our midst!

Remember that you can meet for “Pizza with the Pastor” and explore whether joining HRC is right for you. Contact Pastor Bud for the next Pizza with the Pastor time and date.

Election Day Bake Sale

On November 6, Election Day, HRC is hosting a bake sale at the church from 7 am – 7 pm (or whenever we run out of baked goods). It’s looking like we will have a big turnout on Election Day, so we need lots of homemade goodies to satisfy the hungry voters who are standing in line!

We need your help to bake the goodies and to “man” the table during the day. Signup sheets are available, or contact Diana in the church office to volunteer. Proceeds from the sale go into the Discretionary Fund to help complete a couple of projects around the church.

Cranberry Relish – Yum!

It’s that time of year! Order your Thanksgiving cranberry relish now. If you normally don’t like relish – you’ve probably never tried ours. It’s wonderful! You can freeze it if you want extra for Christmas.

We also need people to volunteer to help make it: Thursday, Nov. 15 from 6-8pm is the prep work, and Saturday, Nov. 17 from 8 am-noonish is the assembly. Many hands make light work! It’s a fun group! Sign up sheets for both ordering the relish (\$6/pint and \$10/quart) and volunteering to help make it are on the table in the lobby. Or contact Diana in the church office.

Health and Wellness News

By Sue Wilcox

November is the month to remind us to be thankful for the many positive things happening in our lives.

October is National Diabetes Awareness Month

According to statistics provided by the Center of Disease and Control and Prevention, one third of the population suffering from type 2 diabetes are unaware of the disease.

On Sunday November 11, we will add diabetes detection screening along with the blood pressure checks. Plan to stop by to have your blood sugar checked that morning.

WHAT IS DIABETES?

Diabetes is a disease in which the body is unable to properly use and store glucose, a form of sugar. Glucose backs up in the bloodstream — causing one's blood glucose, sometimes referred to as blood sugar, to rise too high. There are two major types of diabetes. In type 1 (formerly called juvenile-onset or insulin-dependent) diabetes, the body completely stops producing any insulin, a hormone that enables the body to use glucose found in foods for energy. People with type 1 diabetes must take daily insulin injections to survive. This form of diabetes usually develops in children or young adults, but can occur at any age. Type 2 (formerly called adult-onset or non-insulin-dependent) diabetes results when the body doesn't produce enough insulin and/or is unable to use insulin properly. This form of diabetes usually occurs in people who are over 40, overweight, and have a family history of diabetes, although today it is increasingly occurring in younger people, particularly adolescents.

How do people know if they have diabetes?

People with diabetes frequently experience certain symptoms. These include:

- being very thirsty
- frequent urination
- weight loss
- increased hunger
- blurry vision
- irritability
- tingling or numbness in the hands or feet
- frequent skin, bladder or gum infections
- wounds that don't heal
- extreme unexplained fatigue

In some cases, there are no symptoms — this happens at times with type 2 diabetes. In this case, people can live for months, even years without knowing they have the disease. This form of diabetes comes on so gradually that symptoms may not even be recognized.

Who gets diabetes?



Diabetes can occur in anyone. However, people who have close relatives with the disease are somewhat more likely to develop it. Other risk factors include obesity, high cholesterol, high blood pressure, and physical inactivity. The risk of developing diabetes also increases as people grow older. People who are over 40 and overweight are more likely to develop diabetes, although the incidence of type 2 diabetes in adolescents is growing. Diabetes is more common among Native Americans, African Americans, Hispanic Americans and Asian Americans/Pacific Islanders. Also, people who develop diabetes while pregnant (a condition called gestational diabetes) are more likely to develop full-blown diabetes later in life.

How is diabetes treated?

There are certain things that everyone who has diabetes, whether type 1 or type 2, needs to do to be healthy. They need to have a meal (eating) plan. They need to pay attention to how much physical activity they engage in, because physical activity can help the body use insulin better so it can convert glucose into energy for cells. Everyone with type 1 diabetes, and some people with type 2 diabetes, also need to take insulin injections. Some people with type 2 diabetes take pills called "oral agents" which help their bodies produce more insulin and/or use the insulin it is producing better. Some people with type 2 diabetes can manage their disease without medication by appropriate meal planning and adequate physical activity.

Everyone who has diabetes should be seen at least once every six months by a diabetes specialist (an endocrinologist or a diabetologist). He or she should also be seen periodically by other members of a diabetes treatment team, including a diabetes nurse educator, and a dietitian who will help develop a meal plan for the individual. Ideally, one should also see an exercise physiologist for help in developing a physical activity plan, and, perhaps, a social worker, psychologist or other mental health professional for help with the stresses and challenges of living with a chronic disease. Everyone who has diabetes should have regular eye exams (once a year) by an eye doctor expert in diabetes eye care to make sure that any eye problems associated with diabetes are caught early and treated before they become serious.

Also, people with diabetes need to learn how to monitor their blood glucose. Daily testing will help determine how well their meal plan, activity plan, and medication are working to keep blood glucose levels in a normal range.

What other problems can diabetes cause?

Your healthcare team will encourage you to follow your meal plan and exercise program, use your medications and monitor your blood glucose regularly to keep your blood glucose in as normal a range as possible as much of the time as possible. Why is this so important? Because poorly managed diabetes can lead to a host of long-term complications — among these are heart attacks, strokes, blindness, kidney failure, and blood vessel disease that may require an amputation, nerve damage, and impotence in men.

But happily, a nationwide study completed over a 10-year period showed that if people keep their blood glucose as close to normal as possible, they can reduce their risk of developing some of these complications by 50 percent or more.

Can diabetes be prevented? Maybe someday. Type 2 diabetes is the most common type of diabetes, yet we still do not understand it completely. Recent research does suggest, however, that there are some things one can do to prevent this form of diabetes. Studies show that lifestyle changes can prevent or delay the onset of type 2 diabetes in those adults who are at high risk of getting the disease. Modest weight loss (5-10% of body weight) and modest physical activity (30 minutes a day) are recommended goals.

Children's Ministry News

By Pam Leskovic

Friday Night Live – Connecting Kids to Christ

We had a great turn out for our trunk-or-treat event last month – 91 kids (plus a few toddlers and youth helpers) gathered candy from 42 cars that lined the parking lot. We had a blast! If you helped in any way with this great outreach event – may God bless you! You are appreciated!

Our next FNL is November 16th from 6:30-8:30 pm – for kids age 4 through 5th grade. Join us for dinner and then we'll break into our groups and go through the stations. This will be our last event for this calendar year. We will gather again on February 15th! Invite a friend to join you – we'll have a blast together – and grab a goodie bag at the end of the evening on our way out the door! Parents, we ask that you sign your child in and out of the building so that we know all kids are with the correct adults!

Remaining FNL Dates for this programming year:

- November 16 – "Who Are You?"
- We break for December and January
- February 15 – "Don't Worry!"
- March 15 – "What's Faith?"
- April 19 – "Peace!" "Joy!" – This event is scheduled for Good Friday evening – and we will do our Easter Egg Hunt during this event.

Christmas Musical is Coming Up!

Mark your calendar – You won't want to miss "Wrapping All The Way," performed by our kids at Harlem Road UMC. Performances:

- Saturday, December 1 at 6 pm (earlier again this year!)
- December 2nd at 10:30am (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: ksteelie@gmail.com.

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

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."

Christmas Gifts for Westerville Estates Neighbors: Every year since 2002 we have helped families at Westerville Estates provide Christmas gifts to their children and a full Christmas meal to their families. This year our tradition continues! Wish Lists for kids (along with complete guidance) will be available for you to pick up starting **Sunday, Nov. 18.**

Homework Help: We hold afternoon sessions with elementary school kids at Westerville Estates. THIS YEAR HOMEWORK HELP WILL BE ON TUESDAY AFTERNOONS (in previous years it was on Wednesdays). The Souders principal let us know that our efforts with these kids has improved their reading skills. Besides the academic focus, this ministry gives kids a chance to relate to adults who are focused on them and who offer constant encouragement. Kids who have "aged out" of our program still come around to help because they just love to be with us. We strive to have a one-on-one arrangement between adult and child for each afternoon session. Sessions last from 3:30 – 5 pm, one day/week. **If you have books suitable for 3rd and 4th graders, Homework Help would like them for our students.** Please bring them in and place them under the "Missions Table" in the back of the main hallway. Thank you!! If you are interested in giving 90 minutes to a child, please let Judy Sharpe-Kosmatka know! (614-565-3395, judysharpekos@insight.rr.com)

Christmas Store: Yes, you read that correctly. We are still in Garage Sale season, which is the perfect place to pick up inexpensive items that can be used for our Christmas "Store" for the kids at Westerville Estates Mobile Home Park. Each year we invite the kids to pick out items for each member of their family. The kids love it and they learn about giving to others. While you're at garage sales or stores, please look for new or very-gently used items you'd be willing to donate. *Just to make things fun! you'll want to remember your own childhood and find things that you would have seen as a "treasure" for your family member.* Here are some ideas:

- Things for men and older boys: small tools, fishing items and items sports related - maybe OSU stuff and trinkets or new baseball cap
- Things for women and older girls: Glitzy, girly stuff like fancy nail polish or lipstick. Jewelry, jewelry boxes, perfume/body spray, Hair "ornaments" (scrunchies, barrettes, etc.)
- Things for kids: Kids board games, Fun stuff to play with, dolls, toy cars/trucks, balls, sports items, anything superhero, Princess stuff
- Things for all: Family-Friendly DVDs.

Bountiful Backpacks: Our church has been given the opportunity to be the hands and feet of God to some of our Big Walnut neighbors. For several years, many churches in Big Walnut and Sunbury have been providing "Bountiful Backpacks" to needy students: bags of food filled by the churches and given to kids on the free/reduced school lunch programs so the family has food over the weekend. Families are identified by school personnel and asked if they would like to participate. All the Big Walnut elementary schools have been covered and now, with HRUMC's involvement, needy families at Big Walnut Middle School will also be provided Bountiful Backpacks. Sally and Bud Morris are heading up this ministry, which began in October. They have a small team of volunteers who will ensure that enough food is donated or purchased, that the bags are packed, and then delivered to the middle school by Thursday each week. This is a ministry that will continue weekly during the school year. YOU CAN HELP by donating some of the following food items as often as possible. We have a pre-determined menu for each week (needed to keep things fair between schools) so these items are the exact, specific things we need. Please bring your donated items into the church and place them under the Missions Table at the end of the main hallway. Needed items are: peanut butter, grape jelly, boxed macaroni & cheese, Ramen noodles, Pringles, oatmeal (single serving sizes in packages of 6), spaghetti sauce, canned soup, fruit snacks, granola bars, Pop Tarts, rice side dishes, flour tortillas (non-refrigerated), pepperoni, microwave

popcorn, pudding, pancake mix, syrup, canned pasta (spaghettios, ravioli etc.), single service jello, sandwich crackers, canned chicken (12.5 oz. size). If you have an interest in being part of this ministry, please contact Sally and Bud Morris (740-936-5551, budemorris@yahoo.com).

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 to 1 pm to sort and hand out the food

Global Outreach – Our Orphans in Haiti

You can stay current on happenings in Haiti by visiting the Imagine Missions page on Facebook, where Melissa posts updates almost daily. Judy and Jenny are going down there in early January, so if you want to send notes or (small) care packages to a child that you sponsor, just let us know.

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. Chose 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

Here are dates for the remaining 2018 Emmaus Walks and Gatherings.

Upcoming Walks:

- Women's Walk #109- Nov 8-11

Upcoming Gatherings: Mark your calendar and join us for a wonderful time of fellowship, praise and worship, and communion. And remember, guests are always welcome at the Gatherings!

- November 6, 2018 @ 7:15 pm
- December 4, 2018 @ 7:15 pm

The Walk to Emmaus is a wonderful retreat for growing your faith and personal relationship with Jesus Christ through inspiring witness, sharing and through the love of other Christians. The retreat is at Reynoldsburg United Methodist Church from Thursday evening through Sunday afternoon.

If you would like more information about Emmaus, contact Judi Ayers at jayers@ocsea.org. Please make sure in the subject line you add "Emmaus."



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!

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 doing a study on Sabbath rest. Sabbath is a gift for our sanity and wholeness, and we owe it to ourselves to study this life-giving concept. We meet every Tuesday at 7 pm, at the home of Ellen Jacobs, 148 Nicole Dr., Westerville

Leader: Ellen Jacobs (jacobsellen53@gmail.com or 614-406-4337)

WOMEN'S WEDNESDAY NIGHT GROUP Meeting Time/Place: We are studying different books of the Bible this fall. We'll meet at 7 pm on November 14 at Jenny Hecker's hour and November 28 at Rachel Day's house and October 24 at the church.

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

WOMEN'S LUNCH BUNCH Meeting Time/Place: Lunch Bunch will gather Thursday, November 1, from 11-1 at Der Dutchman in Plain City. Great food, great bakery and a chance to do some Christmas shopping.

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

SATURDAY COUPLES GROUP Meeting Time/Place: Please contact Lisa Danne for the latest information.

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

THE AYERS GROUP Meeting Time/Place: Our next meeting is at Karen and Diane Benton's house, at 7 pm on Tuesday, November 13.

Leader: Karen Benton 614-579-5135, kabee115@aol.com.

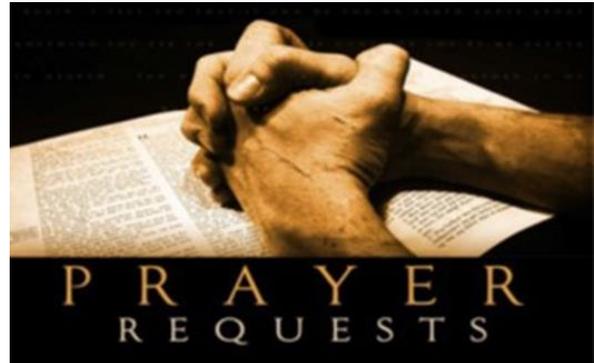
CRAFTING & LAUGHING: We will meet again at HRC, date and time TBD. We are starting a group project of quilting squares and combining them to a make lap quilt. The plan is to auction it off with proceeds going to our missions. Bring your scraps! Beginners or experts welcome. Or if quilting isn't your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

Leaders: Karen Benton and Mary Alice Evans.

Prayer Requests

Expectant Moms: Angel Cooley, Katie Becker, Leah Wagner, Kristyn Brady, Julia Hatch, Tijuana Cooley

Requests: Kim Houf, Joseph Abraham, Steve Robertson, Lorraine Karns, Ben Walls, Jason Falk, Carter Becker, Sawyer and Mason Danne, Janeene Brown, Phil Soule, Brody Cutherial, Luke Miller, Angela Salvador, Serena Potts, Jeanette Moreland, Helen Cocchi, Ray Baumburger, Nicholas Laye, Sylvia Clark, Ezekial Ayala, Dick McCoy, Mary Reed, Dave Straiko, Emily Jacobs, Mary Rogers, Joel Hecker, Herb & Bonnie Wilson, Kelly Hanlin, Yvonne Lake, Arthur Saunders, Sara Roberts, Sophia Hill, George Pollock, Joel Wilcox, Clyde Fravel, Linda Emerson, Suellen Peterson



Cancer Treatment: Charlene Miller, Rober Rogers, Troy Beasy, Iris Centofanti, Linda Houk, Allie Anderson, Nate Roston, Marilyn Akers, Doug Miller, William Hill, Jeff Gyurko, Crystal Rustine, Jack Conley, Michelle Danne, Doug Gulley, Dawn Furniss, Paul Ramey, Betty Goldman, Judy Goslin, Tony Hamilton, Karen Fitzpatrick, Eric Cox, Ralph List, Alma McCoy, Hank Pollner, Rusty Hill, Eddie Orendorff, Elisa Rountree, Robin Cumberledge, Ray White, Don Basile, Kathy Rank, Denise Sproul, Shari King, Mike Stati, Zoey Harper, Allen Dyer, Shawn Correll, Chuck Netting, Howie Goodman, Sidney Hatfield, Debbie Dorsch, Rosemary Finn, Bunny Pearson, Craig Valentine, Leah Dean, Mike Doel, Jessie Wampler, Robin Smith

Military Service & First Responders: Kyle Disbennet, Jacob Hutchinson, Logan Booty, Ethan Mosely, Jakeb Cokeril, Michael Albaugh, 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, Tyler Albaugh, Chaplain David Hogg, Alex Hussey, Kevin Miller, Spencer Morris, Mike Neely, Ryan Pasqua, Kevin Peterson, Matt Robertson, Rob Sagle, Dave Wheeler, Brian Williams, Lucas and Conner.