



# The Signpost

Harlem Road Church

Summer 2019

Volume 14, Number 5

## VACATION: TO Something, not AWAY from Something

By Pastor Bud Leskovac

"Christ stands at the door knocking" - or maybe that's the secretary, or my spouse, or my boss, or my small group, or my job, or the kids, or ... or ... or. You know, the list in our lives go on and on, doesn't it? Does it seem like you'll never get the "to-do" list caught up or all your responsibilities managed? Well, for many, this time of year provides a season of rest and relaxation. Summer is here and for many it's a time of retreat!

Does that mean a retreat from God, from family, from church? No! Absolutely not! If you really want to be revitalized on your vacation this summer, it means a retreat TO God, TO family, and TO church. Funny though, when Jesus says, "Come with me to a quiet place," we often reply, "Hold on, let me check my calendar!"

God knows that all of us need a break from the hectic pace that grips us so these days. We often take that as a "get away" from everything rather than as a "get away" TO something. And we ought to be getting away...to a quiet place to reconnect with God. Is there a line in your date book this summer that says, "Time Away with God"? I pray you already have the date penned in. It may say, "Summer Vacation" or "Trip to Myrtle Beach" or something similar, it doesn't really matter where. But I hope it means time away to invest in some alone time with God.

"Christ stands at the door knocking" - and that could be mistaken for a million other things, but it could be Him saying, "Come away, be still, and know that I am God." There are three things I've learned from getting away TO some alone time with God. Maybe you can benefit:

First, getting some silent, down time, alone with God, is difficult. I have the hardest time just getting my mind to slow down. It really does take the first couple days of concentrating just to slow down! We live in an age of noise and busy-ness. Remember as you vacation this summer that you must find a place to overcome both the external and internal noises, and just become quiet before God. Don't be discouraged in trying. Give yourself time, maybe a whole day, and you will begin to hear God speaking to your heart. Can you imagine a day at the beach, or a day in the woods, with God?

Secondly, I don't care how busy a person you are, it is critical for your spiritual nourishment and growth to spend time with God in silence. Don't rattle off a prayer list of requests. Just be still, and listen. Make it a priority on your vacation this year to get away TO God. Be intentional in your planning for this, or it will get shoved aside by a thousand other things. Make it your ultimate purpose to meet with the God who longs to meet with you.

Third, I believe your time with God will bear fruit. Your spirit will soar, your inner being will be renewed, and you will feel alive again! Spending time alone with God will strengthen your life and give you new direction. And ultimately, the greatest fruit of getting away TO God in a quiet place, is your own spiritual growth and intimacy with the Creator, your Lord.

"Test me in this," says the Lord. "Give me a portion of your resources (that means time also) and see if I don't open the floodgates and pour out upon you!" Taking the time to intentionally plan a retreat WITH God on your

vacation this summer is the beginning of focusing on your relationship with Him! Our call to intimacy with Him is more, so much more, than a spiritual discipline. It's an expression of our relationship with God.

So, I bless you as you vacation this summer! I'll pray for you as you travel! I'll pray for you as your time with God alone unfolds! I know that everyone in your life will benefit from your time with God,.... especially you.

God's Richest Blessings,  
Pastor Bud

P.S. I would be remiss if I didn't remind you how very, very critically important your pledges and tithes are to your church as you vacation this summer. Please, please, please, consider making them before you go, or make sure to catch them up as soon as you return. Remember, you can also use PayPal at our website: [www.harlemroadchurch.org](http://www.harlemroadchurch.org). The ministry of your church will continue as you set aside time alone.... with God. Thank you so much for your vital support of God's work at Harlem Road UMC. Let's make sure we all pull together in this responsibility through the summer so that we are able to go into the fall programming months fiscally strong. Thank you.

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## UMCOR Hygiene Kits

The Couples and Ayers Small Groups, on behalf of our Missions Ministry, want to thank you for supporting the UMCOR hygiene kits project. Because of your generosity we will be giving 100 kits to UMCOR at annual conference this year (June 3). These kits will be distributed within and outside the US. Thank you for being Christ in the world for others.

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## Children's Ministry News

By Pam Leskovic

### Friday Night Live

Connecting kids to Christ! FNL breaks for the summer. See you on September 20 - contact [pam@harlemroadchurch.org](mailto:pam@harlemroadchurch.org) for more info! FNL is for kids age 4 through 5th grade. We gather from 6:30-8:30 with dinner included. Watch for more details as we get closer to September!



### Summer Nights Live!

On June 10, 11, and 12, join us for “Maker Fun-Factory – Created by God for a purpose!” SNL is a three-night event from 6:30-8:30 like Friday Night Live – but dinner is **NOT** included. It’s for kids ages 4 through finishing 5th grade. (A toddler class is available for our volunteers.) There are student sign-up sheets in the lobby. Or you can register online!

If you’d like to volunteer for this great outreach program for kids, please touch base with Kate Steele – cell: 614-312-7691 or email: [ksteele@gmail.com](mailto:ksteele@gmail.com)

### 23rd Psalm Challenge!

Our children’s Sunday school program is studying the 23rd Psalm this quarter. We have a challenge out to the kids to memorize this beautiful piece of scripture and they receive a prize.

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### New ALPHA Study

This summer, we’ll start a new study called ALPHA. It provides an introduction to the Christian faith in an informal, fun and friendly environment. It’s a “no-pressure” journey that examines basic life questions like:

Is there more to life than this?

What do I pray for, and how do I pray?

Does God heal today?

Alpha is designed for all who want to deepen their faith and seek a close relationship with Christ. The meetings are once a week for 15 weeks and include snacks, a video presentation, and group discussion. Sessions run 90-120 minutes and feature inspiring stories, visual illustrations and motion graphics. Each session stands alone, so if you miss a week or two throughout the summer, you won’t be behind.

Do you have friends who are searching for or wondering about the faith journey? Ask them to join you!

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### Harlem Township Days

Mark your calendar for the Harlem Township Days August 17-18. Be sure to attend Sunday service at the community park on August 18!

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## MARKET PLACE in September

By Ellen Jacobs

This is a great event that provides financial support for Imagine Missions. Your involvement in MarketPlace will have eternal value in God's kingdom.

We have many excellent vendors returning this year, but we are still seeking vendors to fill spaces, so spread the word, or pick up a registration form on the table in the lobby. Many volunteers are needed as well, so make a commitment today and contact Ellen Jacobs at 614-406-4337 or [jacobsellen53@gmail.com](mailto:jacobsellen53@gmail.com).

September 28 - put it on your calendar now!

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## 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."

**Homework Help:** Homework Help has concluded for this school year. An average of 17 kids participated each week.

**Staying Sharp Over Summer (SSOS):** For six Wednesday mornings this summer (June 12, 19, and 26, July 17, 24, 31) from 10:30 - noon, Christie Johnson Stuber (sister of Kathleen Schnipke and former Haiti Mission Trip member) will be leading an enrichment program for 25+ Souders and Westerville Estates kids. This is the third year for this program, and SidebySide is VERY grateful to Christie and the Souders family for making this happen. We will need snacks for each of these days. If you are able to provide snacks for one or more days, please let Judy Sharpe-Kosmatka know! (614-565-3395, [judysharpekos@insight.rr.com](mailto:judysharpekos@insight.rr.com)) If you have books suitable for 3rd and 4th graders, they would be very helpful, too! Please bring them in and place them under the "Missions Table" in the back of the main hallway. Thank you!

**Bountiful Backpacks:** THANK YOU for being so supportive of this new ministry that supports needy families at Big Walnut Middle School Because of your wonderful support, we have a good supply of many food items; only some of the menu items are needed at any one time. Sally and Bud Morris are heading up this ministry and they post in the Sunday Celebration Folder the items which are needed at that time. If you have an interest in being part of this ministry, please contact Sally and Bud Morris (740-936-5551, [budemorris@yahoo.com](mailto:budemorris@yahoo.com)).

**Free Produce Giveaway:** Our monthly produce giveaways are held every month on the third Saturday, from 10:30 am - 1 pm. If you would like to help, please contact Mishelle Soule at [bristol2425@yahoo.com](mailto:bristol2425@yahoo.com).

**Christmas Store:** It's Garage Sale season and a good time to pick up small, new or gently-used items that can be used as gifts this December at the Westerville Estates Christmas Store. We especially need items for teen boys and men as we're always short of those items. Enjoy garage sale season with this new focus. ;o)

### Global Outreach – Our Orphans in Haiti

**Annual Rummage Sale for Missions:** THANK YOU! We were able to raise over \$2,000 for Haiti because of your donations and volunteer time. AND....it gets better. A wonderful couple of our church has offered to MATCH every penny raised to further help our kids in Haiti. THANK YOU....THANK YOU!!

**Haiti Mission Trip in 2020:** The next Missions Trip to Haiti will be Jan 16-22, 2020. This is over the Martin Luther King holiday so that will hopefully help with time off from school or work. At this time the work we will be doing is still evolving but we believe it will have to do with construction of the new "Hope Center" that will be across from the Team House. Of course, there will be plenty of time to visit the kids too! If you are interested in going, please be sure you can go for the entire trip...and then let Judy Sharpe-Kosmatka know! You can estimate the trip to cost around \$1,000. Additionally, we may need to do a few fund-raisers in order to pay for construction supplies. For general information about missions trips to Haiti, please see the Imagine Missions website at [www.imaginemissions.org](http://www.imaginemissions.org) and go to the VISIT US page. At the bottom of that page is a link called "Everything you need to know about planning a trip to Haiti."

**Sponsoring a Child:** if you'd like to provide monthly nutrition or education for a child in Haiti, or sponsor a teacher at the school, please visit the [www.imaginemissions.org](http://www.imaginemissions.org) website. Go to the Sponsor/Contribute page and see the list of kids and teachers who need sponsors.

You can stay current on happenings in Haiti by visiting the Imagine Missions page on Facebook where Melissa posts updates almost daily: <https://www.facebook.com/groups/ImagineMissions/>

**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](http://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.

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## Thank You from the Finance Team and Treasurer

By Larry Pasqua

In early January, Pastor Bud spoke on “Advancing the Kingdom - the Next Steps.” You, the church, have been faithful in giving, so our church has met its monthly obligations and advanced the kingdom in a number of ministries through these first 5 months. Many individuals have grown spiritually as well, by heeding Bud’s words.

As we move into the summer season, I would point out that this is the time where many of us are visiting relatives and friends, traveling and enjoying well-earned vacations. However, the financial needs of the church do not stop during the summer. We still have our monthly expenses. We still have ministries to support, so I ask you to please remember to be faithful in your giving. There are a number of ways to do this: set up and use Pay Pal (or something like it), give ahead when you know you will be gone, or mail it in while you are away.

Because you are faithful in giving, you have truly “advanced the kingdom.”

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## Health and Wellness News

By Sue Wilcox

*Spring being a tough act to follow, God created June.* - Al Bernstein

### Blood Drive

Our bi-annual blood drive is Sunday morning, June 2. If you have not donated lately, this would be the perfect time for you to consider giving. Incentive: the fact that you would be saving a life and the reward: the fact that you gave a unit of blood to someone in need, plus, bagels and do- nuts after! Plan to show up.

### Tie into Men’s Health

On June 9, everyone – men, women, and children – come to church with a man’s TIE on your body – around your neck, your waist, your head, over your T-shirt or jacket!

Come with a lot of QUARTERS in your pockets! Come prepared to relieve a little stress while walking our quarter-mile track. For each quarter mile that you complete, drop a quarter in the provided jar. The quarters you deposit will be donated to prostate cancer research. The more we walk, the more we can donate!

### June is Men’s Health Month - Stress & Anxiety

Did you know that anxiety disorders are the most common mental illness in the U.S., affecting 40 million adults in the United States age 18 and older, or 18.1% of the population every title year?

Anxiety disorders are highly treatable, yet only 36% of those suffering receive treatment. Anxiety disorders develop from a complex set of risk factors, including genetics, brain chemistry, personality, and life events.

Everyone experiences stress and anxiety at one time or another - good or bad! Stress and anxiety are the equal opportunity body afflictors. Stress happens to the young and the old and everyone in-between; men, women, children. No one escapes stress!



Sometimes stress is good for us. Some stress motivates us to perform or produce or prepare. Stress can be life-saving in some situations. But many times stress is harmful for us. The damage it wreaks on our bodies, minds and emotions can be devastating and destructive. Chronic stress can affect your health, causing symptoms from headaches, high blood pressure, and chest pain to heart palpitations, skin rashes, and loss of sleep.

You can learn how to reduce the impact of stress and manage your symptoms. Here are some practical steps to manage your stress:

- Recognize signs, like difficulty sleeping, increased alcohol and other substance use, being easily angered, feeling depressed, and having low energy. Talk with your doctor or health care provider.
- Get regular exercise. Regular participation in aerobic exercise has been shown to decrease overall levels of tension, elevate and stabilize mood, and improve sleep and self-esteem.
- Relaxation techniques have been used to assist in the treatment of phobias, panic disorder and depression and relieve stress. Mind-body practices of breathing exercises, yoga, tai, chi, and meditation are effective methods of relaxation.
- Set goals and priorities. Decide what must get done and what can wait. Learn to say “NO” if new tasks would put you into overload.
- Stay connected with people who can provide emotional support. Ask for help.
- Prayer is a perfect way to ask for help, get the guidance you need and tap into the best source for comfort, discernment and energy.

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## Reynoldsburg Emmaus Walks

By Judi Ayers

Listed below are the upcoming Reynoldsburg Emmaus Walk dates for 2019 (men & women). If you are interested in attending an Emmaus Walk in 2019, please contact Judi Ayers by e-mail ([ayers\\_judi@yahoo.com](mailto:ayers_judi@yahoo.com)) or by cell phone (614) 915-6825.

Emmaus is for you, if you are interested in becoming closer to Jesus Christ and developing a stronger personal relationship with him.

Walks 2019

- Women’s Walk #111 – July 25-28, 2019
- Men’s Walk #88 – October 10-13, 2019
- Women’s Walk #112 – November 7-10, 2019



## 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!

**SUNDAY MORNING STUDY:** At 9:45 am in classroom 105, Pastor Earl Smith leads a class on Ray Vander Laan's *Life and Ministry of the Messiah*. This session runs for 8 weeks and starts with a video. Cost for the study book is \$8.

**MEN'S BIBLE STUDY Meeting Time/Place:** 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays at 7 pm in the pastor's office. All men are welcome!  
Leader: Jim Bernhardt (bernarj@gmail.com or 614-895-1807)

**WOMEN'S TUESDAY NIGHT BIBLE STUDY Meeting Time/Place:** We will begin a study on the book titled *Keep It Shut* by Karen Ehman, beginning June 11. We will continue our study throughout the summer, and all women are welcome. 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)

**RACHEL'S SMALL GROUP STUDY Meeting Time/Place:** Every Wednesday at 10 am, at Rachel Day's home, 700 Albion Place, Westerville.  
Leader: Rachel Day (614-406-4683)

**WOMEN'S WEDNESDAY NIGHT GROUP Meeting Time/Place:** We are almost finished reading the book *Unshakeable Hope*, by Max Lucado. During the summer, we will meet for dinner once a month, restaurant TBD.  
Leader: Diana Robertson (office@harlemroadchurch.org or 614-882-9487)

**WOMEN'S LUNCH BUNCH Meeting Time/Place:** We will meet at noon on Thursday, June 6, place TBD.  
Leader: Bobbi Pollock (bobbi10820@gmail.com or 614 496 7405)

**SATURDAY COUPLES GROUP Meeting Time/Place:** Current studies, occasional dinner out. We take turns hosting. 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:** We are on summer schedule, but we still plan to meet once a month on a Tuesday to do something fun!  
Leader: Depends on the month.

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## Prayer Requests

**Expectant Moms:** Heather Hartz, Emily Patrick, Lisa (Gall) Peters

**Requests:** Jenny Fravel, Joe Lewis, Bob Soles, Tony Freeman, Arlene Netzorg, Stanley Tam, Pearl Mae Eireman, Erni Lyle, Donna Evans, Dolores Wandtke, Joseph Abraham, Lorraine Karns, Ben Walls, Sawyer and Mason Danne, Janeene Brown, Jeanette Moreland, Helen Cocchi, Dick McCoy, Mary Reed, Dave Straiko, 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:** Jerry Freck, Yvonne Ratliff, Sheila White, Doug Grant, Terry Burnside, Reese Shirey, Ed Reeves, Barbara Shumaker, Jeff Kirn, Eileen Salmans, Robert Rogers, Alma McCoy, Troy Beasy, Iris Centofanti, Linda Houck, Allie Anderson, Nate Roston, Marilyn Akers, Doug Miller, William Hill, Jeff Gyurko, Jack Conley, Michelle Danne, Robin Cumberledge, Bunny Pearson, Robin Smith

**Military Service & First Responders:** Trace Troendly, Kyle Disbennett, 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, Kevin Peterson, Justin Pickworth, Josh Ripley, Matt Robertson, Eric Roddy, Rob Sagle, Dave Wheeler, Brian Williams, Lucas and Conner.

