



The Signpost

Harlem Road Church

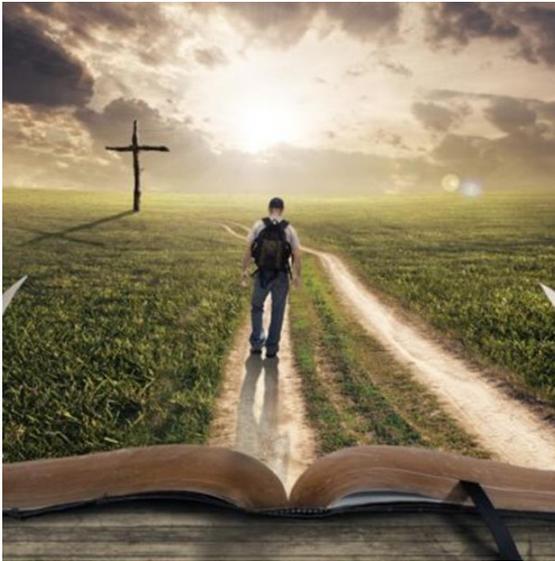
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Walking in the Word

By Lisa Branzel

Harlem Road UMC invites you to refresh your BODY, MIND AND SPIRIT with Walking in the Word.



Need fellowship? Need exercise? Need a change of scenery? How about a COVID friendly walk? There's nothing like being outside, breathing fresh air, and walking with friends while reflecting on God's Word.

We will meet on Sundays (September 13, 20, and 27, and Oct 4, 11, and 18) from 6-7 pm at a new location: Big Walnut Middle School track, 777 Cheshire Road, Sunbury. Parking is located behind the school.

The outdoor event starts in the stadium bleachers with worship music, scripture and a brief devotion. Then we progress to the track for a "walk at your own pace" time together. Bring your friends, neighbors, and relatives, or just walk in the company of those who are there (socially distanced of course – bring your masks too).

There couldn't be a better time to be outside!

In the case of rain, the event will be canceled. Restrooms are available.

Questions? Contact by email LBranzel22@gmail.com or call/text her at 513-482-0742.

BIG Prayer Need!

Harlem Road Church is gathering up a group of folks who are willing to hold up our school systems, administration, teachers, staff and students in prayer throughout the coming school year. In my lifetime I've never experienced a season like this. So, in this unprecedented time, we're asking for prayer cover. We've compiled this list of folks connected to our church membership:



Matt & Sue Bell, Jill Black (Hecker), Cathy Bishop, Lisa Bracken, Kristyn Brady, Lisa Branzel, Lisa Danne, Elaine Davis, Karen Davis, Julia Evans, Laura Ferguson, Haylee Frostic, Ashley Grieb, Stephanie Hemmerly, Shannon Howman, Andrea Hurst, Emily Jacobs, Katie Jacobs, Andrea Johnson, Amber Keene, Alison Lenhart, Crystal Myers, Iva & Shaun O’Ryan, Adam & Samantha Paisie, Ben Patrick, Kelli Peterson, Mary Christian Rogers, Kevin Schaublin, Matt & Katie Schaublin, Mishelle Soule, Liz Stimer, Christy Stuber, Jody Stultz, Toni Tamburino, Debbie Turner, Ian & Kelly Weber, Robin Wheeler, Kelsey White, Eva Wolfe and Megan Wolfe.

If you’re willing to pray, please use this list as your baseline, and add other folks you know. Pray at least once a week for each of them. Pray for wisdom for the administration. Pray for peace and safety for all who work in our schools. Pray for the teachers who are having to juggle many teaching styles/options in this season. Ask Jesus to cover each person with His peace and provision. Jesus loves it when we come to Him on behalf of others.

Children’s Ministry News

By Pam Leskovac



CALLING ALL KIDS age 2 through 5th grade!

Come as a NEW CREATION in Christ! (Can’t wait to see what you think that looks like!)

Join us in the church parking lot for our “Friday Night Live Trunk-or-Treat” event! Come as a new creation – complete with the appropriate mask for social gatherings – and follow the social distancing guidelines! (Kids, please don’t dress up as something that will scare our younger children!)

COME AS A FAMILY TO THE CHURCH PARKING LOT BETWEEN 6-7 pm. Come as a family to the covered drop-off area to pick up your gathering bag that will already have a goodie bag and craft packet inside. Then we ask that you walk through the circle of cars as a family – wearing your masks and keeping 6 feet between your family and the next one! Those passing out candy will be masked and will be wearing plastic gloves to place candy in your bag. Once you’re through the circle of cars, you are free to leave. We won’t be gathering inside for our normal Friday Night Live event.

VOLUNTEERS – WE NEED YOU TO PASS OUT CANDY TO OUR KIDS! Come to the church parking lot at 5:30 pm, with enough candy for 125 kids. Please wear a mask over your mouth and nose. If you decorate your trunk (optional) please don’t let it be scary for the younger children. We will provide you with plastic gloves to wear for passing out the treats. We ask that you take the candy and put it in the kids’ bags instead of letting the kids

reach into your stash of sweets. We will be finished at 7pm. Thanks for helping us make this a great event for our community children!

Instead of the Christmas Pageant....

Hey Kids and parents: We can't gather together and work on a Christmas musical this year. So we're making plans to celebrate Christmas with our children on Saturday evening, December 5 with something totally different! Mark your calendar now – save that Saturday evening – and watch for more details as they are finalized. We will still have fun!!!

Owl Boxes are on their way!

We are growing in God's Wisdom this fall!

Sunday school for our children is taking on a new form this September. We are providing kids with an Owl Box, complete with what they'll need to have Sunday school at home. We will be taping our lessons and have them on face-book and YouTube. The kids can follow along and then do an activity page or craft, have a snack, and learn what it means to grow in God's wisdom.

We have provided Owl Boxes to our kids who attended Sunday school last year. If you have a child who would like to receive an Owl Box, please contact me, pam@harlemroadchurch.org and I will get a box prepared for them.



Health & Wellness News

By Sue Wilcox

Reprinted from Harvard Health Letter

Regularly taking certain body measurements enables you to identify potential health emergencies, spot signs of chronic disease, evaluate the success of your treatments, and help your doctor during virtual visits on the computer. Yet, until recent years, some home measurements-such as blood oxygen levels-weren't possible. That's changing, thanks to new gadgets designed for home use. And the modernization of standard home medical devices (like thermometers) makes monitoring your health easier than ever.

Here's a list of some of the best small medicals tools to keep at home:

- **Thermometer:** With flu season approaching and a pandemic under way, everyone needs a thermometer at home to check for fever. Yet many people find it hard to read thermometers, particularly old-fashioned glass thermometers. And glass thermometers containing mercury are hazardous. Dr. Suzanne Salamon, associate chief of gerontology at Harvard-affiliated Beth Israel Deaconess Medical Center, says to avoid them.

Dr. Salamon says the best thermometers for older adults are digital "stick" thermometer (about \$8 and up) that you put in your mouth or under your arm. "They should be large and easy to hold, with a lighted

background and large numbers that you can see,” Dr. Salamon advises. “For people with vision problems, there are thermometers that say the temperature aloud.”

You don’t need thermometer features like memory and color-coded readouts, but you may want a soft, flexible thermometer tip for comfort. Infrared “no contact” thermometers (about \$40 and up) that you hold near your forehead are another good option, although Dr. Salamon says these can be confusing to use if you’re not tech-savvy

- **Scale:** Weight gain can alert you to more than just excess fat. “It can be the first indication that someone is retaining water from heart or kidney disease,” Dr. Salamon points out. And unintentional weight loss can be a very important clue of a serious underlying condition. Today’s high-tech digital scales (\$20 and up) can calibrate themselves and display your weight in big easy-to-read numbers. And some send the information to your smartphone.

If you prefer a scale with a traditional dial, don’t worry—that kind is still available. But as our eyes get older, those scales can be hard to read. Some scales can even calculate your body mass index and body fat, but they’re not very accurate, according to consumer testing groups. Whichever model you go with, make sure the scale has a large, stable platform to cut down on fall risk, and a large, lighted readout.

- **Blood pressure monitor:** Home blood pressure monitors (\$30 to \$100) are increasingly important for managing certain medications, conditions, and overall health. Home devices may also provide the most realistic measurements. “Often when people come into the office, they’re stressed from visiting the doctor, a long ride, or having to wait. That temporarily raises their blood pressure. At home, they’re more relaxed, so it’s easier to get accurate readings.” Dr. Salamon explains. Get a blood pressure monitor that’s been certified by the Association for the Advancement of Medical Instrumentation.

Avoid blood pressure monitors with cuffs that go around the wrist; they’re less accurate. “Instead, get one that wraps around the upper arm—and is big enough, if you have a large arm,” Dr. Salamon says. Get the kind that automatically inflates the cuff and takes the blood pressure. You just put the cuff around your upper arm and push a button; the cuff inflates and slowly deflates, and your blood pressure numbers flash on the screen.

You may prefer a device with an electrical plug, so you won’t have to fiddle with batteries. Some pressure monitors can be connected to your smartphone or desktop computer to track your readings. It’s not a necessary feature, but you may find it helpful.

- **Pulse oximeter:** It now is possible to measure the level of oxygen in your blood, with a home device called a pulse oximeter. Most people don’t need these small gadgets (about \$40-\$100), which you place on the end of your finger to get a reading. But it’s a useful device if you have heart or lung disease. Pulse oximeters also can be valuable during this pandemic. “Some people with COVID-19 have progressive disease in their lungs without the sensation of breathlessness. A pulse oximeter can detect low blood oxygen levels that are a clue to COVID-19,” says Dr. Paul Dellaripa, a rheumatologist who specializes in lung disorders at Harvard-affiliated Brigham and Women’s Hospital. “A saturation number of 90% or lower is concerning and should prompt a call to your doctor, even if you don’t feel short of breath.”

Look for a pulse oximeter with a large, lighted readout and a statement that it’s been approved (not just “cleared”) by the FDA. “But know that the device may not work well if you have poor circulation or cold fingers.” Dr. Dellaripa says.

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, and we call our combined group "SidebySide." The other organizations are Church of the Saviour UMC, New Albany UMC, Chapel North Church, and Harlem Twp. Helping Hands.

Local Outreach

Neighborhood Bridges: This is a website and a Facebook page for our community. It allows certain persons who have been made aware of a need to post that need and then anyone in the community - *who has signed up* - will be notified of the need via email. Needs can be seen immediately by actively going into the website. If a need exists longer than 24 hours, emails are sent out. Please go to www.neighborhoodbridges.org. On that first screen, enter "Big Walnut" in the search bar and then select it when it shows up. Then, on the next screen, you'll have a "Subscribe" space in which to enter your email so that you are notified of upcoming needs. Also on that screen, in the middle of the picture, is a "Donate" button. If you know of a need, please let Judy Sharpe-Kosmatka know so she can post it to the Bridges website.

Bountiful Backpacks: The Bountiful Backpacks program provides food to Big Walnut students who need food over the weekends. Thank you to ALL who have already donated food for this program! Sara Shaw is the leader of this ministry. If you have any questions or would like to help, please contact Sara at smwolfieie3315@gmail.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.

Global Outreach – Our Kids and School in Haiti

Spaghetti Dinner Fundraiser: Here are a few pictures of the team preparing and distributing yummy spaghetti dinners to raise money to cover the costs of ALL school supplies for the Haiti Imagine school this year! What a gift you've provided!



Update on Imagine Missions: Imagine Missions has evolved from an orphanage of 70+ kids to a K-12 school for over 400 children. Since December 2019, Imagine Missions has worked with the social services agency Haiti Mama to return the "orphanage" kids back to their families. The reason that so many kids were given to the orphanage in the first place was because their families did not have the financial and the emotional resources to keep their child! So, since Dec. 2019



Imagine Missions has been working to help families keep their children and to keep additional families from giving their children to an orphanage. It is especially difficult right now due to COVID and Haiti's civil unrest. Inflation has been over 50% making food extremely difficult to afford. Imagine Missions is asking for your help. If you can find it in your heart (and wallet) to provide

\$30 or \$60 each month, you can make a tremendous difference!! \$30/month will help a family survive financial challenges and help Imagine Missions provide counseling and social support. \$60/month will help Imagine Missions provide TUITION-FREE education to a child. To sign up to be a sponsor, please go to www.imaginemissions.org.

Our kids: Harlem Road UMC has committed to sponsoring two children for both family and education needs for one year and is currently holding different fund-raising activities to raise the \$2100 needed. "Our" children are named Mitchely Nylove Ancenes and Dolensky Andolph and are both in Kindergarten C (the first of three levels of kindergarten). If you'd like to donate toward this effort, please mark your donation "Haiti kids."

Melissa Young, Imagine Missions International Director, will be speaking during "Drive-In Church" on Sept. 27 to tell you more about this sponsorship opportunity.

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.



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 Contact Mark Clark with your email to get on the mailing list for study notes and other advisories.

Leader (Temporary): Mark Clark (86Browns@gmail.com)

WOMEN'S TUESDAY NIGHT BIBLE STUDY Meeting Time/Place: Ellen Jacobs' small group has temporarily stopped meeting together in her home, but we are connecting through other means. Ellen will notify the church office, and those who regularly attend, once we believe it is safe to convene in person meetings. This will be based on guidance from the state and medical entities.

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

RACHEL'S SMALL GROUP STUDY Meeting Time/Place: This group is on hold during the Virus outbreak.

Leader: Rachel Day (614-406-4683)

WOMEN'S WEDNESDAY NIGHT GROUP Meeting Time/Place: We will be meeting virtually (through zoom) at 6:30 pm on the 2nd and 4th Wednesdays in September. We are using daily devotionals, so it's a good time to join us!

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

WOMEN'S LUNCH BUNCH Meeting Time/Place: Sad to say – no lunch in July, and we're not sure about August yet. 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: Still planning for virtual meetings on the 3rd Tuesday at 7 pm.

Leader: Depends on the month. Contact Karen Benton (kabee115@aol.com) for more information.

Prayer Requests

Expectant moms: Jill Black (Hecker)

Requests: Barb Spitzer, John Hertel, Olivia Lang, Betty Cooley, Kelly Freeman, Sharon Patrick, Linda Skinner, Steve Robertson, Jenny & Clyde Fravel, Tony Freeman, Arlene Netzorg, Donna Evans, Sawyer and Mason Danne, Mary Reed, Dave Straiko, Mary Rogers, Herb & Bonnie Wilson, Kelly Hanlin, Yvonne Lake, Sophia Hill, Norma Jean Hill, George Pollock, Joel Wilcox

Cancer Treatment: PJ Bennett, Bill Fling, Helen Nugent, Nancy Devore, Vicki Troendly, Dom Frissora, Katherine Eckleberger, Mindy Coil, Jennifer Moore, Jim Bernhardt, Jody Passen, Doug Grant, Robert Rogers, Nate Roston, Marilyn Akers, Bunny Pearson

Military Service & First Responders: Lisa Riddle, Michael Morales, Codey Falk, Gage Duncan, 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, David Gish, Nathan Bertram, Tyler Albaugh, Chaplain David Hogg, Alex Hussey, Kevin Miller, Spencer Morris, Mike Neely, Justin Pickworth, Josh Ripley, Matt Robertson, Eric Roddy, Rob Sagle, Dave Wheeler, David White, Brian Williams, Lucas and Conner.

