

# Weekly Messenger

SEPTEMBER 13, 2019

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## "RUNNING THE RACE WITH ENDURANCE" A LETTER FROM MARTHA POWERS

It was to be my "Swan Song"! My final 5K Run. It was going great, actually better than I could have expected.

Three runs per week, increasing the distance, the endurance and improving my time with each run.

April 24, 2019: A cool morning, yet perfect for a run. My goal was right at my fingertips. I ran 3 miles in 39:15 minutes that morning -an average pace of 13:05 per mile. That placed me in contention for a medal in my age group. "I've got this" was my victory cry!

Things were looking up! One more practice run and I had it wrapped up. One more run for time, distance, and endurance, and I would be ready for my "Swan Song".

Yes things were looking up and this goal was within my reach... I was running with endurance, excitement and pride knowing at the end of my final 5K, I could hang up my sneakers and know I had a fun and fulfilling 10 years. I would run my last 5K on the track at Anchor Bay High School where I was a member of the Track and Field Team oh so many years ago.

April 26, 2019: I was up and ready for the last run! However, something had happened between my previous run and that morning. I suffered an injury that stopped me at the 2 mile mark on my last practice run. With a heavy heart I had to walk home.

Since that time I have seen the Chiropractor, had hip x-rays, completed a 4 week course of physical therapy, transferred my care to an OMM specialist, been on 2 different courses of steroids, followed a structured regiment of "at home exercises", Ibuprofen, Neurontin and icing the injury (3 times a day for 3 weeks), followed up weekly with the OMM specialist, began using a Compounded Cream... All of this, and yet the pain and injury have prohibited me, to this day, from running.

My "Swan Song" of running the race with endurance has been temporarily placed on hold, if not permanently over.

I wanted my decision to quit running to be my choice. I remain hopeful that I will run again. However, in the meantime, I have remained faithful as a "Kingdom Builder", running the race God has set before me as a Modern Day Disciple.

(Continue reading on page )

# THE WEEKLY MESSENGER

## "Running The Race With Endurance" Continued from Page 1

I have focused on updating my Prayer Journal. I have used this time to record sermon notes from as far back as April in my Spiritual Journal. I have made meals for an elderly parent of a dear friend. I have encouraged and spent time with yet another dear friend as she continues to mourn the loss of her husband.

In other words, God has used me as a vessel of his Unconditional Love, Amazing Grace and Tender Mercies as I continue to minister to others.

As we Prepare for the Race, Train for the Race and Run the Race of "LIFE" let us all be faithful in spite of our limitations.

God does not expect us to serve his church, the community and world of mission and ministry with the same level of endurance as we grow tired and weary.

Instead he asks us to Run the Race with Endurance seeking and serving as we glorify his kingdom each and every day using the gifts and talents he has blessed us with.

Blessings,  
Martha Powers

## Food Pantry Update

At this time we are in need of:

**canned meats,  
canned vegetables,  
condiments,  
crackers,  
and soups.**

Thank you for your generous support to the food pantry.

## Answered Prayers: Thank You

All my restrictions have been lifted by the doctor and I am doing great, so it is time to say thank you for the many prayers, cards and phone calls from my church family during my recovery from hip replacement surgery. Especially appreciated are the words of encouragement and offers of help. I went into this with much fear and trepidation but tired of hurting, and it turns out y'all were right...it was an easy recovery and poof! no more pain! God is good and so are His people at UUMC! Thank you.

-Pam Palmer

## Utica UMC's Youth Group Seeking Furniture Donations



The HECTIC Youth are in need of the following and are asking for donations from the church:

Blankets  
Pillows  
Bean Bag Chairs  
Couch

All items can be used, but should be in decent/good condition. They will be used in the Youth room downstairs.

Please contact Suzy Palmer at [suzy.palmer@uticaumc.org](mailto:suzy.palmer@uticaumc.org) if you have anything to donate.

The youth thank you in advance!!



**Sunday, October 6th  
Registration at 1:30pm  
at Christ Lutheran Church**

*Please mark the date for this year's CROP Walk. We will be partnering with Christ Lutheran Church again. This year marks the 50<sup>th</sup> anniversary of the CROP Walk. Sign ups will begin on Sunday, September 8<sup>th</sup>.*

**CROP Hunger Walks** are community-wide events sponsored by Church World Service and organized by local congregations or groups to raise funds to end hunger at home and around the world.

Hunger is one of the greatest injustices facing our world, but it doesn't have to be this way. Ending hunger is possible, and it is possible in our lifetime. You can help make it happen.

Stand with neighbors in your community who rely on food assistance programs. Partner with parents worldwide as they ensure a bright future for their children. Support those struggling in the face of grinding poverty and open up new doors of opportunity for them.

Tens of thousands of CROP Hunger Walkers are committed to building a hunger-free world. **Join the movement!**

# THE WEEKLY MESSENGER

## Hearing Clinic

**October 2, 2019  
10am - 12pm**

There will be a Hearing Clinic with Dr. Peyerk in the Narthex (space outside of the sanctuary). The assessment will be done privately in the Library.

Please come out and take advantage of this free service. Our hearing is important in so many ways to our bodies. Dr. Peyerk will be able to answer any questions you may have.

Thank you,  
Janet Stone, Parish Nurse

## **\*\*ATTENTION\*\* Special Church Conference**

**Sunday, Sept. 22, 2019  
3:00pm  
Fellowship Hall**

This special church conference is being held to inform the congregation and vote on the sale of the Canal Road parsonage and the adjacent fenced-in property. Please plan to attend this important meeting.

PRAISE THE LORD  
MY SOUL  
all my inmost being  
*Praise*  
his HOLY NAME  
PSALM 103:1



## **American Red Cross**

Dear UUMC Lifesaving Team,

Thank you for all of your lifesaving work!!

### **Total results from Sept. 10, 2019:**

Actual Collection: 27!! Great!

#### **1 FIRST TIME DONOR!**

29 Donors Registered (went with a nurse for health history)

2 Deferrals (donors that were turned away for medical reasons)

The blood that you collected will help 81 Hospital patients! (This is the IMPORTANT PART) **81 LIVES SAVED** (since every blood donor can save 3 lives)!

You really made a huge difference in the lives of those in need- thank you for being a HERO to the community!

Those units were so desperately needed! Thank you for preventing dangerous blood shortages! Thank you for all of your hard work on this life saving event!!! Great job!!!

Thank you for making the WORLD a BETTER PLACE!!

Thank you for your kindness and generosity!!

Gratefully,  
Bridget McCormick  
Donor Recruitment  
Representative  
American Red Cross

## UMW Pie Sales

It's that time of year again!!! The United Methodist Women will be taking **orders for pies starting this Sunday, September 15th** until September 29th. There will be blank order forms in the bulletins.

**Regular size pie is \$10.00**

**Small size pie is \$5.00**

Don't miss out on this delicious opportunity to support the Utica United Methodist Women!



## **Hot Dog!**



**Please join us for a Hot Dog Dinner** to fundraise for David Kies' Eagle Project benefitting the Dachshund Haus Rescue.



**Friday, October 4, 2019**

**5:30pm - 7:30pm**

**At Utica UMC, Fellowship Hall**



Hot Dogs, Mac & Cheese, Slaw, Chips, Drinks, and Dessert will be served.

Thank you in advance for your kind donations!

# THE WEEKLY MESSENGER

## Weekly Devotional "September"

I have always loved Frank Sinatra's music. My daughter asked me once, "How many Sinatra albums do you have"? I replied, "How many did he make"? I was not a screaming "Bobby-soxer", but I always enjoyed his voice and his ballads. One of my favorites has been "September of My Years". It is a slow, almost mournful, tune telling of a life defined by the seasons of spring, summer, fall and winter.

"It's a long, long while from May to December, but the days grow short when you reach September" - September Song, Frank Sinatra

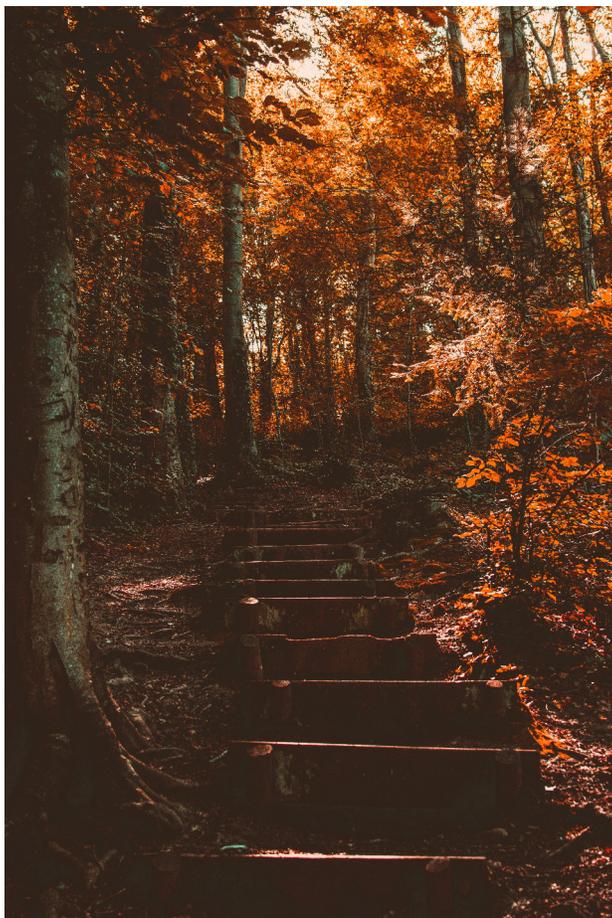
I love fall, yet it always saddens me, for I know it means Winter, with cold and snow, is coming. There is a beauty in every season and the colored leaves and mild days of fall are no less beautiful. Fall brings us the harvest and the bounty of our labor. During the winter everything dies and then is reborn in the spring. There is beauty in that also.

As we think about our lives, we realize how much we enjoyed our seasons and how quickly they passed. As I watch my daughter and son-in-law, and grandchildren interacting with our great-grandchildren and my son and daughter-in-law welcoming their new daughter-in-law, there is joy in each of their seasons also. In January we are expecting our first great granddaughter. I anxiously await a new being bringing happiness with her arrival. I love Fall, Fall has its joys.

Ecclesiastes 3:1-8 There is a time for everything, and a season for every activity under heaven: A time to be born and a time to die, a time to plant and a time to uproot, a time to kill and a time to heal, a time to tear down and a time to build, a time to weep and a time to laugh, a time to mourn and a time to dance, a time to scatter stones and a time to gather them, a time to embrace and a time to refrain, a time to search and a time to give up, a time to keep and a time to throw away, a time to tear and a time to mend, a time to be silent and a time to speak, a time to love and a time to hate, a time for war and a time for peace.

Lord, we thank you for all the times you have given us, for all the seasons of our lives. May we be worthy. Be with those who are grieving loss in their lives, may they be comforted, those who are ill, may they find healing, those who are seeking you, may they feel you near, those who are in need and hunger, may they be filled. Be with our church that we may be the hands and feet of Christ. Be with our Pastor, our Staff, our Leaders may they feel you leading and loving them. In Jesus name we pray, Amen

Grace Epperson



# THE WEEKLY MESSENGER

## This Week's Calendar

### Sunday, September 8th

- 8:30am - Chancel Choir Rehearsal - Sanctuary
- 9:30am - Traditional Worship Service - Sanctuary
- 9:30am - Youth/Teen Sunday School - Room 106
- 9:45am - Children's Sunday School - Rooms 304 & 305
- 10:30am - Fellowship & Coffee - Parlor
- 11:00am - Contemporary Service - Fellowship Hall
- 12:30pm - Rally Day Picnic

### Monday, September 9th

- 10:00am - Commit To Be Fit - Room 301
- 2:00pm - Prayer Quilting - Conference Room
- 6:00pm - Women's Emmaus 4th Day Meeting - Library
- 6:45pm - Chancel Choir Rehearsal - Music Room
- 7:45pm - Gosbells Rehearsal - Music Room

### Tuesday, September 10th

- 1:00pm - Harmony Circle (UMW) - Library
- 7:00pm - Finance Committee Meeting - Board Room
- 7:00pm - Multiple Sclerosis Support - Library
- 7:30pm - Adult Children of Alcoholics - Room 104

### Wednesday, September 18th

- 10:00am - UUMW Faith Circle - Room 104
- 4:30pm - KIDS Club and HECTIC Youth**
- 6:30pm - Adult Study: Prayer - Board Room
- 6:30pm - CR Step Study Classes - Library/Rm 105
- 6:30pm - Life's Healing Choices Study - Library
- 7:30pm - Praise Band Practice - Fellowship Hall

### Thursday, September 12th

- 10:00am - Commit to be Fit - Room 301
- 11:00am - Women's Emmaus 4th Day - Library
- 12:00pm - Food for Body & Soul - Conf. Room
- 6:30pm - Stephen Ministry Meeting - Board Room
- 6:30pm - Celebrate Recovery - Fellowship Hall
- 7:00pm - Thursday Adult Bible Study

### Friday, September 13th

- 1:00pm - Genealogy Study - Library

### Saturday, September 14th

- 7:00am - Emmaus Team Training - Fellowship Hall
- 8:30am - Utica UMM Men's Breakfast - Fellowship Hall
- 9:00am - Ruth's Knit 'n' Stitch - Conference Room

# THE WEEKLY MESSENGER

## Ministry Team:

Rev. Don Gotham  
srpastor@uticaumc.org

## Music Ministry

David Fox, Organist, Bell, & Chancel  
Choirs Director  
FoxDavidL@sbcglobal.net

Christopher Heldt, Contemporary  
Worship Leader  
chris.heldt@uticaumc.org

## Youth Leader

Suzy Palmer  
suzy.palmer@uticaumc.org

## Communications Director

Beth Miller  
bmiller@uticaumc.org

## Secretary/Bookkeeper

Charlotte Ramsey  
charlotte@uticaumc.org

## Custodian

Rachelle Heldt

## Child Care

Caitlyn Wilson

## Sunday Worship Times:

**9:30 AM**  
with Organ, Choir and  
Handbells  
in the Sanctuary

**11:00 AM**  
with our Worship Band  
in Fellowship Hall

## September Worship Leader Schedule

**September 15th**  
Martha Powers

**September 22nd**  
Rev. Don is back!

## Our Mission:

To make disciples of Jesus Christ for  
the transformation of the world.

## Our Vision:

To reach and nurture our community  
with the love of Christ.

## Office Hours:

**Monday-Thursday**  
8:00am - 4:00pm

**Friday**  
8:00am - 2:00pm

Phone: (586)731-7667

## Like us on Facebook!

Utica United  
Methodist Church  
8650 Canal Road,  
Sterling Heights, MI  
(586) 731-7667  
www.UticaUMC.org

## Classes/Studies

### Food For Body & Soul

Thursdays

12:00pm in the Conf. Room

Bring your lunch and study the  
word of the bible with others! The  
current focus will be the book of  
John.

### Wednesday Night Study

Wednesdays

at 6:30pm in the Conf. Room

This class will be all about prayer  
- what is prayer, how to pray, etc...  
Join at any time!

### Thursday Night Study

Thursdays (Starts Sept. 19th)

7:00pm in Room 302

Join this class for a study of the  
book of Hebrews. Have some  
good fellowship, a bit of fun and a  
better understanding of Bible  
times and the teachings of our  
Lord. All are welcome regardless  
of bible knowledge!

### "Into The Word" Bible Study

Mondays (Starts Sept. 23rd)

7:00pm in the Conf. Room

This study will focus on the book  
of Isaiah. Contact Sharon VanTuyt  
or the office for questions.

### Commit To Be Fit

Mondays & Thursdays

10am-11am in room 301

Follow along to fitness videos with  
others. Includes variety of chair  
aerobics, strength training, and  
stretching.

### Life's Healing Choices

Wednesdays

6:30pm in room 104

This is a Celebrate Recovery  
class. Speak with Bob or Patsy  
Clark if you are interested.

### Genealogy Study:

Fridays at 1pm in the Library

Learn how to study genealogy  
with Ray Lake. Bring your own  
pens and notebooks! If you  
missed the first class, you are still  
welcome to join!



Can't make it to church or just  
looking for a fast and easy  
way to give your? Donate  
online with a one time gift or  
set up automatic donations!

Visit our website to give now!

[www.uticaumc.org/e-giving](http://www.uticaumc.org/e-giving)

If you need assistance, feel  
free to call the office!

## Deadline Information:

Items for The Weekly Messenger,  
The Weekly Prayer List, or  
Announcements must be submitted  
by the **Sunday prior to posting**.  
Submit to [bmiller@uticaumc.org](mailto:bmiller@uticaumc.org),  
contact the office, or complete a  
form in the office.