



The Steeple

A Publication of St. Paul United Methodist Church
of Rosewood Heights, Illinois

JUNE 2015



Our Annual Conference gathers in Peoria on June 10-13 to worship and conduct the business of the church. One of the saddest moments is the discontinuance of churches. We pause to give thanks for the ministry of these churches throughout the years. In previous years, it was primarily the rural, open country churches closing. Built in the time when farmers raised families on 80 or 160 acres of land, the population is no longer there to sustain these churches. Increasingly, we are closing churches in small towns and even large cities like Bloomington. This is not a United Methodist phenomenon but typical of what are called mainline denominations.

A recent opinion piece in the St. Louis Post Dispatch stated that little would be lost in terms of our nation's spirituality if organized religion as we know it ceased to exist. People would still be religious; just not in a communal way. Now, I do believe that God wired us to worship. Worship we will whether it be almighty God or some lesser god like money, fame, self-interest, etc.

However, the writer of that opinion piece displayed their ignorance of the importance of institutions like the church in the social fabric of communities and our nation. We have just completed the small group study of *Revival*, based on a book by Adam Hamilton. One of the key points was that because John and Charles Wesley were such oddities in the Christian movement—Oxford educated Church of Anglican clergy infused with evangelical fervor and dedicated to a methodical devotion to Bible study, prayer, visiting the sick, the poor, and the imprisoned—this strange complexity had a profound influence in the shaping of the United States as we know it. As the Circuit Riders moved West with the settlers, they established not only churches but schools, orphanages, and hospitals.

Those who watched the Ken Burns' documentary on *Prohibition*, discovered that our involvement in the Temperance Movement grew not out of a desire to impose our morality upon others but from a concern for women and child impoverished by husbands spending most of their paychecks in the saloons. (Until our commitment to the Temperance Movement, we used wine in our communion services like most other churches.) Burns documented how much higher the per capita consumption of hard alcohol was on the wild frontier of places like Illinois than it is today. While his film did not agree that Prohibition was a practical way to deal with the problem, it did highlight that there was a growing social problem that could not be ignored. Interestingly, he shows how the Temperance Movement led directly to the fight for a woman's right to vote and their changing role in U.S. society.

We are a church that believes in free will. God did not predestine us to worship Him. We are not God's puppets. We are free to follow or not follow Jesus. We are free to belong or not belong to our church. While I do not like it, I am willing to accept the choice of people not to be a part of this or any church.

However, it is historically and sociologically ignorant to discount the role of the institutional church in shaping our nation. If we could wave a magic wand and cause all institutions founded or supported by churches to disappear for a single day, it would renew an appreciation for the importance of the institutional church. The only hospital in our area would be Anderson in Maryville. Many of the social service agencies serving the poor would be gone, the food pantries shelves would be bare, colleges and universities shuttered, daycares closed, and children's homes offering assistance to families no longer in existence.

We tend to think of the institutional church as solely a human creation, but if we believe Acts 2 it is a gift of God. Those who heard Peter's message—who repented of their sin and were baptized—entered the church. Luke says: "*They devoted themselves to the apostles' teaching and fellowship, to the breaking of bread and the prayers.*" (Acts 2:42 NRSV) While we aren't perfect, we commit ourselves to these practices. We believe they are important for our spiritual lives and add to the health of our communities. We believe that we and our nation would be diminished and depleted by a single day without the church.

If you believe this, too, we invite you to join us in worship and work: all to the glory of God.

Pastor Daryl



OUR CHURCH FAMILY

- On Sunday, May 31st we celebrated those in our church family who had achieved “graduation” at one of several grades. We congratulate these, Our Graduates: Graduate School = **Ryan Tite**; College = **Marie Brown, Angie Hansard, Kiley Herndon, Stephanie Kainz, Michael Liedtke, and Joy Miller**; High School = **Ryan Bentley, Ben Brown, Ashley Cameron, Sam Griffin, Nicholas Hale, Will Mortland, Ian Napp, Summer Standefer, Alyssa Tite, and Kylie Winchester**; Junior High School = **Sam Brown, Lindsey Cameron, Layne Chester, and Drew Mortland**!
- Alton Memorial Hospital held its annual volunteer appreciation luncheon on April 21. It was themed, On Golden Prom. Our very own **Susie Pruetzel** was voted as the prom queen (along with Dick Propes as prom king). “We can’t thank our volunteers enough for all the service they provide,” said AMH president Dave Braasch. Congratulations Susie on an important job well done!
- Our prayers and deepest sympathy goes to those who have lost loved ones recently. To the family of **Marjorie Erwin**, good friend of Lois Mitchell & Ruth Bell; the family of **Lee McClintock**, church friend of Lois Mitchell; the family of **Betty Scott**, sister-in-law of Dorothy Kasinger; the family of **Olivia Pruetzel**; the family of **Jerome “Jerry” Podesva**, former member of St. Paul UMC and known by so many from his work in the school system; and the family of **Louis Sabo**, father/father-in-law of Greg & Teri (RN) Sabo, our former Parish Nurse. May God give to all His comfort, healing, and peace in this time of grieving.
- On Memorial Sunday, May 24th, we celebrated the lives of those from our church family who have joined the church triumphant since our last Memorial Sunday service. We miss you but rejoice that today you are in the presence of our Lord: **Paul “Mike” Bell, Doloros Taulbee, Juanita “Nita” Caldwell, Katherine “Betty” Roberts, Wilford “Leon” Davis, Billy “Bill” Crews, Thomas “Tom” Caldwell, Melvin “Jack” Weller, Lloyd Potter, Mike Wood, and Kyle Trimm**. We also dedicated our completed memorials: Three Maple Blaze Trees -- In Memory of Shirley Birmingham and Donations to the Meghan Hickerson Christian Teen Leader Memorial Scholarship -- In Memory of Victor Christian Greer and Rebecca Tanner.

Thank You!

From Gordon & Carol Russell: Gordon is home from the hospital and doing pretty good, but is still weak. Thank you to Pastor Fansler for the hospital visits & prayers. Thank you to everyone for the cards and prayers. They are greatly appreciated!

From Mark Bacus: I am so thankful and grateful for my church family at St. Paul during my recent surgery and recovery. Your many notes and calls, visits and delivered meals, the prayers - they have all been a special comfort to me during this challenging time. I am doing very well and am eager to see you all at church very soon!

From Ruth Champlin: Thank you so much for all the cards, visits, and prayers after my surgery and the amazing help with food through Caring Casserole as I recover. Everyone has been such a blessing to me. I’m going to keep working on getting well! God Bless you all!

From Maggie Funke: A big thank you to all for the prayers, cards, and calls during my recent illness and surgery. No further treatment is necessary at this time -- Praise God! Thank you and God Bless each one of you!

From Ryan Tite: To my St. Paul Family -- Thank you so much for the wonderful graduation gift! I really appreciate it! I always appreciate the support you have given to me through your prayers, guidance, and questions. Thanks again for everything!

From Ben & Beulah Moore: Thank you for all of your prayers, cards, calls, & visits. We are truly blessed to have our church family and a loving God to support us.

From Mildred Ballard: I am so thankful to my church family for all the calls, visits, prayers, cards, & flowers! You are a blessing to me from God.



ST. PAUL BOWLING TEAM WINS 1ST PLACE!

After a fun year of bowling in the Mixed Church League from the area, our St. Paul team had the honor of winning 1st place for the 2014-2015 year. The team members are Mark Mayer, Jim & Maggie Funke, Tana Yankovich, Dottye Aitken, and Sandy Olive. Second place went to Gospel 5 of South Roxana. The Annual Banquet was held Monday, May 18th at our church.

A delicious meal was served by the Women of Worship with 39 in attendance. A delightful music program was presented by Eldon Wold, Jr., Iris Uzzell, and Tracy Franks. After the meal the trophies and prizes were distributed. One of our bowlers was recognized for having perfect attendance - Jim Funke. Jim also won the trophy for high average of 213 and also high series of 781. Congratulations Jim! Eight teams participated this year but the League would like to have more teams.

If there are any groups or individuals in the church that would like to start a team, please contact Mark Mayer or Dottye Aitken. Games are played on Monday nights at Bowl Haven with 4 bowlers bowling each night. Each team may consist of more than 4 bowlers so that individuals may rotate if they cannot bowl every week. This was the first trophy St. Paul has won since 1999. Also, THANK YOU to all of the folks who helped to prepare and serve the meal and who cleaned up afterwards. Our church seems to have people who are "specialists" at helping when asked and they are truly appreciated.



JUNE - Church of Rock (COR) Youth News

Psalm 136:26 – "Give thanks to the God of heaven, for His steadfast love endures forever."

**Youth meet on Sundays @6:30 p.m. at
SPUMC in the Youth Room!**

**Contact Kevin Rader at
(618) 303-0044 for other JUNE info!**





Saturdays at St. Paul in JUNE 5:00 P.M. Service

Join us on **SATURDAYS** at 5 p.m. for **Awakening!** Awakening is St. Paul's newest worship service featuring a relaxed, contemporary theme with the Awakening Praise Band in a family friendly setting. The Holy Spirit has been at work, feeding us from the initial idea through the intensive planning phase. We hope you will join us (and bring your family, friends, & neighbors) as we praise God & celebrate what the Holy Spirit has done!



Our JUNE Speakers:

6th - Pastor Daryl

13th - Doug Pascoe

20th - VBS Program

27th - Mark Ralfs

➔ JULY 4th - NO AWAKENING SERVICE!! ➔

Sundays at St. Paul in JUNE 8:15 & 10:30 A.M. Services



The 8:15 a.m. worship service is held in the amphitheater in the park. Wear casual clothes and bring your lawn chair. Tailgate-At-Eight Fellowship with coffee, juice, and snacks is at 8 a.m. In case of rain, the service is held in the sanctuary. The 10:30 a.m. service is always held in the sanctuary. **"More Jesus Time" for Pre-school - 5th grade and Nursery is provided for the 10:30 a.m. service.**

7 **2nd Sunday after Pentecost. Communion celebrated.** Pastor Daryl begins a new summer sermon series, *The Stories of Jesus*. The first story *The Seed and the Soils* is found in Mark 4:1-20, Matthew 13:1-23, and Luke 8:4-15.



14 **3rd Sunday after Pentecost. Birthday Sunday.** Pastor Daryl continues the new summer sermon series, *The Stories of Jesus*. Today we consider the story of *The Mustard Seed* in Mark 4:30-32, Matthew 13:31-32, and Luke 13:18-19.



21 **4th Sunday after Pentecost. Father's Day.** Every father present receives a gift. Pastor Daryl continues the new summer sermon series, *The Stories of Jesus*. Today we consider the story of *The Loving Father* in Luke 15:11-32.

28 **5th Sunday after Pentecost.** Pastor Daryl continues the new summer sermon series, *The Stories of Jesus*. Today we consider the story of *The Wicked Tenants in the Vineyard* found in Mark 12:1-12, Matthew 21:33-36, & Luke 20:9-19. *John Wesley, father of Methodism, was born on this date in 1703.*



July 5 **6th Sunday after Pentecost. Freedom Sunday. Communion celebrated.** Pastor Daryl continues the new summer sermon series, *The Stories of Jesus*. Today we consider the story of *The Treasure in the Field and the Pearl of Great Price* in Matthew 13:44-46.





Nurses Notes for JUNE 2015 from Parish Nurse, Eileen Cheatham RN, BC, B.S.N.!

Greetings Friends,

Can you believe we are already into the month of June? I can now breathe a deep sigh as all of the graduation pomp and circumstance is now over for Jonathan. We now look forward to what God has planned for him in the future. He will begin his studies in physics at SIUE this fall, and has a full tuition scholarship for which we are very grateful. He is the last little bird to leave the nest- so I guess I will be an “empty nester” this fall. I am not sure how I feel about that just yet! But life is full of changes, and it is necessary- to keep us growing and moving towards the most excellent way, which is in God’s hands. For those of you who have asked and prayed for my mother, she will soon begin radiation treatments for her cancer. We are confident in the doctors and nurses that have been placed before her, and will take each day of the journey one day at a time. The prayers for family are most appreciated.

So, now that you are up-to-date on what is going on with me, I guess I should get to the topic for this month. Most of you are aware of the alarming increase in obesity rates in the United States and it is not just adults getting Type 2 Diabetes, but children, as well. Many ideas have been suggested, but one that makes a lot of sense is **decreasing the amount of sweetened beverages that we drink**. Some of the sweetened drinks that we consider healthy are not really that healthy. PLEASE see the poster, flyers, and brochures on the bulletin board for June.

The Illinois Alliance to Prevent Obesity (IAPO) has been promoting the Rethink your Drink campaign and the Healthy Eating Active Living (HEAL) Act. The act is on the agenda of the Illinois General Assembly. It would place a penny per ounce excise tax on sugary beverages with revenues going to community initiatives for the prevention of obesity. “Rethink Your Drink” is a campaign for increasing consumption of healthy beverages and reducing those that have minimal nutritional value to help with the fight of obesity in Illinois.

When it comes to weight loss, there's no lack of diets promising fast results. There are low-carb diets, high-carb diets, low-fat diets, grapefruit diets, cabbage soup diets, and blood type diets, to name a few. But no matter what diet you may try, you must take in fewer calories than your body uses in order to lose weight. Most people try to reduce their calorie intake by focusing on food, but another way to cut calories may be to think about what you drink.

What Do You Drink? It Makes More Difference Than You Think!

Calories in drinks are not hidden (they're listed right on the Nutrition Facts label), but many people don't realize just how many calories, beverages can contribute to their daily intake. As you can see in the example below, calories from drinks can really add up. Listed below are common beverages with the number of teaspoons of sugar per beverage:

- Water 20 fl. oz. bottle = Sugar-Free, 0 calories
- 1% Milk 8 fl. oz. bottle = Natural Sugar 100 calories, 3 tsp
- 100% Orange Juice 16 fl. oz. bottle = Natural Sugar 244 calories, 11 tsp
- Soda 12 fl. oz. can = Added Sugar 136 calories, 8 tsp
- Soda 20 fl. oz. bottle = Added Sugar 227 calories, 14 tsp
- Sports Drink 20 fl. oz. bottle = Added Sugar 125 calories, 9 tsp
- Energy Drink 16 fl. oz. can = Added Sugar 240 calories, 15 tsp
- Sweetened Tea 20 fl. oz. bottle = Added Sugar 213 calories, 14 tsp
- Juice Drink 20 fl. oz. bottle = Added & Natural Sugar 305 calories, 17 tsp
- Fruit Nectar 11.5 fl. oz. can = Added & Natural Sugar 196 calories, 11 tsp
- Vitamin-added Water 20 fl. oz. bottle = Added & Natural Sugar 125 calories, 8 tsp



Continued on Page 10



June 01 Scroggins, Eric
 June 01 Helmkamp, Jansen
 June 02 Campbell, Sarah
 June 02 Wood, Eric
 June 03 Goss, Patsy
 June 03 Dawson, Sarah
 June 04 Roberts, Karen
 June 04 Birmingham, Jon
 June 04 Lair, Katie
 June 04 Scroggins, Jonathan
 June 05 Murbarger, Katie
 June 05 Sandbach, Jennifer
 June 06 Champlin, Ruth
 June 06 Duryea, Myrna
 June 06 Franklin, Don
 June 06 Bailey, Donna
 June 06 Cruthis, Scott
 June 07 Brueggeman, Joyce
 June 08 Huebner, Vi
 June 09 Burt, J.J. Jr.
 June 09 Bourne, Jimmy
 June 09 Gwaltney, Jacob
 June 09 Standefer, Tori
 June 10 Sandbach, Aubrey
 June 10 Virgin, Olivia
 June 11 Jensen, Lindsey

June 11 Hart, Gary
 June 12 Murbarger, Diane
 June 12 Champa, Cheryl
 June 12 Fansler, Deb
 June 12 Bowman, Debbie
 June 12 Sullivan, Bill
 June 14 Schiber, Dave
 June 14 Herndon, Harper
 June 15 Sheppard, Ashley
 June 15 Betts, Autumn
 June 16 Liedtke, Trista
 June 17 Bourne, Brianne
 June 17 Spurgeon, Jenny
 June 18 Foss, Samantha
 June 18 Vore, Xavier
 June 18 Vore, Zoe
 June 19 Caldwell, Dustin
 June 19 Yates, Sydnie
 June 20 Martin, Karen
 June 20 Tillery, Amie
 June 20 Redden, Annie

JUNE BIRTHDAYS

"Before you were born, I set you apart for a special work!"

June 20 White, Abigail
 June 21 Welch, Lois
 June 21 Bell, Lawson
 June 22 Virgin, Ethan
 June 23 Graves, Wanda
 June 23 White, John
 June 25 Voorhees, Steve
 June 25 Standefer, Summer
 June 25 Clark, Caden
 June 27 McLain, Jamie
 June 27 Sandbach, Kaden
 June 28 Link, Deb
 June 29 Cisler, Marilyn
 June 30 Szegedy, Sharon
 June 30 Williams, Jeri
 June 30 Lair, William



JUNE ANNIVERSARIES

June 01 Redden, Darin Sr. & Chandra
 June 07 Myers, John & Laurie
 June 07 Burt, J.J. Jr. & Jackie Beth
 June 08 Huff, Joe & Sherry
 June 08 Eyster, Brian & Chris
 June 09 Inman, Terry & Sharon
 June 10 Huebner, Richard & Vi
 June 10 Boeshans, Jackie & Cory
 June 11 Huddleston, Rick & Jeannie
 June 11 Brueggeman, Randy & Joyce
 June 14 Natsch, Steve & Julie



June 15 Cheatham, Eileen (RN) & Doug
 June 16 Gwaltney, Don Sr. & Kay
 June 17 Bentley, Jay III & Tracy
 June 20 Herndon, Neil & Jade
 June 22 Champa, Larry & Cheryl
 June 24 Ballard, Larry & Iola
 June 24 Lewis, Herrell & Bettie
 June 24 Hinkle, Bob Sr. & Evelyn
 June 25 Balzaine, Homer & Carleen
 June 26 Demond, Richard & Dell
 June 26 Toner, Mike & Teresa
 June 28 Toner, Matt & Kristen
 June 30 Hughes, Steve & Janet

Changes and Addictions to the current Church Directory

CHANGES/ADDITIONS: Mrs. Vi Potter 100 Glenhaven Gardens, Apt. 218, Alton, IL 62002, 433-7762; Mrs. Mary Herndon 395 E. Edwardsville Road, Apt. 246, Wood River, IL 62095, 259-6429.

If you are going to move soon, give the church office advance notice of your new address.
 Also, remember to update us on your new phone number. Thank you!



THE UNITED METHODIST VILLAGE SPONSORS 2ND ANNUAL GOLF CHALLENGE!

Friday, July 17th
Spencer T. Olin Golf Course
Alton, IL

Sign-up information on bulletin board.

JUNE Ushers (10:30 a.m.):

June 7th: Diane Murbarger
NO OTHER USHERS ARE CURRENTLY SIGNED UP!
Please Call the Head Usher if you will help!

JUNE Head Usher:

TRACY FRANKS

Please Call the Church Office (259-5210)
if you will help be a greeter!

Average Attendance for MAY 2015

Early Service	46
Late Service	76
Sunday School	40
Visitors	6

5 Awakening Services	34
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MONTHLY LOOSE CHANGE PROJECT

June's Loose Change Project

is the **Happy Bear Project** for our church. Members of the church make bears that are given to Alton Memorial Hospital. These are then distributed to children in pediatrics and/or coming through the emergency room in time of crisis. The bears provide security and comfort for the children. May God bless and multiply your gifts!

MAY Stewardship

Budget Offering:	through 5/31/2015	\$27427.00
Designated Giving:	through 5/31/2015	\$3579.10
	Capital Improvements	535.00
	Loose Change	131.10
	Flowers	137.00
	Youth	0.00
	Hickerson Scholarship	45.00
	Brad Fester/Wycliffe	357.00
	Memorials	1500.00
	Charles McKnelly	110.00
	UMCOR - Nepal	575.00
	Upper Room Donations	14.00
	2015 Steeple Postage	20.00
	Reimbursements	105.00
	VBS	50.00
Capital Campaign		100.00
1 Great Hour		10.00
Total:		\$31116.10

**DEADLINE FOR
JULY 2015
STEEPLE, Mon.,
June 22nd!**



**United Methodist
Family Day
At Busch Stadium
Sunday, July 19, 2015**



St. Louis Cardinals vs. New York Mets

Game Time 1:15 p.m.

TICKETS: Left Field Pavilion – all seats \$20 (regular \$58)

- Prairie Farms Ice Cream Sunday, starting 2 hrs. before game.
- Arrive by 11:00 a.m. and enjoy the pre-game festivities.
- All Proceeds from the game will benefit Illinois Great River Conference.

→ St. Paul UMC needs your ticket request and payment by June 28th! ←

→ TICKET COORDINATORS: Debbie Tite and Harvey Birmingham ←

Ticket requests and payment will be handled on a First Come basis due to the limited tickets available.



We return this year
with
TAILGATE AT EIGHT
for the outdoor service!
We invite you to come
just a little early, at
8 a.m., and receive a
free cup of coffee, tea,

or juice and a snack at the serving center. And you
will also time to greet each other before the service
begins! Rain brings it all inside... We need
volunteers to help!



**WORSHIP UNDER
THE TREES
ON SUNDAYS IN
THE CHURCH
AMPHITHEATER
at 8:15 a.m.**

beginning

JUNE 7th-SEPTEMBER 6th
Pastor Daryl will be preaching a
summer sermon series on
The Stories of Jesus

"TAILGATE-AT-8" (T8) AT 8 A.M.

(In case of rain, service is held in the
sanctuary! 10:30 a.m. service is held, as
usual, in the sanctuary)

**YOU can make a
difference!**

**Try it this
summer!**





open hearts
open minds
open doors



ST PAUL
united methodist church

<https://www.facebook.com/groups/171020936311281/>

Our mission is to share our love of Christ to open hearts for a life filled with amazing possibilities!

Who are we?

We are young adults with a passion for living, a passion for learning, and a passion for loving Christ! We CRAVE knowledge that helps us live more like Christ, we CRAVE a life filled with Christ's love, and we CRAVE fellowship with others that CRAVE the same. **Do you feel like something is missing from your life?** We invite you to join us as we feed the craving to learn more and build a stronger relationship with Christ! Young adults – 18 yrs old to 30s.

CRAVE Facilitator - Betsy Blacklock 618.259.3858
betsy.healingimages@yahoo.com

CRAVE - 9:15 a.m. Sunday morning:
Currently meeting with Iris Uzzell's class
Wednesday Small Group: 8 p.m.
@WR McDonald's...All ages welcomed!

Awakening Service:

Every Saturday at 5:00 p.m.
Contemporary Worship Service, Fellowship Hall
<https://www.facebook.com/AwakeningWorshipSTPUMC>

twigs

The Awakening Service on Saturdays at 5 p.m. is collecting items for **TWIGS: Pack-a-Sack**.

This program provides food for children of the Granite City School District who are at risk of having nothing to eat over a weekend. Each child in the program discreetly receives a sack of non-perishable food items each Friday. You can participate by placing these food items in the **TWIGS blue garbage can** at the front of the stage: Pudding Cups, Jello Cups, Applesauce Cups, Fruit Cups, Individual Cereal Cups, Granola Bars, Ramen Noodles, Soup: Chicken Noodle or Vegetable Beef, Mac n Cheese, Cheese n Crackers, Fruit Chews, Hot Cocoa Mix Pouches, Beef Jerky Sticks (Small, individually wrapped).

PLEASE, NOTHING WITH PEANUTS. **TWIGS** was started by Rev. Lisa Guilliams, pastor at Trinity United Methodist Church in Granite City. For more information, check out the website:

www.twigsforkids.org.

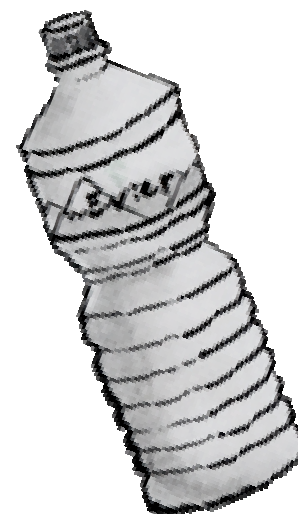


Parish Nurse article -- Continued from Page 5

Better Beverage Choices Made Easy

Now that you know how much difference a drink can make, here are some ways to make smart beverage choices:

1. Choose water, diet, or low-calorie beverages instead of sugar-sweetened beverages. For a quick, easy, and inexpensive thirst-quencher, carry a water bottle and refill it throughout the day.
2. Don't "stock the fridge" with sugar-sweetened beverages. Instead, keep a jug or bottles of cold water in the fridge.
3. Serve water with meals.
4. Make water more exciting by adding low calorie flavorings, slices of lemon, lime, cucumber, or watermelon, or drink sparkling water.
5. Add a splash of 100% juice to plain sparkling water for a refreshing, low-calorie drink.
6. When you do opt for a sugar-sweetened beverage, go for the small size. Some companies are now selling 8-oz. cans and bottles of soda, which contain about 100 calories.
7. Be a role model for your friends and family by choosing healthy, low-calorie beverages.



Calories may not be hidden- but sugar can be! Sweeteners that can add calories may be under a different name, and you may not realize it is sugar. Some of these include: HFCS (high fructose corn syrup), fructose, fruit juice concentrates, honey, syrup, corn syrup, sucrose, and dextrose.

Also, the internet does have a lot of nutritional information. If you have a sweet tooth for a smoothie or a latte from one of your favorite places- try looking up the nutritional content of the beverage online first- such as Starbucks, or McDonalds. The calories and sugar content may cause you to "Re-think Your Drink!"

For those of you who have been trying to or thinking about losing a few pounds this could really be a first step. I have had people tell me that they have lost anywhere from 10-15 pounds by giving up soda and other sugary drinks. Remember when we were kids and the size of the juice glass at breakfast? It was 4 ounces- not a large glass that we now give our children today. Soda was also a "treat" not a household staple that was served at every meal.

Rethinking your drink can really be a first step towards change in your diet- and your health. Think about it- and if you would like to discuss it further please give me a call.

**May God's peace be over you,
Eileen**

"For the Lamb at the center of the throne will be their shepherd; 'he will lead them to springs of living water.' And God will wipe away every tear from their eyes." **Revelation 7:17**

Reminder: All are invited to the **Senior Health Fair at the United Methodist Village** that is sponsored by Senator Sam McCann and State Representative C.D. Davidsmeyer. Free screenings for blood pressure, lung function, hearing, pulse oximetry, and hemoglobin A1C's for diabetes screening. **Friday, June 12th 9 a.m. – 11 a.m.** Hope to see you there!



SUMMER SMALL GROUP ON SUNDAYS AT 5 P.M.

Beginning June 14, we are meeting every other Sunday during the summer at 5 p.m. Each time, we look at the story behind one of our most beloved hymns and how the words and music nurture our faith. The study is structured so you can drop in anytime during the summer and be blessed by your participation.

June 14: HOLY, HOLY, HOLY
June 28: AMAZING GRACE
July 12: HAVE THINE OWN WAY, LORD
July 26: IT IS WELL WITH MY SOUL
August 9: JESUS, LOVER OF MY SOUL
August 23: COME, THOU FOUNT OF EVERY BLESSING



CAMPING...CAMPING... CAMPING

There are a variety of camping opportunities for all ages (beginning with 1st grade) at any of our six campsites. There are horse camps, treehouse camps, night owl camps, Bible camps, archery camp, sailing camp, just girls camp, and more. **Dani Wilson** will be a counselor all summer at Little Grassy. She would love to have you join her at camp. Information on all our camps is available in the Church Office. We have funds available to assist you to go to camp through the Herman Camping Fund!



MISSION PROJECT FOR ANNUAL CONFERENCE

Congregations are encouraged to collect items for the Midwest Mission Distribution Center's book bags and to bring those items to the **2015 Annual Conference June 10-13 at the Peoria Civic Center**. Items being collected are:

- Spiral notebooks (8x10 1/2 inches) -- 70 to 80 pages, 1 subject
- Stick style pens (blue or black) -- with no advertising
- Boxes of 24 crayons
- Pair of blunt school scissors (rounded tip)

Remember to bring your items by Sunday, June 7th!!



**June 10-13
Peoria Civic Center**



Vacation Bible School June 15 - 19

**(program Sat., June 20)
9:30 a.m. - Noon**

For Vacation Bible School we have much of our leadership in place, but workers are still needed! We will have **Classes** for children ages 3 (and potty trained) to 6th grade. The **Stations include:** P.E., Crafts, Movies, Decoration, Snack Time, Music, Science, Activities.

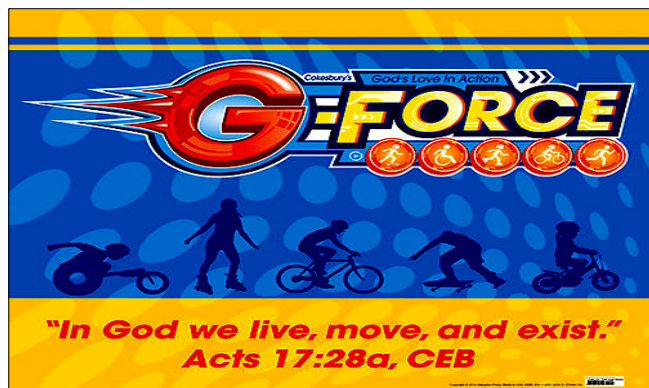
Class Leaders, Class Assistants, Station Assistants, and extra Helpers - openings in each area are available.

If you are in 7th grade or older and are interested in helping with VBS in **any of these areas** or in **any way**, please talk to Jamie Gwaltney or give her a call ASAP at **692-0898**.

IF YOU ARE 18 YEARS OR OLDER, BE SURE TO PICK UP A POLICY PACKET WITH A BACKGROUND CHECK FORM AND FILL IT OUT TODAY! DROP IT OFF AT THE CHURCH OFFICE! A REQUIREMENT!

- ➔ **CHECK THE BULLETIN BOARD!**
- ➔ **SUPPLIES ARE STILL NEEDED!**

We pray that it will be another fun and inspiring year! This year's theme is:



Important Questions!

I want to be baptized or to have my child baptized; How do I do this?

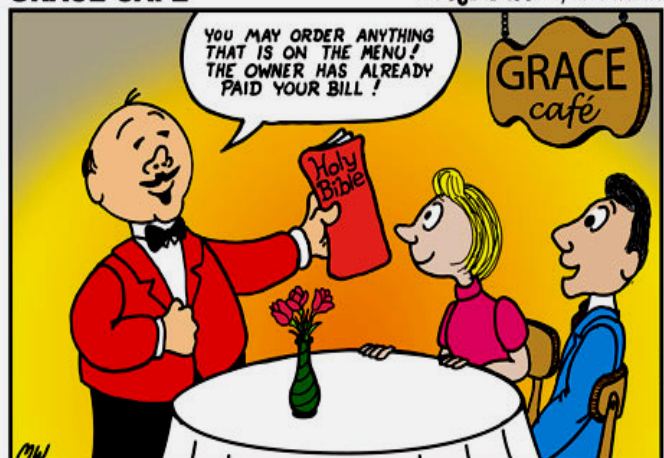
Call Pastor Daryl at 259-5210 or send an email to info@stpaulwired.org. In our church, we participate in all forms of baptism: immersion, pouring, and sprinkling. We baptize all ages. Pastor Daryl will explain the meaning of baptism within the church and, in particular, the United Methodist Church.

I want to become a member of St. Paul UMC; How do I do this?

Contact Pastor Daryl at 259-5210 or send an email to info@stpaulwired.org. We are ready to welcome you as our newest member!

GRACE CAFE'

A Joyful 'toon by Mike Waters



For no matter how many promises God has made, they are "Yes" in Christ. And so through him the "Amen" is spoken by us to the glory of God.

- 2 CORINTHIANS 1:20 NIV

Although many things may change, God will make a way for the church to be the church in this present day. The church can go along with God's plan or she can fight that plan with her last breath.

~Dottie Escobedo-Frank