

## 2022 OCTOBER CARILLON



**CENTRAL UNITED METHODIST CHURCH**  
322 SOUTH LINCOLN ROAD  
ESCANABA, MI 49829  
REV. LAURA FELICIANO/PASTOR

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**OFFICE HOURS:** M, W, Th, F - 9:00-Noon  
Tuesday - Closed

**SUNDAY SCHOOL** 9:15 A.M.  
**COFFEE TIME:** 10:00 A.M.  
**WORSHIP SERVICE** 10:30 A.M.

**EDITOR:** Bonnie Cowell

### 2022 CHURCH CHARGE CONFERENCE

The Annual Church Charge Conference is set for **Saturday, November 5, 2022**. Charge Conference is where we gather to share what we as a church have accomplished in the last year; where we are today, and where we see ourselves in the future. It's the one night of the year where the big picture of church life is seen. Lasting about an hour, it's well worth attending. The SPRC meets at 6:00 p.m. followed by the Charge Conference at 7:00 p.m.



### RADIO BROADCAST

WDBC Radio 680 am airs the 10:30 worship service each Sunday. If you are interested in sponsoring a broadcast, there is a clipboard to sign in on the date you prefer in the Narthex. Cost for this service is \$100 per week. You can donate the full \$100 or any portion of the broadcast. Open dates include: 10/16, 10/23, 11/13, 11/27, 12/4, 12/11, 12/24, and 12/25.

### OCTOBER FINANCE STEWARDS

02 Lois Lavelle, Sue Gaudette  
09 Laura Kluka, Jackie Johnson  
16 Cheryl Swanson, Bev Ladin  
23 Lois Lavelle, Arleen Martin  
30 Janet Snowden, Sue Gaudette

**JOIN CENTRAL UMC ON FACEBOOK**  
**Web:** [EscanabaCentralUMC.org](http://EscanabaCentralUMC.org)

## Never Stop Learning!

Never stop learning, because life never stops teaching! About three months ago I arrived in Escanaba. It has been a time of new beginnings, new learnings, new adaptations, and new discoveries. And just like that summer fell into fall, and some people might feel SAD.

Seasonal affective disorder (SAD) is a type of depression that hits some people when the weather changes from Summer to Fall, from shiny warm days to chilly gray days. But, hey, how about the beautiful changing of the colors that you can see on the trees when their leaves turn from green to orange, to yellow, to red...

Mayo Clinic instructs: "SAD begins and ends at about the same times every year. If you're like most people with SAD, your symptoms start in the fall and continue into the winter months, sapping your energy and making you feel moody. These symptoms often resolve during the spring and summer months. Less often, SAD causes depression in the spring or early summer and then resolves during the fall or winter months. Treatment for SAD may include Light therapy (phototherapy), psychotherapy and medications. Don't brush off that yearly feeling as simply a case of the "winter blues" or a seasonal funk that you have to tough out on your own. Take steps to keep your mood and motivation steady throughout the year."<sup>1</sup>

Thus, do not get discouraged. Science has a remedy for SAD. And more importantly, the one who gave science to humankind can be reached directly at any time.

There's a season for everything under the sun, as Ecclesiastes 3 teaches us. Whenever you get to feel a bit down, remember that there's one who will always be accessible to you, and who deeply cares for you.

As 1 Peter 5:7 leads us: "Casting all your anxieties on him, because he cares for you." Jesus is there. You can turn to our Lord for help with whatever you may be feeling. Now, that's **Good News!**

Let's be the Church,  
*Pastor Laura*

<sup>1</sup><https://www.mayoclinic.org/diseases/seasonal-affective-disorder/symptoms-causes>



### SUNDAY WORSHIP SERVICE

- 9:15 a.m. Sunday School
- 10:00 a.m. Coffee Hour
- 10:30 a.m. Worship Service

### WOMEN'S BIBLE STUDY

Meets in Room #9 Sundays at 10:00 a.m.. Newcomers are welcome. We are reading the book "Turning Your Heart Toward God". Join us!

### OCTOBER USHER/GREETERS

- 10/2 Janet Snowden, Pat Rogers
- 10/9 Beth Peterson, Lee Anderson
- 10/16 Wendy DeRouin, Bob Hamlin
- 10/23 Harry Badge, Erik Barnhart
- 10/30 Kaylan Thorbahn, Pat Rogers

### WEDNESDAY NIGHT BIBLE STUDY

The Wednesday night bible study group meets every Wednesday at 6:00 p.m. in the Lounge. This is open to all—please join us!

### LOVING FINGERS QUILTERS

The Quilters meet in Room #9 on the 1st and 3rd **Tuesdays each month from 9am-2pm**. They make quilts for Hospice and members of our church or anyone we know who would find a little comfort in a quilt.



### WORLD COMMUNION SUNDAY (10/2)

On this day Christians around the world celebrate our unity in Christ and our call to mission.

Offerings designated for World Communion Sunday support scholarships for young adults around the world, equipping them for mission and ministry.

### PRAYER LIST

Please remember all those in need of prayers for healing, strength, and courage during an illness or challenging time and those who are homebound or in nursing homes. Know our thoughts and prayers are with each of you.



### CORN MAZE OUTING!

Join us on an adventure to the Bower Family Corn Maze on **Saturday, October 22nd!** (W224 County Rd 400, Bark River). All ages are invited - feel free to bring a friend! Cost is \$7 per person, free for ages 2 and under. Concessions available on the grounds.

### ALL SAINTS SUNDAY

On Sunday, **November 6, 2022**, we will celebrate All Saints Day by remembering those special people who have been part of our church and part of our lives but have now joined the church triumphant. During worship we will light candles in memory of our brothers and sisters in Christ who have passed on this past year. You will also have an opportunity during the service to speak the names of your loved ones who have passed and light a candle in their memory. Plan to be part of this special service as we remember those we loved and those who loved us.

### PASTORAL CARE

To get information about pastoral care to Pastor Laura: The church office is open in the mornings, so please call 786-0643 and you can speak to the pastor or to Bonnie and the message will be relayed. If there is an emergency at another time of day, please call Pastor 's cell, 1-615-218-8187. When you call the prayer chain, your prayer request is relayed to the pastor.



### FOOD PANTRY

If you have an abundance of vegetables from the garden please call the Salvation Army for possible sharing. Suggestions for the month include: canned veggies and fruits, flour, oats, sugar/brown sugar, rice, sweetened condensed milk, vegetable/olive oil, honey, coffee, tea, and powdered creamer.

### HISPANIC/LATINX HERITAGE MO.

As North American people, we know that our nation, in addition to Native Americans, has added to its tapestry many different cultures brought by ancestors from all around the world. Many of those cultures are from Hispanic/Latino countries, or the border encapsulated them to become part of our nation. The people of Puerto Rico, like me, also became U.S. citizens a long time ago due to political strategies. There is a rich mix of cultures among Hispanic/Latinx people. We're not all the same. Millions are living in our land, who were not born here but for whatever reason live on this soil, having pursued citizenship. Puerto Rico is unique in that U.S. law declared in 1952 that all persons born on or after January 13, 1941, subject to jurisdiction of the U.S., are citizens of the United States at birth. Nonetheless, we maintain and celebrate our distinctive cultural identity, or *puertorriquenidad*, and yet are identified as Hispanic/Latinx in this country.

The U.S. is made up of and celebrates a vast diversity of socially constructed groups, identified as races and ethnicities. One of those big celebrations happens each year from Sept. 15 to Oct. 15. It is our National Hispanic/Latinx Heritage Month! Embrace the celebration with any number of activities, including enjoying a native food of the many countries/territories. Learn about scientists contributions, the influence of sports figures, the arts and music. This celebration was enacted to affirm and recognize the contributions made by those who come from a variety of places.