

POPLAR LEAVES

Memorial United Methodist Church

October, 2023

2701 Poplar Street
Terre Haute, Indiana 47803
(812) 234-0776
office@umcMemorial.org

Sundays

Worship, 9:30 a.m.
Sunday School, 10:30 a.m.
Prayz Worship, 11:15 a.m.

Office Hours

Tuesday-Thursday
9:00 a.m.-3:30 p.m.

Livestreamed Services

MemorialSunday.org

Calendar

MemorialEvents.org

Website

umcMemorial.org

Giving

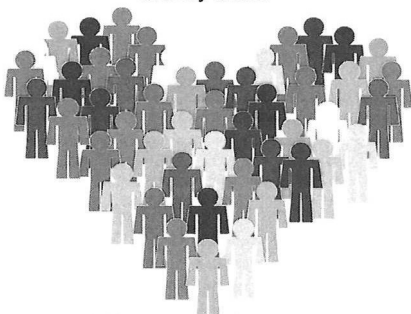
GiveMemorial.org

Prayer Requests

PrayingMemorial@gmail.com

Memorial Staff

Ron Branson, pastor
Michael Walker, administrative assistant
and financial secretary
Linda Lutz, treasurer
Logan Williams, music director
Jinhee Kim, accompanist
Joe Cresgy, media director
Lydia Bridgewater, family
activities director
Tobie Wrightsman, nursery attendant
Alfred VanGilder, building custodian
Christy Cresgy and Missy Wilcox,
preschool co-directors
Paula Metheny, Kids Hope USA
David M. Peter, certified lay minister
and lay leader



All are welcome

Reflections

I've had a really difficult time trying to write this reflection. There are so many really good things going on, but at the same time there are so many things that make me really concerned ... the two things seem to be at battle inside me with one lifting up while the other is tearing down. Anyway, I'm actually doing just fine in the middle of all this push and pull, and it occurred to me that it was because I've been taking the advice I found on tips on how to handle depression ... perhaps these would help you too!

DEPRESSION TIPS:

Shower. Not a bath, a shower.

Use water as hot or cold as you like. You don't even need to wash. Just get in under the water and let it run over you for a while. Sit on the floor if you gotta.

Moisturize everything.

Use whatever lotion you like.

Unscented? Dollar store lotion? Fancy 48 hour lotion that makes you smell like a field of wildflowers? Use whatever you want, and use it all over your entire dermis.

Put on clean, comfortable clothes.

Put on your favorite underwear.

Cute black lacy panties? Those ridiculous boxers you bought last Christmas with candy cane hearts on the butt? Put them on.

Drink cold water.

Use ice. If you want, add some mint or lemon for an extra boost.

Clean something.

Doesn't have to be anything big. Organize one drawer of a desk. Wash five dirty dishes. Do a load of laundry. Scrub the bathroom sink.

Blast music.

Listen to something upbeat and dancey and loud, something that's got lots of energy. Sing to it, dance to it, even if you suck at both.

Make food.

Don't just grab a granola bar to munch. Take the time and make food. Even if it's ramen. Add something special to it, like a soft boiled egg or some veggies. Prepare food—it tastes way better, and you'll feel like you accomplished something.

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Reflections

(continued)

Make something.

Write a short story or a poem, draw a picture, color a picture, fold origami, crochet or knit, sculpt something out of clay, anything artistic. Even if you don't think you're good at it. Create.

Go outside.

Take a walk. Sit in the grass. Look at the clouds. Smell flowers. Put your hands in the dirt and feel the soil against your skin.

Call someone.

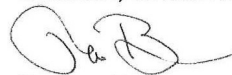
Call a loved one, a friend, a family member, call a chat service if you have no one else to call. Talk to a stranger on the street. Have a conversation and listen to someone's voice. If you can't bring yourself to call, text or email or whatever, just have some social interaction with another person. Even if you don't say much, listen to them. It helps.

Cuddle your pets if you have them/can cuddle them. Take pictures of them. Talk to them. Tell them how you feel, about your favorite movie, a new game coming out, anything.

May seem small or silly to some, but this list keeps people alive.

Find something to be grateful for!

Shalom, Shalom,



Pastor Ron

Depression tips taken from: [facebook.com/231360315787673/posts/depression-tipsshower-not-a-bath-a-shower-use-water-as-hot-or-cold-as-you-like-y/778246989432334/](https://www.facebook.com/231360315787673/posts/depression-tipsshower-not-a-bath-a-shower-use-water-as-hot-or-cold-as-you-like-y/778246989432334/)

At your absolute best you won't be good enough for the wrong people.

But at your worst, you'll still be worth it to the right ones.

Remember that. Keep holding on.

In case nobody has told you today I love you and you are exactly just the way you should be. Be kind to yourself like I would be kind to you. And most of all keep pushing on!!!!





Lay of the Land

David M. Peter, Certified Lay Minister
"LEARNING"

"Every scripture is inspired by God and is useful for teaching, for showing mistakes, for correcting, and for training character, so that the person who belongs to God can be equipped to do everything that is good."

2 Timothy 3:16-17 Common English Bible

Have you ever read or heard a particular verse from the Bible and wondered to yourself, "That's not quite how I remembered it." Sometimes it's a word that gives you a moment to think. The learning has started.

Well, I was in Matthew 20:1-16 in the CEB, and verse 20 made me stop for a minute, "So those who are last will be first. And those who are first will be made last." Now, I am by no means a formally educated student in the Bible, just one who has learned by reading, praying, talking about, and flipping through the concordances and other bible reference books. I cannot read Greek or Hebrew in the original. I need an interlinear translation!

I pulled the KJV off my shelf (that was probably the first translation that I had used) and went to Matthew 20:16 in the KJV. Lo and behold, it read "So the last shall be first, and the first last: for many be called, but few

chosen." Did you catch the last part of the verse? I checked the NIV, the ESV, the CSB, AMP, NRSV and did not find the same as the KJV rendered.

Puzzled, I looked at one of the Greek Interlinear texts, and there it was "for many are called, but few chosen." I was faced with two completely different interpretations of the text. Both gave a different ending for the parable, different slightly, but the story remained the same. Both appeared in standard translations that are used today, and have been for many. How could this be reconciled?

Learning that each translation finds similarities, and even a difference whether one word, or a sentence. As the daylight becomes shorter in the weeks to come, and the temperature outside is just a bit cooler, take a moment, pull out your Bible, and pray, study, and apply. It just might be the best way to remember.

"Most Gracious God, Open my eyes to study with a new perspective, Prepare my heart to hear your word, and write the things that I learn so they will not be simply forgotten. Amen"

Until next month,

David
Be grateful
Be joyful
Be filled with the Spirit.

Memorial MUSIC Series

Join us on Saturday, October 21st at 6:00 pm as **Nikolaos Pine** returns to the Memorial Music Series to share a wonderful piano recital! Nikolaos will perform works by composers such as Franz Liszt, Frederic Chopin, and Robert Schumann! Treat yourself (and maybe even a loved one or friend(s!)) to an evening of wonderful musical talent right here in Terre Haute for **FREE!!**



It is with a heavy heart that I am stepping down from my position here at Memorial United Methodist Church. As my family has started a new chapter in our lives with a new school for Logan and a new job for me; we feel it is time for a change to better our family. I will still be around for events and attending Memorial now as parishioner instead of an employee.

I would like to thank Scott Johnson for allowing me the opportunity to work with our youth five years ago. Also Pastor Ron Branson for helping me expand my title here to encompass families in ministries at Memorial. I have enjoyed my years here with all of you, the memories we have shared, and look forward to making new memories in the future.

Please help continue to find opportunities to help and volunteer, as I will, here at Memorial. There are plenty of places to volunteer in many different ways to support our ministries.



***Deadline for the November
Poplar Leaves is October 17.***

Reminder that any weekly bulletin materials need to be received by noon on Tuesdays.



OCTOBER 20 in the Church Narthex. Go to RedcrossBlood.com to sign up. Donations are always needed. However, The United States has declared a National Sever Blood Shortage. Can you help?



KIDS HOPE USA®

Paula Metheny

Kids Hope Coordinator

Another year of Kids Hope mentoring is underway at Sugar Grove Elementary! Mentoring for most partnerships began in September, and a few more are almost ready to start. Program startups are being repeated all over Vigo County, as most of our elementary schools have joined with a church which provides a Kids Hope ministry. And Indiana is one of the top five states in the U.S. in numbers of Kids Hope programs.

The best news of all? 10,690 lives were impacted through Kids Hope USA programs last year (globally), and that's over 545,000 hours of volunteer service (by mentors and prayer partners) in one school year alone! Kids Hope is still growing and still very relevant 25 years after its inception, and we're thankful for that because the need for people in our schools to "love like Jesus" is more important than ever.

We are so thankful to God and to all who support our ministry that Kids Hope continues to make a difference in the lives of students and mentors



A big thank you to all of those who donated and/or participated in the 2023 Alzheimer's Walk at the ISU Memorial Stadium. We exceeded our goal and raised over \$2,000. If you were unable to join us this year, we will be back next year. The dollars raised enable the Alzheimer's Association to deliver critical care and support services while advancing research toward treatment, prevention and, ultimately, a cure.



Team Memorial at the 2023 Walk to End Alzheimer's



Memorial Preschool
A Smart Choice

CELEBRATING 40 YEARS OF EXCELLENCE

PRESCHOOL NEWS

Wow, it is so hard to believe that we have completed our first month of school. It has gone by so fast. There were a few tears but overall, we have 76 very excited little ones. The Pre-K celebrated Grandparents Day by having lunch with their little ones. We also had our first all school theme day by wearing tie dye and having crazy hair day. This was a really fun event.

Our first family fun event will be held on Thursday, October 19 by hosting a Fall Festival. In conjunction with our festival, we have issued a peanut butter challenge. If we collect 100 jars of peanut butter by the time of the festival then the Directors will let the little ones throw "pies" at them.

Thank you to everyone who donated caps and helped with the cap sorting. We NOW have our benches and the caps are gone. We are currently working on getting the benches securely installed. We NO longer need caps. If you are still saving them, please find another organization to donate them too.

The Fire Department will be visiting us on Tuesday, October 10. This is always a fun event for the little ones as they

learn about fire safety and see the fire trucks. We will not be in session on Friday, October 13 and Monday, October 16 for fall break. Our Halloween celebrations will be held on Tuesday, October 31.

There is still time to get your fall flowers and decorations at Anderson's Plant and Produce. They will give the preschool a percentage of sales until October 31. Be sure to mention the Preschool's name.

Thank you for your continuing prayers and support.

In Ministry together,
Christy and Missy



CRAFT FAIR NOVEMBER 3rd & 4th

In conjunction with our annual Chili Supper, we will be having our annual Craft Fair. This two-day event is always a great way to start off the holiday season. If you would like to be a vendor for this event on Friday, Nov. 3rd and/or Saturday, Nov. 4th, please contact Sandy Sell at sellsport@hotmail.com or 812-230-2407. You may also pick up an application at the church office Tuesday - Thursday from 9-3:30. Space is filling up, so don't delay in picking up your application today.



MISSIONS

A BIG THANK YOU for all that helped with the Meal Packing Event on September 16! A total of 3600 meal bags were packed! Each bag feeds 6, so that's feeding **21,600** people!!! And a special thank you to Gene Turner for bringing Midwest Mission Distribution Center's supplies and stories of service to us. We are not sure at this time where the meal bags will go, but in the past the Center has sent shipments to Belize, Haiti, Guatemala, Honduras, Jamaica, Grenada, Guyana, Ghana, Kenya, Zambia, Zimbabwe, and lately to Ukraine, Poland, and Maui.

Unfortunately, new humanitarian crisis and natural disasters happen often.

We are thankful that Memorial's community will be providing food and sending some love and hope their way.

The Mission Committee will sponsor a meal for United Campus Ministries on Wednesday, November 8, 2023. Anyone wanting to help with this project, please let the office know.

Our 2nd Mile Giving for October will be for Kid's Hope. Paula Metheny will update us on the program at the 9:30 service.



Socks for Souls

During the month of October, United Women of Faith will be collecting **NEW** socks for 14th and Chestnut.

You may place your sock donations in the special tub in the Narthex.

If you are looking for a deal, a little bird informed us that CVS has socks for \$1.00.

Toasty toes and warm hearts thank you for your donation.



Please welcome our newest church member to Memorial.

Nancy Reynolds was born in Albuquerque. She moved to Indiana in 2000 after her husband's military career in the Navy. He was a Navy Seabee. He passed in 2014. His career led them to Alaska, Hawaii, Colorado and California. Nancy has one daughter in Arizona.

Nancy enjoys reading, knitting, crochet, embroidery and listening to music, especially Celtic music. She has Scottish and Irish heritage.

Please welcome Nancy to our church family.



United
Women
in Faith

UWF has always had wonderful support from women for our programs and projects. We would appreciate more involvement in the planning of these programs and projects in the future. We meet the second Wednesday of every month at 11:00 at the church for this. All women are welcome and we want your input.

Margaret Circle

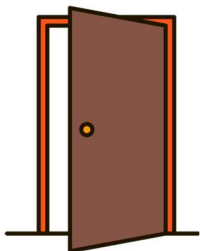
Will meet at 10:00 am on Thursday, October 12th in the Chapel. We will be discussing All the Light We Cannot See by Anthony Doerr. If you have any questions, please contact Joanie Kendall at 812-298-4276

Line Dancing!



COUNTRY LINE DANCING with Sue Paulin. Every

Thursday in the Narthex from 11:am-12:00pm. All are welcome.



A quick reminder: If you are the last person to leave the building, please be sure all the doors are completely shut. Some of our doors sometimes do not close all the way by themselves

depending on the weather. Thank You



YARN MINISTRY- Will meet in the parlor at 1:00pm on October 5th and 19th. and at 5:00pm on October 12th and 26th.

SEWING STICHES will meet monthly on the 3rd Tuesday of each month at 10am in the Parlor. Contact Freda Hocking for more information

YOGA with Devaki is Back at Memorial on Thursdays at 4PM in the narthex.

All levels are welcome!



Triple-F Lunch and Program
FFF is going to take a break in October. Look for the November sign-up in the narthex coming soon.



Join the Men at Cackleberries for breakfast on Saturday, October 14th at 8am. All are Welcome.



M-CARD NEWS

A Note from Our Prayer Coordinator

We have many people already on our online prayer chain but there are many within our church family that are not included at this time. We are commanded to pray for each other and to love one another and we want to do just that. If you would like to be added to this online prayer chain contact Pam Crane at PrayingMemorial@gmail.com or the church office at 812-234-0776.



COVERED BRIDGE ADVENTURE

Saturday October 28th at 8am

It is time again for a wonderful fall experience seeing the beauty of the area and the covered bridges. We will ride in a caravan stopping at several bridges. Pastor Ron is an expert on the history of covered bridges and provides information, stories and fun fact at each stop. We will end our tour by having lunch at the Turkey Run Inn, if you have specific questions speak to Pastor Ron. Sign-up and carpool list will be in the narthex on Sundays and in the office during the week.

Another season is beginning. Don't you just love fall and all the colors? Don't forget to pick up a card for that special someone to let them know you are thinking of them. We have several cards on hand, but you can always order from over 700 vendors.

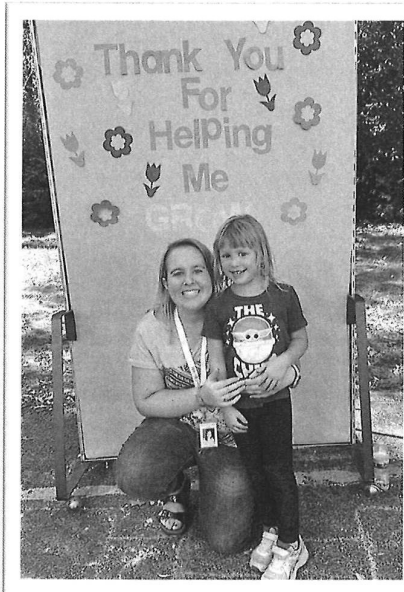
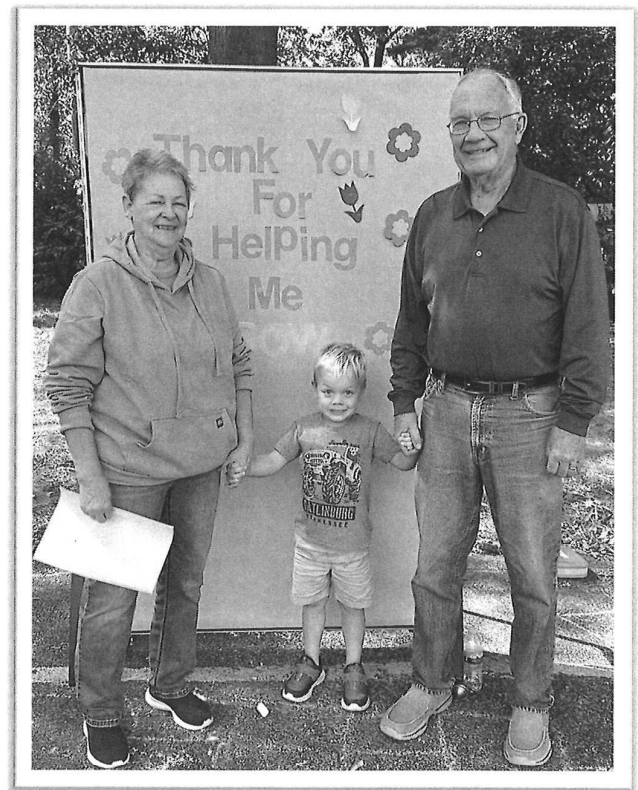
Cards are available on Sunday morning and during the week during office hours. If you have questions, please contact Bruce & Missy Wilcox or Kevin & Sandy Sell.

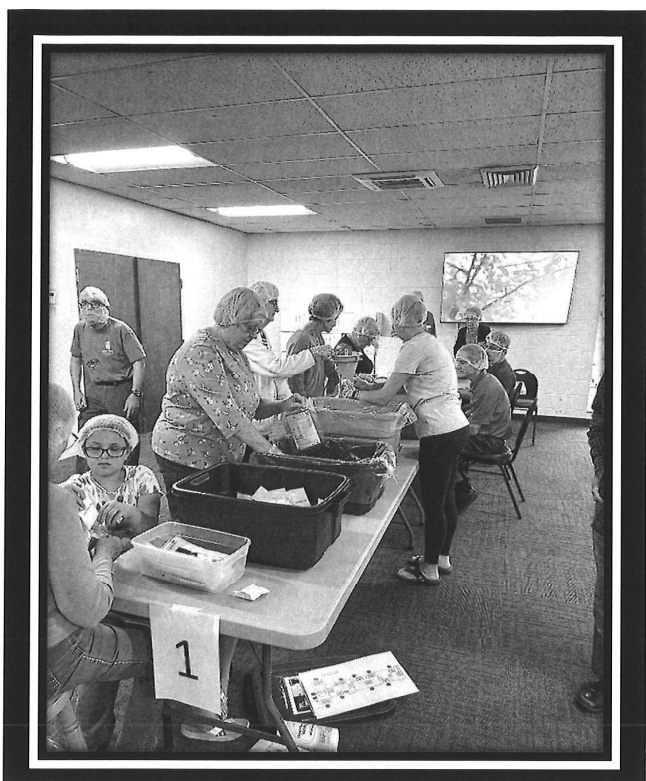


CHILI SUPPER

Doesn't a big bowl of hot chili sound good now that the leaves are turning and football season is here? Join the UWF for our annual Chili Supper on Friday, November 3rd from 4pm-7pm. Please look for sign-up sheets in the narthex. Lots of help will be needed.

We're Going Back To School





Memorial Missions in Action!

More than 200 people from across the community made rice meals for those in need around the world for the Midwest Mission Distribution Center.



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|---|---|-------------------------------------|
| <p>9:30am - First Worship</p> <p>10:30am - SS Classes</p> <p>11:15am - PrayZ Worship</p> | <p>4pm - Chair Yoga</p> <p>5:15pm - Farrington Grove</p> <p>6pm - Dinner Church: The</p> | <p>9:30am - Bible Study -</p> <p>6pm - Chapel Bells</p> <p>7pm - NA - Library</p> | <p>11am - Line Dancing w/Sue</p> <p>1pm - Yarn Ministry</p> <p>5:15pm - Farrington Grove</p> <p>6pm - Cub Scout Meeting -</p> <p>6:30pm - NAMM</p> <p>7pm - Chancel Choir</p> | <p>10am - Margaret Circle:</p> <p>11am - Line Dancing w/Sue</p> <p>5pm - Yarn Group</p> <p>5:15pm - Farrington Grove</p> <p>5:30pm - Mission Team</p> <p>6pm - Cub Scout Meeting -</p> <p>7pm - Chancel Choir</p> | <p>8am - Men's Breakfast at</p> | <p>8am - Covered Bridge Tour</p> |
| <p>2nd Mile Giving</p> <p>9:30am - First Worship</p> <p>10:30am - SS Classes</p> <p>11:15am - PrayZ Worship</p> <p>2pm - Newcomers</p> | <p>Columbus Day</p> <p>Indigenous Peoples' Day</p> <p>5:30pm - Communication</p> <p>6:30pm - S/PPRC Committee</p> | <p>9:30am - Fire Dept.</p> <p>4pm - Chair Yoga</p> <p>7pm - Bowling League</p> <p>7pm - Talzè Prayer Services</p> | <p>9:30am - Bible Study -</p> <p>11am - UMW Planning</p> <p>6pm - Chapel Bells</p> <p>7pm - NA - Library</p> | <p>10am - Margaret Circle:</p> <p>11am - Line Dancing w/Sue</p> <p>5pm - Yarn Group</p> <p>5:15pm - Farrington Grove</p> <p>5:30pm - Mission Team</p> <p>6pm - Cub Scout Meeting -</p> <p>7pm - Chancel Choir</p> | <p>8am - Men's Breakfast at</p> | <p>8am - Covered Bridge Tour</p> |
| <p>Pre School Fall Break</p> <p>Graft Fair Deadline</p> <p>Cresgy's not here</p> <p>9:30am - First Worship</p> <p>10:30am - SS Classes</p> <p>11:15am - PrayZ Worship</p> | <p>5:30pm - Member Care</p> <p>6:30pm - Trad. Worship</p> <p>7:30pm - Trustee Committee</p> | <p>Poplar Leaves Due</p> <p>10am - Sewing Stiches</p> <p>4pm - Chair Yoga</p> <p>6pm - Dinner Church: The</p> | <p>8:15am - Preschool Staff</p> <p>9:30am - Bible Study -</p> <p>6pm - Chapel Bells</p> <p>7pm - NA - Library</p> | <p>Pre School Fall Festival-</p> <p>11am - Line Dancing w/Sue</p> <p>1pm - Yarn Ministry</p> <p>6pm - Cub Scout Meeting -</p> <p>7pm - Chancel Choir</p> | <p>Blood Drive</p> <p>11:45am - Triple F Luncheon</p> | <p>6pm - Music Series: Nikoiaos</p> |
| <p>9:30am - First Worship</p> <p>10:30am - SS Classes</p> <p>11:15am - PrayZ Worship</p> | <p>5:30pm - Finance Committee</p> <p>7pm - Education Team</p> | <p>4pm - Chair Yoga</p> <p>6pm - Dinner Church: The</p> | <p>9:30am - Bible Study -</p> <p>6pm - Chapel Bells</p> <p>7pm - NA - Library</p> | <p>9am - Fold Poplar Leaves</p> <p>11am - Line Dancing w/Sue</p> <p>5pm - Yarn Group</p> <p>6pm - Cub Scout Meeting -</p> <p>7pm - Chancel Choir</p> | | |
| <p>9:30am - First Worship</p> <p>10:30am - SS Classes</p> <p>11:15am - PrayZ Worship</p> <p>2pm - Farrington Grove</p> <p>11pm - 5th Sunday</p> | | <p>Halloween</p> <p>9:30am - Halloween Parade</p> <p>4pm - Chair Yoga</p> | | | | |

