

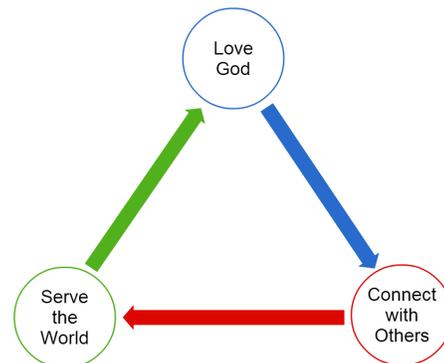
THE MESSENGER

August 2019

Cherry Valley United Methodist Church

Rev. Mark Harkness, Pastor
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Our Mission: Making disciples of Jesus Christ for the transformation of the world by loving God, connecting with others, and serving the world.



A WORD FROM THE PASTOR

16 "And whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting. Truly I tell you, they have received their reward. 17 But when you fast, put oil on your head and wash your face, 18 so that your fasting may be seen not by others but by your Father who is in secret; and your Father who sees in secret will reward you.

Matthew 17:14-21 (NRSV)

14 When they came to the crowd, a man came to him, knelt before him, 15 and said, "Lord, have mercy on my son, for he is an epileptic and he suffers terribly; he often falls into the fire and often into the water. 16 And I brought him to your disciples, but they could not cure him."

17 Jesus answered, "You faithless and perverse generation, how much longer must I be with you? How much longer must I put up with you? Bring him here to me." 18 And Jesus rebuked the demon, and it came out of him, and the boy was cured instantly. 19 Then the disciples came to Jesus privately and said, "Why could we not cast it out?" 20 He said to them, "Because of your little faith. For truly I tell you, if you have faith the size of a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible for you." 21 [But this kind does not come out except by prayer and fasting]

Matthew 17:14-21 (NRSV)

Grace and peace in the name of our Lord and Savior, Jesus Christ.

One of your pastor's peculiarities is that on the Sunday prior to baptisms, I ask for at least six volunteers to join me in prayer and fasting for the baptismal candidate on the Saturday before the baptism. Sometimes this leads to a long pause as I wait for volunteers before proceeding with worship.

Prior to the most recent baptism, more than one of the volunteers asked what was expected during such a fast. That led to further discussion about what spiritual fasting entails. Most of us are familiar with medical fasting in which we abstain from food (and often even water) prior to blood work or a procedure. However, we don't talk much about fasting in the church.

Fasting has a long history in Christianity and Judaism. When faced with tribulation, kings and prophets would proclaim a fast to seek God's will or mercy. We find such incidents in Joel, Esther, and Jonah. Daniel and his companions engaged in a "partial" fast in which they abstained entirely from meat and other rich foods while serving under Nebuchadnezzar during the Babylonian exile. Immediately after his baptism, Jesus fasted for forty days as he prepared for his earthly ministry.

Many traditions maintain fasting as a routine part of religious practice, either during particular seasons such as Lent or as a weekly practice on Friday and maybe Wednesday. The early Methodists fasted routinely on Fridays.

How do I fast? What's expected? Is there anything that I can consume? What are the rules? These are practical questions that may inhibit people from either practicing the discipline or make them reluctant to commit to a pre-baptism fast when sincerity meets uncertainty (i.e. not wanting to mistakenly fail at a promise).

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John Wesley instructed the early Methodists to conduct their regular fasting this way: Eat a hearty evening meal on the day prior to the fast. Then, abstain from eating the morning or noon meal. In late afternoon, eat a light meal avoiding rich foods. I will add that spiritual fasting includes the particular intention to avoid all sin during the fast and to utilize the time that one might spend eating or preparing to eat to pray. When fasting for a particular purpose, the prayers during that time would be centered on that purpose. For instance, when praying for one to be baptized, I pray for spiritual protection for that one and for his family, for the church that it might be a haven of growth and faithful to its promise during baptism, and that the one being baptized might continually avail himself of God's grace.

Fasting is not a legalistic practice in which rules have to be followed precisely. It is a spiritual practice in which we devote ourselves and time to God. Therefore, a diabetic will need to discern if her fasting involves eliminating a "routine" food rather than abstaining all together. Likewise, someone who's medication requires food, might choose to limit her food consumption to only that which is necessary to avoid medical side effects. The intention of fasting is focus not misery. Hence, Jesus instructs that we present oneself as full of life in order to claim the benefit.

Even though, my fast will be a complete fast (except for non-caloric liquids) from Friday until after worship on Sunday, when I invite persons to engage with me in prayer and fasting prior to a baptism, I anticipate Wesley's instructions above while recognizing that individual circumstances may necessitate something different.

Although I'm unable in this space to present a more in depth history or guidance on fasting, I hope that this provides some guidance and insight, especially on those occasions when I extend the invitation during particular moments in the life of the church.

Your brother in Christ,

Rev. Mark Harkness, OSL



Membership Removal



The annual Church Conference is coming up in late autumn and at the meeting we will be removing names of people from our membership rolls. These are people who have moved away and/or with whom we have had no communications for many years and whose last known addresses are invalid. We will print the names of those people in future issues of the *Messenger*.



Military Personnel

Sean Conderman
Tamara Duke
Dan Harter
Mark Kincaide

Members & Friends

Sandra Baxter
Jeff Brown
Violet Collier
Trudy Hunt
Keith Kruger
Lela Lameyer
Lois Marander
Lyons Meyers
Marlene Meyers
Jerry Manypenny
Jim & Barb Whitlock

Mission

Pastor Kim & the Next
Generation Ministry

Those Who Mourn



PRAYER REQUESTS: If you have prayer concerns that you wish to express, please fill out a prayer request card located in the Prayer Chapel. Please indicate how you would like your request shared via the check boxes at the bottom of the card and then place the concerns in the request box. You may also email your prayer requests to the secretary who will pass it on the Prayer Chain.

Thank You

Dear Pastor Harkness and Congregation.

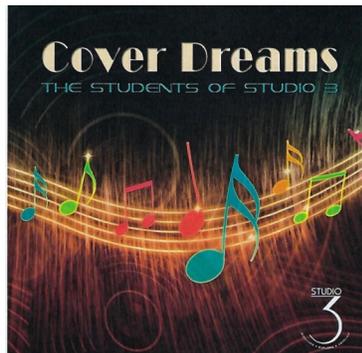
Thank you for the 40 pounds of food and for supporting the Rock River Valley Food Pantry! We are so fortunate to have donors like you who allow us to provide for those in the community that face food insecurity on a daily basis.



While you may never know the individuals that you've helped, you will know that you've made a difference, and they know that someone cares!

Sincerely,
Kim Adams-Bakke, Executive Director

Studio 3 CD Release



Jenny Hartman has released a new CD and it will be available at the church on Sundays. Look for a display on the table in the sanctuary entrance.

All performances are current for this year and the signature track features Studio 3 alumni as well as Jenny on strings/synth/bass and her friend Ben on guitar and drums.

The cost is \$7 and all the income goes to the group music programs at Studio 3. You may also purchase a copy from her website at www.studio3today.com/shop

CHURCH COUNCIL



The following are dates for Finance Committee and Church Council meetings. If you are a part of these committees, please put these dates in your calendar. Finance Committee meetings will be at 6:15 pm, all dates.

Church Council will be at 7:00 pm, all dates.

(an excerpt from the book *Daughters by Design* by Paula Jarot)



Paula's mind raced: Adoption is not happening! I'm too old. I'm comfortable -an empty nester! I'm busy teaching. A nine-year-old? Why me? Desiring to do God's will, Paula searched in John Piper's *A Hunger for God* and wept when she read Isaiah 58:6-8 on giving shelter and food to the needy. Five weeks later, God led her to mother not just one, but two Cambodian orphans. "We had no idea how rough our road would be for the next four years . . . But Paul and I were willing to obey the Lord's clear direction . . . without ever asking a few obvious questions . . ."

To hear more about Paula and Paul Jarot's inspiring and sometimes heartbreaking journey to adopt two Cambodian girls, join Judy Long as she presents a program on Thursday, August 8 at 12:30 at Beth Eden Church, 3201 Huffman Blvd. Judy will share a video and read several excerpts from the book, *Daughters by Design*. All are welcome to come. The program is hosted by the Edenettes of Beth Eden.



HEIFER INTERNATIONAL GRATEFULLY RECOGNIZES

Cherry Valley Umc

For serving the Lord through faith efforts and exercising your gifts and donations to end hunger and poverty. This congregation has richly blessed families in need with gifts of livestock and agriculturally sound training to help families become self-reliant.

"He who is kind to the poor lends to the LORD, and he will reward him for what he has done."
PROVERBS 19:17

Pierre A. Fenari
 Heifer President & CEO

Presented this
 10th day of July, 2019



Cherry valley

COMMUNITY-WIDE GARAGE SALE

September 20 and 21
 We will be participating

Start collecting your items now!

- All items must be serviceable and in working order.
- Items are to be cleaned before being brought to the church.
- Suggested items: jewelry, cameras, watches, clocks, frames, framed art, knick-knacks, ceramics, mugs, china, flatware, toys, games, jig-saw puzzles, (with all of the pieces included), jewelry boxes, musical instruments, etc.

For more information, please see Donna Layng

Please, No Clothing Items

Rock River Valley Food Pantry

Feeding Rockford One Meal At A Time



Thank you for your continued support of the Rock River Valley Food Pantry. The pantry currently serves approximately 6,800 clients per month. You can help by bringing your non-perishable foods and placing them in the basket located in the foyer of the church.

CURRENT NEEDS LIST

Canned Fruit	Applesauce	100% Juice
Canned Vegetables	Pasta and Rice	Cereal
Peanut Butter	Tuna	Soup

PEANUT BUTTER ENDOWMENT

The Rock River Food Pantry also has a Peanut Butter Endowment program in which charitable contributions of property, assets or funds are placed. Endowments are created for non-profit organizations in support of a specific goal. The Peanut Butter Endowment was created to purchase food to distribute to our clients. Join in this valuable cause by making a one-time or recurring donation. You may go to the web site at <http://www.rrvp.org/peanut-butter-endowment/> and view the brochure outlining the program and you can donate on line.

Creative Learners II Preschool

Creative Learners II Preschool classes ended in May after a very successful year. The Board's last meeting was June 28 and we voted to give the church \$1000 for children/youth programs as a thank you for sponsoring the preschool.



Thank you also to Barb Anderson, Donna Layng, Grace Harter for serving on the Board for many years as well as our latest Treasurer, Theresa Murphy, who did a splendid job for us.

Thank you to Carol and Sue for their many years of dedication and love/compassion for the program as the instructors. Over the years, they provided help for many, many families and students.

Karen Harter, chairman



Birthdays & Anniversaries



August Anniversaries

- 12 Doug & Pam Grothman
- 14 Larry & Mary Lou Clevenger
- 16 David & Barbara Anderson
- 17 Michael & Debora Seno
- 18 Nick & Katie Brown
- 22 Warren & Debbie Gross
- 23 Jim & Juanita Barnes

August Birthdays

- 2 Lois Marander
- 4 Barbara Whitlock
- 9 Susan Layng
Karlene Brown
- 12 Barbara Anderson
- 18 Terri Burritt
Sean Conderman
Sally Lawton
- 20 Jennifer Dienberg
- 26 Charlie Schnuckel
- 27 Larry Clevenger
Daniel Halley
Ryan Herold
- 29 Julie Halley



Worship in the Park

The annual church picnic will be at the Baumann Park Pavilion at 9:45 am on August 11, 2019. The Worship Committee will provide chicken. Just bring your own table service, a side dish to share, a non alcoholic beverage of choice, and your bestie and enjoy the day in the park. There will be singing and of course, plenty of food.

August Worship Leader Schedule	Sunday August 4	Sunday August 11	Sunday August 18	Sunday August 25
Liturgist		Worship in the Park	Charles Schnuckel	Andrew Schwartz
Greeter Team	Youth Group	Worship in the Park	Jan Mills Dave Mills	Patty Campbell Mary Wilson
Usher	Youth Group	Worship in the Park	Dave Ward	Keith Burritt
Media	Andrew Schwartz	Worship in the Park	Patricia Irps	Matthew Hartman
Fellowship Hosts	Choir	Picnic in the Park	Mission Team	Methodist Women

Upcoming Sermons

Below is a schedule of the sermons and scripture readings that Pastor Mark will be presenting. To prepare yourself, please read the scriptures beforehand. Printed copies of Pastor Mark's sermons are available on the church website (cherryvalleyumc.com). Click the worship tab.

August 4

Call to Worship Psalm 107:1-9
 Scripture Lesson Hosea 11:1-11; Colossians 3:1-11
 Gospel Luke 12:13-21
 Guest Preacher Rev. Don Dexheimer

August 11

The Pillars of Faith Series—1
 Call to Worship Psalm 50:1-15
 Scripture Lesson Hebrews 11:1-3, 8-16
 Gospel Luke 12:32-40
 Message How Faith Acts

August 18

The Pillars of Faith Series—2
 Call to Worship Psalm 80
 Scripture Lesson 1 Timothy 1:12-17
 Gospel Luke 15:11-32
 Message The Eyes of Faith

August 25

The Pillars of Faith Series—3
 Call to Worship Psalm 71:1-6
 Scripture Lesson Jeremiah 1:4-10
 Gospel Luke 13:10-17
 Message Faith in the Face of Opposition



This is the soup recipe that was made for VBS and served at our VBS celebration on Sunday, July 21, 2019. Now you can make your own HEART-Y SOUP!

1. Empty the contents of the bag with beans into a large pot. Rinse the beans, and pour off the excess water.

2. Add the contents of the smaller plastic bag into the pot with the beans. Cover with 6 cups of water, and bring to a boil. Simmer for 2 minutes; then remove the pot from the heat, cover it, and let the bean mixture soak for 1 hour.

3. Stir in 2 more cups of water, and bring the mixture to a boil. Reduce the heat, cover the pot, and cook at a gentle boil for 2 hours or until the beans are tender, stirring every 15 minutes. You may need to add a little more water if the soup becomes too thick.

Makes 8 one-cup servings.

Variation: Add 1 cup frozen mixed vegetables and ½ pound of browned stew meat, rotisserie chicken, or cooked chopped ham after the 1 hour of soaking.

Continue cooking as directed.

Permission to photocopy this resource from Group's Yee-Haw VBS granted for local church use. Copyright © 2019 Group Publishing, Inc., Loveland, CO. group.com

INGREDIENTS:

Large bag of beans:

1/3 cup of dry split peas
 1/3 cup of dry red beans
 1/3 cup of dry white navy beans
 1/3 cup of dry pinto beans

Small bag of seasonings:

1/4 cup of dry quinoa
 2 tablespoons of beef bouillon granules
 1 tablespoon of dried onion flakes
 1 tablespoon of oregano
 1 tablespoon of garlic powder
 1 tablespoon of dried basil
 1 bay leaf



Thank you to the **VBS Crew** for your hard work and dedication that made for another great Vacation Bible School. Thanks for your time and energy (lots of energy!) The stage set was perfect and made for a realistic Yee Haw event!

A special thank you to **Deb Gross**, our commander in chief! From looking for just the right VBS program—Yee Haw, to getting the team set up, to pulling it all together, her passion and vision inspired and motivated a great program and ensured that it all went off without a “hitch.”

Thanks to **Dave Ward** for his artistic rendering of a barn and chuck wagon, complete with fences. Thanks to the **Creative Learners** for the barn yard animals that really helped set the scene.

Thanks to **all who donated money**. We received \$196 Operation Kid 2 Kid for moms and children in Zambia, Africa and we received \$345 total in donations from the congregation to support VBS, which we appreciate so much! We could not have VBS without you. We are so blessed!

The Crew

- | | | |
|--------------------|-----------------|----------------------|
| Dave Ward | Kathy Sunberg | Kayte Kloss |
| Melynda Mungor | Sherry Gordon | Susan Harkness |
| Jessica Bilderback | Ronnie Layng | Pastor Mark Harkness |
| Scott Bilderback | Scott Layng | Warren Gross |
| Hailee Kerr | Gwen Flood | Juanita Barnes |
| Jim Bryant | Linnea Peterson | Nancy Laurent |
| Janet Bryant | Andrew Schwartz | |
| Donna Layng | Nathan Schwartz | |
| | Carolyn Kloss | |

To view more pictures of VBS activities, go to the Cherry Valley United Methodist Church Facebook page



By Jim Whitlock

How do Christian parents raise their children to become God serving, Jesus loving, men and women? The best book to consult on raising Christian children is God’s word, the Bible.

Proverbs 20:7—“*The righteous lead blameless lives; blessed are their children after them.*”

Your children will learn more from your lifestyle than from your words. They will be watching you to see how you handle your problems at home, in the community, or at church. Who is teaching them character: They don’t learn character at school or Sunday school. They learn it from their parents. Character is made up of traits such as honesty, dedication, helpfulness, tithing, truthfulness, charity, gentleness, and obedience. We are our children’s example.

Proverbs 4:2-4—“*I give you sound learning, so do not forsake my teaching. For I too was a son to my father, still tender, and cherished by my mother. Then he taught me, and he said to me, ‘Take hold of my words with all your heart; keep my commands, and you will live.’*”

We need to give to our children total unconditional love and acceptance. We need to let the child know that although we may not accept what the child does, we still accept him and love him. Not only do we tell the child we love him, but we show him by holding, hugging, and kissing him. This is biblical.

Luke 15:20—“*So he got up and went to his father. But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him.*”

The prodigal son came home after wasting his inheritance with wild living. His father saw him and ran to him, throwing his arms around his neck and hugging him. He kissed him.

Proverbs 3:21-26—“*My son, do not let wisdom and understanding out of your sight, preserve sound judgment and discretion; they will be life for you, an ornament to grace your neck. Then you will go on your way in safety, and your foot will not stumble. When you lie down, you will not be afraid; when you lie down, your sleep will be sweet. Have no fear of sudden disaster or of the ruin that overtakes the wicked, for the Lord will be at your side and will keep your foot from being snared.*”

Give them constant encouragement. You can hear the encouragement that Solomon is giving to his son. This is building confidence and blessing him. When we encourage our children, we are really blessing them. Our children need our blessings and encouragement. We should constantly encourage our children.



August 2019

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
				1 10:30 am Studio 3 <i>Pastor Mark begins vacation</i>	2 10:30 am Studio 3	3 9:00 am Gamblers Anonymous
4 8:00 am UMM @ CV Café 9:45 am Worship 11:00 am Fellowship	5	6 8:00 am Studio 3 4:00 pm Studio 3 6:30 pm Boy Scouts	7 9:00 am Bible Study @ CV Café 6:30 pm Trustees	8 10:30 am Studio 3	9 10:30 am Studio 3	10 9:00 am Gamblers Anonymous <i>Pastor Mark returns from vacation</i>
11 <i>9:45 am Worship in the Park @ Baumann Park</i>	12 <i>8:00 am—Noon Studio 3 Music Camp</i>	13 6:30 pm Boy Scouts <i>8:00 am—Noon Studio 3 Music Camp</i>	14 9:00 am Bible Study @ CV Café <i>8:00 am—Noon Studio 3 Music Camp</i>	15 <i>August Messenger items due</i> <i>8:00 am—Noon Studio 3 Music Camp</i>	16 <i>8:00 am—Noon Studio 3 Music Camp</i>	17 9:00 am Gamblers Anonymous
18 9:45 am Worship 11:00 am Fellowship	19	20 8:00 am Studio 3 4:00 pm Studio 3 6:15 pm Finance 6:30 pm Boy Scouts 7:00 pm Church Council	21 9:00 am Bible Study @ CV Café	22 10:30 am Studio 3	23 10:30 am Studio 3	24 9:00 am Gamblers Anonymous
25 9:45 am Worship 11:00 am Fellowship	26	27 8:00 am Studio 3 4:00 pm Studio 3 6:30 pm Boy Scouts	28 9:00 am Bible Study @ CV Café	29	30	31

Messenger items are due to the secretary on the 15th of each month.



Cherry Valley United Methodist Church
 112 South Cherry Street, P.O. Box 235
 Cherry Valley, Illinois 61016

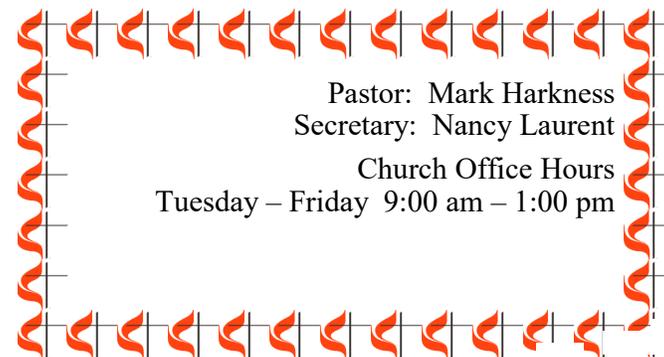
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 CHERRY VALLEY
 IL 61016



Sunday School @ 8:45 am for all
 ages. September—May

Sunday @ 9:45 am—Worship
 Sunday @ 11:00 am—Fellowship

All are welcome!



Pastor: Mark Harkness
 Secretary: Nancy Laurent

Church Office Hours
 Tuesday – Friday 9:00 am – 1:00 pm



Operation Christmas Child Is Underway!

Pick up your shoe box today!

To get started:

1. Pick up a box at the church or use one of your own (no larger than a tennis shoe box).
2. Determine boy or girl
3. Select the age category, 2-4, 5-9, or 10-14.
4. Mark the age category on a label and place the label on top of your box.
5. Fill your box with a variety of gifts that will bring delight to a child.
6. **Include \$9 donation (cash or money order) for each box you prepare** to help cover the cost of shipping and other project costs.
7. Place a rubber band around the box and bring it to the church.

Things to remember:

1. **NO food items or candy**
2. **NO toothpaste**
3. **NO used, damaged or dirty items**
4. **NO liquid or lotions or items that leak, melt or freeze**
5. **NO breakable items**
6. **NO items that scare or harm a child**
7. **NO medications or vitamins**
8. **NO glass containers**
9. **NO aerosol cans**
10. **NO war related items i.e. toy guns, knives, or military figures.**

If you need more information please see Jim Bryant or Deb Seno.

For more information about **Samaritan's Purse Operation Christmas Child**, go to the website at SamaritansPurse.org

Top 100 Shoebox Items

1 Baby Powder	34 Harmonica	67 Scarves
2 Baby Wipes/Wet Wipes (Non-Medicated)	35 Hat/Ball Cap	68 Scissors
3 Ball	36 Ink Pad (Not Liquid)	69 Scribblers
4 Balloons	37 Jewelry	70 Sewing Kits
5 Bandages	38 Jigsaw Puzzles	71 Shoes
6 Bandanas	39 Lego	72 Shorts
7 Bar of Soap	40 Lined Paper	73 Silly Bands
8 Beads	41 Magnets	74 Silly Putty
9 Bibles	42 Magnifying Glass	75 Skipping Rope
10 Brush	43 Markers	76 Skirt
11 Building Blocks	44 Mirrors (Encased)	77 Slime
12 Calculators	45 Multi-Color Sharpies	78 Slinky
13 Candles	46 Musical Recorder	79 Small blankets
14 Chalk	47 Nail Clippers	80 Soccer Ball/Pump
15 Cloth Bags	48 Nail File	81 Socks
16 Clothing	49 Notepads	82 Stickers
17 Coloring Book	50 Oil Pastels	83 String
18 Comb	51 Paints/Solid	84 Sunglasses
19 Craft Items	52 Pencil Case	85 Temporary Tattoos
20 Crayons	53 Pencil Crayons/Sharpener	86 Tennis Balls
21 Cup	54 Pencils/Sharpener	87 Tools & Multi Tools
22 Dental Floss	55 Pens	88 Toothbrush/Case
23 Deodorant (Solid Only)	56 Personal Letter with Photo	89 Toques
24 Dolls	57 Picture Book	90 Toy Cars
25 Erasers	58 Play Dough	91 Toys
26 Finger Puppets	59 Plush Animals	92 T-Shirt
27 Fishing Kits	60 Porcelain Items	93 Tweezers
28 Flip Flops	61 Powdered Laundry Detergent (Original Packaging)	94 Underwear
29 Foam	62 Purse	95 Wallet
30 Games	63 Razors (Age Appropriate)	96 Washcloth
31 Gloves	64 Resin Items	97 Watch
32 Glue Stick	65 Ruler	98 Wax Crayons
33 Hair Accessories	66 Sanitary Napkins/Tampons	99 Windup Flashlight
		100 Yoyo