



The Gateway

MAY 2018

WORSHIP TIMES

Sunday Mornings:

8:30 and 10:45 AM

- 8:30 AM worship is Communion and Meditation in the Chapel.
- 10:45 AM worship is a Family service in the Sanctuary. During the school year, our choirs and praise band, The Fire Within, provide inspirational music.
- See inside for additional worship and fellowship opportunities.

WORSHIP OPPORTUNITIES

May 6 / Communion, Music Sunday—
“Make a Joyful Noise Unto the Lord”

May 13 / Youth Sunday

May 20 / Pentecost Sunday, Baptism and Aldersgate Sunday. Wear bright colors, such as red, orange or yellow.

May 27 / Memorial Day, please send names and branch of service of those who have served in the military and have gone to their home in glory to the church office by Sunday, May 20th.

Encouraging
Enriching &
Empowering



Warmed Thoughts FROM THE PASTOR



As we prepare for Spring, we hope for the warmer drier weather but the rain and the snow keep on coming. Life continues to have joys and challenges, and with transitions there are many joys and sorrows. But in the midst of change there are constants, God's faithfulness and God's promises. One promise God gave came with a sign that was to remind Him never to flood the whole earth again, the rainbow. Genesis 9:16: "Whenever the rainbow appears in the clouds, I will see it and remember the everlasting covenant between God and all living creatures of every kind on the earth."

Which brings me to Noah, a man that trusted God and followed God's leading to build an Ark. A ridiculous notion since people had not seen rain before the flood. There is a lot we can learn from the story of Noah and Joyce Goodyear shared some of these things with the Prayer Group that are worth sharing—enjoy.

Everything I need to know, I learned from Noah's Ark:

1. Don't miss the boat.
2. Remember we are in the same boat.
3. Plan ahead. It wasn't raining when Noah built the Ark.
4. Stay fit. When you are 600 years old, someone may ask you to do something really big.
5. Don't listen to critics; just get on with the job that needs to be done.
6. Build your future on high ground.
7. For safety's sake, travel in pairs.
8. Speed isn't always an advantage. The snails were on board with the cheetahs.
9. When you're stressed, float for a while.
10. Remember, the Ark was built by amateurs; the Titanic by professionals.
11. No matter the storm, when you are with God, there's always a rainbow waiting.

Look for the rainbows in the midst of the rain and clouds. God's SON is ever present. The message of the Risen Christ gives us hope, "Do not be afraid, I am with you always."

WITH
CHRIST
ALL THINGS ARE POSSIBLE





OUR STAFF

PASTOR

Lilanthi Ward

SENIOR MINISTRIES

Barbara Myers and John Paschen

INTERIM CHILDREN, YOUTH & FAMILY MINISTRIES

DIRECTOR

Katie Collins

HEALTH MINISTRY

Lynn Creager

STEPHEN MINISTRY LEADER

Larry Godfrey

CHANCEL CHOIR

DIRECTOR

Jacob Smith

CELEBRATION RINGERS

DIRECTOR

Jacob Smith

ORGANIST

Judy East

ADMINISTRATIVE ASSISTANT

Alana Danko

CUSTODIAN

Becky Buchanan

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Helen Denniss
Nancy Einhart
Helen Gebhard

Sarah Hess—*Editor*
Nancy Liming
Vergie Johnston
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THE GATEWAY NEWS!

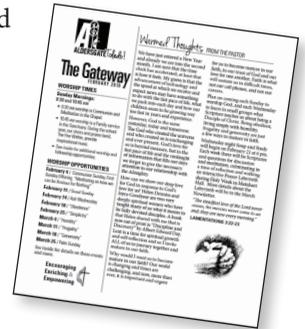
The Gateway Newsletter has been a monthly reading staple in Aldersgate households for decades. Communication in our community and world is constantly changing and evolving. The church communication process through the Gateway is changing, also.

We have come up with three options for everyone to get their church information.

1. To request a printed copy of the newsletter be mailed to you, you MUST call the church office, 419-473-1294.
2. Copies will be available each month to pick up at the church for those who prefer a printed copy.
3. For those who have access to a computer and the internet, The Gateway will be found online at the church website: aldersgatetoleidoumc.org

Thank you for your cooperation as we seek to be good stewards of our resources as well as maintain healthy communication.

– Your Gateway Staff



GIFT CARDS

Stop at the Welcome Center in the Narthex to place or pick up your order on these dates: *Order: June 3 Pickup: June 10*



INCLEMENT WEATHER During inclement weather we will inform Channel 11 and Channel 13 if we are not having worship on Sunday. For information regarding meetings, please call either the church office or your team leader.

OUR NEW CHURCH FAMILY PASTOR!

Beginning on July 1, Pastor Melissa Steinecker will be taking over as the new pastor at Aldersgate. Pastor Steinecker has been a pastor in the West Ohio Conference for over 20 years and served at Zion UMC, Kansas UMC and St. Paul RisingSun UMC. She is currently serving as pastor at St. Paul's UMC in Defiance. In addition, she has served as the Mission Impact Director for the Maumee Watershed and Northwest Plains districts. She has been involved in education and mission work in such areas as human trafficking, heroin and opioid addiction, and prison reentry programs.

Pastor Steinecker is also known to be a passionate and knowledgeable preacher. She will be joining Aldersgate as a full-time elder and hopes to continue her work in these areas during her time here.

She will be joined by her husband Rob, a carpenter specializing in cabinetwork and trim work. Outside of the ministry, Pastor Steinecker works with horse training, is an avid reader, and enjoys traveling. This includes mission trips to Hispanic areas of the world.

We will be holding informal meet and greet sessions with Melissa and Rob in July.

Thank you to Ad Board chair, Chris Collins, Finance chair Gary Mohr, and the SPPR committee for all of their guidance and hard work during this process.

PEACE OF MIND SEMINARS

Mark your calendars for the next series of “Peace of Mind” seminars on Saturday’s May 12, 19 and 26. The seminar series will focus on issues that pertain to seniors. They are invaluable for adult children as well as seniors.

STEPHEN MINISTRY— WHAT’S THAT?

You may have heard of Stephen Ministry at a recent worship service or noticed the banner in the hallway proclaiming Aldersgate is a *Stephen Ministry Church*. Or perhaps noted that the same phrase is printed on the front of our worship bulletin each week. And perhaps you have wondered, “just what is Stephen Ministry and what do Stephen Ministers do?”

To begin with, Stephen Ministry is the one-to-one lay caring ministry that takes place in congregations around the world, including here at Aldersgate and several other churches in the greater Toledo area. Stephen Ministry congregations equip and empower lay caregivers—called Stephen Ministers—to provide high-quality, confidential, Christ-centered care to people who are going through challenging times in their lives, such as grief, divorce, job loss, chronic or terminal illness, relocation, or separation due to military deployment. Stephen Ministers come from all walks of life.

Their commonality? A passion for bringing Christ’s love and care to people during a time of need with a listening ear.

Aldersgate United Methodist Church has been a Stephen Ministry church for over 15 years and dozens have completed the 50 hours of training to minister to those within and outside our congregation. Today we have six active Stephen Ministers in our congregation and are looking for those desiring to make a difference in the lives of others. If you think this might be something you would be interested in, please speak to any of our Stephen Ministers (John Paschen, Sally Finnegan, Judy East, Jay Merritt), Pastor Lilanthi, or Larry Godfrey, our Stephen Leader.

Most importantly, if you think you, or someone you know, might benefit from having a Stephen Minister, please contact the Pastor or Larry Godfrey for more information. Please know that all of Stephen Ministry is a confidential relationship between the Stephen Minister and the individual receiving care.

SCHOLARSHIPS

It is great news that we have 11 applicants this year for the Aldersgate United Methodist Church Education Scholarship Grant 2018 (the most to ever apply at one time). However, we only have a bit over \$6800 currently in the fund. If you have been considering supporting the Education Scholarship with a donation, now would be a good time.

– David Neuendorff



At Aldersgate, Connection Groups are a vital part of our time spent with God and with our community. Take a look at these possibilities and if you don't see what you are looking for or want more information, you can check our website, or contact our office with your suggestion.

SUNDAY MORNINGS

9:30 to 10:30 AM

CONTEMPORARY ISSUES

Discussion group about current issues and faith.

CHILDREN'S SUNDAY FUN

Sunday Fun group leaders:

Infants & Pre-schoolers

Kara Brown

1st-3rd Grade

Catherine & Corey Grice,

4th-5th Grade

Sue Keaton & Sharon Merritt.

If you are willing to sub for any of these age groups please contact Amy Allen at 419-215-4483.

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 Call the church office to
 continue receiving a
 printed copy of
The Gateway newsletter.

WOMEN

RUTH CIRCLE

May 9 / 1:00 PM
 September-May.

LYDIA CIRCLE

May 21 / 6:00 PM / September-May. May's meeting will be dinner at The Olive Garden.

ALDERSGATE

LADIES BOOK CLUB

May 30 / 7:00 PM
 Choir Room. We will be reading "The Round House" by Louise Erdrich.

MEN

MEN'S GROUP

This group meets the first and third Sundays of each month during the school year from 6:30 to 8:00 pm in a member's home. The group is open to all men from 18 on up.

WOMEN & MEN

STEPHEN MINISTRY

Anyone interested in becoming a Stephen minister should contact Larry Godfrey.

EUCHRE

May 18 / 7:00 PM / All are welcome, even if you don't know how to play Euchre. Bring a snack or beverage to share. Coffee is provided.

AUDIO-VISUAL CLUB

This group meets Mondays at 5:30 to 7:00 pm in the Sanctuary.

TRAVELING LIGHT LIFE GROUP

This group meets at a member's home on the second and fourth Wednesdays of the month at 7:00 PM. They study, fellowship and travel life's roads together.

Starting in June, we will be studying Max Lucado's "More to Your Story." Contact Sarah Hess or Karen Price for information.

SENIORS

WEST PARK PLACE

3501 Executive Pkwy, Toledo, OH

Bible Study:

May 2 / 2:30 PM

Folding Chair Theater:

May 14 / 1:30 PM

Worship:

May 20 / 2:00 PM

All are welcome to join together in a time of worship and celebration of our Christian Faith.

ELDERSGATE

May 22 / 12:00 PM / We meet in Meinhart Hall. Please make reservations by 7:00 pm the Sunday evening before by calling Vicky at (419) 292-1004.

Guest speaker is Ms. Diane Barndt from the Victory Center. "Reaching Out to Cancer Patients and Their Families"

MUSIC

CHANCEL CHOIR

Rehearsals: Thursday Evenings 7:00 PM / Adult choir that provides worship music at the 10:45 am worship and some special services. September-May.

THE FIRE WITHIN PRAISE BAND

Rehearsals: Monday Evenings
5:30 PM / A contemporary group
that helps lead worship on Sunday
mornings at 10:45 am and for
special events.

CELEBRATION RINGERS BELL CHOIR

Rehearsals: Thursday Evenings
6:00 PM / Adult bell choir that
plays monthly at the 10:45 am
worship and some special services.
September-May

COMMUNITY

BOB EVANS

4805 Monroe Street, Toledo
May 1 & 15 / 8:00 AM to 7:00 PM.
Don't only go to taste the food but
taste the sweet fellowship of eating
with friends and knowing that the
cost of your meal is also supporting
ministry at Aldersgate.

DEVEAUX ELEMENTARY

2620 W. Sylvania Avenue,
Toledo / An ongoing partnership
of helping with supplies, in the
library, mentoring and tutoring.
Contact Christian Taylor for more
information.
Tutoring: Wednesdays after school.
Bell Choir: Thursdays after school.



FRIENDLY CENTER

May 8 / 12:00 PM / Guild Meeting
at Riverpoint Ministries, 2862 131st
St., Toledo.

Program: "Jesus Life In Art" by
Becky Warnock.

Reservations are needed by
May 4. Contact Sally Finnegan
at 419-382-1714.

The Marketplace for All People
is moving to the Friendly Center
from St. Paul's Community Center.
They need volunteers to help with
the move coming up. This can be a
summer project for youth groups,
etc. The project includes moving
bags of clothing out of storage,
organizing it at Friendly Center.
Contact Nadia Taylor, Outreach
Coordinator, at 419-243-8284
marketplace.toledo@gmail.com.

Also being planned is a Summer
lunch program for children ages 6
to 11. This is for about 30 children.
There is collaboration with other
churches in the area for this
program. Details to follow.

May Friendship Day

May 4, 6:00 p.m. at Braden UMC,
4125 Dorr St. Dinner and worship.
Call Carol for reservations at
419-727-3809 by May 1.

UMW EVENTS

On Friday, May 4 and Saturday,
May 5 we will have a rummage
sale. This will be a \$5.00 bag
sale both days with setup on
Wednesday and Thursday.



CHILDREN, YOUTH & FAMILY MINISTRIES

Lakeside is approaching
quickly. Tony Thomas is being
commissioned this year on
Tuesday, June 5. If you are
interested in attending, contact
Katie Collins. More details
to follow.

We are having a car wash for our
next Mission trip fundraiser on
June 9.

Let's Celebrate Mom! Sunday, May
13 is Youth Sunday and the youth
will be leading worship for us that
day. *No youth group that night.*
Instead, celebrate the "Moms" in
your life.

\$50.00 registration deposits for
mission trip are due by May 12.

The next Youth and Family
Luncheon is on May 20th. We will
be serving a taco/taco salad bar
No youth group on Sunday, May 27.

PRECIOUS PEOPLE PRESCHOOL

What a fantastic year! Thank
you so much Aldersgate family
for supporting us and helping us
reach out to our community this
past school year through your
preschool program. Together we
were blessed to service 26 children
with an educational, hands-on
program that fostered their growth
and supported their spiritual
upbringing.

Come celebrate each child's success
with us on their graduation night,
May 25th at 7 PM.

We are sad that our year has come
to an end but we greatly look
forward to the new year to come.



HEALTH MINISTRIES

CELIAC DISEASE

Celiac disease is an immune reaction to eating gluten, a protein found in wheat, barley and rye. Eating gluten triggers an immune response in your small intestine. Over time, this reaction damages your small intestine's lining and prevents absorption of some nutrients. It can become active for the first time after surgery, pregnancy, childbirth, viral infection or severe emotional stress. The intestinal damage often causes diarrhea, fatigue, weight loss, bloating and anemia, and can lead to serious complications. For most people following a strict gluten-free diet can help manage symptoms and promote intestinal healing.

Symptoms:

Diarrhea, fatigue, weight loss, bloating, gas, abdominal pain, nausea, constipation and vomiting. More than half of adults with celiac disease have symptoms that are not related to the digestive system, such as anemia, loss of bone density, itchy, blistering skin rash, damage to dental enamel, mouth ulcers, headaches and fatigue, numbness and tingling in the feet and hands, possible problems with balance and cognitive impairment, joint pain, reduced spleen function, acid reflux and heartburn.

Celiac disease tends to be more common in people who have:

- a family history
- type 1 diabetes
- Down or Turner syndromes
- autoimmune thyroid disease
- microscopic colitis
- Addison's disease
- rheumatoid arthritis

Complications:

If untreated, can cause:

- malnutrition
- loss of calcium and bone density
- infertility and miscarriage
- lactose intolerance
- cancer-intestinal lymphoma and small bowel cancer
- neurological problems—seizures or peripheral neuropathy

Diagnosis:

Doctors may order two blood tests to help diagnose celiac disease. They are:

- Serology testing looks for antibodies in your blood. Elevated levels of certain antibody protein indicate an immune reaction to gluten.
- Genetic testing for human leukocyte antigens can be used to rule out celiac disease.

If these are positive, your doctor may order an endoscopy to view your small intestine and to take a tissue sample to analyze for damaged villi (small, finger-like projections that extend into the inside space of the small intestine).

Treatment:

- A lifelong gluten-free diet. In addition to wheat, foods that contain gluten include: barley, bulgur, farina, graham flour, malt, rye, semolina.
- Vitamin and mineral supplements.
- Your doctor may recommend steroids to control inflammation. Steroids can ease severe symptoms of celiac disease while the intestine heals.

Complete healing and regrowth of the villi may take several months to several years.

It can be difficult and stressful, to follow a completely gluten-free diet. Here are some ways to help you cope and feel more in control:

- Get educated and educate those around you.
- Follow your doctor's recommendations.
- Find a support group.

I hope you find this informative!

– Your Parish Nurse,
Lynn Creager, RN

HEALTH MINISTRY

Our committee is shrinking! If anyone is interested in joining us, we are meeting on May 7 at 6:30 p.m. to brainstorm and plan future activities. Hope to see you!

– Lynn Creager, Parish Nurse

GRIEF SUPPORT GROUP

May 14 / 1:00 PM / In the Choir Room. Open to all who are struggling with loss in their lives. It may be a loved one, the loss of a home, or job, or pet. Pastor John Paschen facilitates this group.

EMBRACING CHANGE

Mighty Everlasting Father, everything is changing around me, Oh God: my life, my circumstances and even the world. But, Oh Lord, my God, help me to not fear this change, but to embrace it as I embrace You daily. Give me strength to rise above every situation and overcome the darkness.

Jeremiah 29:11 / For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.



The Gateway

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Worship & Study

8:30 and 10:45 AM, 6:30 PM
Sunday Worship Services

Connection Groups

Call the Church Office for details

(419) 473-1294 *Church Office Telephone*

(419) 473-1295 *Church Office Fax*

(419) 474-7144 *Precious People Preschool Telephone*

E: office@aldersgatetoledoumc.org

W: www.aldersgatetoledoumc.org



S: facebook.com/aldersgatetoledoumc