



The Gateway

SEPTEMBER 2019

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.
- September 1 / Communion Sunday
- September 8 / Sunday School Resumes
- September 15 / Youth and Family picnic lunch in the parking lot at noon – Pick up Scrip gift cards
- See inside for additional worship and fellowship opportunities.

Welcome

Encouraging
Enriching &
Empowering



Warmed Thoughts FROM THE PASTOR

“It’s better to have a partner than go it alone. Share the work, share the wealth. And if one falls down, the other helps, But if there’s no one to help, tough! Two in a bed warm each other. Alone, you shiver all night. By yourself you’re unprotected. With a friend you can face the worst. Can you round up a third? A three-stranded rope isn’t easily snapped.”

— Ecclesiastes 4:9-12 MSG

Dear Brothers and Sisters in Christ,

The past few months have left me feeling powerless over the growing issues in our neighborhoods, our communities and across our country. These issues are the growing sense of powerlessness, hopelessness, isolation, and an inward hate that is aimed outward. The symptoms are growing anger, drug addiction, violence and the alarming suicide rates.

Now you may want to know, “what does that have to do with Ecclesiastes?” Ecclesiastes is often called the book of wisdom and even common sense in many cases. The key line in this for me is the first one, “It is better to have a partner than go it alone,” and then the last, that might be summed up as, “if two are good then three is better yet.” The truth is, we were created for community. God made Adam and realized that he needed another to be a companion.

It is something that is reflected in our current culture, however subtle it may be. Shows like *The Big Bang Theory*, *Blackish*, and *Modern Family*, have at their core the struggle of fitting in, the need of belonging to a group, and how we all just want a safe place to connect with one another on a deeper level. Unfortunately, for far too many, there aren’t many opportunities for that to happen.

The role of the church traditionally has been sharing the message of Jesus Christ for the transformation of the world and the process is through meeting the needs of the communities in which they sit. Again, traditionally, the needs have been basic such as food, clothing, transportation and rent. However today there is a growing need for community. Many people struggle with finding a community to be a part of. They often are afraid that they won’t be accepted for who they are or they simply don’t know where to find them. It isn’t a class issue. Profound loneliness hits all people no matter the color of their skin, whether they are rich or poor, young or old.

Here is the good news, John Wesley understood this centuries ago. He was the creator of the small group studies in the church that worked so well it created a new denomination. Like many churches across the country, the United Methodist Church is still paving the way for us to reach out and create new communities. You know how we love to brand things, so this process is called “Fresh Expressions.”

(Continued on page 2.)



OUR STAFF

PASTOR

Rev. Melissa Steinecker

SENIOR MINISTRIES

Barbara Myers and John Paschen

CHILDREN, YOUTH & FAMILY MINISTRIES PASTOR

Katie Collins

HEALTH MINISTRY

TBD

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

THE GATEWAY VOLUNTEERS

Sarah Hess, Alana Danko and
Debbie Myers -Editors

(Continued from cover.)

Here, at Aldersgate, we already have a large number of groups for folks who are already connected, but the challenge is to include those who are still searching for a group to welcome them.

In the next couple of months we are going to be working on strengthening the communities that we have and looking for new ways to create environments for communities. If you have a passion, you have an opportunity for a fresh expression. That opens opportunities for new communities to form. Do you love knitting? Are you an animal lover? Do you love movies but hate going alone? Whatever it is, you can create a new community! Here is the best part...It doesn't have to happen at church! If you have a passion and you want to know more about how the church can help you create your own "fresh expression," just contact us and we'll be happy to help you get started!

Wherever there is
hatred and **ANGER**,
combat it with
the **TRUTH**
wrapped in love.



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.

YOUTH AND FAMILY MINISTRIES



Sunday School begins on

September 8 for ages preschool through 12th grade. Preschool and elementary meet at 9:30 in Meinhart Hall. Jr. High and Sr. High meet at 9:30 in youth room.

Every Sunday, Alive Jr. High meets at 5:30 p.m. and Alive Sr. High meets at 7:00 p.m. There will be dinner/snacks served between the two meetings.

Alive Kids begins this month!

We will be meeting once a month beginning September 15th at 4:30 p.m. Come for snacks, games, Bible lessons and friends! Preschool (age 4)–5th grade are welcome.

Habitat for Humanity is again hosting a *Rock the Block!* event in the Birmingham Neighborhood on September 7. Meet at church at 8:30 am. We are done by 2:00. Let Katie Collins know if you can attend. This is open to families and youth to attend.

Our first Youth luncheon to support our youth ministry will be September 15. We will be doing a picnic lunch in the parking lot under tents. Come support our youth and kids. We will be serving hot dogs and hamburgers along with side dishes, chips and desserts! Free will donations are appreciated.

POINTFEST AT CEDAR POINT

September 14 / Leave at 10 AM

If you have not purchased your tickets prior to August 15, the cost is \$66. This includes entrance to park and concert afterwards.

Contact Katie Collins if you are interested in going and cannot sign up in person.

Be on the look out for Alive! postcards in the mail! It will have events for the month on it.

KATIE COLLINS
YOUTH AND FAMILY DIRECTOR
419-345-3539

Words of God

Young Adults in Community

We study, fellowship and support each other and our community...in the community! We welcome all young adults 18 years and older to join us!

Fall Schedule

(All dates are at SIP Coffee)

Monday, September 2 / 7–8:30 pm

Friday, September 20 / 7–8:30 pm

Monday, October 7 / 7–8:30 pm

Friday, October 25 / 7–8:30 pm

Monday, November 4 / 7–8:30 pm

Friday, November 22 / 7–8:30 pm

Check our Words of God web page at aldersgatetoleadomc.org for details, events and updates.

Contact Sarah Hess at 419-376-4248 to be added to the text reminder.



TRAVELING LIGHT LIFE GROUP NEW DAY & TIME!

Beginning with our Fall schedule, we are going to meet on second and fourth Sundays of the month from 2:30 – 4:00 p.m., at Karen Price's home.

This group meets from April to December. They study, fellowship and travel life's roads together. Contact Sarah Hess or Karen Price for information.

From His Word...

“For where two or three gather in my name, there am I with them.”

MATTHEW 18:20 (NIV)



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, contact our office with your suggestion.

SUNDAY MORNINGS

9:30 to 10:30 AM

CONTEMPORARY ISSUES

Discussion group about current issues and faith.

THROUGH THE BIBLE

An adult study following a Wesleyan curriculum.

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.

WOMEN'S GROUPS

RUTH CIRCLE

September 11 / 1:00 PM
September-May.

LYDIA CIRCLE

September 23 / 7:00 PM
Lydia Circle will meet on the 4th Monday of the month, except no meeting in December and May's meeting will be May 18, 2020.
September -May.

ALDERSGATE LADIES BOOK CLUB

September 25 / 7:00 PM
All ladies are welcome. We will meet in the choir room.

MEN'S GROUPS

MEN'S GROUP

This group meets the first and third Sundays of each month during the school year from 6:30 to 8:00 p.m. 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 or needing a Stephen Minister should contact Larry Godfrey.

EUCHRE

September 27 / 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 Wednesday Evenings / 5:30 to 7:00 PM in the Sanctuary.

SENIORS

WEST PARK PLACE

3501 Executive Pkwy, Toledo, OH

Worship:

September 15 / 2:00 PM

Prayer Circle:

September 4 / 2:30 PM

Folding Chair Theater:

September 9 / 1:00 PM

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

ELDERSGATE

September 24 / 12:00 PM
Meinhart Hall. Potluck luncheon. Bring a salad, side dish or dessert to share.

Please make reservations by 7:00 PM the Sunday evening before by calling Vicky at (419) 292-1004.

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: Wednesday 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

DEVEAUX ELEMENTARY

2620 W. Sylvania Avenue,
Toledo / An ongoing partnership
of helping with supplies, in the
library, mentoring and tutoring.
Contact the church office for more
information.

FRIENDLY CENTER

Our next luncheon meeting:

September 10 / at Aldersgate UMC
Luncheon is at 12 Noon and
only \$3.00. Presentation of Slate of
Officers for 2019-2020. Make your
reservations by calling Joan Pitson
at 419-476-7132 or by email at:
pitsonj@yahoo.com.

Elections will be held at Friendly
Center / 1336 N. Superior St.

Become a member for only \$5.00
and support our mission!

Thank you to all who helped with
the Garage Sale last month!

Food items for food bags are always
welcome. We serve the people of
north Toledo. Thank you!

OPPORTUNITIES TO HELP

The church is currently looking for
volunteers to help in two ministry
areas. Please see Tony Edgington if
you wish to volunteer or you have
additional questions:

PARISH NURSE:

Interested individuals should be
licensed as a registered nurse,
have a current certificate in
CPR training, a minimum of
two years' experience in a hospital
setting, and personal liability
insurance. Individuals will be
asked to serve 1-2 Sundays a
month, from 9:30 to 10:30 a.m.

BUS DRIVER:

Interested individuals should
have a current valid license and be
available to be trained to drive the
church bus. Bus drivers pick up
on average 4-6 individuals before
church on Sundays from 9:30 to
10:30 a.m., and also need to be
available to return members after
services end.

GIFTING THAT GIVES BACK

Find gifts for everyone and every
need while raising funds for
Aldersgate with the Scrip gift cards
from over 750 top brands. It's
simple and it's thoughtful. Vendor
lists and order forms are available
at the Welcome Center in the
church narthex.

Place or pick up your order on
these Sundays:

2019 DATES

Order Pick Up
September 8 September 15
November 24. . . . December 1
December 15 December 22



A Back to School Prayer...

Lord, I pray that our kids and grandkids will develop an eternal
perspective and purpose, not an earthly one. Help them to see
life—and every challenge—through Your eyes, eager and unafraid
to share with others the good news of Jesus wherever they go. I
pray that they will set their minds on things above, not just what's
going on here, and that they will be rooted and grounded in Your
love. I pray they will come to understand the extent of Your own
love for them—that it surpasses all the head knowledge they will
acquire in school. I pray they will be filled up with You from
morning 'til night.

GALATIANS 2:20; MATTHEW 28:18-20; PHILIPPIANS 1:21;
COLOSSIANS 3:1-2; EPHESIANS 3:17-20

Thank you...

Dear Pastor and Aldersgate
friends,

I appreciate Pastor Melissa and
the Memorial Committee who
were so very helpful for my
husband's memorial service.

Thank you.

ROSE BODEMAN

HEALTH MINISTRIES

CHOLESTEROL

September is National Cholesterol Education Month. According to the National Center for Chronic Disease Prevention and Health Promotion, Division for Heart Disease and Stroke Prevention, more than 102 million American adults (20 years or older) have total cholesterol levels at, or above 200 mg/dL, which is above healthy levels. More than 35 million of these people have levels of 240 mg/dL or higher, which puts them at high risk for heart disease.

Blood cholesterol is a waxy, fat-like substance made by your liver and is essential for good health. Cholesterol is needed to perform important jobs, such as making hormones and digesting fatty foods. Because your body makes all the blood cholesterol it needs, experts recommend that people eat as little dietary cholesterol as possible while on a healthy eating plan.

Dietary cholesterol is found in animal foods, including meat, seafood, poultry, eggs, and dairy products. Strong evidence shows that eating patterns that include less dietary cholesterol are associated with reduced risk of cardiovascular disease, but your overall risk can depend on many factors.

A simple blood test called a lipoprotein profile can measure your total cholesterol levels, including LDL (low-density lipoprotein, or “bad” cholesterol), HDL (high-density lipoprotein, or “good” cholesterol), and also triglycerides.

When your body has too much LDL cholesterol, the LDL cholesterol can build up on the walls of your blood vessels. This buildup is called “plaque.” As your blood vessels build up plaque over time, the insides of the vessels narrow. This narrowing blocks blood flow to and from your heart and other organs.

When blood flow to the heart is blocked, it can cause angina (chest pain) or even a heart attack.

The National Cholesterol Education Program (NCEP) recommends that adults aged 20 years or older have their cholesterol checked every 5 years. Certain health conditions, your lifestyle, and your family history can raise your risk for high cholesterol. Some of these “risk factors” can’t be controlled (such as your age or your family history,) but you can take steps to lower your risks by making changes to your diet and lifestyle.

Your doctor may also prescribe medications to treat your high cholesterol. But in addition, you can lower your cholesterol levels through these lifestyle changes:

- Low-fat and high-fiber food (Eat more fresh fruits, fresh vegetables, and whole grains).
- For adults, getting at least 2 hours and 30 minutes of moderate or 1 hour and 15 minutes of vigorous physical activity a week. For those aged 6-17, getting 1 hour or more of physical activity each day.
- Maintain a healthy weight.
- Don’t smoke or quit if you smoke.

Because September is National Cholesterol Education Month, it is a good reminder to look at getting your blood cholesterol checked and take steps to lower it if it is high. National Cholesterol Education Month is also a good time to learn about lipid profiles and about food and lifestyle choices that help you reach personal cholesterol goals and decrease your risk for heart disease.

SARA MATUSZEWSKI, R.N.



In this church...

We are **REAL,**

We make **MISTAKES,**

We say **“I’M SORRY,”**

We give
SECOND CHANCES,

We have **FUN,**

We give **HUGS,**

We **FORGIVE,**

We are **PATIENT,**

We
LOVE.

Encouraging, Enriching & Empowering

BIRTHDAYS

<u>September 1</u>	Deb Crowl
Carolyn Kramer	Barbara Oehlers
Jim Pelton	<u>September 21</u>
Wes Piehl	Joyce Beavers
<u>September 2</u>	Andrew Collins
BaileiSue Smith	Jaden Feudi
<u>September 3</u>	Carol Lanigan
Joe Krum	<u>September 22</u>
Dorothy Unruh	James Brobst
<u>September 4</u>	<u>September 24</u>
Rhonda Lahmers	Taryn Steiner
Dave Lahmers	Abigail Van DerZwan
<u>September 6</u>	<u>September 26</u>
Vergie Johnston	Carol Lager
<u>September 9</u>	<u>September 27</u>
Dorothy Collins	Vickie Christiansen
<u>September 12</u>	<u>September 28</u>
Zach Schoen	Grace Keaton
<u>September 13</u>	Pamela Sparks
Nina Lambert	Jeri Stetler
<u>September 14</u>	<u>September 29</u>
Bill Bradner	MaryAnn Bell
Cindy Lambrecht	
Kay Merritt	
<u>September 18</u>	
Helen Gebhard	
<u>September 20</u>	



CHRISTIAN STEWARDSHIP

Report Ending June, 2019

Contact Carol Marckel at (419) 509-2243 if you would like information on how to make direct debit payments for your pledged giving to Aldersgate.

Total Income

Total Income (YTD)	\$129,172
Total Expenses (YTD)	\$149,598
Net Income/(loss) YTD	(-\$20,425)

Conference Apportionments

WOC Paid (YTD)	\$6,600
WOC Assigned Apportionments (Budget)	\$6,438
Balance Due	+\$162

District Apportionments

District Paid (YTD)	\$4,800
District Assigned Apportionments (Budget)	\$3,924
Balance Due	+\$876

Average Monthly Sunday Attendance

July 2019: 100

UPDATE YOUR CONTACT INFORMATION

Have you changed your phone number or email address?

Or maybe even your residence. Please let us know so that we can keep our files up to date. Just call the church office at 419-473-1294 or drop the information in the Sunday collection plate.

HOSPITAL CARE

Local hospitals do not contact the church office when you're admitted for medical care. If you would like a pastoral visit, please ask a member of your family to call the church office at 419-473-1294.



The Gateway

Non-Profit Organization
US Postage Paid
Permit No 556
Toledo OH

Aldersgate United Methodist Church
4030 Douglas Road Toledo Ohio 43613

Address Service Requested



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