



Buffalo United Methodist

September 2018

1000 30th Street NE
Cedar Rapids, Iowa



From the Pastor

Usually I think of fall as a time when we ramp up our activities, get back in the swing of things, and begin to act on the plans and dreams we've made during the summer. This year, I think we've been quite busy enough during the summer that we may need to emphasize some rest and relaxation in order to start the fall season. First, I want to offer my sincere thanks to all who helped make our many projects a success this summer. From hosting a training class for the district to special offerings, we've done some important things.

But figuring in some quiet time is also important. Research tells us that how we spend our down time can be just as important to our health as how we are active and busy, and this is just as important to our spiritual health as it is to our physical health. Jesus had several times when he withdrew away from the noisy crowds and endless activities in order to sit in quietness with God. We have the same need.

Try one or more of these suggestions and see if they help you find some quiet space in your day for your faith.

- Try a "breath prayer," where you focus on saying one word while you breathe in and another when you breathe out. The words aren't as important as the focus. You should feel a sense of calm and refreshment as you complete this prayer.

- Take the phrase "Be still and know that I am God" and drop one word off the end of the phrase until you are back to complete silence.
- Find some item which has a texture that you like--a nubby fabric, rough pottery, a silky green leaf. Run it through your fingers or against your cheek while you focus on your prayers for the day.
- Use a devotional book to take the pressure out of speaking to God directly. Let someone else's words speak for you today.
- Sit outdoors and listen to the world. What do you hear? What are you thankful for? Let gratitude flood your whole being.

I leave you with the words of hymn # 2128 by poet Shirley Erena Murray:

*Come and find the quiet center
in the crowded life we lead.
Find the room for hope to enter,
find the frame where we are freed.
Clear the chaos and the clutter,
clear our eyes that we can see
All the things that really matter;
be at peace and simply be.
Silence is a friend who claims us,
cools the heat and slows the pace.
There's a place for deepest dreaming,
there's a time for heart to care.
In the Spirit's lively scheming
there is always room to spare.*

~Pastor Kathryn

Annual Charge Conference

Buffalo's Annual Charge Conference will occur on Sunday, Oct. 14, 2018. We will have a combined worship, business meeting, goal-setting, and Love Feast from 8:45 a.m. until 10:45 a.m. Breakfast will be served. Pastor Carol Sundberg is our assigned elder this year, and we have some exciting things planned. If you are an officer of the church or a board member, please check with Pastor Kathryn about any necessary paperwork that must be completed before the Charge Conference. If you have ideas about important goals we should be setting for ourselves, please talk to Pastor Kathryn. Be forewarned that if you don't have an opinion, you may be stuck with the goals our pastor sets for us!

United Methodist Women

On September 20 at 9:30 am will be this month's UMW meeting. A short business meeting will be followed by a program provided by Judy Hackney. The hostess in October is Verna Cartano. If your schedule allows, please join us.

Golden Age Potluck

This month's Golden Age Potluck will be on September 13 at 11:30 am. This is an opportunity for both good food and fellowship--and you don't have to wash the dishes!

Aprons, a Cross, a Flame, a Library, and Two Benches

- This fall we will be purchasing Buffalo UMC aprons to help identify workers at church events.
- The cross and flame donated by Asbury UMC will soon be visible on the outside of the church building. Thanks to Tom Ferguson and Gary Hackney for installing this dramatic UMC logo.
- The Little Library and Leopold Benches have been built and delivered. Tom Ferguson will help with the installation on the Eastern Avenue side of the church. Donations of adult and children's books would be appreciated.

August Events Report Card

The Ice Cream Supper on August 4 attracted many people who enjoyed the great food and fellowship. Thanks to all who helped in any way. Over \$1200 was raised to support our church's programs.

Unfortunately, the National Night Out, 3 days later on August 7, was not effectively advertised and not well attended. Thanks to everyone who came and brought treats. If we wish to continue sponsoring this event, we probably should reconsider how we plan and advertise this type of community event.

Save Hy-Vee Receipts & Box Tops for Education

In support of Garfield Elementary School, we continue to collect Hy-Vee Receipts and Box Tops for Education. For both items, there is a collection jar by the guest book in the back of the Sanctuary.

The Hy-Vee receipts are used in the Cash for Kids program. Schools in Cedar Rapids and the surrounding area are able to earn \$1 for every \$200 worth of receipts turned in to Hy-Vee. Garfield School receives \$600 to \$1400 every year from this program, which is used to fund field trips and purchase necessary educational items.

As for the Box Tops for Education, each box top is worth 10 cents. Twice a year schools can turn in box tops for cash. The Box Tops website lists the items that carry Box Top coupons, including products by General Mills, Pillsbury, Cheerios, Hamburger Helper, Hefty, and Bounty.

Thanks to everyone for collecting and turning in your receipts and box tops. To help increase the level of support, you might inform your friends and neighbors about this program and encourage them to contribute their Hy-Vee receipts and Box Tops to this project in support of Garfield.

Uniting Methodists: Room for All

Copied below is a message sent to us by Brian Milford, who is Chief Executive Officer, President, and Book Editor of The United Methodist Church at the UMC Publishing House in Nashville. For over ten years Brian was the pastor of Lovely Lane UMC in Cedar Rapids.

Uniting Methodists are:

- Leading an on-going global *Room for All* informational campaign to gain high visibility and church-wide understanding and support for the compelling scriptural, theological, and church organizational imperatives for the One Church vision.
- Maintaining extensive and repeated contacts with every delegate to the special 2019 General Conference to provide them with compelling reasons to support the One Church Plan.
- Sustaining and enhancing a network of scores of volunteer advocates in the jurisdictions, central and annual conferences assuring they have access to a constant flow of emerging information, proposed amendments, and discussion points about legislative matters. The network uses a sophisticated tracking software to collect and share up-to-date information about how to align with others, and ways to win support from other delegates for the One Church Plan.
- Providing a robust communication hub as a ready source of accurate and up-to-date information as events and opportunities continue to change the legislative environment and to connect One Church Plan supporters with each other, their ideas, and action plans.
- Building a platform (*Unitingmethodists.com* and a network that numbers more than 5,000) to immediately commence work following the special General Conference in February 2019 as we celebrate legislative advances and address areas that need more attention at the General Conference 2020.

All gifts to support this work of information sharing, networking, and legislative advocacy are tax deductible and may be sent in care of:

Church of the Resurrection
Designated for Uniting Methodists Project
13720 Roe Avenues
Leawood Kansas 66224

Uniting Methodists also welcome your contributions of time and talent. Interested volunteers should email UMCallofus@gmail.com and a member of our team will be in touch with you promptly.

Camilla the Goat Came to Visit

Thanks to Dawn and Mike Morgan for bringing Camilla the goat to our church service on Sunday, August 19. The “goat offering” for Paul Both’s ten “deacons in training” came to over \$220, enough money to purchase eleven goats (each goat costs \$20). These goats will help each graduate—following their graduation in September--to be financially independent when they return to serve in their communities in South Sudan. It seems fitting that Buffalo UMC, with its strong historical ties to a rural agricultural community, should so vigorously support this project.



Jalayah and Kaiden with their new friend Camilla

Musings from the Back Pew

- A pastor was greeting worshipers at the door after the service when a woman enthusiastically shook his hand and said, "Pastor, that was a great sermon!"

Flushed with pride but wanting to appear humble, the pastor said, "Oh, it wasn't me. I have to give the credit to the Lord."

The woman replied, "It wasn't *that* good!"

- "Just going to church doesn't make you a Christian any more than standing in your garage makes you a car." ~G. K. Chesterton



- A kindergarten teacher was walking around observing her classroom of children while they were drawing pictures. As she got to one girl who was working diligently, she asked what the drawing was.

The girl replied, "I'm drawing God."

The teacher paused and said, "But no one knows what God looks like."

Without looking up from her drawing, the girl replied, "They will in a minute."

- "When it comes to life the critical thing is whether you take things for granted or take them with gratitude." ~G. K. Chesterton

- The secret of a good sermon is to have a good beginning and a good ending; and to have the two as close together as possible. ~ George Burns

- "It has been often said, very truly, that religion is the thing that makes the ordinary man feel extraordinary; it is an equally important truth that religion is the thing that makes the extraordinary man feel ordinary." ~G. K. Chesterton

- "Theology is only thought applied to religion." ~G. K. Chesterton

- One Easter Sunday morning as the pastor was preaching a children's sermon, he reached into his bag of props and pulled out an egg. He pointed at the egg and asked the children, "What's in here?"

"I know, I know!" a little boy exclaimed, "pantyhose!"

- "The word *good* has many meanings. For example, if a man were to shoot his grandmother at a range of five hundred yards, I should call him a good shot, but not necessarily a good man." ~G. K. Chesterton

- "It is the test of a good religion whether you can joke about it." ~G. K. Chesterton



The CARTOON KRONICLES

September 2018

N ^o	Sun	Mon	Tue	Wed	Thu	Fri	Sat
35	"Tell me how it is that in this room there are three candles and but one light, and I will explain to you the mode of the divine existence." ~John Wesley						1
36	2 8:45 am: Worship Service	3 Labor Day	4	5	6	7	8
37	9 8:45 am: Worship Service	10 9:00 am: Church Cleaning	11	12	13 11:30 am: Golden Age Potluck	14	15
38	16 8:45 am: Worship Service	17	18	19 4:00 pm: Administrative Board Meeting	20 9:30 am: UMW	21	22 Autumnal Equinox
39	23 8:45 am: Worship Service	24 Full Harvest Moon	25	26	27	28	29
40	30 8:45 am: Worship Service	One of the principal rules of religion is, to lose no occasion of serving God. And, since he is invisible to our eyes, we are to serve him in our neighbor; which he receives as if done to himself in person, standing visibly before us." ~John Wesley					

September Birthdays

3 – Linda Otto
 7 – Pharoah James Carr
 25 – Rev. Marilyn Buchanan
 27 – Heather Goldsberry

September Anniversaries

3 – Ray & Joan Musil
 9 – Bob & Margie Marrs
 19 – Richard & Char Stanford
 26 – George & Chris Gochenouer

Lectionary Readings for September 2018

Sunday, Sept. 2

Song of Solomon 2: 8 - 13;
James 1: 17 - 27

Psalm 45 or 72
Mark 7: 1 - 23

Sunday, Sept. 9

Proverbs 22: 1-2, 8-9, 22-23;
James 2: 1 - 17;

Psalm 125 or 124
Mark 7: 24 - 37

Sunday, Sept. 16

Proverbs 1: 20 - 33;
James 3: 1 - 12

Psalm 19
Mark 8: 27 - 38

Sunday, Sept. 23

Proverbs 31: 10 - 31
James 3: 13 - 4: 8

Psalm 1
Mark 9: 30-37

Sunday, Sept. 30

Esther 7: 1 - 10, 9: 20 - 22
James 5: 13 - 20

Psalm 124
Mark 9: 38 - 50

Buffalo UMC Upcoming Dates September and October

September 4: Helping Bertram UMC prepare and serve lunch at the Mission of Hope, 11:30 am to 1:00 pm

September 10: Church cleaning at 9 am

September 19: Administrative Board Meeting at 4 pm

October 13: Fall Bazaar, 8 am to 3 pm

October 14: Combined Worship Service and Annual Charge Conference, 8:45 - 10:45 am

October 28: Trunk or Treat, 4 to 5 pm

Special Offering in September

This month's special offering on Christian Education will be retained by the Iowa Annual Conference to celebrate and promote Christian education and spiritual formation through grants to purchase resources, camperships at UMC camps, and scholarships for continuing education of salaried UMC educators.

Buffalo United Methodist Church

1000 30th St

Cedar Rapids, IA 52402

