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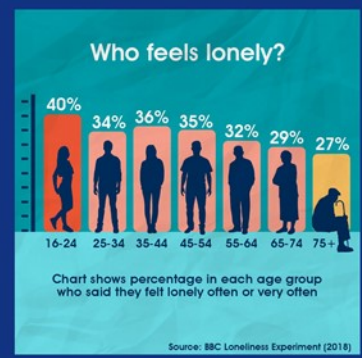
# July 2019

## SUFFERING IN SILENCE: HOW TO DEAL WITH SOCIAL ISOLATION

Loneliness is described as the sadness resulting from the negative difference between a person's desire for social relationships and what they actually experience. A person impacted by consuming loneliness is said to be suffering from "social isolation". In other words, they feel remote from most people. Social isolation is a growing epidemic that has proven to cause dire physical, mental, emotional, spiritual and social consequences. This by-product of loneliness is a serious public health problem in many developed nations, including the United States. For example, today's greatest health threat facing middle-aged men is not smoking or obesity; its loneliness. I've always thought of loneliness as a senior citizen problem, but research says otherwise. A recent study<sup>1</sup> shows young people (ages 16-24) are actually lonelier than older adults! After studying this new finding, I believe we are becoming a nation of "social loners."

The percentage of Americans who claim they have trusted friends in their lives has been in decline since 1950. Researchers call it "American Social Isolation." This means close friends are less common today. An American's list of close friends has shrunk over the past 25 years from three down to two. One in five Americans feels lonely or socially isolated most days. As a result, their health, relationships and work suffer as a result. If the quality of a person's life is based on those life factors, they could be termed "the living dead".

**One in five Americans always or often feel lonely or socially isolated, including many whose health, relationships, and work suffers as a result.**



Human beings have a basic need to belong. We are motivated to develop friendships. Our individual physical and mental systems are, therefore, embedded in an even larger system of interrelationships with others. For example, every week when we come together my personal life is impacted positively by being a part of REUMC. At the same time, every individual in attendance influences our entire group.

The tragedy and paradox of the postmodern world is that, while technological advancements have dramatically improved our capability to connect, a growing number of people are becoming disconnected from others. As a result, mega churches are struggling as they discover that the technology they have relied on to reach thousands of people cannot meet those same people's basic relationship needs. In response to this dilemma, many mega churches are adding a weekly or monthly "small group" approach (meetings limited to 5 to 20 people) in an effort to build lasting interpersonal relationships. They are beginning to understand that human connection lies at the heart of human well-being. They are learning that meaningful social connections can overcome the loneliness brought on by our shallow, hyper-connected digital age.

So, the small church approach like ours matters! Coming together as a community matters! It is not only affecting your spiritual life, but your social existence. When you have a crisis moment in life, your trusted friends from your small church (your spiritual community) are the most likely ones to show up and support you.

Sometimes we don't know what we need. However, I believe we can all agree that many people in our community need to be more connected. Many struggle with the sadness of solitude, lack of belonging, love and attachment. As children, we looked for approval from our parents. It was our survival mechanism. As adults, we feel a sense of belonging when we are socially connected to other adults.

We at REUMC exist so you can be part of this connected community. We are here to celebrate the sacredness of our mutual spiritual connection through Christ.

By showing up at church you are beating the culprit of social isolation. All you need to do is to show up. You belong here in this connected community. Your children belong here. Physical connection is a necessity for your children to thrive, especially in their early years. You are part of the family, the family of God. We don't need a million relationships, but we need a few in which we feel safe.

Jesus chose to surround himself with a community of disciples. If the Son of the Most High God demonstrates the importance and necessity of community in his own life, then perhaps it can serve as a reminder for us to know the importance of genuine relationships for our own betterment (health and healing). This requires a willingness to be vulnerable, authentic and specifically loving.

Remember: It takes intentional effort to build a healthy community that connects.

*Blessings and Prayers, Pr. Binu Peniel*

<sup>1</sup> *Source: BBC Loneliness Experiment (2018)*

**STEP-UP AND SERVE.**  
USE WHATEVER GIFT YOU HAVE TO SERVE OTHERS.

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10:30 a.m. **WORSHIP SERVICE HELPERS** are still needed. If you are interested in ushering, reading scripture, greeting or being an acolyte, please sign up on the Schedule Sheet in the back of the sanctuary. Also, if you are interested in doing a children's message, see Pastor Binu.

We still need one **SUNDAY SCHOOL** teacher. We are working towards having two teachers per class. Please talk with April Nauman if you'd like to help. Please help us raise the next generation of Christians. **REQUEST FOR VOLUNTEERS.** It would be helpful if we had a couple backup Sunday School teachers for the youth to fill in when regular teachers may be absent.

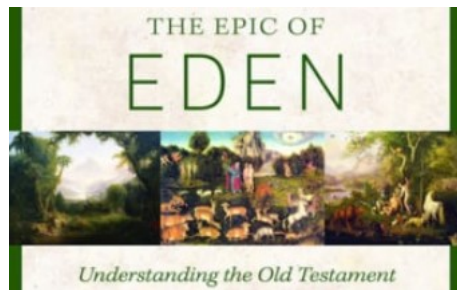
**NURSERY—PAID POSITION.** Need an adult to assist/oversee the nursery on Sunday mornings. See Matt Freeman or Ron Call if you are interested or know of anyone that might be or if you would like additional information.

**VOLUNTEER** needed to power wash the bricks surrounding the base hold the old church bell on west side of church; also, the bricks on the outside of the church building's west and north side.



The search is on. We are looking for a **DRUMMER** and a **KEYBOARD PLAYER** for our Praise Team at 10:30 a.m. on Sunday mornings. If you know of anyone that might be interested, please contact Jarrod Doty (657-8904), Carla Doty (657-8903) or Judy Schaer (645-6625).

We are in need of **MUSIC SPECIALS** for our 10:30 a.m. worship service. Music is very important in our worship experience. If you know of anyone within or outside of our church who is willingly to share their talent with us, please contact Judy (645-6625). One does receive a blessing in serving our Lord in worship.



**9:15 a.m. Sunday** Morning Adult Study: The Epic of Eden video study helps us to understand the Old Testament. This is from Dr. Sandra L. Richter through Seedbed. Each week we will discuss 1) The Great Cultural Barrier, 2) Redemption, 3) Real Time and Space, 4) Covenant, 5) Treaty, 6) God's Original Intent, 7) God's Final Intent, 8) Noah, 9) Abraham, 10) Moses, 11) David and 12) The New Covenant.



July is a busy month for the Mission Committee. Backpack Buddies will start and items to buy for the school children of Riverview Grade School will be on the back bulletin board.

Rummage Sale for Missions work will be the week of **July 14-19**. Hopefully on the Sunday of the **14th**, the helpful young men of the church will bring 14 tables up from the basement. On **July 15** we will start bringing up bags and getting the items out. On the **16th** we will continue and then straighten out everything on Wednesday. We will open the doors from 12:00 p.m.-6:00 p.m. on Wednesday, the **17th**, 9:00 a.m.-6:00 p.m. on Thursday, the **18th** and 9:00 a.m.-12:00 p.m. on Friday, the **19th**. Then we will pack up the excess items and the Salvation Army will take the things away. Please, if you are available at any of these times we would appreciate the help. During the sale it is easy to sit and take the money and chat with people. Please think about helping this year.

*Thank you, Deb Kamp, Mission Committee Member*



Monthly **Food Pantry** Day is **July 26**. We will have our **King's Closet** upstairs at the Annex. We have clothes, other small items or produce for local people to take and use, if they need it. Bring items all month. It comes in free and goes out free, no charge. Anything left over will be taken to Good Will or South Side Missions.



Take Me Out to the Ballgame! Faith & Family Night on **Saturday, July 27**, with a Javier Baez Bobblehead Giveaway for the first 1,000 fans (age 13 & up), Austin French Post-Game Concert and Post Game Fireworks. Game starts at **6:35 p.m.** See Joe Helms (635-3508) if you are interested.

The Sunday School teachers, Jaymie Freeman and April Nauman, have decided to try something that has never happened before at this church and take a short break from holding their regularly scheduled classes at 9:15 – 10:15 a.m. for the months of July and August. Beginning Sunday, July 7, through Sunday, August 31, the Sunday School classes for preschool through 4th grade will not be held. However, Cindy Oskenkarski has begun teaching lessons on the Beatitudes to her class (5th-8th) and wishes to continue with that material through the next several months. She along with Steve Hermacinski, who has volunteered to sub for/team teach with her, will continue to meet and invites any children who may be at church during the regular hour of Sunday School to join them.

With that being said, we are excited to be offering a Children’s Church program for the months of July and August during the 10:30 a.m. worship time for 4 year olds through 6th grade. Each Sunday there will be a Bible story, music, a craft or game, or both during this time and possibly, with parent approval, a small snack. We encourage parents to allow their children to leave the sanctuary and join in this experience.

Even more exciting, a Children’s Church curriculum is being ordered for the fall and will be offered on a regular basis during the 10:30 a.m. worship beginning in September. This has long been a desire to be able to offer this again in our church as it was many years ago. We are eager to provide this new opportunity to the children in our church as another way to grow their faith and desire to become a disciple of our Lord. To that we are asking for this to be covered in prayer now and in the months ahead that what is needed to make it successful the Lord will put into place – open hearts to hear God’s calling and his message, excitement to participate in this whether that be as a child attending or one volunteering to take a turn teaching – all material will be provided so no reason to fear, plus you will be covered in prayer :).

Please consider volunteering and be in prayer that God may open your eyes and mind as this could be a way that you may serve his Kingdom. Truly, if you have a heart for children and the knowledge of the importance that they know Jesus as their Savior and friend, that’s a great place to start. More information and details of this new opportunity to help grow disciples of Christ will be given over the next few months. We pray that this will be another reason that others with children who visit RiversEdge will decide to claim it as their spiritual home.

**Submitted by: Jaymie Freeman, April Nauman and Cindy Oskenkarski, Sunday School Teachers**

## Strategic Planning

### Future of our Church

The weekly Strategic Planning Meetings have concluded. A small volunteer committee has been formed to make a presentation to Kim Blickenstaff.

The presentation will be a detailed cost analysis of suggested ideas generated from the meetings the past month.

#### Church revitalization

- Educational wing
- Remodel old sanctuary
- Build new
- Youth pastor
- Expanded sound video system
- Improve curb appeal
- Roadside electronic sign

#### Food Pantry

- Tear down current building
- Replace with modern functional facility
- New build off site

#### Community Involvement

- Supportive activities
- Day care/Pre-school
- Adult support

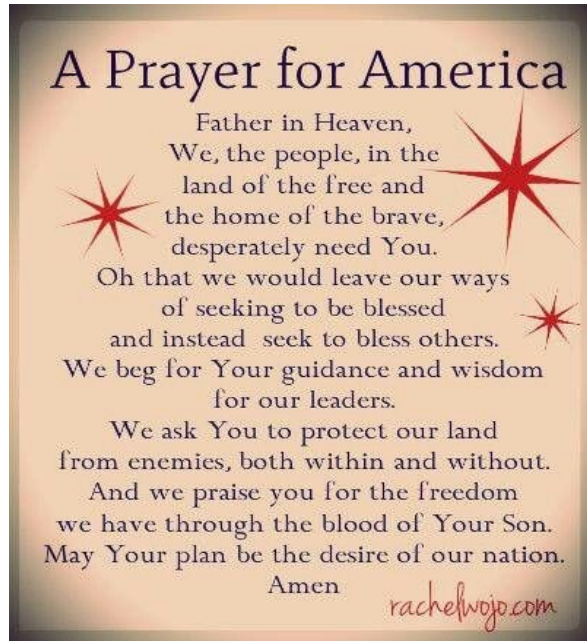
Informational meetings/presentations will be made regularly to the congregation.

**Submitted by: Buzz Cunningham**



# GOD | AT | WORK

- ♦ At the Strategic Planning meeting Wednesday night, there was a coming together of the local business leaders, education leaders, village board members, legion members, church members, fire department and some residents of the village. It was a very successful meeting with everyone sharing with each other.



## Midwest Mission



Distribution Center

The Midwest Mission Distribution Center of the United Methodist Church provides disaster relief supplies around the world. Supplies bought through DollarDays (<https://www.dollardays.com/midwestmission/wishlist.html>) would be the best way to donate, as they are shipped directly to MMDC at the Center's bulk prices. Any donations would be greatly appreciated. Monetary donations may be sent to:

MMDC, 1001 Mission Drive, Pawnee, IL 62558  
[www.midwestmissiondc.org](http://www.midwestmissiondc.org) | [office@midwestmissiondc.org](mailto:office@midwestmissiondc.org)



**Severe Weather in Alabama, Mississippi and Tennessee    Wildfires in California**

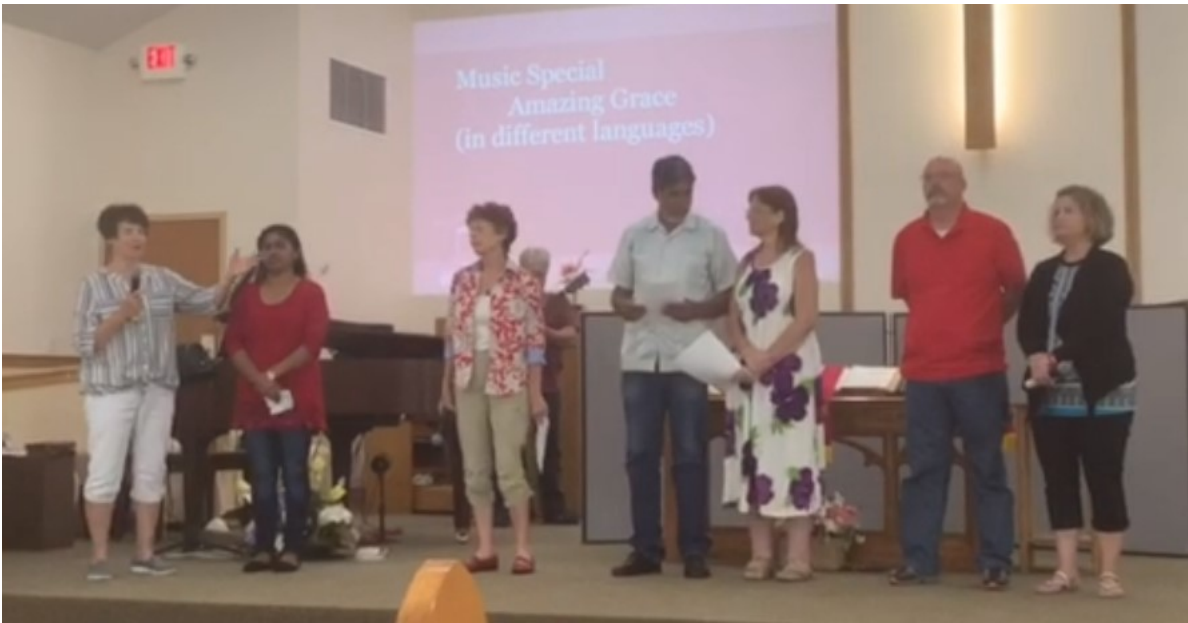
**Hurricane Michael (Alabama – West Florida - South Georgia), Hurricane  
 Florence (South Carolina) & Hurricane Maria (Puerto Rico)**

**Earthquakes and Tsunami in Indonesia**

**Typhoon Mangkut**

To support relief efforts consider a gift to U.S. Disaster Response at [https://secure3.convio.net/gbgm/site/PageNavigator/umcor\\_donate.html?type=1002&project=901670](https://secure3.convio.net/gbgm/site/PageNavigator/umcor_donate.html?type=1002&project=901670)

**FLOOD BUCKETS** are in the church foyer on west entrance to the building. If you know anyone needing the buckets (containing cleaning items) and/or hygiene kits, please contact Randy Waldrip at 265-6410.





# July 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 6:00 p.m. Trustees	2	3	4 	5	6
7	8	9 7:00 p.m. Ad Council	10	11	12	13
14 11:30 a.m. Help Needed for Rum- mage Sale Table Setup	15 Throughout the day: Rummage Sale Setup	16 Throughout the day: Rummage Sale Setup	17 Noon- 6:00 p.m. Rummage Sale	18 9:00 a.m.- 6:00 p.m. Rummage Sale	19 9:00 a.m.-Noon Rummage Sale Noon—Box up Remain- ing Items	20
21	22	23	24	25	26 9-11:00 a.m. Food Pantry King's Closet	27 6:35 p.m. Faith & Family Night @ Chief's
28	29	30	31			

*Our Motto* "The Church That Cares"

## Our Mission

"Our mission is to make disciples of Jesus Christ for the transformation of the world."

## OUR VISION

"Our vision is to meet the physical and spiritual needs of our neighbors through our witness, welcome and nurture ."

### WORSHIP SERVICES:

Sunday 8 a.m. & 10:30 a.m.

### NURSERY:

Sunday 8-11:45 a.m. (infant-kindergarten)

### SUNDAY SCHOOL GROUPS : 9:15-10:15 a.m.

D.O.C.K. (Preschool – 5th grade)

Youth (grades 6 – 12)

Sunday Morning (All Ages)

### CHOIR PRACTICE: (7th grade-Adult)

September through May

7 p.m. Wednesday evenings, as announced

### O.U.R.: Outwardly Upwardly Righteously

(first Sunday of month)



[www.riversedgeumc.org](http://www.riversedgeumc.org)

[www.facebook.com/riversedgeumc.org](https://www.facebook.com/riversedgeumc.org)

