

# Lovely Lane *connection* United Methodist Church

November 2023

## Vision Statement

"Lovely Lane is a dynamic faith community that seeks to welcome all people, nurture one another in the faith, and reach out in ministry and service."

This vision connects with our Discipleship Pathway, Worship + 2. We encourage all persons to be active in worship and participate in two groups in the church: one group is focused on study and the other group is focused on service.

W  
+  
2

## Busy Lives

John Lennon once said, "Life is what happens when you are busy making other plans." How true those words are! We live in a busy world today. There's no doubt about that.

It wasn't long ago that "Keeping up with the Joneses" was all about "things," like the big house, the sports car, and the fancy clothes. Now while this is still in place to some degree, there is something new out there, and that is "time." We are trying to keep up with others in regards to the busy lives we live.

Far too often though, we are "pressed for time" and feel "there's not enough time in the day" to do what we want. And there are reasons behind all this. Perhaps we see "busyness as a badge of honor," or "busyness is seen as job security," or "busyness connects to FOMO (the fear of missing out)." Much of this is understandable, but this can lead to burnout, and that's not good.

Moving forward, there are things we can do to better our situation . . .

- \* We can focus on one thing at a time, instead of trying to multitask.
- \* We can leave our work at the office. At home, we can make a decision not to check emails or prepare for meetings.
- \* We can make sleep more of a priority and get better at saying "no."
- \* Finally, we can find rest in God. In Matthew 11:28, we read, "Come to me, all you who are struggling hard and carrying heavy loads, and I will give you rest." (CEB)

As we move into these final months of the year, we will be busy! With Thanksgiving around the corner and Christmas to follow, we have plans to make and parties to attend. Through it all, might we find time to slow down, take in the moment, and celebrate the blessings around us!

*Grace and peace, Scott*

*calendar of Events (subject to change) — November 2023*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b> 9:30 am Zoom study 5:30 pm Family Meal 6 pm Kid's Club 6 pm Youth Grp. 6 pm Confirmation 6 pm Pastor Scott's Study Group 7:15 pm Bell Choir	<b>2</b>	<b>3</b>	<b>4</b>
<b>5 All Saints Sunday &amp; Communion/Daylight Saving Time ends</b> 8:30 am In-person Worship 9 am Choir rehearsal 9:30 am Sunday School for adults 9:45 am Infant & Toddler Sunday School 10:30 am In-person & live-strm. worship 12-2 pm Congolese Youth Co-op: time & location TBD 5:30 pm Charge Conferences (LL et al.)	<b>6</b> 6:30 pm Scouts BSA Troop 766	<b>7 Election Day</b> 6 am—9 pm LL as an election site	<b>8</b> 9:30 am Zoom study 11:30 am WWG: lunch offsite 5:30 pm Family Meal 6 pm Kid's Club 6 pm Youth Grp. 6 pm Confirmation 6 pm Pastor Scott's Study Group 7:15 pm Bell Choir	<b>9</b> 7:45 am Leadership Team (offsite) 1 pm Hospitality mtg. 5:15 pm Confirmation field trip (St. Ludmila's) 6:30 pm Missions	<b>10</b>	<b>11</b> 8:30 am Men's Breakfast 9 am-3 pm Chancel Choir Retreat
<b>12</b> 8:30 am In-person Worship 9 am Choir rehearsal 9:30 am Sunday School for adults 10:30 am In-person & live-strm. worship 11 am-1 pm Youth Co-op (@ People's Church) 12-2 pm Congolese 4 pm New Member Class	<b>13</b> 10:00 am Happy Endings 6:30 pm Scouts BSA Troop 766 7 pm <i>Nourished</i> Centering Monday (@ Pastor Kristina's)	<b>14</b>	<b>15</b> 9:30 am Zoom study 5:30 pm Family Meal 6 pm Parenting Seminar 6 pm Kid's Club 6 pm Youth Grp. 6 pm Confirmation 6 pm Pastor Scott's Study Group 7:15 pm Bell Choir	<b>16</b> 6 pm Health & Wholeness mtg. 6 pm Trustees 6:30 pm Linn Co. United Nations Assoc. 7 pm Ad Council	<b>17</b>	<b>18</b> 9 am—12:30 pm BLOOD DRIVE (in parking lot w/blood center's mobile unit) 1 pm Mahjong grp.
<b>19</b> 8:30 am In-person Worship 9 am Choir rehearsal 9:30 am UWF Bake Sale 9:30 am Sunday School for adults 10:30 am In-person & live-strm. worship 12-2 pm Congolese 4 pm New Member Class 4-6 pm Youth Co-op (@ St. Paul's)	<b>20</b> 6:30 pm Scouts BSA Troop 766 6-8 pm <i>Nourished</i> Friendsgiving Monday (@ Pastor Kristina's)	<b>21</b> 6:30 pm Laity Circuit Group	<b>22</b>	<b>23 Happy Thanksgiving</b>	<b>24</b> (church & office closed)	<b>25</b> 4 pm Marj Davis funeral
<b>26 Reign of Christ Sunday</b> 8:30 am In-person Worship 9 am Choir rehearsal 9:30 am Sunday School for adults 10:30 am In-person & live-strm. worship 12-2 pm Congolese (NO Youth Co-op)	<b>27</b> 10 am Prayer Shawl 6:30 pm Scouts BSA Troop 766	<b>28</b>	<b>29</b> 9:30 am Zoom study 5:30 pm Family Meal 6 pm Kid's Club 6 pm Youth Grp. 6 pm Confirmation 6 pm Pastor Scott's Study Group 7:15 pm Bell Choir	<b>30</b> 12 noon Friendly Fellowship 6:30 pm UWF Rizpah Circle	WWG = Wednesday Women's Group CWM = Children's Weekday Ministries MMJ = Migrant Movement for Justice UWF = United Women in Faith	

**LOOKING AHEAD:** The Wednesday Women's Group will be doing an Advent study (title TBD), led by Annie Walker. Our 1st meeting will be on Weds., Dec. 6th, at noon, in Fireside. Stay tuned for further info.

## WORSHIP IN NOVEMBER

**Nov. 5: *All Saints Sunday***; in-person service @ 8:30 AM; in-person & live-stream service @ 10:30 AM / Pastor Scott / Scripture: Matthew 5:1-12 / Sermon: "Small Acts of Love"

**Nov. 12: *24th Sunday after Pentecost***; in-person service @ 8:30 AM; in-person & live-stream service @ 10:30 AM / Pastor Scott / Scripture: Joshua 24:1-3a, 14-25 / Sermon: "Choosing to Serve"

**Nov. 19: *25th Sunday after Pentecost***; in-person service @ 8:30 AM; in-person & live-stream service @ 10:30 AM / Pastor Kristina

**Nov. 26: *Reign of Christ Sunday***; in-person service @ 8:30 AM; in-person & live-stream service @ 10:30 AM / Pastor Scott / Scripture: Matthew 25:31-46 / Sermon: "The Sheep and the Goats"

## Pastor's Advent Study

The Advent Study with Pastor Scott will be *An Unlikely Advent: Extraordinary People of The Christmas Story*, by Rachel Billups. The study will begin on November 29 and take place on Wednesday mornings via Zoom at 9:30 and in-person in the library at 6 PM. All are welcome!

## Bishop Kennetha Invites You to Join Her Advent Study Tuesday's at 7 pm on Zoom: Nov. 28, Dec. 5, Dec. 12 & Dec. 19

Friends, in November, we will begin a virtual, conference-wide Advent Study of Bishop Ken Carter's new book, *Unrelenting Grace*. Bishop Carter calls grace the essence of a holy life, in which we recognize that God's loving presence in our lives is a gift. Being able to receive that gift and extend it to others "...stretches us, mystifies us, unravels us, and ultimately heals us," he writes. If you wish to participate, reach out to Pastor Scott who will get you connected.

## "Forest Bathing"

This past month, for the women's retreat, I led the women of Lovely Lane through a series of various spiritual practices. So many women have told me afterwards how much it meant to them and how much they needed it but didn't know it. We are spiritual beings, and often times that means tending to our spirituality in disciplines and formation. When I talk to the confirmation students about Spiritual Disciplines, they often conjure up images of reading the Bible or journaling. They're often surprised when I tell them that my spiritual disciplines involve hiking, being in nature, spending time in silence, and really anything outside. I think this is why some of us struggle in spiritual disciplines because we haven't found the right ones that work for us. We all have unique spiritualities that need tending to.

I love Forest Bathing as a spiritual practice, and it was one that we explored at the women's retreat. Forest bathing arose in Japan in the 1980s as the country was going through a huge cultural shift. They experienced high levels of stress, addiction, and pollution. Of course, we all know that those things often contribute to mental illness, high blood pressure, and other illnesses. And the Japanese government, along with public health, began doing research into preventing these harmful events of a changing government. One of those projects was *shrin-yoku*, or forest and nature bathing.

What images do you think of when you think of sunbathing? You often just lay there, experiencing the sun and its relationship to your body. It's relaxing. Forest bathing is the same thing. It is relaxing and you experience the physical sensations of being in the forest. Spending time in nature, to linger, and notice is healing for the body. Moving slow allows the body to shift to promote self-healing. We also experience healing from different organic compounds released from trees and other plant life. It's no wonder we feel a bit better after taking a stroll through the woods.

Now it's important to know that forest bathing is NOT exercise. You're not trying to burn calories or get a higher step count. If you're truly going slow and immersing yourself in nature, you might not even make it ¼ of a mile in an hour. There are multiple forest bathing experiences right here in our city, many led by my friend Emelia Sautter. If you'd like to learn more, head to her website: <https://www.goodmedicine.earth>.

# BLOOD DRIVE

BLOODCENTER.ORG

## Lovely Lane United Methodist Church Blood Drive

**Saturday, November 18<sup>th</sup>**

**9:00 am – 12:30 pm**

**ImpactLife Donor Bus – Parking Lot**

**To sign up online, scan the code below.**

You may also sign up with Sue Moss at [suem@lovelylane.org](mailto:suem@lovelylane.org) or Joy Jackson at [joydjackson@gmail.com](mailto:joydjackson@gmail.com)

**SAVING LIVES NEVER GOES OUT OF STYLE**

Give & get your choice of a gift card or bonus points to shop our store for our new **Classic Crewneck Sweatshirt** & more.

**Please eat and hydrate before donating and bring Photo ID.**



**ImpactLife**

## Truthsgiving

Monday, November 13<sup>th</sup>  
7pm

Ryan and Kristina's  
3000 Carroll Drive SE  
Cedar Rapids, IA

A Conversation about  
Thanksgiving, celebrating  
Indigenous People, and  
discouraging colonized  
ideas of Thanksgiving

Join Nourished for a

## Friendsgiving

DINNER

MONDAY, NOVEMBER 20<sup>TH</sup>  
6 PM - 8 PM

Pastor Kristina's House  
3000 Carroll Drive SE Cedar Rapids



NOURISHED

### Drinking from the Saucer (author unknown)

I've never made a fortune, and I'll never make one now.  
But it really doesn't matter, 'cause I'm happy anyhow.  
As I go along my journey, I'm reaping better than I've sowed,  
I'm drinking from the saucer 'cause my cup has overflowed.  
I don't have a lot of riches, and sometimes the going's tough,  
but while I've got friends to love me, I think I'm rich enough.  
I'll just thank God for the blessings that his mercy has bestowed,  
I'm drinking from the saucer 'cause my cup has overflowed.  
If God gives me strength and courage when the way grows steep and rough,  
I'll not ask for other blessings, I'm already blessed enough.  
May I never be too busy to help bear another's load.  
Then I'll be drinking from the saucer 'cause my cup has overflowed.

***The best way to celebrate Thanksgiving is by Thanksliving!***



United  
Women  
in Faith

## UWF ACTIVITIES & EVENTS FOR NOVEMBER '23

### Lovely Lane UWF Rizpah Circle Meeting

WOMEN! WOMEN OF ALL AGES! WOMEN INTERESTED IN SOCIAL ACTION! UNITED WOMEN IN FAITH! We've started a monthly meeting on the last Thursday of each month, 6:30-8 PM (in the Fellowship Hall or Fireside). We'll have a chosen topic, a speaker and/or discussion on the chosen subject. We hope this encourages you to educate others, take action, and/or make a difference.

For more information, call or text Deb Streff at 319-721-8864. All are welcome; invite family and friends!

### Lovely Lane UWF Bake Sale

We will have our Fall Bake Sale on Sunday, Nov. 19th, between the two worship services. Donations of pies, cakes, cookies, candies, and other homemade goods will be greatly appreciated! Please bring your priced items to the church foyer/narthex. We are donating the proceeds of the Bake Sale to our Children's Weekday Ministries to be used for Lovely Lane Pre-school Scholarships.

This will be a great time to pick up some delicious baked goods and other items! We sincerely hope that you will help us make this sale a huge success!!

**Happy Endings**, book discussion group, will meet on Monday, November 13th, @ 10 AM in Fireside. The book we will discuss is *There Were No Flowers* by Dr. Wm. Meffert. Our discussion leader will be Marilyn Goodman. We will not read a book for December but will go to lunch on Dec. 11th. If you have questions, call Nancy Miller at 319-393-6340. Anyone is welcome to join us!

**FRIENDLY FELLOWSHIP** will meet on Thursday, Nov. 30th, @ 12 noon, for our potluck followed by a program. Ryan Schleader, from Linn County Conservation, will speak about the projects at the Linn County Parks. Please bring a dish to share and table service. We look forward to seeing everyone on November 30th!

### Chancel Choir Spotlight

November 5: "Let Us Break Bread Together" (arr. Drennan)

November 11: CHOIR RETREAT, 9 AM—3 PM, in the Fellowship Hall (see more below)

November 12: "Arise! Shine!" (Joseph Martin) - based on Isaiah 60:1-6

November 19: "Thanksgiving Joy" (Martin) - based on Psalms 9:1, 35, 118:21, 136

### Chancel Choir Retreat

Saturday, Nov. 11, 9 am-3 pm

Fellowship Hall; Lunch provided

***\$10 Registration fee requested in to the church office by Nov. 5th***

**This retreat is open to current members, former members, those wanting to know more about choir, & those who enjoy the music the choir sings! Join us!!**



## YOUTH CO-OP

- 11/5—Service project led by Kyla Mulnik (location & time TBD)
- 11/12—11 AM-1 PM @ People's Church: "Understanding Our Partner Churches' Denominations"; lunch & discussion to follow
- 11/19—4-6 PM @ St. Paul's: Friendsgiving
- 11/26—NO Youth Co-op (Thanksgiving weekend)

## WEDS. NIGHT YOUTH GROUP (5:30 PM family meal @ LL, then 6 PM meeting @ St. Paul's)

- 11/1 Giving: Service project for the Holiday Fair @ St. Paul's
- 11/8 Giving: Service project at Lovely Lane
- 11/15 Giving: Friendsgiving
- 11/22 NO Weds. night youth group

Contact Ryan Roth-Klinck, Youth Director,  
with any questions: (940)390-7437 or  
[ryan@lovelylane.org](mailto:ryan@lovelylane.org).

## Men's Breakfast Gathering

The next gathering is Saturday, November 11th, at 8:30 am. Jeff Linder, church member and sportswriter for *The Gazette*, will speak about his experiences covering Caitlin Clark and the Iowa Hawkeyes basketball team. All are welcome!

## Remembering with love:

*Rick Taylor.....2017*

*Donna Lewis.....2020*

## September Financial Totals

Cash inflow—mo. of Sept.	\$ 41,340
Cash inflow—YTD	\$440,715
Budget need/month	\$ 47,614
Cash outflow—mo. of Sept.	\$ 47,190
Cash outflow—YTD	\$458,903
Unpaid apportionments	\$ 0

## SUNDAY SCHOOL & KID'S CLUB

Sunday School for children takes place during the 10:30 service after the Children's Time.

Kid's Club is on Weds. at 5:30 (meal followed by program @ 6 PM). We no longer ask that you sign up for the Weds. evening meal.

Don't hesitate to reach out if you have any questions and/or would like to volunteer to help.

Annie Walker, Dir. of Family Ministries,  
[anniew@lovelylane.org](mailto:anniew@lovelylane.org)

## INFANT AND TODDLER SUNDAY SCHOOL CLASS

A SUNDAY SCHOOL CLASS DESIGNED FOR OUR YOUNGEST DISCIPLES. THIS TIME FOR PARENTS AND LITTLE ONES WILL INCLUDE A TODDLER FOCUSED BIBLE STORY, MUSIC, AND SENSORY EXPLORATION CENTERS

FIRST CLASS:  
NOVEMBER 5TH  
9:45AM-10:15AM  
CONSECUTIVE CLASSES:  
2ND SUNDAY  
9:45AM-10:15AM

## WORSHIP VOLUNTEERS/SERVANTS

Go to the church's website ([www.lovelylane.org](http://www.lovelylane.org)) to sign up as a Worship Volunteer Servant: greeter, usher, lector, and/or communion server. You'll find sign-up links for the 8:30 and 10:30 AM services listed in the website under *Worship Servant Sign-up*. Please check your calendar and choose a date(s) to serve! If you need help, call the church office and Sue or Marti can sign you up online. Thanks!

## Concerns & Celebrations

### **JOYS:**

- \*World Communion Sunday, working towards unity
- \*Especially for You Race/Walk in Cedar Rapids
- \*Feast of St. Francis, focus on animals & creation
- \*Pastor Kristina preached at St. Mark's UMC on 10/1
- \*Steve & Leah Nelson, former LL members, in worship
- \*Happy Birthday to Linda Fitz
- \*Happy 90<sup>th</sup> Birthday to Mary Vorwerk's mother, Marilyn
- \*Virginia Weiland's sister doing better after procedure
- \*Dan & Kim Moore celebrate their son's recent wedding
- \*Don Whitford celebrated his 94th birthday on 10/10
- \*Shirley Mickelson celebrating the birth of new granddaughter born 10/1
- \*Barb Olive received good news from recent scans
- \*Virginia Weiland's sister Juanita is cancer free
- \*Youth Co-op went to Bloomsbury Farms & participated in the Crop Walk
- \*Fall football & schools' homecomings
- \*Dan & Kim Moore celebrated their 40th anniversary
- \*Birthday celebrations in the Davis family
- \**Nourished* at the Fall Crawl in the Czech Village
- \*Great turnout for *Nourished* event - Fork 'n' Folk
- \*Wonderful women's retreat in Marion on 10/21
- \*Thanks to Pastor Kristina & our Health & Wholeness Committee for leading the retreat
- \*Marla Gonzalez with encouraging health news
- \*Family Hayrack Ride at Usher's Ferry on 10/21
- \*Women's Social Issues class welcomes everyone to meetings on last Thursday of the month
- \*Nourished Gathering at Pastor Kristina's on 10/23
- \*New Member Classes on November 12 & 19
- \*School activities celebrating our local students
- \*Scott & Heather Meador express appreciation for prayers during their international trip
- \*Trunk or Treat Event on 10/28; thanks to all who helped!
- \*Stewardship Sunday focus: "Becoming a Tremendous Church"
- \*Appreciation to all who completed a commitment card for 2024
- \*Infant/Toddler Sunday School coming up
- \*Friends of Deb Streff visiting in worship
- \*Alina & Mariia, students from Ukraine, in Sunday School & worship
- \*Appreciation to Friendship Force for bringing Alina and Mariia to LLUMC & for supporting persons from Afghanistan & Ukraine

### **CONCERNS:**

- \*Memorial service for Ann Ramsey, Dennis's mother, on Oct. 7
- \*Nancy Miller's sister & Nancy's friend's recent celebrations of life
- \*Sympathy to Bob & Jo Hoover after passing of Bob's cousin
- \*Sympathy to Judy McDowell whose brother in-law Jack died after suffering a heart attack
- \*Sympathy to Dave Dix after the passing of his brother, Larry
- \*Patty Logsdon's sister's best friend passed away
- \*Dave Smith received a pacemaker
- \*Sherry Minor recovering after foot surgery
- \*Continued prayers for Rick & Cathy Homard after their fall; Cathy will have knee surgery on Nov. 2
- \*Dan Moore with health concerns
- \*Barb Olive with health concerns, & continued prayers requested for her parents
- \*Nancy Patrick's brother Joel entering hospice
- \*Dave & Mari Lu Smith's son having/had surgery
- \*Orla Nelson's son & family live in Israel-safe for now
- \*Stephanie French's son Troy
- \*Maggie Thomas's brother, Bob, with health concerns
- \*Sharon Vavra's cousin's husband, Larry, with cancer news
- \*Amanda Bentley's uncle, Jack, is/was hospitalized
- \*Marla Gonzalez's nephew born 6 weeks early--Ryan Thomas
- \*Maggie Thomas' nephew Drew who lost his job
- \*Jerry & Virginia Weiland's friend, Pam, receiving hospice care
- \*Mitch Turner's friend, Rick, receiving hospice care
- \*Barb Vancura's friend Sherry following a stroke
- \*Judy McDowell's friend Kathleen had a stroke
- \*Judy McDowell's 101 year old mentor with health concerns
- \*Jane Schildroth's friend's husband, Steve, with health concerns
- \*Darla Reed-Tinderholt's friend, Jim, with surgery after a fall
- \*Rob & Barb Olive's friend's 2-year-old daughter, Bella, with struggles
- \*School district with the social media threat early Oct.
- \*State of Maine following mass shootings
- \*Country of Ukraine in their continued war w/Russia
- \*Countries of Israel & Palestine; conflict in Gaza
- \*Afghanistan following two earthquakes
- \*All national & international concerns



**November Monthly Newsletter, Vol. 61, No. 11**  
2424 42nd Street NE  
Cedar Rapids, IA 52402

**RETURN SERVICE REQUESTED**

***Find out more about us:***

Website: [www.lovelylane.org](http://www.lovelylane.org)

Facebook: [www.facebook.com/lovelylaneumc](https://www.facebook.com/lovelylaneumc)

Phone: 319-393-6674

**LOVELY LANE UMC STAFF**

**Administration & Worship**

Lead Pastor	Dr. Scott Meador
Associate Pastor	Rev. Kristina Roth-Klinck
Director of Media & Technology	Eric Wylie
Organist	Dennis Ramsey
Chancel Choir Director	Nancy Patrick
Handbell Choir Director	Charlie Kucera
Director of Children's Choirs	Carla Jesse
Chancel Choir Accompanist	Linda Bayliss

**Children & Youth**

Director of Family Ministries	Annie Walker
Director of Youth Ministries	Ryan Roth-Klinck
Nursery Caregivers	Tara Neveu (lead) Brenda Holub, Paige Gerjets & Claire Van Erde-Wyk
Director of CWM (Children's Weekday Ministries)	Dawn DuPont

**Office & Facilities**

Sr. Office Manager	Sue Moss
Office Manager	Marti Bowman
Treasurer	Susan Kohl
Financial Secretary	Tammy Martin
Membership Secretary	Susan Camp
Website & Social Media	Shelly Turner
Facilities Manager	Curtis Thomas
Custodians	Rex & Rhonda Heasty
Wedding Coordinator	Becky Wood