



The Redeemer Review

Proclaiming Christ into the 21st Century

Volume 8

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Stress

Stress is eating us alive. One expert has estimated that between 75 and 90 percent of all visits to primary care physicians are for stress-related problems. And that's not only a matter of working adults dealing with job stress. Children, teenagers, college students, and the elderly also are feeling a lot more stress. One magazine survey found that almost 75 percent of us feel we are under great stress one day a week. And it's not hard to understand. We're working longer hours and carrying more debt. We live unhealthy lifestyles. We are lonely and cut off from the family and religious ties that give us strength.

The month of July for me is a "sweet & sour" month. It is a sweet month for marrying my hubby, Sung. It is a sour month for sending off my mother to heavenly home. It will become "sourer" this year because my brother who is a Presbyterian minister is moving back to South

Korea to be a minister to one of the largest churches in South Korea. I am happy for him, but for my selfish reason I am not too happy. Honestly the month of July is the lowest happy energy month for me. In the past 3 years I made myself busier in July to ignore my feelings, but I realized it did not help me and others. So, this year I've decided to be more reflective by just "being" instead of doing "stuff."

To cope with stress, I thought of Jesus and the stress he was under. He rarely had any personal privacy. He was constantly interrupted. People repeatedly misunderstood him, criticized him, and ridiculed him. His stress would have caused any of us to cave in. But as I look at his life, I am amazed to see that he remained at peace under pressure.

Jesus based his life on seven principles of stress management, I've found. If we understand and apply these principles in our lives, I

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believe that we'll experience less pressure and more peace of mind too. I am still working on these principles. But, I feel like it is worth it to share with you in the hope that you will live the less-stressful life. So, I am here to share briefly.

1. Identification: Know who you are.

Jesus knew who he was. To handle stress we must know who we are. If we don't know who we are, other people will pressure us into being someone we are not. A lot of stress results from wearing masks, being unreal with others, living double lives, or trying to be someone we're not. And who are we? A child of God! We were put on Earth, not by accident, but for a purpose. We are deeply loved and accepted by God. He has a plan for our life, and because he put us here, we are significant.

2. Dedication: Know whom you're trying to please. Jesus knew whom he was trying to please. When we don't know whom we're trying to please, we cave in to three things: 1) criticism (because we are concerned about what others will think about us), 2) competition (because we worry about whether someone else is getting ahead of us), and 3) conflict (because we're threatened when anyone disagrees with us). If we focus on pleasing God, however, it will simplify our life.

3. Concentration: Focus on one thing at a time. Jesus knew what he wanted to accomplish. Every day we either live by priorities or we live by pressures. Everyone had a Plan B for Jesus, but he kept right on doing what he knew God had told him to do. When we concentrate our energy, we are more effective. Jesus did not

Redeemer Review

Our Redeemer's

United Methodist Church

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Worship Services:

9:00 and 10:30 am

Pastor:

Rev. Dr. Sunny Ahn

Hours - Tue-Thur 11:00 am - 6:00 pm

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pastorsunnyahn@gmail.com

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Director of Youth Ministries:

Marianne Rogenski

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let interruptions prevent him from concentrating on his goal.

4. Delegation: Don't do it all yourself.

One day, Jesus went up into the hills and called certain followers to join him. He appointed 12 of them as his helpers and sent them out to preach. (Mark 3:13) In other words, he delegated his work. We get uptight and tense because we think everything depends on us. But when I really do let go, the world doesn't fall apart!

5. Meditation: Make a habit of personal prayer. Jesus often got up "very early in the morning, while it was still dark ... and went off to a solitary place" to pray. (Mark 1:35) The sixth principle of stress management is to make a habit of personal prayer. Prayer is a gigantic stress-reliever. A quiet time alone with God can be a decompression chamber.

6. Recreation: Take time off to enjoy life. Once Jesus' 12 men gathered around him and reported all they had done and taught. Because so many people were coming and going, they hadn't even been able to eat. So Jesus said to them, "Let's get away from the crowds for a while and rest." (Mark 6:31 NLT) Rest and recreation are not optional. In fact, rest is so important that God included it in the Ten Commandments. God knows that our physical, emotional, and spiritual constitutions demand periodic breaks. Jesus survived stress, because he enjoyed life. Balance in life is a key to stress management.

7. Transformation: Give your stress to Christ. Jesus says, "Come to me, all you who are weary and burdened, and I will give you rest." (Matt. 11:28 NIV) We will never enjoy

complete peace of mind until we have a relationship with the Prince of Peace. The greatest source of stress comes from trying to live our lives apart from the One who made us, trying to go our own ways and be our own gods.

By imitating Jesus and his practices, let us live the stress-less, if not stress-free, life!

Ribbit!

Pastor Sunny

Safe Sanctuary Training
Saturday, August 24
8:30 a.m. to 12 noon

Training for those who work with children and youth at ORUMC.

This training is *mandatory* for Sunday school teachers, youth group leaders, nursery attendants, and all people who will be working with minors at *Our Redeemer's* UMC according to our Safe Sanctuary policy.

The training will be more than Safe Sanctuary training but that will be part of the morning. Please RSVP with **Marianne Rogenski** by August 18.

Please arrange another date/time with Marianne if you are not able to make to this training.

Thank you to all who give their time to the children and youth at ORUMC!



Youth News

by Marianne Rogenski

Appalachia Service Project (ASP) News

ASP Sunday will be August 4, 10:00 a.m. Come and hear about this youth mission trip and the experiences that were had in Kentucky in June!

Summer Youth Event (for all youth entering 7th grade through completed 12th grade)

August 8, 7:00-9:00 p.m. Game night at church. Bring your favorite game—indoor or outdoor. There will be snacks and drinks provided.

Sunday Night Youth Groups

Regular Sunday night youth group for Jr. High and Sr. High students will resume on September 8, 6:30-8:30 p.m.

Backpack Blessing 2013 Sunday, August 18, 10:00 a.m.

Here at *Our Redeemer's* UMC, on Sunday, August 18, we want to celebrate and bless the beginning of another school year by blessing the backpacks.

We are asking students, preschool through adult, to bring their backpacks to worship service at 10:00 a.m. During the worship service, children and students of all ages will be lifted up and prayed over as they begin a new school year.

Sunday School Resumes September 8, 9:00 a.m.

Sunday School resumes for those 3 years thru 6th grade on September 8—we hope to see you at Rally Day!



Jared Pierson	8/3
Ryan Greenwalt	8/7
Jessica Rocha	8/7
Samantha Nordli	8/22
Colleen Wilkes	8/23
Nichole Johnson	8/24



Godspell is back! A new Voices of Light production of this favorite musical based on the Book of Matthew will be performed at 7:00 p.m. on Thursday, August 1, Friday, August 2, and Saturday, August 3. Tickets will be sold after worship on Sundays in July, priced at \$12 for adults and \$8 for children and students. Tickets can also be purchased by contacting **Michelle Hill** at 224-523-3225. Unless sold out, tickets will also be sold at the door prior to each performance. Church doors open at 6:00 p.m.; seating begins at 6:30 p.m.

Following the Friday evening performance, there will be an “After Hours” show featuring desserts, beverages, and additional musical performances by the *Godspell* directors and Voices of Light alumni. (One night only!) All proceeds from tickets and “After Hours” donations will help fund a new sound system for ORUMC. Contact **Ron Zemke** at musicmanz@icloud.com or 630-567-0864 for more information.



Crisis Center

Back to School Supply Drive for the Community Crisis Center

Help collect school supplies for students in need!

Folders (2 pocket/solid color); spiral notebooks (one subject, wide rule/solid colors only); pencils (10-count standard #2 yellow wood); black pens; scissors (gender-neutral color); glue sticks (0.21 oz); rulers (wood or gender-neutral color); crayons (24 pack/Crayola preferred); and gender-neutral backpacks.

They also continuously need a variety of odds and ends:

Towels and washcloths; kitchen towels; hand operated can openers; twin size bedding (new and used); travel size sewing kits; paper towels/toilet paper, face napkins, facial tissue; styrofoam cups/plastic ware/paper plates.

There is NO Summer Vacation for HUNGER. They always need nonperishable canned and boxed goods.

Thank you for your generous giving!

VBS 2013











Feedback from ORUMC Worship Survey Completed in May, 2013

Thank you very much to the 205 of you who responded to the survey questions! We have been diligently analyzing the data and have some to share with you.

- Fifty percent of you came to ORUMC for the first time because of the neighborhood location. You continue to attend because of the feeling of love and acceptance, friends and family who attend, and the music.

- Congregational singing is among the most important elements of worship and it is also highly rated at our church.

- Over 90% of you feel we have an appropriate amount of lay involvement in our services.

- Your top 3 adjectives that best describe our typical worship service are joyful, spiritual, and encouraging.

- Regardless of your age or the time of the service, 2/3 of you prefer a blended worship style, that is, elements of both contemporary and traditional worship.

- Overall you find the bulletin to be important during worship.

- The majority of you are satisfied with our levels of lay involvement, formality and dignity, and reverence and holiness.

We are still looking at the data relative to worship services and Sunday school times. There will be no immediate changes.

Detailed responses will be kept confidential. Additional findings that need to be addressed are being shared with the appropriate committees.

Once the committees have a chance to review the data, adjustments which are appropriate and possible will be made.

We greatly appreciate your patience as we continue to review the data.

The Survey Team

United Methodist Men August 10, 8:00 a.m. @ ORUMC

All members and friends of *Our Redeemer's* are invited to our regular monthly breakfast on Saturday, August 10 at 8:00 a.m. We will share in breakfast and fellowship with a short business meeting.

Habitat for Humanity August 17, 7:00 a.m.

All members and friends of *Our Redeemer's* are invited to join the ORUMC Habitat for Humanity team for a work day at a Lake County habitat site August 17.

We will meet at the church at 7:00 a.m. and carpool to the site. We will return to the church about 5:00 p.m.

"The Five Practices of Vitality"

Sermon Series (8/11-9/8):

For evaluating the vitality of our physical body, the doctors are usually measuring the levels of blood glucose, total cholesterol, blood pressure and height/weight measurements.

In this five-week sermon series on "The Five Practices of Vitality," we will think about the vitality of our spiritual body through the vitality measurement tools provided by **Bishop Robert Schnase** who serves the Missouri Conference of the United Methodist Church as the resident Bishop. Healthy Christians make a healthy congregation that transforms the world!

UMW Movie Night August 9, 7:00 p.m.

All ladies are invited to attend a Movie Nite at **June Guthrie**'s home on Friday, August 9 at 7:00 p.m.

The movie will be "*Safe Haven*" from the book of the same name by **Nicholas Sparks**. Safe Haven is a 2013 American romance film starring Julianne Hough, Josh Duhamel and Cobie Smulders. Definitely a "Chick Flick"

June is planning to make Do It Yourself Ice Cream Sundaes. Please RSVP to June at junetoo@comcast.net or phone 847-891-0891

June's address is: 900 Notis Court, Schaumburg, just north of the intersection of Wise & Salem Roads



Personal Notes



Our deepest sympathy:

to **Stephanie Edwards** and family on the death of her mother, **Arline Carlson**.

to **Jim Naatz** and family on the death of his uncle, **William Naatz**.



Congratulations to **Gail and Bruce Bedingfield** on their 35th Wedding Anniversary!



Thank you to **Pam Miller** and all the volunteers who helped make Vacation Bible School a success this year.



Marianne Rogenski Director of Christian Education

As some of you may know, the Staff-Parish Relations Committee (SPRC) has been working to fill the Director of Christian Education position at *Our Redeemer's* UMC (ORUMC).

This role is vital to the growth of our church and we are fortunate to have **Marianne Rogenski** willing to fill in this position. She will continue with her role of Youth Director. This new position is defined below but it will not include any duties related to Adult Education.

This position is considered temporary for the period of one year – starting August 1, 2013 and ending July 31, 2014.

By the spring of 2014, SPRC will review the additional duties with Marianne to determine if we should make this role permanent or open the search for someone else to fill this position after August 2014.

SPRC and Administrative Council approved the following:

The Director of Christian Education position at ORUMC will be a temporary position

from August 2013 to August 2014. The position will be 10 hours per week and cover the following areas:

1. Oversee Sunday School and organize volunteers for Christian education programs, help with curriculum and other planning to encourage fellowship, foster Christian relationships, and contribute to our children's spiritual development.
2. Oversee other activities and events organized by the Education Committee at ORUMC. Work with the Education Committee to plan out the activities.
3. Be a part of the Education Committee, as a staff member. Work closely with the chairpersons of the committee.
4. Be in the office/church a couple of hours per week to be available to parents and teachers. (Most weeks will be Tuesday evenings during the rehearsals of the children's choirs and on Sunday mornings during Sunday School hour.)
5. Attend Staff/Pastor meetings as needed.

Please take a moment to say thank you and welcome Marianne to her new position.

Our Redeemer's United Methodist Church

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