



REACH

INVITING PEOPLE ON A JOURNEY WITH JESUS.

NOVEMBER 2021
VOLUME 33 • ISSUE 11

IN THIS ISSUE

Strategic Stats & Staff Resignation Announcement	P. 2
Share Thanksgiving & Upward Sports	P. 3
GriefShare: Surviving the Holidays	P. 4-5
Children's Ministry & Student Ministry	P. 6-7
November Schedule Highlights	Back Page

31 Days of Kindness

Throughout the month of October, our church showered the city of Troy with kindness. Every day, we did a simple gesture to share the loving-kindness of Jesus with our community.

Thank you to everyone who participated in 31 Days of Kindness. Your generosity was certainly noticed by those you blessed! We hope you'll continue blessing others in the name of Jesus!



Worship Schedule

8 a.m. Sanctuary
9 a.m. Family Life Center & Online
10:15 a.m. Sanctuary & Online
10:45 a.m. Family Life Center
Masks and social distancing are strongly recommended but not required.

A MESSAGE FROM PASTOR ANDY

Pastor Andy's Top 7

7. October's **#31daysofkindness** was SO MUCH FUN! Every time I dropped off a card with some sweet treats, every time I went through the drive through on Fridays and paid for the person behind me, and each moment I helped on a Serve Saturday, my heart overflowed with sheer joy at sharing the unconditional loving-kindness of God. I'd love to hear about your experience, too!
6. **Thank you** for blessing me and our church staff with your own kindness during Pastor Appreciation Month. Please know that I am so thankful for and appreciative of you! There is no church I would rather serve.
5. Join us for a meaningful **All Saints' Day** worship service at 6:30 p.m. in the Sanctuary on Monday, November 1. Let's come together in that perfect combination of celebration and grief as we thank God for the lives of the faithful who have graduated into the Communion of Saints.
4. Sunday, November 7, our congregation will have an opportunity to **honor retired pastors**. In our own church family, we are blessed and encouraged by at least five retired United Methodist ministers and their families. And on 11/7 we will welcome back a retired and former Troy UMC pastor, Rev. Ed Weston, who served our church from 1978-1985. Rev. Weston now serves as the Director of Development for Preacher's Aid Society and Benefit Fund — a 150-year-old organization started to provide assistance to our retired clergy and their spouses. Please consider a special gift!
3. Also on November 7, at noon in the Family Life Center, we will be hosting a **discipleship luncheon**. Come enjoy a pasta bar lunch and hear a vision for intentional disciple making. YOU can be part of the beginning of this life- and- church-transforming movement that will not only help you grow as a disciple, but help you become a disciple maker. I hope to see you there!
2. November is a month of **Thanksgiving** and gratitude. Sunday, November 21, we will hear from someone I'm grateful for: Rev. Don Burroughs. We will also hold a special Thanksgiving worship service on Wednesday, November 24, at noon in the Family Life Center followed by a light meal of soup and sandwiches. A special offering of gratitude will be taken for our Financial Assistance Fund that supports those in our church and community who have pressing financial needs.
1. Think now about who you can invite to our upcoming **Advent** series, **The Nativity**, in which we'll encounter the real-life people of the Christmas Story. Chances are you have a Nativity set — maybe two or three or more! Joseph and Mary are kneeling by the manger surrounded by animals. Shepherds stand by and look on with awestruck eyes. The magi are approaching bearing expensive gifts from afar. And of course, there is the Christ child himself. We are all too familiar with the Nativity, and the characters often take on larger-than-life personas in our minds! But these were each people with hopes and dreams and joys and struggles like you and me. Join us on this journey toward Christmas with the real-life stories of the real-life people of *The Nativity*.

Faithfully,

Andy

Staffing Resignation Announcement

We are sad to announce that our Director of Traditional Worship Arts, Emily Ottwein, has resigned as of October 31. As saddened as we are to see Emily step out of this staff position, we support her in these steps to find a healthier work/life balance. The good news is that Emily hopes to sing or direct worship music on occasion, as scheduled. She also plans to perform at other venues. Emily has graciously offered to help during our transition.

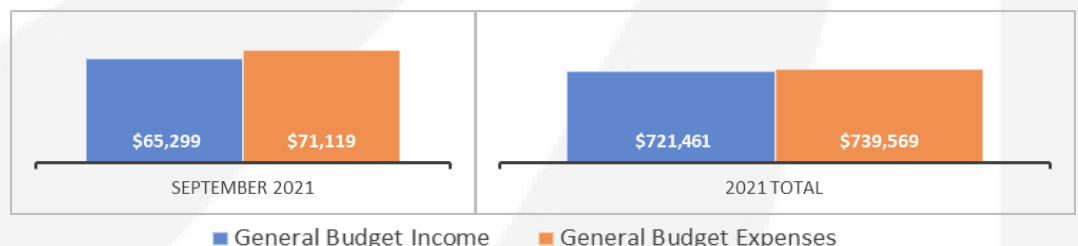
Emily has provided the following statement for sharing with the congregation:

"What a privilege it has been to be on staff at TUMC for the past ten and 1/2 years. I would like to thank Pastor Andy, the Staff Parish Committee, the staff, and all of the wonderful volunteers who have made this such a joyful time of making music and dramas that honor and bless God in worship of Him. I am blessed to be a part of this church family."

A transition team will be contacting the chancel choir, bell choir, and children's choir to create and implement an interim plan to cover music needs for the traditional services.

If you have questions or suggestions, please feel free to contact Pastor Andy (andy@troyumc.org); Carl Inman, Chair of the Staff-Parish Relations Committee (cri2000@gmail.com); or Mickey Jackson, Lay Leader (mjack1248@gmail.com).

General Budget



Share Thanksgiving 2021

WHAT WE DO

Share Thanksgiving is designed to help others in our community share in a traditional Thanksgiving meal. By donating one or more meal components, you will assist those who are not able to purchase these holiday extras.

HOW WE DO IT

On October 31, November 7, and November 14, you may sign up to bring one or more meal components (frozen turkey, rolls and stuffing, vegetables and sides, dessert, and drinks). On Sunday, November 21, 8-10:45 a.m., all items need to be brought to church. We will compile meals for delivery that morning.

WHAT TO BRING

The idea is that you would bring items that you enjoy cooking for your own Thanksgiving meal. If you usually make pumpkin pie for dessert, we suggest a can of pumpkin pie mix (including the spices), a pie crust mix, and cool whip or dream whip.

SUGGESTIONS & IDEAS

- Vegetables/Side Dishes: Potatoes (fresh or boxed), Gravy, Canned Vegetables, Canned Yams, Your Favorite Recipe with Ingredients
- Desserts: Pie Mix, Crust Mix, Cool Whip, Cookies, Cake Mix, Your Favorite Recipe with Ingredients
- Drinks: Coffee, Tea, Soda, Hot Chocolate, Juice Boxes

HOW MANY PER MEAL?

While it is difficult to predict the sizes of the families whom items will be provided for, we ask that you bring enough to feed a family of four. We can make adjustments as we compile the meals, if needed.

OUT OF TOWN?

Will you be out of town the Sunday before Thanksgiving? You can still arrange to get your items to the church by dropping them off during office hours. We do ask that you carefully label your items with your name and whatever meal components you are providing.

HOW CAN I HELP?

- Deliver meals! Deliverers load up their cars and head off with the addresses in hand. We have maps of Troy available. We also have some instructions should you not reach someone at home.
- Sign up to provide meal components
- Bring in meal components
- Pray for the families receiving meals

QUESTIONS?

Please contact Linda Bettis at (618) 520-9010 or Sharie Meyer at (618) 667-6241.



BASKETBALL & CHEER LEAGUE

SIGN UP NOW!

PLAY WITH PURPOSE

*Millions of kids.
Thousands of communities.
Countless changed lives.
Find out why.*

The poster features a young girl in a blue basketball jersey with the number 4, jumping to shoot a basketball. Another girl in a grey cheerleading uniform is visible in the background.

Upward Basketball & Cheerleading

Basketball (boys & girls): K4 - 12th grade

Cheerleading (girls): K4 - 8th grade

Youth sports should be fun and challenging! With Upward Basketball and Cheer, your child will develop athletic abilities and learn life principles that apply both on and off the court.

Evaluations take place November 9, November 18, and December 11 — so **register your kid(s) today!** You can still get an early registration discount, and there are discounts for registering more than one child.

Find out more and register at troyumc.org/upward-sports.

Planning for the Holidays after a Loss

Facing the holidays after the death of a loved one is always difficult. It's not easy knowing your holidays will never be the same. Here are some things you and your family can do to help enjoy the holidays and still honor a deceased love one.

Ask family members about participating and covering holiday preparations and traditions. Discuss the role your loved one played in holiday traditions or festivities. Who will now say the prayer? Who will bring the pumpkin pie? Who will put up the Christmas tree? Talking about what you'll miss most about your loved one's absence will be the first step in coping with grief.

Consider holiday-related activities and decide what to keep and what to change. Deciding to continue family traditions by deciding who will volunteer to fulfill the role(s) of your loved one. Someone continuing to make Mom's pumpkin pie can be comforting and a wonderful way to honor their memory. Family members should only do what they feel comfortable doing. You don't have to do things the way they've been done in the past.

It's okay if you don't feel like decorating or putting up a tree. If you usually went to the deceased's house for dinner, this year go somewhere different or stay at home. This is not the time for big expectations. Feelings of grief ebb and flow. You may feel upbeat and energetic one moment and overwhelmingly sad and tired the next. Help others understand how you are feeling and what you need.

Decide how to include ways to remember your loved one at holiday events. There may be an empty chair, but your loved one will be present in your mind and heart. Include them by lighting a candle when you gather. Another idea could be placing notes in a box to read and share after a holiday meal. Look through photo albums and tell stories about your loved one. This will help you feel connected to each other and to the loved one who died.

Respond to holiday invitations. Plan to be with people you enjoy being with. If you feel a bit uneasy, ask a friend to accompany you and only stay as long as you want. Remind your host that at the last minute you may decide to not come, since you're not sure how you'll be feeling.

Your holiday fears may be worse than reality. Sometimes the thought of being around happy party-goers can make your grief more noticeable. It's hard to watch as life goes on around you while you're still stinging from the death of your loved one. But the fear of going through the holiday season without them may be worse than the reality as you surround yourself with family, friends, and others who understand what you're going through. During the holiday season, allow yourself to enjoy "golden moments" when you can see the joy of the season peeking through the shadows of your sorrow. Your loved one would want that for you.

Tidings of Comfort and Joy?

Facing the holidays after bereavement

When you're grieving the death of a family member or friend, you may dread the holiday season. Thoughts of social gatherings, family traditions, and obligations leave you anxious and overwhelmed. Your sadness can seem unbearable. You may wish you could skip these next two months and go straight to the routine of the next year — but you can't. What can you do to lessen your stress and loneliness?

Holidays trigger tough emotions

You can start by learning what emotions are normal and to be expected when facing the holidays without your loved one. "If you're feeling overwhelmed as this holiday season approaches, that's very normal," advised psychologist Dr. Susan Zonnebelt-Smeenge, whose husband died. "You're probably wondering how you're going to handle this and are unsure of what course to take. I want to assure you that you can get through these holidays, and hopefully you can even find moments of joy."

When you know what to expect, you won't be rendered helpless as holiday events trigger unexpected emotions. Make a point to spend time talking with people who have experienced a past loss and have already been through a holiday season without their loved one. They can help you have an idea of typical emotions and emotional triggers to expect. These people can also provide much-needed comfort and support.

Creating a holiday plan will help

Another important step in surviving the holidays is to create a healthy plan for the coming season. "Planning does help you to have a little control, even when you feel totally out of control," said Dr. Zonnebelt-Smeenge. A healthy plan involves making decisions in advance about traditions, meals, time spent with others, holiday decorating, gift-giving, and commitments.

You will likely not have the energy or the interest in doing as much as you have in past years. Decide ahead of time which invitations you'll accept, and let the host or family member know that you might leave early. Consider whether your decorating will be different this year: perhaps a smaller tree or simpler ornaments. If you cook or bake, cut back.

Make a list of every holiday tradition you can think of, from music to presents to outings. Then decide which traditions will be too difficult without your deceased loved one, which traditions you'd like to maintain, and what new traditions you can start this year.

Communicating with family and friends

What's also helpful in facing the holidays is to communicate your specific concerns and needs with your family and friends. People in grief are often tempted to put on a mask and pretend things are fine, especially over the holidays. "I didn't want to put a damper on anyone else's joy," shared Mardie. "So I put on a happy face and tried to be the sister, the daughter, the aunt, that everybody wanted to see. Putting on that happy face was a heavier burden than I was emotionally able to carry at the time."

Your friends may want you to "cheer up" and "have fun," when that's the last thing you want. Others will avoid you because they don't know what to say and don't want to make you feel worse. Some family members will give you wrong advice in a misguided attempt to help. All of these people likely mean well, but will only end up hurting you if you don't communicate what you truly need from them.

As difficult as this may be, it's important to tell people what they can do to help and what they are doing that isn't helping. And if you don't have the energy or inclination to talk to people face-to-face, then write your thoughts, concerns, and needs in a letter or email. What's important is that you are being honest and gracious in your communication.

In describing the first holiday dinner after she was widowed, Dr. Zonnebelt-Smeenge said, "It seemed like no one wanted to talk about my husband. I kept waiting for somebody to bring up [his name]. After a while I couldn't stand it anymore. I excused myself and left and bawled all the way home. Later I decided maybe they were waiting for me to decide if it was okay to talk about him; maybe they were afraid if they said anything, they'd make me feel worse. From that time on when I went to an event, I found a way to let people know I wanted to talk about him and I wanted to hear their stories."

So where can you find out what emotions to expect over the holidays, how to create a healthy plan, and how to communicate with family and friends these coming weeks?



GRIEF SHARE®

SURVIVING THE HOLIDAYS

"Surviving the Holidays" Seminar

Sunday, November 14, 12-2 p.m. in the Family Life Center

This GriefShare seminar offers practical, actionable strategies for making it through the holiday season. At this two-hour seminar, we will have a free luncheon, you'll view a video featuring advice from people in grief who've faced the holidays after their loss, and you'll hear insights from respected Christian counselors, pastors, and psychologists. You'll also receive a Holiday Survival Guide with practical strategies, encouraging words, helpful exercises, Q/As, and journaling ideas for daily survival through the holiday season.

At this seminar, you'll meet with other grieving people who have an understanding of what you're going through. They won't judge you or force you to share, but will accept you where you are and will offer comfort and support. Your holiday season won't be easy; your emotions may ambush you and suck you under at times. But you can choose to walk through this season in a way that honors your loved one and puts you on the path of health and healing.

To register or find out more about GriefShare Surviving the Holidays, email Christine at christine@troyumc.org.

JOURNEY KIDS



Save the date: Tuesday, December 21, 5:30-7:30PM

Troy UMC, FLC

Join us for an amazing night in Bethlehem:

This fun and faith-filled adventure lets kids explore the city of Bethlehem at the time of Jesus' birth. Through hands-on experiences they'll find out about the most important baby ever—and learn that Jesus came to save us. Guests will visit booths around the city and enjoy hands-on experiences, crafts, and snacks—all while learning about Jesus. Please allow one hour to explore all stations.

NEW LIFE STUDENT MINISTRY

Troy UMC's New Life Student Ministry (NLSM) provides middle and high school students with opportunities to journey with Jesus through worship, engaging the Scriptures, and serving others. November includes a service project for middle school students at a local food pantry, an outdoor recreational retreat for the Confirmation Class, and the annual Fall Retreat for high school students—something for every student!

WEDNESDAY NIGHT YOUTH GROUP

5:00-6:00 p.m.	Sr. High Praise Band	Family Life Center – led by Ryan Froidcoeur
5:30-6:00 p.m.	Jr. Praise Band	Children's Area – led by Tim Price
6:00-6:30 p.m.	Snack Dinner	Family Life Center
6:30-6:45 p.m.	Worship – All Students	Family Life Center
6:45-7:45 p.m.	Small Groups & Closing	Children's Area & Youth Rooms

Themes for November Wednesdays:

“FORGIVENESS TAKES MORE THAN A MOMENT” and “THE BEST THING YOU CAN DO WITH THE WORST STUFF THAT HAPPENS TO YOU”: A Series about Forgiveness

November 3	1 Thessalonians 5:15	When you don't forgive, it hurts you.
November 10	Romans 5:8; Colossians 3:13	Everybody needs forgiveness.
November 17	Genesis 45:4-5; Matthew 18:21-22	Forgiveness can take time.
November 24	NO NLSM – <i>Thanksgiving Holiday</i>	

SPECIAL EVENTS

Middle School Service Project at Ministries Unlimited | Saturday, November 20, 11 a.m. to 3 p.m.

Meet at Ministries Unlimited: 310 Collinsville Road, Troy, IL 62294

We will be sorting and packing food. Pizza lunch with drinks provided! Student RSVP required; no cost.

Senior High Fall Retreat | November 19-21 | RSVP + \$125

- Little Grassy United Methodist Camp in Makanda, IL
- Theme: "The Psalms"
- Hiking, canoeing, Bald Knob Cross, and campfire!
- Dorm-style rooms with private bathrooms
- Sunday brunch at historic Giant City State Park Lodge
- Worship at Jesus Es El Senor UMC in Cobden, IL

ALL STUDENTS SERVICE PROJECT: Troy UMC's Share Thanksgiving! | Sunday, November 21

8:00 – 11:00 am; meet in the Family Life Center

- Assist church members carry food into the building
- Sort food and pack Thanksgiving dinner boxes
- With your parents, volunteer to deliver a Share Thanksgiving box to a local family

CONFIRMATION CLASS

Our 2022 Confirmation Class is off to a great start with these eleven students: Anna Adams, Allison Adomite, Nicholas Brault, Lilly Durbin, Addie Field, Gabe Frazier, Hannah Lawson, Haleigh Perry, Brandon Peterson, Owen Wilbur, and Gavin Woolverton! We also have these three high schoolers serving as Student Leaders: Ruby Price, Rex Repp, and Marek Rose. Adult Leaders include Claire Ellis, Steve Kraabel, and Rev. Kurt Stone.

November (day TBD) – Confirmation Fall Overnight Retreat: *The Dubois Center (UCC Camp), Dubois, IL*

November 7 – Session 10: The Local Church

Unit 3: OUR LIFE TOGETHER

November 14 – Session 12: Simple Worship

Session 11: The Connection

Session 13: Music and Lyrics

PARENTS

Youth group, Confirmation Class, and special event schedules and information/registration flyers can be accessed at troyumc.org/students.

Rev. Kurt Stone is available via email, texts, and phone calls: kurt@troyumc.org or (618) 407-7586.



St. Louis Area Foodbank

Troy UMC students and sponsors volunteered for a 2-hour shift on Friday, October 8, and packed 384 boxes for seniors; this totaled 11,136 pounds of food and drinks and will provide 9,091 meals for the hungry! The group toured the expansive warehouse, including the -11°F freezer!

Church Information
Phone (618) 667-6241
Fax (618) 667-7748
troyumc.org

Staff

*Senior Pastor
Andy Adams

*Associate Pastor, Student Ministry
Kurt Stone

*Care Pastor
Dan Perry

*Minister of Modern Worship Arts
Tim Price

*Director of Children's Ministry
Christine Lippert

*Communications Coordinator
Anna Hollingworth

*Minister of Discipleship
Bonnie Abel

*Director of 1st Step Learning Center
Lisa Rayle

*Office Manager
Sharie Meyer

*Administrative Assistant
Marie Brown

*Fields Manager
Courtney Bettis

*Accompanist
Mike Rogier

*Production Coordinator
Josh Case

Worship Tech Coordinator
Nick Tipton

Youth Worship Band Leader
Ryan Froidcoeur

Custodians
David Barr, Loren Fear, Penny Stone

*Staff E-mail [firstname]@troyumc.org

If you would like to receive the Reach
via email only, please contact
anna@troyumc.org.

Connect with us!
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NOVEMBER SCHEDULE HIGHLIGHTS

Date	Event
November 1	All Saints' Day Service (see below)
November 7	Discipleship Lunch (see page 2)
November 14	GriefShare: Surviving the Holidays (see page 5)
November 14-21	Operation Christmas Child Shoebox Collection (see below)
November 18	United Methodist Women Meeting (1 p.m. in the FLC)
November 19-21	Senior High Fall Retreat (see page 7)
November 20	Middle School Service Project (see page 7)
November 21	Share Thanksgiving (see page 3)

We will not have a Prayer & Worship Night on November 10.

The next Prayer & Worship Night will be December 8.

All Saints' Day Service | Monday, November 1, 6:30 p.m. in the Sanctuary

Gather with us for a meaningful evening of Scripture, song, and solemn remembrance. We will share a time of prayer and worship, thanking God for the faithful Christians of the past and remembering those who have recently joined the Communion of Saints.

Operation Christmas Child

Samaritan's Purse collects Operation Christmas Child shoebox gifts for children in need all around the world. YOU have the opportunity to prayerfully and uniquely pack a shoebox full of toys and other fun items so that a child can delight in the season of Christmas. Each shoebox is a chance to show the love of Christ to a child in need. You can pick up your shoebox in the FLC and Sanctuary foyers starting on October 31! Collection week is November 14-21. If you have any questions, feel free to reach out to Bonnie (bonnie@troyumc.org).

Save the Date! Annual food packing event moved to Spring 2022

We will be doing our annual food packing event in the spring — mark your calendars for April 23! More details will come out as they are finalized, but we wanted to make sure you had the date down.

This is a great opportunity for everyone to get involved. Packing food together at a table could be your family, your band, your journey group — or we can place you at a table with others to meet new people! This will all be done with social distancing guidelines as we wear our beautiful masks, gloves, and hair nets. This service opportunity is for all ages: toddler (3+) to adults (90+). We'd love to see you be a part of this day! Be looking for more details to come!



Troy United Methodist Church
407 Edwardsville Road
Troy, IL 62294
troyumc.org

Non-Profit Org.

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