

Date	Event	Birthdays	Anniversaries
Monday, September 11	Launch Team, 6:30 pm		
Tuesday, September 12	Clip-In Bible Study, 11 am SPRC, 5:30 pm Clip-In Bible Study, 6 pm	Sara Kropp	Duane & Carol Rowlson
Wednesday, September 13	Women's Prayer, 10 am Youth Group, 6 pm		
Thursday, September 14	Congregational Care, 2 pm Clip-In Bible Study, 6 pm Chancel Choir, 6 pm	Alison Reidel Kathy Swanson	Mitch & Laura Reidel Jerry & Tonya Seim
Friday, September 15		Wendy Harr	
Saturday, September 16		Pat Carruthers	Gary & Deb Hodges
Sunday, September 17	Worship, 9:30 am Fellowship, 10:30 am Faith Formation, 11 am Welcome Desk Training, noon	Bill Van Dalsen	

## Welcome Desk Welcomes All

Stop by the Welcome Desk this morning in the Welcome Center.

- ❖ Get a **name badge**, even if this is your first Sunday!
- ❖ Sign up to provide cookies and juice for our 10:30 am **Fellowship Time**.
- ❖ **Circles of Grand Rapids**, sign-up if interested in connecting.
- ❖ Drop off **Adopt-a-Classroom** items



# Wesley Park Weekly

September 10, 2017

## The Pastor's Page

Recently, the online publication CMUSE published Psychological and Physical benefits of singing in a choir. As we welcome back the Chancel Choir, consider the joy of praising God, and these perks:

### Strengthen the Feeling of Togetherness

Research led by psychologist Nick Stewart of Bath University indicates that people who participate in a choir enjoy a greater feeling of togetherness and being part of a collective endeavor than others involved in different social activities.

### Regulate Heart Rate

Researchers discovered that members of a choir saw their heart rates beat in unison in relation to the speed of their breathing. Heart rates were directly affected by the melody of the music, and the pulses of those tested rose and fell at the same time when they sung in a group.

### Reduce Stress Levels and Depression

One study lasting for a year involving participants who had been diagnosed with depression found that some of them no longer met that diagnosis following their involvement with a choir.

### Increase Life Expectancy

You may at first be a bit surprised to see this to be a benefit of choral singing. But a joint study by Harvard and Yale Universities published in 2008 did in fact find that increased life expectancy was the result of a group of people participating in a choir in a Connecticut town.

<http://www.cmuse.org/psychological-and-physical-benefits-of-choral-singing/>

*Randee Martin*

## Prayers

**Freddi Angus** - Memorable sermon Max (and no sneezing) Thank you! Music was wonderful.

**Carolyn DuBuis** - Thank you everyone for the prayers for my grandson. He is in classes at Northern MI University and doing very well!

**Esther & Alfredo Fernandez** - Children, you are so beautiful. You sang such a wonderful song. Thank you Sara. Wonderful service. Max did a great job. Beautiful song Sara and Dave. Please pray for my Kristie and some health issues.

**Gary & Deb Hodges** - Prayers for our son and daughter-in-law, Brett and Amber, as they vacation in Switzerland. Prayers for their children for peace and safety while they are away.

**Annette Jeltema** - Prayers for my cousin, Barb. She is not expected to make it through the week; but thanks that we will see each other again someday.

**Chuck & Jane Ellen Johnson** - Thanking God that our family is safe from flooding in Texas! We do, however, pray for all those who are struggling!

**Marilyn Knapp** - Thanks for praying! Again the Lord blessed mightily in Poland. There were many new contacts, homeless, and disabled folks to encourage. There were opportunities to share the good news through hymn sings in parks, in churches, and even in the Mayor's office.

**Ken & Linda McKenney** - Prayers for world peace. Thank you Max for sharing your inspiring words.

**Mary Mingledorff** - Please pray for Mary Boyer and family. Her husband, Jack, was called to his heavenly home on August 24th. Prayers for Don Diederiks as he has additional tests.

**Val Rienks** - I am finished with treatment. The Oncologist did not prescribe the hormone blockers. He said they would not benefit me. It is the wrong type of medication. I only have follow-ups. Prayers for the healing of my skin.

**Aimee Terry** - I'm leaving Sunday for a cruise I earned from Thirty-One. Please pray that Hurricane Irma does not interfere with our cruise route. Please pray for Eric and the kids while I'm gone.

**Bill & Vicky Van Dalsen** - Great message Max! Thank you Wesley Park for all your prayers for Bill and me. They have been felt and appreciated. Bill had a small stroke a week ago and is recovering. I am thankful he has no residual effects. Praise God!

**Kristen Wheeler** - Thank you to all the people who have been receiving the people and animals affected by Hurricane Harvey. Praying that they stay safe while facing the dangers of flooding.

## Fall Rummage Sale

It's that time of year again to start cleaning out your garages, closets, cupbards, etc. The youth are holding their fall rummage sale on Saturday, September 30 from 8am-2pm. If you know you are going to be needing a pick up from your home, please contact Eric Terry to schedule it. You can bring your items in to the church beginning September 25 during office hours or Friday evening beginning at 7 pm.

## All-Church Study, September 10-October 15

### Clip In: Risking Hospitality in Your Church Small Group Book Study September 10<sup>th</sup> - Oct 15<sup>th</sup>

"When are a cyclist and a church alike? The cyclist goes nowhere without balance and momentum. Neither does a church. For the cyclist, the risk begins when he or she clips into the pedals. For a church, the risk comes with balancing attention toward existing members while generating momentum through reaching new people. But when the focus goes from the "functions" of hospitality to creating a culture of hospitality, a church's growth will shift into high gear."

Books can be purchased at the Welcome Desk from now until the book study begins in September. Books are \$12 each. You can pay by cash, check (made out to Wesley Park UMC), and debit/credit card. Sign ups for our Clip In Small Group Studies are now available! Meeting day/times vary from Sundays, Tuesday, and Thursdays. Sign up at the Welcome Desk or online at <http://bit.ly/2fKISjm>

## 1st Annual Vendor/Craft Fair

Wesley Park Youth will be hosting it's 1st Annual vendor/craft fair on Saturday, November 25, 2017. This particular Saturday is commonly known as "Small Business Saturday". The fair will run from 9am-3pm. Each vendor will receive a 10' x 10' or 5' x 10' booth. We will be renting the larger booths for \$25 with the use of a 6' table or \$20 if you will be bringing your own. The smaller booths will rent for \$15 with the use of a 6' table or \$10 if you bring your own. Space is going to be limited. You can contact Tabi (616-988-6738) or Erin (616-745-6490) with any questions. We will be having a bake sale the same and would like to get some donations of our church families fantastic baked goodies. 100% of the proceeds will go to purchase toys for the Family Promise Christmas Store.

## Acolyte Class

A new Acolyte class is forming and we are reaching out to see if there are any 2nd grade or older kids that would like to join. If so, Please contact Pat Beadle at [mamabeadle@gmail.com](mailto:mamabeadle@gmail.com) or 616-277-4051 for any questions or to be added to the list.

## Blood Pressure Checks

Come see Jim Gustafson in the Family Life Center after service to get your blood pressure checked. He will be sitting by one of the tables between service and Faith Formation.

## Fall Faith Formation Kickoff today

**Nursery:** This is available for ages newborn to 35 months from 9:30 am - noon. Please see Skyler Maitner our Child Advocate with any questions.

**Children's Faith Formation:** Classes are divided into ages groups with age appropriate bible study. The 3 different classes are Preschool-Kindergarten, 1st-3rd Grade, and 4th-5th Grade. These classes meet all year around with various themes. Please see Anna Spencer our Faith Formation Director or stop by the Welcome Desk for more information.

**Youth:** We have Sunday youth group that meets all year around downstairs from 11am-noon. There is also Wednesday night youth group from 6pm-7:30pm. This class meets during the school year. Please see Eric Terry our Youth Director or stop by the Welcome Desk for more information.

**Adults:** We currently have an all church bible study around the book titled, "Clip-In". This bible study starts today and runs until October 15. There are many different day's and times. Please stop by the Welcome Desk to see when the different classes are being held.

## Blue Bags Ministry Share Offering

### 100% Ministry Shares Challenge

Received To Date:

**\$24,360**

**(36 Weeks Completed)**

Remaining Balance Needed:

**\$22,287**

**(17 Weeks Remaining)**

Offered last week: **\$1,368**

## Youth Group Happenings

### Wednesday Youth Group

Join Eric this Wednesday, 6 - 7:30 pm downstairs in the "couch room". We will be discussing different themes that were introduced in the movie "I'm not Ashamed". The movie is based on the journal entries of Columbine Hi Wednesday night youth group meets all school year long.

### Sunday Morning Youth Group

Please join Eric down stairs in the "couch room" in the youth hallway from 11 am-noon every Sunday for a bible study and discussion (and maybe a few shenanigans).

### Youth Potluck

Calling all youth 6th grade thru 12th grade! Eric will once again be hosting the fall potluck at his house on today from 4-7. He will be grilling up burgers and hot dogs. The whole family is invited to a great get together. Please bring a dish to pass. His address is 3935 41st St, Grandville, MI 49418. Please contact Eric if you have any questions. We hope to see you all there!

### Mission Trip 2018

Eric will hold a vote for the destination of the 2018 youth mission trip during Sunday youth group at 11 am on September 24. If you are 8th grade and above, you are eligible to go next summer.

### Looking Ahead

Please let Eric or Erin know if you would like to participate in the 2018 dinner theatre which will be held in March of 2018 by September 24th.

## Music Ministry Fall Kickoff

**Chancel Choir:** If you like to sing in 4-part harmony chancel choir is the place for you! We are in need of members in ALL sections. Do you love to sing but need some support around you? You will have a section of sopranos, altos, tenors, or basses surrounding you to lift you up and encourage you as you gain confidence. Reading music is helpful, but NOT necessary! Pitch matching works equally as well. If you don't know what section you belong in, I can help with that. Please join us this Thursday! It is not about skill, or technique, though we strive for that as much as we can, but about singing with our hearts and lifting up His word in song. It is a beautiful way to minister to the congregation. Prayerfully consider if you would like to be a part of this group.

**Children's Choir Opportunity for Adults:** Kristen and I are in need of at least one other person to help with children's choir this year. Primarily we need an additional person to be present and help corral children and keep them on task, meet with them on Sunday mornings that they sing, etc. If you play piano, that would be a bonus. Children's choir meets right after service for about 20 minutes, wrapping up before the start of faith formation. We rehearse for 3-4 weeks prior to performances, and most of the time we have a week or two break in between sessions. I am looking to start rehearsals for the children later in September, perhaps the 17th or 24th.

**Children's Choir for the Kids!:** Any children ages 3 years old to 5th grade are welcome in children's choir. See above for more info on practice times. I will put out a schedule for the year closer to the first rehearsal date. We have a Facebook page for the children's choir where information is relayed. (If you don't have Facebook we would be happy to contact you other ways) If you are interested let me know ahead of time if you want to be added to the group.