



The Redeemer Review

Proclaiming Christ into the 21st Century

Volume 2

February, 2012



Empathic Listening

“The key to effective interpersonal communication is...

to seek first to understand, then to be understood.”—Stephen R. Covey

Reading and writing are both forms of communication. So are speaking and listening. In fact, those are the four basic types of communication. And think of all the hours you spend doing at least one of these four things. We spend most of our waking hours communicating.

But consider this: You’ve spent years learning how to read and write, years learning how to speak. But what about listening? What training or education have you had that enables you to listen so that you really, deeply understand another human being from that individual’s own frame of reference?

When another person speaks, we are usually “listening” at one of four levels. We may be *ignoring* another person, not really listening at all. We may practice *pretending*. We may practice *selective listening*, hearing only certain parts of the conversation. We often do this when we’re listening to the constant chatter of a preschool child. Or we may even practice *attentive listening*, paying attention and focusing energy on the words that are being said.

But very few of us ever practice the fifth level, the highest form of listening, *empathic listening*.

When I say empathic listening, I am not referring to the techniques of “active” listening or “reflective” listening, which basically involve mimicking what another person says. That kind of listening is skill-based, truncated from character and relationships, and often insults those
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“listened” to in such a way. It is also essentially autobiographical. If you practice those techniques, you may not project your autobiography in the actual interaction, but your motive in listening is autobiographical. You listen with reflective skills, but you listen with intent to reply, to control, and somewhat to manipulate.

When I say empathic listening, I mean listening with intent to *understand*. I mean *seeking first* to understand, to really understand. It’s a different paradigm of listening. Empathic (from *empathy*) listening gets inside another

person’s frame of reference. You look out through it, you see the world the way they see the world, you understand their paradigm, and you understand how they feel.

Empathy is not sympathy. Sympathy is a form of agreement, a form of judgment. And it is sometimes the more appropriate emotion and response. But people often feed on sympathy. It makes them dependent. The essence of empathic listening is not that you agree with someone. It’s that you fully, deeply, understand that person, emotionally as well as intellectually.

Empathic listening involves much more than registering, reflecting, or even understanding the words that are said. In empathic listening, you listen with your ears, your eyes and with your heart. You listen for feeling, meaning and for behavior. You use your right brain as well as your left. You sense, you intuit, and you feel. You are listening to understand. You are focused on receiving the deep communication of another human soul.

What would happen if we practice empathic listening at home, workplace, and church? What would happen if we practice empathic listening with our spouse, child, parents, friends, coworkers, and others in our life? For doing “church” as a team at Our Redeemer’s UMC, let’s wait and see what will happen to our faith community when we try to listen to each other more empathically this year as a FROG team!

Ribbit.
Pastor Sunny

Redeemer Review

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Our Redeemer's

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Lenten Journey 2012 at ORUMC

The word “Lent” comes from the Anglo-Saxon word *lencten*, or spring, the time of year when the days begin to lengthen. The early church determined that the Lenten period of fasting and renewal should correspond to Christ’s fasting (Matthew 4:2), and by counting 40 days backwards from Easter (excluding Sundays, which remain “feast” days), arrived at the Wednesday seven weeks before Easter. The season of Lent is a journey in which we have been given the opportunity to grow closer to God through Jesus Christ. There are plenty of opportunities here at Our Redeemer’s United Methodist Church (ORUMC) to experience this season of preparation. So, save your day to participate in the Lenten Journey 2012 as follows:

February 22 (Ash Wednesday, @ 7:30pm)

Ash Wednesday service at ORUMC is a Taize Service including the traditional imposition of ashes. It is a service of meditation and prayer. The ashes received by Christians on Ash Wednesday are traditional signs of penitence and mourning (Genesis 18:27; Esther 4:1; Job 42:6; Isaiah 61:3; Jeremiah 6:26; Daniel 9:3; and Matthew 11:21).

Youth 30 Hour Famine (February 24-25):

See page 4 of this newsletter for more info.

“40 Days of Purpose”

Lenten Season Sermon Series (5 weeks, March 4 - April 8). In combination with the work of Shepherds Ministry, ORUMC offers “40 Days of Purpose” sermon series seeking to answer for each of us the question, “What on earth am I here for?” focusing on God’s purposes for our lives, and seeking to take steps of growth in these essential areas.

Lenten Study

[40 days: 02/26-04/05]:

The Lenten Study at Redeemer’s UMC will be held in each small group of Shepherds Ministry, and adult Sunday school. Each day we will be looking at the same devotion from *The Purpose Driven Life*. Each week we will study the same scripture and share in similar small group conversation and prayer. Each Sunday we will hear the same message on that week’s topic. Our church family and friends will focus on God’s purposes for our lives, and we will seek to take steps of growth. It will be a special moment of congregational unity and accelerated spiritual growth.

April 1 (Palm Sunday)

Egg Hunt for Children during 9am Worship

Palm Sunday is the day we remember the “triumphal entry” of Jesus into Jerusalem, exactly one week before His resurrection (Easter, Matthew 21:1-11). For this year, we will design this service with the result of “Reverse Tithing Program.”

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April 5 (Maundy Thursday Service @ 7:30pm)

The Maundy Thursday Service is a Foot/Hand Washing Service with Communion. The word “Maundy” is from the Latin for *mandatum novum*, “a new commandment” (John 13:34). Maundy Thursday is also known as Holy Thursday. On this day, Jesus celebrated the Last Supper and thereby instituted Communion (Luke 22:19-20). Also, Jesus washed the disciple’s feet as an act of humility and service (John 13:3-17). ORUMC observes Communion and foot/hand washing ceremony on Maundy Thursday to commemorate Jesus’ serving Last Supper and washing the feet of the disciples.

April 6 (Good Friday Service @ 7:30pm)

Good Friday Service at ORUMC is a Tenebrae Service. The word ‘*tenebrae*’ is Latin for shadows, so this is a service of shadows. The purpose of the Tenebrae service is to recreate the emotional aspects of the passion story: the betrayal, abandonment, and agony of the events, and it is left unfinished because the story is not over until Easter Day. In this service, we use increasing darkness to dramatize the increasing sadness of Holy Week. The most significant feature of this service is the gradual extinguishing of the lights and candles in the sanctuary. The service ends in darkness and silence.

April 8 (Easter Sunday)

9am & 10:30am: Easter “Cantata” Service



Youth News

by *Marianne Rogenski*

Sr. High Youth Group

February

- 5 NO Youth Group
- 12 Youth Group at ORUMC 6:30-8:30 p.m.
- 19 Youth Group at ORUMC 6:30-8:30 p.m.
- 24-25 30 Hour Famine at ORUMC
- 26 Famine Sunday Both services
- NO YOUTH GROUP

March

- 4 Youth Group at ORUMC 6:30-8:30 p.m.
- 11 Youth Group at ORUMC 6:30-8:30 p.m.
- 18 Youth Group at ORUMC 6:30-8:30 p.m.
- 24 Youth Group to GCFD 12-5:30 p.m.
- 25 NO YOUTH GROUP

30 Hour Famine—Feb 24–25

30 Hour Famine is a wonderful event for all Jr. and Sr. high students and they are encouraged to invite their friends. The participants ask friends and family for sponsorships as they go on a juice fast for 30 Hours. During that 30 hours we have Bible study, games, discussions, outings, and service projects.

If you are a student who would like to participate, please see Marianne for more information.

If you are an adult and would like to help, there are several opportunities and there is a sign up sheet in the narthex.

You can donate 100% fruit juice and/or bottled water.

You can be a prayer partner and pray for a famine participant, drop a couple of notes off for them during the weekend, and break the fast with them on Saturday night.

You can help us out with a canned food scavenger hunt that we are going to do—we need people who we know we can go to for certain items.

You can sign up to help for a block of time.

Finally, Famine Sunday is February 26 and I would invite everyone to come and hear from the participants about their weekend.

This is a moving experience for everyone involved—both the participants and the adults who are with them throughout the weekend. I would encourage you to help out if you can!

Greater Chicago Food Depository (GCFD)—March 24, Noon to 5:30pm

The Sr. high will go to the Greater Chicago Food Depository on March 24. We will be assisting them in any way we can that day. Everyone who attends needs to wear long pants and closed-toed shoes, as we are going to be working in a warehouse. We are also encouraged to bring canned food items to donate...so please bring one if you can. I do need other adults to chaperone and drive also. Please let Marianne know by February 20 if you will be attending and if you are an adult who can drive.



ASP News:

We have a wonderful group of about 32 people going on this trip from June 16-23 (these dates are final!). We are still looking for 3-4 more youth (completed 8th grade) to go so let Marianne know if you know someone who is interested. Our next meetings are as follows:

- March 22, 7-8:15 p.m.—everyone
- April 26, 7-8:15 p.m.—GL meeting
- May 19, Day retreat—everyone
- June 12, 7-8:15 p.m.—everyone



Karen Greenwalt	2/03
Ellen Swartz	2/11
Michael Hernandez	2/20
Caitlin Wilkes	2/21
Justin Edwards	2/26
Kelsey Lukowicz	2/29

Reverse Tithing Program at ORUMC

The Reverse Tithing Program will start on Transfiguration Sunday, **February 19** and end Palm Sunday, **April 3**. A quick Google search indicates that reverse tithing is giving 90% of your income rather than 10%. That's not what we're driving at here (although if anyone wants to we won't prevent it). Instead, what we mean is using church funds to seed a program similar to the Parable of the Talents in Matthew 25:14-30.

An envelope with a blank white piece of paper and a \$20-bill will be given to each church family. Each family will be encouraged to invest \$20 to meet the mission of the church which is *to Make Disciples of Jesus Christ for the transformation of the world*, and the vision of the church which is *to be the Home—welcoming, nurturing, and celebrating God and everyone*.

Each family is asked to write a story how \$20 was invested on the given white paper. Each family is asked to return the "Reverse Tithing Envelope" to church with stories and whatever monetary returns on Sunday, **March 25** for designing the Palm Sunday worship, **April 3**. Please speak to **Ian Rogenski** or Pastor Sunny if you have any question, or you have not received the envelope.

Shepherd Ministry

Shepherd Ministry is a home base small group ministry for connecting people in a small group made of 6-8 people who will meet on a regular basis to encourage each other by sharing together in biblical learning, fellowship, service and lifestyle accountability.

Currently we are looking for the leaders of Shepherd Ministry. The orientation meeting for leaders will be held on Friday, February 3, at 7:00 p.m. Please speak to **JoAnne Gregorash** or **Julie Gorvett** if you are interested in becoming a leader of this ministry or if you have any questions.

Online Giving

Online Giving is a convenient alternative to writing checks! If you're writing checks and preparing envelopes every week, you may find it more convenient to give online. In a few short minutes, you can make a one-time gift or set up a donation that will process automatically on a recurring basis. Recurring donations are convenient and provide our church with much needed consistent support throughout the year.

To give online, visit www.orumc.org and click the online giving button to donate. Please speak to **Ian Rogenski** or **Greg Noxon** for more information.

Caring Ministries Corner

It's Been A Rainbow Decade!

For the 10th year in a row, ORUMC is a Rainbow Covenant Church. That means that we paid all our apportionments in 2011, then went the "second mile" to make extra contributions toward various important ministries of the greater United Methodist Church. Thank you to the congregation for fulfilling your financial obligations to *Our Redeemer's* so that we can fulfill our financial obligations as a church as well!

Discount Drug Cards Available

Do you know someone who needs financial assistance to pay for prescription medications but does not have insurance, public aid or Medicare? **Pastor Sunny** has received some discount drug cards from Community Assistance Program. Please contact her at the church for more information.

Food Deliverers Still Needed

Caring ministries still has need for someone (or a couple) to deliver food one day each month to Hanover Township Food Pantry. If interested, please call **Bruce Bedingfield** (843-934-6410) or call **Donna** at church.

Still One More Way To Feed The Hungry

Our Redeemer's has long-accepted food donations to feed hungry neighbors who drop by the church. But please also consider buying gift cards for Jewel or Dominicks as another contribution to these neighbors. \$5 or \$10 cards are much appreciated. In keeping with the spirit of the gift, Donna is able to label them as "Not for alcohol or tobacco products" before giving them out.

UMW Potluck Dinner

Tuesday, March 6, 6:00 p.m.

All women are invited to the United Methodist Women's quarterly meeting and potluck dinner on Tuesday, March 6, 6:00 p.m. at **Pastor Sunny's** house. We will enjoy food cooked by **Sung Ahn, Rob Mottar**, and possibly other helpers. Bring a side or dessert to share, and see what UMW is up to this year.

If you have never been to a UMW meeting before, come join us! We think you will enjoy the evening spent with other women from our church. Mark your calendars.

Church Ladies Nite Out

Wednesday, Feb. 15, 6:00 p.m.

Wednesday, February 15 at 6:00 p.m. the Church Ladies will be going to Pilot Pete's, which is in the airport on Irving Park Road.

Please plan on joining us for a Ladies Nite out for good food, good fellowship and good fun. If you need a ride or have any questions, please call **Bev Wilkes** at 847-885-2311. The more the merrier!

Newsletter On-Line

Just a reminder that the newsletter is available on our web site, www.orumc.org. The paper copy is usually mailed the Wednesday after the Ad Council meeting (third Thursday) and, in theory, should arrive at your house before the beginning of the next month.

If the editor remembers to send the web copy to Marshall, the web copy should be on the web site a couple of days after the paper copy is mailed. If you would prefer to read the on line version (it is in color), please contact Donna in the office and we will stop sending you a paper copy.

Uncle Phil Reunion

April 13 & 14

Mark your calendar and plan on coming to Uncle Phil's Diner for supper and an evening of fun and music April 13 or 14. Be there or be square.

A Note From The Office

If you have moved or have changed your phone number, please remember to let us know here at church.

Newsletter Help Needed

The newsletter is in need of some help. The editor desires to sneak out of town occasionally and needs another person to be available to produce the monthly newsletter. The objective is to find someone who could work with the existing crew and get comfortable with the process so that he/she could produce the newsletter as needed.

The person should be computer literate and work with email and word processors. Pagemaker software is used to assemble the newsletter and would require some training to learn the process. A donated laptop is available for use with the newsletter and is set up with the Pagemaker software.

The job begins with collecting input (usually email) from various folks starting the night of the monthly Ad Council meeting. Input is assembled into newsletter form and graphics and pictures are added as needed. The newsletter text is combined with the calendar page that is produced in the office.

The final copy should be available for printing by Monday or Tuesday and mailing on Wednesday.

Printing usually requires some after office-hours operation depending on other activity in the office.

If you are interested in the possibility of helping out, please call **Jerry McDaniel**, 847-895-7385.



ORUMC Valentine's Ball

Sat, Feb. 11,
6:30 p.m. - 10 p.m.

by Shelomi Gomes

It's time to dress up, and dust off our dancing shoes because we're having a Valentine's Ball!

The purpose for this event is as a fundraiser for a new sound system for the church sanctuary & a time for our church family to have fun!

So let's dance to songs from the 50s, 60s, 70s, 80s and current day! We will do the electric slide, chicken dance and shuffle! We'll "Move like Jagger", get "Footloose", and try to waltz like Fred Astaire. We'll even catch a slow dance or two! This event is for singles, couples, families; for all ORUMC folks and friends, and for all ages!

When: Saturday, February 11

Time: 6:30 p.m. - 10:00 p.m.

Where: ORUMC

Ticket Prices:

- Adults (11 yrs. and up): \$12
- Children (4 yrs. - 10 yrs): \$6
- Children (3 yrs. and under): Free
- A family of 4 or more members (mom, dad and their children 11 yrs. and older): \$40

Ticket price will include: dance with buffet dinner: meat lasagna, (mostaccioli for the younger children), salad, diner roll, desserts and soda, & one family/couple/individual professional picture.

Photographs will be taken from 6:30 p.m.- 8 p.m. on that night. So look your best, and come for a great night of dance & fun! All for a good cause, too!

Tickets are on sale in the Narthex, after each Church Service. Tickets are limited! Tickets will not be sold at the door. Pre-sale Tickets Only!

\$10 Song Dedication: Do you want to dedicate a special song to your loved one at the Valentine's Ball? Your \$10 song dedication will ensure your song is played. Your dedication will be specially announced by our DJ, your names will be put on the screen, and your loved one will get a red rose. Please purchase your \$10 song dedication at the time of ticket purchase—dedication slots are limited. Dedications can NOT be purchased on the night of the Ball.

If you are interested in volunteering for this event, or have any questions, please contact **Shelomi Gomes: (847) 466 9736**, or **shelomi@gomesfamily.net**. Please also see in the Narthex, a sign-up sheet for desserts and soda drinks to be brought to the Ball. We also need volunteers to help decorate the Sanctuary for the Ball, help in the buffet setup, and we need a clean-up crew.

There will also be a song-suggestion sign-up sheet in the narthex; this is to get an idea of what songs through the decades ORUMC folks would like to hear at the ball. (The song suggestion sign-up sheet is not for the \$10 song dedications.)



2012 Adult Mission Trip - Joplin, MO, July 29 - Aug 4

This year the ORUMC Adult Mission Trip will no longer be going to Mississippi to help with Katrina Relief efforts. Our new destination will be to Joplin, MO.

May 2011 Joplin, MO. (AP) — Rescue crews dug through piles of splintered houses and crushed cars Monday in a search for victims of a half-mile-wide tornado that killed at least 154 people when it blasted much of this Missouri town off the map. It was the nation's deadliest single twister in nearly 60 years and the second major tornado disaster in less than a month.

Departs: Sunday, July 29 early morning.

Returns: Saturday, August 4 evening.

Deadline for Commitment/\$50 deposit: February 11.

Cost: \$150 per person age 25+.

Cost: \$100 per person age 18-24 (+ additional meal costs and fundraising).

Work: Home repair/Construction.

Housing: Local Church sleeping on cots/air mattresses.

Transportation: Our cars/vans.

Fun & Fellowship: Possible day at State Park on our return.

Reason: James 2:14-17 Faith and Deeds

What good is it, my brothers and sisters, if someone claims to have faith but has no deeds? Can such faith save them? Suppose a brother or a sister is without clothes and daily food. If one of you says to them, "Go in peace; keep warm and well fed," but does nothing about their physical needs, what good is it? In the same way, faith by itself, if it is not accompanied by action, is dead.

If you are interested in going on this trip, please contact **Mary Balk** through e-mail: mbalk1127@comcast.net or on Facebook or phone. Call ASAP as limited spaces are reserved.

Souper Bowl of Caring Feb 5 Both Services

Souper Bowl of Caring is a grassroots, faith-based crusade against hunger. We are joining other churches, schools, organizations and individuals across the country to fight hunger and poverty. The youth will be collecting dollars wrapped around soup cans on Sunday, February 5. If you are able, please bring a donation to church that day.

All food donations will benefit our food pantry at ORUMC and all monetary donations will go to the Pastor's Discretionary Fund.

Please ask **Marianne Rogenski** for more information.



Community Crisis Center

The Crisis Center emergency food pantry is BARE. They are having an Emergency Food Pantry Drive. A list of nonperishable foods most needed is on the window outside of the office.

They had to SUSPEND the coat give-away because they had no coats. Coats, winter jackets, hats, gloves and scarves are needed for women, men and children. Donations can be left in the church office.

The Center needs all greeting cards (the entire card) to recycle and sell for a money making event which is on-going. They have made thousands of dollars from them.



Crop for a Cause

March 10, 2:30 - 10:30 p.m.

Trinity Lutheran Church, Roselle

Laura Machonis is sponsoring a scrapbooking event and silent auction to raise money for the National Multiple Sclerosis Society Saturday, March 10 at Trinity Lutheran Church in Roselle.

Check www.cropforacause.com for information and registration.

You do not need to register to participate in the silent auction. Contact Laura at 630-736-9573 if you are able to help.

Nineteenth Annual Meals for Millions Lenten Program

Meals for Millions is a mission project for the United Methodist Men, sponsored by the Society of St. Andrew. UMM has provided literally millions of meals of potatoes and other food to the hungry through fund raising activities.

The funds are used to salvage and transport food (especially potatoes), that is perfectly good to eat but which is not suitable for use by processing plants, due to size or shape.

All members and friends of *Our Redeemer's* are invited to join the Society of St Andrew in a program of spiritual reflection and action to fight hunger during Lent. During last year's Lenten season *Our Redeemer's* raised over \$800.00. Since 1994 *Our Redeemer's* has raised over \$26,000.

This year's Lenten devotion entitled "Living Proof" can help you grow spiritually and provide an opportunity to feed the hungry. Money saved from "giving up something" during Lent will go to the Society of St. Andrew to provide food for the hungry.

The Lenten devotion program will begin Ash Wednesday, February 22 and will conclude with a Good Friday Fast on April 6.

Please sign up in the Narthex beginning Sunday, February 5.



Meatball Saturday
February 4, 8:00 a.m.

Super Bowl Spaghetti Dinner
February 5, 10:45 a.m.

District Lenten Gathering
February 18, 8:00 a.m.

All men of the church are invited to join us Saturday, February 4 at 8:00 a.m. to manufacture and cook meatballs for the Sunday dinner. Then come Sunday, February 5 to help cook, serve and clean up at the Spaghetti Dinner.

We will not meet on our normal second Saturday, February 11.

Saturday, February 18 at 8:00 a.m. **Our Redeemer's** UMM hosts the Elgin District UMM Lenten Gathering. Come and help host and enjoy worship, breakfast and a short business meeting.

Adult Sunday School

Adult Sunday School (9:10am in Classroom 4) has resumed its class with the topic "Stress" for helping persons look at the sources of stress in their lives, at ways they currently deal with stress, and at finding help and developing skills for reducing stress.

Please speak to **Marshall Nystrom** for more information.



Personal Notes

Dear ORUMC family,

Thank you, thank you, thank you, and again I say thank you. I am grateful for all the well-wishes, cards, gifts and hugs that surrounded me with your love and sent me off on this new leg of the journey of my life and call. I count myself blessed to have been surrounded by such a cloud of witnesses as **Our Redeemer's** and will carry with me that Spirit - the spirit of the Everlasting God - as I go.

Go into the world with a daring and tender love. The world is waiting.

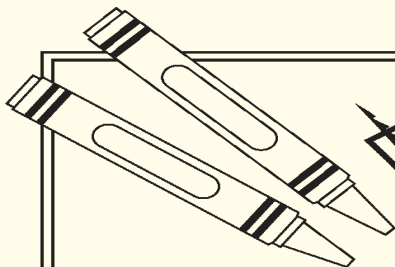
Rev. Elizabeth Bowes



Our deepest sympathy:

to **Debbie Hernandez** and family on the death of her stepfather, **Don Jacobson**.

to **Barb Pryor**, a former member of ORUMC, on the death of her son, **Fred Pryor**. Barb's address is 164 Columbia St. NW, Popular Grove, IL. 61065



PUZZLE

FOLLOW GOD'S EXAMPLE

In a letter to the church in Colossae, the apostle Paul wrote about the importance of forgiveness.

• • • • DIRECTIONS • • • •

To complete Colossians 3:13 (NIV), use the smaller words to fill in the larger words.



gain	as	or	ear	van	an	for	give	
gave	her	on	it	one	other	he	an	a

B _ _ _ w _ _ h each
 ot _ _ _ d _ _ _ give
 _ _ e an _ _ _ if _ _ y
 of you h _ _ _ grie _ _ _ ce
 a _ _ _ st some _ _ _ .
 For _ _ _ as t _ _ L _ _ d
 for _ _ _ you.”

COLOSSIANS 3:13, NIV

Answers: "Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you."
Colossians 3:13, NIV

Our Redeemer's United Methodist Church

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