

**FRIENDSHIP CHURCH'S  
ALL CHURCH RETREAT**



**OPEN HEARTS+OPEN HANDS+OPEN DOORS**

SATURDAY, JANUARY 26TH

8:00a.m.—12:00p.m.

All Committee Chairs, Committee Members and  
all willing hands & minds are welcome.

- We are going to set our ministry goals for the year and plan together to put our dreams into action. To make this day fruitful, we need your presence, input and prayer. When
- Jesus called his disciples, he was not looking for perfect people, but for 'willing hearts and yielding human spirits.'

## Reflections from Pastor Anna

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*Thus says the Lord:  
Stand at the crossroads and look,  
ask for the ancient paths, where the good way lies;  
and walk in it, and find rest for your souls.” (Jeremiah 6:16)*

We often say that life is a journey. Each January we are offered a new opportunity to pause and to see where we have been and to ponder how that journey has been for us: What kind of wisdom we have gained during the past year; what situation challenged us and why; were there any affirmations? How about blessings that didn't get our attention?

Marking an end allows us to learn how far we are in our journey and to refresh our vision for the future before stepping on to the untrodden path: a new beginning. It is my tradition (from the East) to have such a moment in the beginning of new year so that I can embrace the coming year a little more focused and directed.

Each January offers us an opportunity to clear our vision. Surprisingly, when we look to the Bible, we learn how much God desires new beginnings for us. God constantly refreshes, renews, heals, blesses, clears what has become blurred, restores what has died and recovers what has gone astray. I can almost picture such a God's desire for us in the words of prophet Isaiah: "Do not remember the former things, or consider the things of old. I am about to do a new thing; now it springs forth, do you not perceive it? (Isaiah 43:18-19)"

Jesus always presents this God as a deeply loving one who always gives another chance, waits for our return starting a new life in him, and with him. January is such a good time to deliberately reflect where we are in our individual life and our life together and set our steps forward to begin again. As we look at our journey together, I trust we will not miss the opportunity to rejoice over the gift of another year given to us and be thankful for the new possibility for sharing the Good News in our world.

Saturday, **January 26, 2013**, you are all invited to come to our **All Church Retreat**. We are going to set our ministry goals for the year and plan together to put our dreams into action. When Jesus called his disciples, he was not looking for perfect people, but for 'willing hearts and yielding human spirits.' To make this day fruitful, we need your presence, input and prayer. Whether you are elected leaders, ministry team members, or recent visitors, come and join us. You will be inspired and re-focused in your individual life and the life together as the community of faith for this new year.

This year, I invite my friend, Karen Young, who works for Salvation Army as a regional trainer, to lead the Bible Study as we open our morning. I pray that the year 2013 would be wonderful, fruitful year for the Friendship Church in becoming a blessed community, experiencing the joy of being carriers of the Good News, God-With-Us, at all places, at all times.  
In joy of serving God and God's people,

Pastor Anna





----Lesson from History----

**DO YOU KNOW CHRISTMAS IS 12 DAYS?**

**‘Twelve Days of Christmas’** is one of my boys’ favorite carols. Twelve Days, not one day, for Christmas! I believe we all want to have Christmas more than one or two days. Actually we have 12 days of Christmas! The following is an article that I found in my old resources. It gives the background for the Church calendar. Enjoy reading!

“Actually the church celebrates Jesus’ birth a little longer, observing the Season of Christmas for 12 days, **from December 25 to January 6**. At the time the church became the official religion the Roman Empire (I think it was A.D. 313), this period was referred to as the **“Twelve Holy Days.”** Later it was called **“Twelve Holy Nights”** or **“Christmastide.”** In times past, especially in England, the 12 days were one of merriment and joy, culminating with a huge party on Twelfth Night, the evening before the feast of the **Epiphany.**

On this twelfth day after Christmas the church remembers the visit of the magi to the Christ child. According to the Gospel of Matthew, sages from the east came to Jerusalem seeking the child. They had observed a new star rising and followed it to find the newborn king of the Jews. The word epiphany means “manifestation” or “sudden appearing.” During the season after the Epiphany, which lasts from January 6 until the beginning of Lent, the church focuses on making Christ known to the world, reading stories of call, prophecy, and discipleship.”

## Church Council Report

### Church Council News

Church Council did not meet in December, however, our next meeting will be January 8, 2013 at 7:00 p.m. One of the items on the agenda for that evening will be to adopt a 2013 budget for Friendship United Methodist Church.

We will meet on the second Tuesday of January, February, April, June, September and November. All members and friends are invited to attend the meetings.

On January 26, 2013 from 8:00 a.m. to 12:00 p.m. we will also be holding a whole church retreat. Goals will be established for the coming year at that time. Committees will meet to develop action plans to achieve our goals. Everyone's input is needed to prepare the best programs for our church.

Hope to see everyone at the retreat on the 26th!

Carolyn Weber

Thanks to everyone who donated to the Friendship Church Giving Tree! We made three Bolingbrook family's Christmas a bit brighter. Please consider stepping up to Chair this project next year. Call Julie for info.



## Celebration Offering

### Celebration offerings from December



The tradition of the Celebration Offering came to us from our African Fellowship. On the first Sunday of each month as we celebrate God's abundant gifts on our lives, a special offering is taken in addition to the general offering. It's a chance to celebrate the blessings God has bestowed upon our lives. Look for the special offering envelope in the bulletin. There is a place to mark if you would like to share your story with the congregation during a Sunday worship.

We are very grateful to share that we received 8 envelopes , \$116.90 total, for the month of December. They are for the Core Group's presence; grateful for one's own birthday; celebrating God seeing me through another year of life; the birth of granddaughter; having a very good week; starting Advent season; celebrating the wedding; great grandson's first birthday.

Blessings to you and your families!  
Pastor Anna



## Trustees

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Thanks to the 2012 Trustees

The Trustees accomplished a lot this year and I wanted to express my thanks to those who served. Friendship Church is very fortunate to have so many willing volunteers to help when something needs to be done around the building. Many of the things that the Trustees do during the year are visible – a new sign, a new Friendship Center floor, painting a bathroom, etc. But, many of the day to day tasks are not noticed by the congregation and yet are extremely important to keep the church operating and looking in tip top shape.

Thanks to Dan Kozlowski who spent hours painting bathrooms, hallways and doors. Thanks to Jim Steadman who oversaw the design of our new sign, worked with the sign company as it was being built and helped with the installation. Jim also provided invaluable experience with our sound equipment upgrades. Thanks to Greg Jacobs for organizing the lawn mowing crew and involving the Boy Scouts on our work days. Thanks to Quenton Ihne for making sure that lights were replaced when needed

and who was always available when we had a work day. Thanks to Tom Marsh who helped with the sign and Friendship Center floor installation and was always there on work days. Thanks to Nancy O’Gara for keeping up with the kitchen. And last, but certainly not least, thanks to Larry Hilb- our “Trustee for Life.” Larry is our handy man who can do everything from electrical work to plumbing to computer repair and more. Larry spends hours at the church, often on his days off work and on vacation days to fix anything that is broken. I am so grateful to have such an amazing co-chair of the Trustees.

I also wanted to thank two unofficial Trustees who helped us this year. Kathryn Bulman took care of the gardens and the new rose bushes this summer. Kathryn will be serving as a Trustee in 2013. Bill Tarbell helped with painting and was always available on our work days. Finally, thanks to Pat Prins for doing such an excellent job of overseeing the day to day building operation.

Thanks to all of you for your service.  
Gene Paquette, Chair of the Trustees

## Around and about Friendship Church...

### ADVENT FESTIVAL

Our 1<sup>st</sup> Advent Festival was a wonderful activity as we kick-off the Advent season. We had about 50 people attended the special evening on December 2. Pat Prins did a wonderful job creating a team for a dramatic presentation of the Good News ( Jim Steadman, Katy Lichty, Shea Ihne, Muffy Paquette, David Olsen, and Dave Lichty). Deacon Tammy's meal team (Liz Chocian, Dave Lichty and Donna McWilliams) warmed our spirit. Thank you, Jane Pierce, and Muffy Paquette, who coordinated the wreath making materials and especially Roger Pierce who made our special wreath frames with chicken wire. Julie Verson created an extra program for this evening. And special thanks to Michelle Braxton who played piano for the devotion hour. Many thanks to all who came and participated to make this evening, "Getting Ready for Advent and Christmas" meaningful!



### The Sparkle Box

The children of FUMC enjoyed hearing the final chapter of "The Sparkle Box" last Sunday and discovered the treasures inside the box. Giving and doing good things for others is certainly a gift that keeps on giving throughout the year. Doing random acts of kindness are easy on your budget and set a wonderful example to children. Deacon Tammy asks that you and your family start a "sparkle box" tradition next year during the Advent season.

### College Connection:

We want to keep in touch with our students while they are away at school! If you can help out by sending goodies, cards, or just a postcard or two, please see Terri to be a College Connection helper.

### Picture Directory Changes

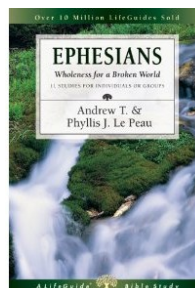
Please correct/update this name in your church directory:

Ann Louise (Natale) Kuehn  
New name & phone-815-274-1179  
Please let the Church Office know of any corrections, additions or changes at 630-972-1011 or e-mail: [churchoffice@friendshipchurchumc.org](mailto:churchoffice@friendshipchurchumc.org)



### Women's Bible Study

Beginning Wednesday, January 9, 2013, Women's Bible Study will begin a new study "Ephesians: Wholeness for a Broken World." This is a Lifeguide Bible Study which is an inductive type of study, leading us to discover what the Bible says rather than simple telling us. It is a workbook study where participants prepare each week by reading the suggested scripture, then answering guided questions. During our gathering each week, we discuss each section. This is a thirteen week study of Ephesians where Paul lifts the veil of the future to allow us to see God's new creation- his plan to unite everyone and everything in Christ. Our world is full of brokenness: broken marriages, shattered friendships, racial divisions, rifts between nations and families. We live in a fractured world. How can the pieces be put back together? Come join us as we study Ephesians together.



*Pastor James C. Saltzman  
4/11/1946-12/28/2012*

*Visitation will be on Thursday, January 3  
from 3:00-8:00 p.m.*

*Funeral services for Pastor Jim will be Fri-  
day, January 4, 2012 at 10:30 a.m. at the  
Fred C. Dames Funeral Home Chapel  
3200 Black at Essington Roads  
Joliet, IL. 60431  
815-741-5500.*

*Interment at Woodlawn Memorial Park,  
Memorials to The American Diabetes  
Association would be appreciated. There will  
also be an opportunity to contribute to a love  
offering for Pastor Jim's Family on Sunday  
January 6th in the Friendship Center.  
Our condolences and prayers are with the  
Saltzman Family.*

**Laity Convocation  
Jump-Start the Heart  
of Vital Congregations**

Saturday, February 2, 2013  
Sycamore United Methodist Church  
160 Johnson Ave., Sycamore, IL 60178  
815-895-9113

Keynote Speaker: Bishop Sally Dyck  
All are welcome! CEUs available

Workshops;

- 1) "Let's Huddle"—developing small groups
- 2) "Don't Just Follow the Leader, BE the Leader".
- 3) "Set the Pace, Expand the Base, Lead with Grace".
- 4) ""Raise Your Level of Praise".

Contact Natarsha Gardner 847-931-0710,  
ext. 16 or e-mail [ngardner@umcnic.org](mailto:ngardner@umcnic.org)

**2013 Concert Series begins** Sunday concert series dates - January 20, February 17, March 17, and April 21. 3:00 p.m.

**January Concert** Our January 20<sup>th</sup> concert at 3:00 p.m. will feature Thesix, a woodwind quintet with piano. The group has been together for two years and will be performing a selection of classical music for us. M. Pepe Robinson is the son of Friendship member Faith Ann Fialek. Members of the group include:  
Oboe: Jenny Charles  
Flute: Dorothy Such  
Clarinet: Shari Heda  
Bassoon: Martha Robinson  
French Horn: M. Pepe Robinson  
Piano: Abigail Demirgian

**Sunday February 17<sup>th</sup>, 3:00 p.m.**

We will have four sopranos on this date who will perform classical, sacred, secular, and musical theatre selections. Mary Frankson Elliott is a former Friendship member, Jennifer Barnickle-Fitch has performed at Friendship in previous concerts, Sarah Greenberg is a former Friendship member, and Megan Maszka is a senior at Benet High School. Michelle Braxton will accompany the performances.

**New location for First Thursday  
dinners**

Beginning in January, we will be meeting at Portillo's on Boughton and Route 53 for our First Thursday dinners. Mark your calendar for 6:00 p.m. to 8:30 p.m. on January 3, February 7, March 7, April 4, May 2, and June 6 to have a time of fellowship and friendship with other church members.

*Portillo's*

# Children & Family Ministry News

## Friendship UMC-Bolingbrook

### January 2013

### Happy New Year

As we prepare to begin the New Year, we often begin to think about New Year's Resolutions. Our resolutions are often something like I'm not going to eat chocolate or I'm not going to watch so much TV or play so many video games. Unfortunately, we often break these types of resolutions fairly soon into the new year. We want to change our behavior, but we often choose resolutions that are unrealistic, or difficult to measure. This year rather than setting ourselves for failure, I suggest creating an "I/We Will" List. This is a list of specific and measurable things that you and/or your family WILL do in 2013.

For example:

- I will read 12 non-fiction books this year (one per month).
- I will spend an hour a day unplugged from ALL technology.
- I will take a family photo once a month.
- We will attend church/Sunday school at least once per month.

By creating an "I/We Will" list, you will set yourself and your family up for success while creating wonderful memories together and enriching your daily life! I'd love to hear some of the items on your "I/We Will" List!

Deacon Tammy Biltgen

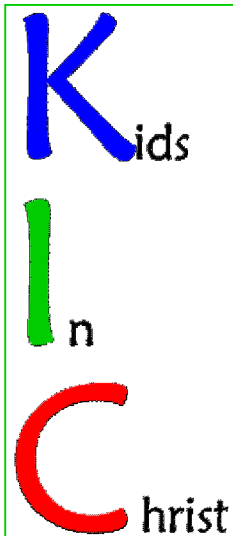


- Sun. Jan. 6th  
9am & 10:45am  
Family Worship—  
Epiphany Celebration
- Sun. Jan. 13th  
9am & 10:45am  
Worship & Sunday  
School  
1-3pm  
Kids InC (grades 2-5)
- Sun. Jan. 20th  
9am & 10:45am  
Worship & Sunday  
School
- Fri. Jan. 25th  
7-9pm  
Movie Night
- Sun. Jan. 27th  
9am & 10:45am  
Worship & Sunday  
School

### Epiphany Celebration

Sunday January 6, 2013  
9 & 10:45am

**FOLLOW THAT STAR!** We will celebrate the arrival of the Wise Men and the gifts they brought Jesus!



### Kids InC

Sunday January 13th 1-3pm

Children in grades 2-5 are invited to come to church to learn about the Christian faith through service projects, reading the Bible, prayer, and games!

**BRING A FRIEND!!!**

### MOVIE NIGHT

Friday January 25th 7-9pm

Families are invited to watch a movie together on the BIG screens in the sanctuary.

Popcorn & juice will be served during intermission.

Children & youth 16 and under must be accompanied by an adult

**BRING A FRIEND!!!**



## First Friends Preschool

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A great big thank you to all the church members that supported the preschool by purchasing children's books at the annual Book Fair! A special thank you to everyone who bought books to donate to the preschool library! It's so nice to get new books to read to the children. They don't even know how lucky they are to have a church community that is helping them and thinking about and praying for them all the time.

Thank you to Larry Hilb for setting up our classroom computer with wireless Internet and a new monitor. What a great help it is to me to have email and Internet access.

Some highlights from a fun and exciting November- December:

Ms. Laura from the Fountaindale Library visits us about once a month. They really enjoy the stories, puppets and music that she shares with us. "Pete the Cat" was a huge hit! She also brings us library books that correlate with our "Letter of the Week" program. This month we looked at books about jaguars and kangaroos.

We spent a lot of time practicing for our Christmas Program, "Someone Has a Birthday," a musical about the first Christmas. I am so proud of the children! They did a wonderful job singing and acting out the nativity story and I think everyone had a delightful evening!



We look forward to a little R&R during our two-week Christmas break and resume class on January 7<sup>th</sup>. Thanks again for your prayers and support!

**Thank You**—On behalf of the Worship Support Committee, we would like to thank all who donated the lovely poinsettias which adorn our sanctuary during this Christmas season.



Also, we appreciate those who supported the beautiful luminaries that illuminated our driveway during the Christmas Eve services.



**Core Group One** had an evening out to see the movie, Les Miserables. We learned at a previous gathering that musical theatre, theatre and going out to hear music is mostly our Group's favorite pastime.

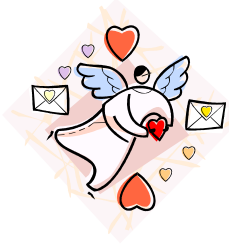
This movie combined a lot of those elements making it a perfect choice to see. Many of us were surprised at the musical talents of the actors.

We enjoyed the fellowship of our Group at this evening out.

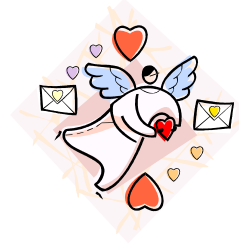


Thank you to Michelle Braxton and the Worship Committee for arranging this year's Prayer Labyrinth. It was a very peaceful, prayerful way to end 2012 and begin 2013.

A monthly column that highlights folks who do “good stuff” for Friendship Church



### ANGELS UNAWARE



It's January and your Angel Reporter is tired from all the action that comes from the Christmas holiday. I mean, it's hard being an angel, especially at Christmas time! I saw lots of do-gooders, especially at Friendship Church.

This month the Angel Reporter would like to challenge all of you to be an angel sometime in the New Year. Yes, I know...it's time for resolutions and all that, but wouldn't you really like to make a resolution that you can keep? Why not try to do something good for others this year, especially in the name of Friendship Church? Here are a few suggestions to get you started.

Make a financial pledge to the church and keep it! We all know times are tough and money is tight. A financial gift to Friendship is certainly a gift that keeps on giving in so many ways: mission, youth, salaries, upkeep of the building, etc., etc.!

Join a committee and right away you're being an angel, helping others. Help tutor a student in Study Club, help Richard Guzman serve those at Daybreak shelter, give some time to help Julie in the office, volunteer for a Trustee work day. How many times have you thought "I should do this" when a sign-up sheet comes out, but you just pass it on to someone else? Here's your chance to help out Friendship Church in 2013!

Be angel in your community. There are so many ways to help in Bolingbrook, not just through our church. FISH food pantry needs volunteers, donations and people to drive folks to appointments. Ask Kathleen Campbell or Susan Higginbotham about West Suburban Food Pantry and volunteer to help there once or twice a month. Volunteer at our local hospital, pet shelter or at one of the many schools in town. Kids need angels, too!

Help far beyond our walls or our national boundaries. Donate to the Red Cross, the Salvation Army or UMCOR (the United Methodist Committee on Relief). These organizations are always helping others, both in the US and globally. For example, Hurricane Sandy destroyed homes and lives. People have forgotten that these folks still need help. Give a gift that truly keeps on giving.

Here's wishing you an angel-filled New Year! God bless you all!





## Faith in Place Winter Farmer's Market FAQ

### 1.) *What is a farmer's market?*

Our farmer's market is a place where farmers and vendors from around Chicago, **our neighbors**, get together and sell their products.

### 2.) *What's so great about a winter farmer's market?*

So many things! Our farmer's markets allow Chicagoland residents to purchase wholesome, healthful, sustainably-grown food and goods *and* keep their money in the place it matters most – in *our* local communities. By supporting local farmers and vendors during the “off-season”, **our shoppers are saying “local food matters”**.

### 3.) *Why does local food matter?*

A good question! Most of the food you see in a conventional grocery store is shipped in from long distances. Not only does this put more greenhouse gases in our atmosphere, but it also means that the produce was picked long before it was purchased. Sitting in transit, it loses much of its flavor and nutritional value. Farmer's market produce, however, is typically picked just days before a market, meaning it will still have the flavor and healthful qualities we look for. Local food also supports local families by keeping our food dollars within our communities. By keeping food production local, we build local food economies that produce jobs and stimulate agritourism. And, by shopping locally, you empower a system that values food security by localizing production, making it more regionally adaptable in the face of climate change.

### 4.) *Do you expect me to shop in the freezing cold?!*

As opposed to a summer/autumn market,

**our winter markets are held indoors** so you don't have to freeze while purchasing your locally-produced goods!

### 5.) *What kinds of things can I find at a winter market?*

Shoppers at our markets are able to support their *local* communities by purchasing **food and goods made within 250 miles of Chicago**. Typically, a market will include farmers and vendors selling locally-grown meat, eggs, honey, cheese, vinegars, and, when available, fresh produce. Also available are locally-made specialty items such as soap, yarn, and baked goods. Depending on where the market is held, there may also be crafts and artisan goods made by local artists. Fair Trade coffee and Ethical Tea Partnership tea, though not locally grown, is generally available for purchase. **A winter market offers different products than a summer market offers.**

Many people come to a winter market expecting tables upon tables of fresh produce. After all, summer markets are known for their produce. Winter markets, however, can not necessarily offer the same quantity or variety of fresh produce. Why? With the cold temperatures and the lack of sunlight during a Chicago winter, farmers cannot sustain the bountiful gardens and fields they could during the warm summer. Due to these facts of nature, **a winter market-goer may find fresh produce (if a farmer has, say, a greenhouse or some other season-extender) but it will not be as varied or in as large a quantity as it would be at a summer market.**

### 6.) *Aren't farmer's markets really expensive?*

Not necessarily. Compared to the cheap food carried at large grocery store chains, food bought at a farmer's market *seems* more expensive. So we ask, “why is food grown next door more expensive than food



grown 2000 miles away?” One large reason is that our food system privileges large-scale, industrial agriculture over small-scale, local agriculture. And when we privilege the industrial system, we support a system that eats up our tax dollars, pays low wages to its marginalized workers, and destroys our topsoil, groundwater, and air. **So what looks like a bargain at the grocery store is actually much more expensive - we just don't see it.**

In addition, the money we use to purchase cheap, industrially produced products does not stay within our communities, stimulating local economic growth and prosperity. Instead, that money flows outward, into corporations (sometimes) near and (usually) far that do not necessarily value our community's health. **Local farmers and vendors do care about the community - they are part of it.**

One shopping decision may not change our food system, but a growing movement of local shoppers *are* challenging that system with every locally-sourced purchase. **Perhaps not every purchase is local, but one local purchase is better than zero.**

The more we chose to purchase local goods, the more power we give to a sustainable, local agricultural model. One purchase at a time, we can make a difference! And, thanks to recent legislation, **our market now accepts LINK! Wholesome, healthful, local food is now available to people of all income levels!**

### **7.) What is Faith in Place?**

Faith in Place is a non-profit organization whose mission is to give religious people the tools to become good stewards of the earth. **Our mission is to help people of faith understand that issues of ecology and economy—of care for Creation—are at the forefront of social justice.** At Faith in Place we believe in housing the homeless, feeding the hungry and clothing the naked. But even if we do all those things,

and love our brothers and sisters with our whole heart, it will not matter if we neglect the ecological conditions of our beautiful and fragile planet.

**Faith in Place gives people of faith tools to reflect deeply on environmental responsibility, integrate the teachings of their faith tradition into practice, and work together for a just and sustainable future.**

For more information on Faith in Place, please visit [www.faithinplace.org](http://www.faithinplace.org).



## Committee Reports

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### **A LINK TO HEALTHFUL EATING-**

*1 Corinthians 6: 19-20*

*Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.*

The Lord commands us to take care of ourselves. I believe that eating healthfully is a big part of that. Through our daughter's encouragement, we have learned to read labels and eliminate certain ingredients from our diet. The biggest step we've taken is to begin cooking again using fresh, locally grown, if possible, organic, if available, ingredients.

For winter, I would like to introduce some of my favorite soup recipes and have you share yours. *Please send me your favorite soup recipe to share in February's Link!* This is a recipe from The Digest Diet book that I love. It's very filling, has lots of fat-busters and has ingredients that can be adapted if you can't find or don't care for them. You can find fresh winter squash already cut, peeled and cubed at Trader Joe's. The Faith in Place Farmer's Market (previous page) would be a great place to buy fresh vegetables.

### **Spiced Winter squash Soup with Asian Greens**

2 pkg. (10 oz. each) frozen cubed or mashed winter squash, thawed.

4 C. low-sodium chicken broth (use vegetable broth to keep it vegetarian)

1 C. light coconut milk

1 C. red lentils (yellow work fine, too.)

¼ C. natural peanut butter

2 cloves garlic, finely chopped

2" piece fresh ginger, peeled and minced (keep it frozen in a Ziploc, it cuts very nicely)

½ tsp. red pepper flakes

¾ lb. Asian greens, such as baby bok choy or tatsoi, cut into 1" pieces (5 C. packed)

¼ C. chopped scallions

¼ C. chopped fresh cilantro (I left this out; we don't like cilantro)

2 Tbsp. fresh lime juice

1. In a 5 to 6 Qt. pot, combine the squash, broth, coconut milk, lentils, peanut butter, garlic, ginger and pepper flakes. Bring to a simmer over medium heat, cover and cook, stirring occasionally, until the lentils are tender, about 20 minutes.
2. Add the greens and simmer until wilted, about 5 minutes. Stir in the scallions, cilantro and lime juice.

Per 2 cup serving; 335 calories, 18 g. protein, 10g fat, 9 g fiber, 130 mg. calcium, 39 mg. vitamin C, 47 g carbohydrate, 115 mg. sodium.

Add a nice slice of Panera bread and you're set for the evening.

Julie

## 20 Ways to Go Green in 2013

If your New Year's resolution is to live a greener lifestyle, check out these 20 tips to help you stick to your plan. By Melissa Sersland

- If you want to be kinder to the planet and save some money at the same time, here are 20 ways to go green in 2013.
- 1. Buy fresh, local food this summer at **the Promenade Bolingbrook Farmer's Market**.
- 2. Have your kids make their friends birthday cards and bring gifts in decorated paper bags or a cool reusable bag. Kids love getting a handmade card—as do adults.
- 3. Bring your own bags when you shop for groceries.
- 4. Shop at consignment stores such as **Goodwill**.
- 5. Rip up some lawn and create new garden beds this spring, and then grow your own food this summer. Your kids will eat more veggies if they grow them themselves.
- 6. Dispose of your hazardous waste properly. **Will County offers some information on how to do so here**.
- 7. Buy a share in a community-supported agriculture (CSA) farm to support local, sustainable farming and enjoy fresh veggies weekly. **Find some local CSA farms here**.
- 8. Ditch those dreaded plastic sandwich bags and get some washable containers or bags. Try ReUsies, created by two Seattle moms.
- 9. Cut down on car trips and run your errands on your bike or on foot. **The Bolingbrook Park District provides trail information for Bolingbrook residents**.
- 10. Pack cloth napkins instead of paper towels in school lunches.
- 11. Look for an environmental service project you can do with your children, such as removing trash and non-native plants and planting trees in their place.
- 12. Got an older house? Install double-pane windows and you'll see immediate savings on your heating bill.
- 13. Plant a tree. A certified arborist can help you select and plant trees that will provide privacy and shade and even years of fresh fruit. Find a certified arborist in your area. **Try Steve Piper & Sons, Inc., in Naperville**.
- 14. Dump your bottled water costs. You could save hundreds of dollars by buying snazzy metal water bottles for everyone in the family and a personal filter for your kitchen faucet.
- 15. Organize a Halloween costume swap in September, or participate in a swap organized by Fountaindale Public Library. This can be a great service project for a Girl Scout troop.
- 16. Replace your old light bulbs with LED bulbs. They last 15 times longer and use 75 percent less energy.
- 17. Expand your hand-me-down circle. Organize a clothing swap for your kids' preschool or a group of friends. Everyone brings gently used and clean kids' clothes to your garage and parents can take as many items as they donated. The rest goes to charity. You can also swap toys and books.
- 18. Replace your showerheads with low-flow models. Low-flow showerheads can save you up to 15 percent on water heating costs and reduce your water usage by as much as 20,000 gallons a year.
- 19. Save up to 30 percent on your monthly heating bills by having a home energy audit done by a professional.
- 20. Give service and experience gifts this year instead of stuff. Make homemade gift certificates for services and experiences that could include tech support, dinner and a movie, yard work, pet walking or babysitting, or a day of organizing support for the clutter challenged.



Friendship United Methodist



**As we marry,  
we face the fu-  
ture secure in  
our faith in  
God and in  
our love for  
each other**



**Congratulations to  
Nice and Ann Louise  
Kuehn On Your  
Wedding!!  
What a  
beautiful service!!**





## Upcoming Events

Senior High New Years Eve LOCK IN!! December 31st—Jan 1st!

9 pm– 9:30 am

Bring a Drink and a snack to share! Bring a FRIEND!!

We'll be working on UMCOR Cleaning Buckets

Family Sunday- No Sunday School January 6th, both services  
No Confirmation this weekend either!!

JR High Lock In

Friday, January 11th, 2013 8 pm!

To Saturday Jan. 12th 9:00 am

NO Youth Group January 13th, 2013!

Sub Sales Start..... Yes, Super Bowl is right around the  
corner.... Subs go on sale January 20 & 27th

Sub Pick Up Feb 3rd. After Services



Friendship United Methodist

# YOUTH MINISTRY

Cookies, Snacks & Games!!



What is NEW in the Youth Room?  
The Youth have raised monies for the past few years doing Sub Sales and Pancake Breakfasts... and they have a Nice, New TV in their Youth Room!  
Thanks to the Marsh's who stood in line on Thanksgiving night to get us such a good deal!!



Thank you to those members, friends and family of our Church who came out to be Vendors for our Vendor and Craft Fair. Thank you to those who came to shop at the Vendor Fair...  
What a ministry the day was.... Fellowship, and just a joyous day of Holiday Cheer!

White Elephant Gift Exchange.....  
**CANDY!**

**Fun Gifts!!**







Friendship United Methodist

# YOUTH MINISTRY

12-21-2012 Party!



27 Jr. & Sr. High Youth and their friends descended on Friendship UMC to Celebrate Jesus and the fact that **ONLY GOD** knows when the world will actually end, and that the Mayan's had it wrong.... We had the Most wonderful Discussion about just that! Great Time!!



## Service

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Please email your requests to [prayerrequests@friendshipchurchmc.org](mailto:prayerrequests@friendshipchurchmc.org) if you don't use email please call the church office and the request will be forwarded.

If you do not have access to a computer and wish to join the prayer chain, please advise the church office or see Kathryn Bulman, prayer chain coordinator. Please be mindful that even though prayer requests may be common knowledge, it is our responsibility to maintain confidentiality.

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ALWAYS collecting!

We are averaging 100 new households per month.

In DuPage, over 59,000 people go to bed hungry every night, 20,000 of those are children. By donating to our local pantries, you can help.

Visit [www.wcpinc.org](http://www.wcpinc.org) for more detailed donation information or to volunteer.

'TONS OF FOOD' is an ongoing drive, where an entire ton of food can be purchased for \$360. That's 18 cents a pound!

Always accepting food and personal care item donations, but cannot accept clothing or used toys, or household items.

### DAYBREAK

Serving at **Daybreak** is a long standing tradition at Friendship. On the third Friday (and following Saturday morning) we donate food, cook and serve two meals.

Watch inserts in 2nd Sunday bulletins for details on how to donate and get involved in serving at the shelter.

**Dinner on Friday, January 18 @ 5:00 pm**  
**Breakfast Saturday, January 19 @ 5:00 am**

Richard Guzman, Coordinator.

### SENIOR BIBLE STUDY & LUNCHEON

Is open to all senior adults. It meets on the 3rd Thursday of each month at 11:15am. The study is led by Pastor Anna and is followed by a delicious luncheon. If you would like to attend contact the church office at 630-972-1011

**Study & Lunch: Thursday, Jan. 17 @ 11:15 am**

### NEWBORNS IN NEED

This circle is open to all who would like to sew, knit, crochet or quilt baby items to be donated to local hospitals for the benefit of premature & high risk babies. **Meets the 2nd Saturday of each month @ 9 am.**

### AA & GA

Friendship is a place of help and hope for those struggling with addictions. Meetings are open to all.

**AA Meetings:** Saturday @ 9am & Sunday @ 5pm

**GA Meetings:** Friday @ 7 pm

### DRESS A GIRL

**Imagine a world where every little girl owned at least one dress.**

Turn donated t-shirts into beautiful dresses for girls in need. Join us for cutting, sewing and assembling dresses each fourth Saturday morning from 9 to 12 in the Friendship Center. Feel free to drop off children's t-shirts, pillow cases, 100% cotton fabric and ribbon at the Giving Center in the front entry so this team can create beautiful dresses!



# Friendship Church ~ January 2013 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b>	<b>2</b> No choir rehearsal No Bell choir rehearsal	<b>3</b>  6:00-8:30pm Portillo's Dinner	<b>4</b>  10:00-12:30 Hour of Faith  7:30pm GA	<b>5</b>  9:00 AA
<b>6</b> 9:00 Contemporary Family Service 10:45 Traditional Family Service 12:30-2:00 Adult Ed. mtg. 2:00-4:00 Youth Group 5:00 AA 6:00 Core Group Leader Meeting with dinner	<b>7</b> First Friends preschool M/W/F resumes.  5:30 Girl Scouts	<b>8</b> First Friends preschool T/Th resumes.  10:00-12:30 Hour of Faith  7:00 Church council meeting	<b>9</b> 11:15 Women's Bible Study-Ephesians  4:00-5:00 Study Club 6:30 Scouts 6:30 Bell Choir rehearsal 7:30 Choir rehearsal	<b>10</b>  Staff Parish Dinner	<b>11</b> 10:00-12:30 Hour of Faith  7:30pm GA 8:00 Junior High Lock-in	<b>12</b> 9:00 AA 9:00-12:00 Newborns In Need  9:00 lock-in
<b>13</b> 9:00 Contemporary Serv. 10:45 Traditional Service 11:30-12:30 Children's Bell Choir rehearsals 12:00-2:00 Confirmation with Parents 1:00-3:00 Kids InC No youth group 5:00 Gujarati Worship  5:00 AA	<b>14</b>  5:30 Girl Scouts	<b>15</b> 10:00-12:30 Hour of Faith  6:00 Brownies	<b>16</b> 11:15 Women's Bible Study-Ephesians  4:00-5:00 Study Club 6:30 Scouts  6:30 Bell Choir rehearsal 7:30 Choir rehearsal	<b>17</b> 11:15 Senior Bible Study and Luncheon	<b>18</b> 10:00-12:30 Hour of Faith  7:30pm GA Daybreak	<b>19</b> Daybreak Market Day 9:00 AA
<b>20</b> 9:00 Contemporary Serv. 10:45 Traditional Service 11:30-12:30 Children's Bell Choir rehearsals 12:00-2:00 Confirmation 2:00-4:00 Youth Group sub.pre-sales for Super Bowl Sunday  5:00 African Worship  5:00 AA NEWSLETTER DEADLINE	<b>21</b> No First Friends preschool  5:30 Girl Scouts	<b>22</b> 10:00-12:30 Hour of Faith	<b>23</b> 11:15 Women's Bible Study-Ephesians  4:00-5:00 Study Club 6:30 Scouts  6:30 Bell Choir rehearsal 7:30 Choir rehearsal	<b>24</b>  7:00 Worship Planning	<b>25</b> 10:00-12:30 Hour of Faith  7:00-9:00 Family Movie Night  7:30pm GA	<b>26</b> 8:00-12:00 All Church Retreat  9:00 AA
<b>27</b> 9:00 Contemporary Serv. 10:45 Traditional Service 11:30-12:30 Children's Bell Choir rehearsals 12:00-2:00 Confirmation 2:00-4:00 Youth Group sub.pre-sales for Super Bowl Sunday  5:00 Gujarati Worship  5:00 AA	<b>28</b>	<b>29</b> 10:00-12:30 Hour of Faith	<b>30</b> 11:15 Women's Bible Study-Ephesians  4:00-5:00 Study Club 6:30 Scouts  6:30 Bell Choir rehearsal 7:30 Choir rehearsal	<b>31</b>	<b>Notes:</b>	

More Calendars from WinCalendar: [February](#), [March](#), [April](#)