Day by day the length of a day is getting shorter. Corn in the fields are drying up and all of the road constructions are almost done. I feel that we are entering into a time to get ready for winter!

In September, as our kids kick off their new year at their schools, we also kick off our own Bible study, which is “One Thousand Gifts” written by Ann Voskamp, a best seller writer, mom of six kids, farmer’s wife, good photographer, and desperate Grace-clinger. Leading a women’s Bible study at Rock Falls UMC last spring, I used this book and the ladies in the group loved it. A lady who has had many Bible studies from various occasions at various churches said that Bible study was the best ever in her life. She’s witnessed her younger sister’s traumatic death at her young age and suffered from agoraphobia for a long time due to the trauma. However, she’s found God’s amazing grace in her ordinary life, and also the grace turns her ordinary life into a beautiful place where the divine grace resides. Please join us - you will be able to see how God works in our lives despite how they are filled with all the mess and business of daily life. Starting Monday, September 12th at 9am and continuing for four weeks. We will also have an evening group. (Date and time are not set up yet.) If you are interested in joining the study, please contact me at pastor@coletaumc.org or (815) 336 – 2226.

I would also like to invite you to sing our old favorite hymns & new contemporary songs with our praise band on the second Sunday of September, (Sept. 11th). If you claim yourself as music lover, you will love to sing the hymns with us! There will be some short messages and a special piano play too.

On the third Sunday of September (Sept. 18th), we will have an outdoor worship! We don’t have to go somewhere else. Just come to the empty lot right next to the church by 9 AM. (You can park your car at the same spot where you always park.) Please bring your own lawn chair and food to share. We will have breakfast together and have a Sunday service right there. The beautiful fall morning sunshine will be brightly shining upon us and the fall breeze will make us feel fresh while having breakfast and worship. I hope we can have some beautiful yellow & red leaves by then.

As we are going into the beautiful season of fall, I pray that God’s grace matures us like all the natures are getting ripe and matured. May God’s amazing grace be always with us. Thanks be to God! Amen.

With Love,
Sophia
**BIRTHDAYS**

1st - Dan Frankfother  
1st - Morgan Shuman  
4th - Allison Carbaugh  
6th - J.J. Niemann  
9th - Rose Ritenour  
9th - Jeff Sheehan  
9th - Kenneth Reins  
9th - Kendra Reins  
10th - Melody McKenna  
10th - Allison Shuman  
17th - Debra Shuman  
24th - Mike Gettle  
25th - Zachary Woessner  
26th - Marcy Shank  
28th - Lindsay Elgin

**ANNIVERSARIES**

3rd - Jim & Debbie Cook  
4th - James & Marcy Shank  
6th - Ty & Barb McKenna  
7th - Mark & Sally Douglas  
10th - Robert & Claudia Wasmund  
20th - Randy & Rhonda DeJonge  
24th - Randy & Cari Engelbarts  
26th - LaValle & Cindy Sheehan

**Praying for you...**  
Jimmy Webb, Julie Fassler, Bert Rice, Wanda Englekins, & the weather devastated areas all around the world

**Remembering Our Service Members in Prayer**  
Jamie Espinoza, Elizabeth Higgins, and others who are deployed in defense of our nation

*Prayer Chain*

If you have a Prayer Concern call  
Rose Ritenour, 815-336-2110  
If anyone needs transportation or meals, call  
Rose Ritenour (815)336-2110 or Melody McKenna  
(815)622-1420.

Joyce Frankfother  
Sunshine, Outreach & Evangelism Ministry
Prayer concerns should go to Rose Ritenour (815-336-2110). Rose will make sure the pastor, phone prayer chain, e-mail prayer chain and text prayer chain will be informed. The prayer concern should include the name and brief concern. The concern needs to be approved by the person, if it is not you.

COFFEE NOOK

Ever wonder why there are so many trucks and cars at Coleta UMC in the morning? The men are there for coffee and news from 9:45 AM to 11 AM every Monday – Friday. Come join them!

We Want to Hear From You

Do you have church news you would like to include in the monthly newsletter?

Call 336-2227 or 336-2226 or you can e-mail submissions to secretary@coletaumc.org
AD COUNCIL Meeting
Tuesday, September 20th
6:30 pm

Join us at Coleta UMC for Intercessory Prayer every Wednesday, 9:30 a.m.

Bear Necessities Personal Care Pantry

When: 3rd Saturday of each month from 10am-12pm
(Saturday, September 17th)

Where: Coleta United Methodist Church
112 North Main Street, Coleta, IL
(815)336-2226

You must bring your LINK CARD!

Bear Necessities is a not for profit agency who, in partnership with the community, will aid persons in need of personal care products.

Available Items: Laundry detergent, Toilet paper, Bath soap, Toothpaste, Dish soap, Shampoo,

Available upon request: Shaving cream, Deodorant, Toothbrushes, Feminine products

Pastor Sophia’s Hours:
Tuesday & Wednesday:
8:30 am - 4:30 pm
Thursday: 1:00 pm - 4:00 pm

Secretary—Danielle Jaso Hours:
Tuesday & Thursday
1:30pm - 3:30pm

E-mail addresses for CUMC—
Pastor Sophia—
pastor@coletaumc.org
Danielle—secretary@coletaumc.org

Food Pantry needs for “September”
-Loaves of Bread-

Also if you have any extra plastic bags, the pantry can always use them

Loaves & Fishes
Christian Food Ministry, Inc.

Every Monday through Friday from 9a.m. to 11a.m. at Sterling First UMC on Broadway. They serve a hot breakfast free of charge to anyone. They are accepting breakfast food items and volunteers to help serve. They feed between 60 to 80 people every morning and need 3-5 volunteers. They use 2-4 gallons of milk and juice every day along with other food items. If you would like to be involved with this ministry please contact Mission Coordinator, Lois Heerdt at 815-499-1706. Look for ways Coleta UMC will partner in this ministry.
Fall Bible Study will start on Monday, Sept 12th @ 9 am. “One Thousand Gifts” by Ann Voskamp (Five Sessions). There is a signup sheet in the Narthex with the book. If you would like to have this Bible study in the evening, please sign up too! We will have a class in the evening too. (Date and time will be discussed.) Take a look at the book and sign up today! Fee is $10.

Health Department of Whiteside County asks us not to leave vegetables on the table in the narthex. So if you bring your extra vegetables, please take them back when you go home if the vegetables are still left. Also if you want to make some jellies for missions, please use the church kitchen, which is a certified kitchen for public use. Otherwise, it is banned to have jellies on the table for donations.

Fellowship committee reminds you there are open Sundays for hosting fellowship time following worship in September. Sign up sheet is on table in the Narthex. This is a great opportunity to celebrate a birthday, anniversary or special day.
Fall Picnic!
Sunday, September 18th at 9 am, at the empty lot right next to the church. Bring food to share for breakfast and your own lawn chair!
We will have a breakfast then Sunday service under the beautiful fall sunshine and cool breeze.

Wednesday Community Supper
5:30 pm
Coleta United Methodist Church 815 336-2226
Looking for fellowship? Join us!
Having trouble making ends meet? Join us!
Love community dinners? Join us!
Need a ride? Give us a call!
Like to help to provide food? Give us a call! Can you bring a dish? Come either way ALL ARE WELCOME!

Scrap Metal & Can Drive:
Saturday, September 17th from 8:30 am - 1 pm
The trailer will be parked on the lot at the Coleta Intersection
Ways to Improve Speech Understanding

How Friends and Family Can Help

Get the Listener’s Attention First:
- Let individuals with hearing loss know you are going to talk to them.

Do Not Switch Topics Abruptly:
- Let the listener know you are changing the topic and what the new topic is.

Use Complete Sentences and Predictable Wording:
- Grammatically complete sentences are usually easier to understand. Avoid unusual phrasing or slang expressions.

Make Simple Gestures When You Talk:
- Supplementing speech with simple gestures or pointing at a topic of interest may give the listener extra cues to enhance understanding.

Speak Face-to-Face:
- Understanding is easier if the listener can see your face. Turn your head and face their direction. Do not stand in front of a light or a window. Be in the same room and do not turn away while speaking.

Quiet is Better:
- Background noise often creates the most difficulty for someone with a hearing loss, whether or not they are using a hearing aid. Sound from the radio or TV or other sounds such as running water can make it more difficult to understand the message. If the noise cannot be eliminated, try moving to a quieter area.

Speak More Slowly NOT Louder:
- Slow down your rate of speech somewhat but do not exaggerate the pronunciation of words. Using more pauses between statements can help. Shouting will distort speech. The faster and louder you talk, the harder it is to understand.

Rephrase:
- Try to restate a message in another way or simplify it if you are not being understood.

Be Patient:
- Remember that speech communication is a two-way street. It requires cooperation from both the speaker and listener to be effective.
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Thank You for signing up to receive our E-News Outreach

www.facebook.com/coletaunitedmethodist