



FIRST UNITED METHODIST CHURCH, SPARTA ILLINOIS

THE LAMPLIGHTER

MAY 2020

Prayer

Dear Lord, thank you for wet grass, for sweet chocolate, for cool wind.

Thank you for inside jokes, for finished homework, for dinner with friends.

Thank you for allowing me to ask questions, for forgiving me when I doubt you, for grace every time I make a mistake.

Thank you for Jesus, who came to earth so that I can live fully, laughing so hard my sides hurt, singing so loud I can almost hear myself over blasting music.

Thank you for all the little things I take for granted.

Help me today to live into the joy for which you created me.

Teach me to appreciate the color of an apple, the five extra minutes of morning sleep.

Change me so that I look at each small piece of this crazy life as a miracle.

Show me how to live in your presence with thanksgiving.

Jennifer Osborne, 21

Missions

The missions committee had the idea to show Angela Oathout that we are thinking of her and the rest of the Randolph County Health Department office by providing them lunch. Lunch was delivered to the office and they seemed very appreciative. Angie was also presented with a hanging basket and card from the church to express our support during this stressful time.

Daily Devotions

Thank you to those who are sharing morning devotions on the church's Facebook page;

Tonya Cowan

Gary Cox

Dot and Janine Heuman

Carl Holland

Cathy Norton

Jan Seals

Cindy Sickmeyer

Jeremy Volkmner

A daily devotion is posted every day at 8 a.m. We welcome contributions by others. If you have a devotion to share please contact Gary Cox, Mary Hauskins or email the church office: spartafumc@yahoo.com

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Eighth Grade Graduates:

Hailey Clendenin
Austin Gailey
Samuel Haury
Jack Loesing
Libby Renner



High School Graduates:

Dayton Baue: will be joining the Army, he is expected to be leaving sometime in June.

Haydon Baue: will be joining the National Guard, he is expected to be leaving sometime in June.

Kelsey Cowan: will be attending SWIC and plans on going into Speech Pathology. She will also be playing on the Volleyball team.

Cameron Brooks: will be attending SWIC for general studies.

Morgan Coop: will be attending Murray State University and majoring in Economics. She was admitted into the honors program.

Braeden Dierks: will be attending SWIC and getting a vocational degree.

Parker Haskenhoff: will be leaving for the Army AIT on July 9. When he is done with that he plans to go to school to be an electrician.

Emily Loesing: will be attending SWIC for two years and then transferring to Murray State University and majoring in Elementary Education.

Jared Sauzek: will be attending SIUC majoring in Flight and Aviation Technology. His end goal is to become a commercial pilot.

College Graduates:

Ashley Birchler: is graduating from SIUE with a degree in Chemistry.

Christopher Brooks: is graduating from Greenville University with a degree in Sports Management

Talesha Brooks: is graduating from SWIC with a paralegal degree.

Kim Rednour: Graduate from SWIC.

Michaela Stewart: is graduating from Lindenwood university with a Master's degree in Human Resources.

Ashley Birchler: graduated with a bachelor's in Chemistry.

We would like to wish all graduates success in all of their future endeavors.



PRAYER LIST BY NAMES....

Dot Heuman listened to a worship service online during this pandemic, and the pastor mentioned that we should pray for the people on the front lines, BY NAME. So we put out a call on Facebook for people in our church and beyond, who are on the front lines and need our prayers. The following is a list of those names that were turned in. Please pray for these people BY NAME when you pray your prayers...also remembering to thank them for their service on the front lines of this pandemic.

*Kelley Oathout Baker and Cassie Oathout Laratta, both in the medical field.

*Chelsea Nagel Figueroa, Abby Woods and Brooke Hargis

*Seth Hauskins and Brigid Gonzales, both RN's in Denver, CO; and Billy and Rachel Rheinecker, both working essential jobs here in Illinois.

*Morgan Cash, RT at Chester Hospital

*Shelonda Fuller, cashier at Sparta Wal-Mart

*Brooke Paganini & Tasha Fitch, both nurses

*Beth Robinson, banker in Freeburg, IL; and Kyle Robinson, RN on call 24-7 at VA Hospital in St.Louis, MO

*Erin Foster

*Rob, Michael, Patrick, Hannah, Daniel and Lindsay Schroeder, all working essential jobs with face-to-face contact.

*Mallory Levery Butler, Dr. Russell Coulter, Vicki Lemler, Linda Mueller and Marcie Dunker

*Stephanie Morrison McFadden, nurse

*Trenton Conway, RN in ER, St. Louis, MO Hospital

*Clint Peck's sister, Angie Wilson, and Katie Peck's mom, Mary Maxfield, both in nursing profession

*Patti Cecil's cousin's son David, who is a doctor in Tulsa

*Marcia Maybell, at Randolph Care Center

*Leigh Jacob, nurse

*Sue Odle, working at St. Joseph's Hospital in Murphysboro

*Jeff Rako, Respiratory Therapist, Chicago, IL hospital

*Cassy Linker Boucher, working at Coulterville Care Center

*Callie Luketich, nurse at Anderson Hospital in Maryville

*Sam Trettenero, works in lab at Barnes Hospital in St. Louis, MO

*Dr. Baylis and family in Michigan

*Dr. Nate Snider, Mercy Hospital in Iowa City, IA

*Rachel Peck, RN at St. Francis Medical Center, Cape Girardeau, MO

Prayer is one of the leading pastimes in self-reflection and gratitude. Having the ability to draw inward and speculate is a fundamental skill if one wishes to grow and achieve an unlimited number of goals and grow spiritually. Praying, specifically, provides such benefits as not coming to understand oneself, but promotes virtuous ideals and personal character growth.

• **Better sense of self** – Praying brings you closer to yourself as well as the higher power you pray to. A study by conducted by Columbia University shows that prayer reduces ego and promotes humility. This makes one more concerned for a greater good rather than just themselves, improving selflessness.

• **Good for your heart** – Prayer helps regulate your heartbeat, making it stronger and less stressed. Though it is a mental and spiritual activity, prayer has been known to speed up the recovery of the heart following heart attacks and cardiac surgery.

• **Increase lifespan** – By minimizing all the life-threatening effects of stress and environmental factors, praying helps your body heal more efficiently and age more smoothly. All this put together helps the body heal faster and live longer.

• **Improves attitude** – Prayer helps you be humbled. Through prayer we come to realize how large the world is and how minor our problems are compared to it. When praying for other people we tend to sympathize to others' problems rather than be selfish. When praying positively, we tend to see a change in our overall attitude making us feel happy both mentally and socially.

• **Gain forgiveness** – Prayer helps us to open ourselves to forgiveness. It is important we are all humans who make mistakes and that praying help us forgive ourselves for those past mistakes made so that we can move on. Also, during prayer you may be able to gain some insight and sense of direction.

Continued on page 6

A Mother's Day Inspirational Story- Heart Warrior

As some know and some don't, Cameron is a Heart Warrior. When I was 20 weeks pregnant, I went in for the normal routine anatomy scan. Noticing they spent a lot of time looking at his heart. Initially I didn't think anything of it because he was usually pretty squirmy and maybe they couldn't get a good picture. Then I noticed the ultrasound tech wasn't as talkative as usual. She told me she would let the provider review the images and I could wait in one of the exam rooms. When she came in, she said everything looked great except there looked to be an issue with his heart. Some sort of "small" defect and maybe he was laying weird and the specialist could get a better picture. They then referred us to Maternal Fetal Medicine to continue my care for the rest of my pregnancy. I was alone at the appointment, but had Myles with me. I called Adam right away and was in a panic. Worried what might be wrong. But kept faith that it was just Cameron not cooperating. Adam assured me so calmly that everything was going to be okay. Little did we know, it was a much bigger issue than the regular OB thought. June 27, 2019, at 22 weeks pregnant, I had my first appointment with the MFM docs. Longest day of our lives. Ultrasounds, echocardiograms, consults with the docs. By the end of my echocardiogram, the cardiologist gave us the results right away. She sat us down and I could tell by the look on her face something was wrong. She said "your baby has a very serious heart defect that is going to require open heart surgery when he is born." I was shocked. I prayed so hard and just knew that there was nothing wrong with him. I felt it in my heart. We were so positive, there was no way this was true. It felt like a dream. But once I got myself together they explained that he has Critical Aortic Stenosis, Hypoplastic Left Heart Syndrome (HLHS). HLHS is a Congenital Heart Defect that results in the Left Ventricle being underdeveloped and in most cases affecting the Aorta as well. Ultimately meaning he doesn't have normal blood flow to his heart. Most HLHS babies, are born with low birth weights. In Cameron's situation, that was not the case. He was born at 8lbs 1oz. Not your average HLHS baby. That was the first time he shocked his medical team. We were told that it's possible when he's born, that he won't cry or may need some oxygen to help with his breathing. So we prepared ourselves for that. But he came out and SCREAMED! And was 100% breathing on his own. They took him away to the Heart Center, where he would be the remainder of his hospital stay. Adam got to go with him while they finished sewing me up in the OR. Once my spinal wore off, I was able to get in a wheelchair and FINALLY meet my baby!! Normally, these babies are going into OH surgery within days of being born. Little did we know, Cameron would take a different route. A team of doctors came to see us the day after he was born to discuss the next steps. They mentioned this new procedure they have done to only one to two babies before him that allows them to postpone surgery and let him come home and grow and learn how to be a baby and then come back in a couple months for surgery. So we were all in! In a baby without a congenital heart defect, the right side of the heart pumps oxygen-poor blood from the heart to the lungs. The left side of the heart

pumps oxygen-rich blood to the rest of the body. When a baby is growing in a mother's womb during pregnancy, there is a opening between the left and right sides of the heart called the patent ductus arteriosus (PDA). Normally, this opening will close a few days after birth. In babies with hypoplastic left heart syndrome, the left side of the heart cannot pump oxygen-rich blood to the body properly. During the first few days of life for a baby with HLHS, the oxygen-rich blood bypasses the poorly functioning left side of the heart through the PDA. The right side of the heart then pumps blood to both the lungs and the rest of the body. However, among babies with HLHS, when these openings close, it becomes hard for oxygen-rich blood to get to the rest of the body. So this new procedure would actually stent the PDA open, allowing the oxygen rich blood to get to the rest of his body without his fully working left ventricle. As well as placing flow restrictors in each of his pulmonary arteries to restrict how much blood goes to his lungs. Cameron went to the cath lab and had the procedure done the day after he was born and was home in less then 2 weeks. He came home with a feeding tube, but ate most of his feeds by mouth. He was eating well enough to lose the tube within a week. He was also nursing and gaining adequate weight. Pretty much knocking all of his goals out of the park. He seen his cardiologist weekly, following him closely until the time of surgery. Had a couple trips to the cath lab before surgery to balloon some arteries. But overall did everything he was supposed to. He was up to about 12lbs by the time of his surgery. They scheduled his surgery for Jan 15. Then I get a call and they say scratch that. Let's see if we can get him even bigger, let's push it back to Jan 29. So that was the big day. Jan 29, his first open heart surgery at 3 months old. The surgery was successful, but the surgeon decided to put him on ECMO. Which for those that don't know, it's a machine that pumps your blood from your heart, mixes it with oxygen, then pumps it back through your body, like a heart. They took him from us at 8:45am and I didn't see him again until 11pm. ALL. DAY. SURGERY. Once I seen him, he looked peaceful. Just laying there like he was sleeping, with a bunch of tubes, wires, monitors, IVs. Day one. We made it. To make the rest of this short, he definitely had a bunch of ups and downs. He spent much longer in the heart center than anyone anticipated. Almost 10 weeks. Of those 10 weeks, he was intubated for 7. He had collapsed lungs, low saturations, had to go back into the OR for another surgery 4 days after his initial surgery. It was a long road, with many bumps. But he overcame them all. I can't thank the nurses, docs, or therapist in the Heart Center enough for everything they do. They become your family, and we love them all! Cameron has been home for almost 3 weeks, and doing so great. He is now 6 months old. And thriving. He's trying so hard to sit up, he's finally taking a bottle again, and latching onto his pacifier so that we don't have to hold it in his mouth all the time!

Cameron is the happiest, sweetest, chunkiest little heart warrior. To say we are so blessed to be his parents would be an understatement. We thank God for choosing us. So **Happy, Happy, Half Birthday** to our sweet "big fat baby" we are so proud of you and all you have overcome and **LOVE**  you more than we will ever be able to say in words.
- Shania White

HAPPY BIRTHDAY HAPPY ANNIVERSARY

5/01 Kelly Hovland
 5/03 Gary Cox
 Austin Gailey
 Idella Sturtz
 5/04 Dot Heuman
 Aidan McFadden
 Janice Schwartz
 5/05 Eli Coop
 5/06 Bonnie Douglas
 Bill Mueller
 5/07 Garrett Mueller
 5/08 Alicia Heinemeyer
 Carl Holland
 Lee Trost
 5/10 Hayden Beattie
 Judy Bennett
 Heather Dierks
 Ella Dotson
 Deb Krantz
 Linda Linker
 Justin Schupbach
 5/11 Tim Yates
 5/12 Jack Loesing
 Stephen Miles
 5/14 Lois Cunningham
 Janice Taylor
 5/15 Marilyn Herring
 William Schwartz
 5/16 Nicholas Krause
 5/18 Sam Hennrich
 Molly Norton
 Kaede Peck
 Chloe Shook
 5/19 Barb Burns
 Clint Peck
 Gunner Weekley
 5/20 Jan Seals
 5/21 Leah Coop
 5/23 Adam Baird
 Connor Brooks
 Cindie Bruno
 Virgil Runge
 5/24 Tomi Diefenbach
 5/26 Kathy Ruhmann
 5/27 Bill Norton
 5/28 Gwendolyn Wetzel
 Tom Ashley
 Debra Schroeder
 5/29 Hillary Ellett
 Casey Schwartz
 Brad Sickmeyer
 5/31 Tom Renner
 Kyle Schwartz

5/01 Kenny & Kathy Robinson
 5/05 Clint & Linda Upshulte
 5/06 Jordan & Brittany Beckley
 5/12 Matthew & Tracy Parker
 David & Autumn Peck
 William & Marsha Schwartz
 5/22 John & Christine Jeffers
 5/25 Brad & Patty Cash
 5/30 Thomas & Leah Bruno

PRAYERS OF THE PEOPLE

Each week on Monday a group from our church meets in the Parlor at 9:00 a.m. to send cards of welcome, strength, and support as well as to pray for our congregation and for the needs of the church, you are more than welcome to join them. Please join them in prayer. *If you would like to be apart of the prayer chain please call Elaine Hargis at 443-3205 or email her at ejhargis4@gmail.com. Always remember to update us with any email changes.*

Joys: Everyone Staying Healthy

Concerns: For everyone that is working the frontline, all members that are in Assisted Living & Nursing Homes, anyone whom have may had surgery in the last month or needs surgery and is waiting, we pray for you.

Words of Gratitude:

Dear Church Family, Thanks to all who have sent us cards and prayers! Your thoughtfulness is so much appreciated. Blessing to all Jack and Bertha Becker

I want to thank our Treasurer, Patti Cecil, for picking up the mail, doing the deposits and keeping me up to date on our finances. It helped me so I didn't have to come to Sparta very often. I pray that everyone is staying healthy. Hope to see everyone soon.
 Linda Bird, Financial Secretary

Continued from page 3...Prayer

- **Gives us hope** – When going through a very emotional phase, prayer helps us believe that there is hope in getting through situations. Praying helps us believe that there is a higher being that we can help us shoulder our burdens. Although having hope may not mean that things will turn out the way we want it to, trusting someone with our problems helps get a burden off our shoulder.
- **Relieves stress** – We live in a pressure-filled world where we are constantly being rushed to take on responsibilities, succeed and be at the top of everything. Reflecting on our problems through prayer helps relieve the initial stress of the situation. Leaving our problems up to a higher being.
- **Stronger mindset** – While prayer also promotes hope in the future, faith is also what keeps a religious person centered and strong. Through their belief they have the strength to overcome both trivial and major worries.
- **Recovery** – After a situation leaves you emotionally or physically distraught recovery is a timely process. Prayer serves as a way to deal with the aftermath and keep one's faith. Your mind and body are focused solely on healing while prayer keeps you centered and hopeful.

Maintain a positive outlook on life – Day-to-day issues affect our stress levels and mood. Daily prayer keeps religious people looking forward to a better tomorrow. By being thankful for every day and every day to come praying changes one's outlook on life as a whole.

<https://www.healthfitnessrevolution.com/top-10-health-benefits-praying/>

A Mother's Story....

If you are interested in donating please contact Shania White or her grandmother, Carol Ashley for more details. Your financial donation provides hospital Care Kits to support inpatient families, educational tools to empower patients and families with knowledge, and funds advocacy efforts and helps shape national policy that affects the over 3 million CHD survivors and those who have gone too soon.

Together, we are conquering CHD.

FIRST UNITED METHODIST CHURCH

MAY 2020

Sunday Schedule

9:30 am Sunday School
10:30 am Worship

Office Hours:

Mon, Wed, Friday 8:30 - 1:30 pm
Phone (618) 443-3714
Email: spartafumc@yahoo.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Pastor Jerry's Day Off	2 5 pm Worship
3 9:30 am Sunday School 10:30 am Worship 6:00 pm Youth Group	4 9 am Care & Share 6:30 pm Trustees	5	6 7 pm Choir	7	8 Pastor Jerry's Day Off	9 5 pm Worship
10 9:30 am Sunday School 10:30 am Worship 6:00pm Youth Group	11 8 am Garden Club 9 am Care & Share 7 pm Ad Council	12 7pm UMW	13 6:15 am Men's Group 7 pm Choir	14 Lamplighter Deadline	15 Pastor Jerry's Day Off	16 5 pm Worship
17 8am Men's Breakfast 9:30 am Sunday School 10:30 am Worship 6:00pm Youth Group	18 9 am Care & Share 6:00 pm Sorority	19	20 7 pm Choir	21 9 am Mail out Lamplighter	22 Pastor Jerry's Day Off	23 5 pm Worship
24 9:30 am Sunday School 10:30 am Worship Youth Group Spaghetti Dinner	25 Memorial Day	26	27 6:15 am Men's Group	28	29 Pastor Jerry's Day Off	30 5 pm Worship
31 9:30 am Sunday School 10:30 am Worship	<i>"FOR I KNOW THE PLANS I HAVE FOR YOU DECLARES THE LORD, PLANS TO GIVE YOU A FUTURE AND A HOPE" JEREMIAH 29:11</i>					



SAVE THE DATES: *This monthly calendar schedule is tentative of church resuming.*

VBS

It is with sad news that we are having to postpone VBS right now. As soon as I know the new dates or if we have to cancel it all together. I will make sure to send out email, put in future lamplighters, Facebook so that everyone is kept updated.

Thanks Brooke Gerlach

Reflecting
The
Light of God!



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WERE ON THE WEB!

www.spartafumc.org

On Facebook:

Sparta First United Methodist Church

Phone: (618) 443-3714
Church Email: spartafumc@yahoo.com

Dated Material - Mailed Out on April 30, 2020

MAY 2020 WORSHIP SCHEDULE

Liturgist Beth Coop

Head Usher Linda Bird

Ushers

05/03 Scott Oathout Family,
Bill & Cathy Norton
05/10 Marty & Theresa Patton
Dave & Mary Hauskins
05/17 Brian Beattie Family,
Dave & Mary Hauskins
05/24 Frank & Sharon Beckley
Rob & Deb Schroeder
05/31 David & Autumn Peck
Lee & Jamie Peck

Saturday Evening Worship

05/02 Brian Belcher & Rhonda Jones
05/09 Larry Rosenthal & Kathy Ruhmann
05/16 Brian Belcher & Rhonda Jones
05/23 Larry Rosenthal & Kathy Ruhmann
05/30 Brian Belcher & Rhonda Jones

Audio/Visual Team

05/03 Sam Haury
05/10 Cormac Kloos
05/17 Eli Coop
05/24 Maggie Haury
05/31 Olivia Haskenhoff

Nursery

05/03 Megan Greenhill
05/10 Tanya Cowan
05/17 Sharon Beckley
05/24 Carol Haury
05/31 Brooke Gerlach

Sunday Morning Snacks

TBA

Acolytes

05/03 Jaxon & Layla Miles
05/10 Hailey Heller & Leah Coop
05/17 Jake Greenhill & Collin Haury
05/24 Aiden & Andru Stine
05/31 Wyatt Peck & Sam Haury