

**WE THANK THOSE WHO SERVE:**

Ministers - Every Member of the Church  
Pianist - Dee Ritter      Organist - Carrie Hier  
Keyboard - Steve Clark    Bass - Cary Cornwell    Drums - Dave Hunt  
Song Leader Coordinator - Jim Ladiski  
Acolyte Coordinator - Sue Graham  
Fellowship Coordinator – Connie Paksi



Growing in God's word ~ Living in Spiritual unity ~ Sharing faith in Christ

**Serving This Week**

**Serving Next Week**

Greeters – Ted & Denise Robison  
Acolytes – Jacqleen, Cassie, Aalonna, Janelle  
Lay Reader – Carol Bashore  
Nursery - Ellen Veale  
Children's Church – Renee Denison, Michelle Moore  
Coffee Hour – Ted & Denise Robison  
Welcome Ministry - Carol Bashore

Sharon Vangieson  
Michael Perez  
Linda Lupu  
Jessi Ladiski  
Linda Lupu, AnnMarie Buchner  
Spaghetti Dinner  
Carol Bashore

**LAST WEEK'S STEWARDSHIP REPORT**

**Attendance:** Worship Service – 59      Christian Life Classes – 10

**Finance Report:**

General Fund:		\$1558
Special Funds:	Building	\$ 10
	Lugnut Outreach	\$ 25
	Parking Lot	\$ 5

**The United Church of Ovid**  
131 West Front Street, PO Box 106, Ovid, MI 48866  
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Pastor - Greg Buchner - email: [pastorgreg@unitedchurchofovid.com](mailto:pastorgreg@unitedchurchofovid.com) - cell 989-621-7782  
Secretary - Sue Casler email: [sue@unitedchurchofovid.com](mailto:sue@unitedchurchofovid.com) - office 989-834-5958  
[www.unitedchurchofovid.org](http://www.unitedchurchofovid.org) (webmaster - Steve Clark)

**WELCOME!**

This morning you've chosen to worship with us and we thank you for doing so. Our service is designed with a blend of music, worship styles, and interaction, so that whether you are family, friend, or guest, it's our hope that you will feel welcome as we worship our God through Jesus Christ together.



"...God's temple is sacred—and you, remember, are the temple."

I Corinthians  
3:16-17  
(The Message)

Second Sunday after Pentecost  
June 6, 2010

# Welcome and thank you for joining us this morning!

(\*\* - notes where to stand physically and/or spiritually)

*Theme for Today: healthy living*

Music to “Bring Us In” – Hymn Singing

Opening Song “We’ve a Story to Tell to the Nations” UMH#569

Greetings (see your “News You Can Use” insert)

Leader: At the United Church of Ovid, our purpose is to...

**People: Grow in God’s word, live in Spiritual unity, and share faith in Christ!**

Leader: And why are we here?

**People: To worship!**

**\*\*Time of Praise & Opening Prayer** (see insert) “He Is Able”  
“Lord, Reign in Me”

**\*\* Call to Worship**

Leader: It seems that we cannot escape the inevitable when it comes to our bodies.

**People: But the promises of God, healing and wholeness, are also inevitable.**

Leader: The Bible tells us, “God’s temple is sacred and we are that temple.”

**People: At every age and stage of life, we strive to worship God completely.**

Leader: God always plants seeds of promise and hope through Jesus Christ. His fruit inevitably bursts forth in unexpected ways: tender mercies and amazing graces,

**People: His fruit stirs our weary spirits producing generous fruit.**

Leader: God plants seeds of hope and promise in us.

**People: We are His temple...and we will worship Him. Amen.**

Special Moment Jim Ladiski

Giving Back to God - **\*\*Response** “Praise God from Whom All...” UMH #95  
**\*\*Prayer of Dedication**

Children’s Time (Immediately following, 0-4 year olds are invited to the nursery upstairs or those 5-10 years old are invited to Children’s Church downstairs.)

Response – “Tell Me the Stories of Jesus” UMH #277

Tell me the stories of Jesus I love to hear; things I would ask Him to tell me if He were here: scenes by the wayside, tales of the sea, stories of Jesus tell them to me.”

Scripture Reading I Corinthians 3:16-17 pgs. 1107

Reader: This is the word of God.

**People: Thanks be to God!**

**Time of Reflection** – Please take this time to reflect on God’s word for your life.

**Prayers of the People**

When indicated in the pastoral prayer, you are invited to lift up your spoken and unspoken prayers as we pray to God together. On the enclosed insert you are also invited to record your praises and prayers for next week’s bulletin.

**Pastoral Prayer & Lord’s Prayer** (using “sins/sin” for “trespasses”) UMH #895

**Response** “Amens” - A-men. A-men. A---men. UMH #898

Message “Taking Care of Your Temple” Mr. Jon Stanton<sup>1</sup>

Song of Thanksgiving “There’s Within My Heart a Melody” UMH#380

**\*\*Blessing and Congregational Response** - “Come Holy Spirit Come”<sup>2</sup> (chorus)

Let every Christian pray...this day and every day...come Holy Spirit come!  
Was not the church we love...commissioned from above...come Holy Spirit come!  
The Spirit brought to birth...the church of Christ on earth...come Holy Spirit come!  
Unite, instruct, inspire and fill us with your fire...come Holy Spirit come!

**“Sending Us Out” Music** - Please join us in the family center (on the opposite end of the building) for a time of refreshments, community-building and fellowship.

(Please note: because of Pastor Greg being at Annual Conference, we will be celebrating Communion next Sunday.)

<sup>1</sup> Mr. Jon Stanton (Carland-Zion Brethren in Christ)

<sup>2</sup> adapted from The New Century Hymnal #261

## News You Can Use

### This Week's Calendar

- Sunday** 9:15 am – Christian Life Classes (opening in worship area)  
(Classes available for children-tweens-and adults.)  
10:30 am - Worship with fellowship following (worship area/family center)  
1 pm – Family Center in use
- Monday** 3:30 pm – United Kids (basement)
- Tuesday** 12:30 pm - Senior Luncheon (family center)  
3:30 pm – ‘Seasons of Grier’ (library)  
6 pm – Girl Scouts (basement)
- Wednesday** 7 pm – Cornerstone (worship area)
- Thursday** 12:30 pm – Senior Luncheon (family center)  
3 pm – Family Center in use
- Saturday** 9 am – Emmaus 4<sup>th</sup> Day Mt. (basement)  
11 am – Recital (worship area)  
Ovid Alumni Banquet (family center & basement)
- Sunday** 9:15 am – Christian Life Classes (opening in worship area)  
(Classes available for children-tweens)  
10:30 am - Worship with fellowship following (worship area/family center)  
12 noon – Spaghetti Dinner (family center)

### Upcoming Events

**Spaghetti Dinner – June 13<sup>th</sup> after church** – The United Men will be hosting a spaghetti dinner with proceeds going toward the ministry of the United Women. A free will offering will be taken, so bring your appetites. If you would like to help, please contact Larry Bashore (834-2384).

**Reunion Recital** - Next Saturday, June 12, at 11:00 a.m., three OHS grads will team together to make music in our sanctuary. David Pino from the class of '59 and Jeff Price and Caryn Nelson Welter from the class of '60 will play combinations of clarinet / piano / trombone / organ music. All are welcome; admission is free.

**“Seasons of Grief” – Bereavement Support Group Continues** – on the 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays of the month at 3:30 pm. Johanna Workman (MAFS), from Heartland Hospice (1-888-670-7448), a grief survivor herself, is leading the ongoing classes.

**UCO Canoe Trip** – We’re planning a trip on Friday, August 13<sup>th</sup>. Please mark your calendars with the date. Sign-up is available at the Front Street entrance.

**Lugnut Ball Game – Friday, July 30 at 7:05pm.** We have invited the OM Emergency Service families to be our guest as our way of expressing appreciation for them. If you plan on attending, please sign-up at the Front Street entrance. If you would like to support our gratitude to our Emergency Service families, please mark your giving ‘Lugnut Outreach’ and place in the offering plate.

### Volunteers needed for...

**We God Needs You – Willing Servants are always appreciated!** As our ministry expands at UCO, more willing servants are needed. Not necessarily volunteers, but servants whom God has placed it on their heart to assist in our mission and purpose. You may be thinking, “But where has God shaped me for ministry?” If you need help finding that answer, Pastor Greg’s available. Please set up an appointment thru the church office.

**Vacation Bible School** will be July 12-16 from 9am – 12noon. If you feel God nudging you to be a part of VBS, please contact Jessi Ladiski or Sue Casler. We need your help to make this a wonderful experience for the kids!!

**Greeters and Coffee Hour Hosts** – There are plenty of opportunities for you to be involved in both of these necessary areas. Please sign up at the sign-up table or contact Connie Paksi (834-2351) if you have any questions.

**Deadlines:** Bulletin announcements - Wednesday of each week.  
Newsletter info – 15<sup>th</sup> of the month before the month of the newsletter.

### Community Corner

**UCO Birthdays & Anniversaries** (If we’ve missed your special day please let the church office know!)

**June Birthdays:** 1-Jessica Hehrer, Kevin Hehrer, Morgan Palen 5-Leo Cox 7-Dan Martin 8-Dylan Carman 9-Clayton Powell 10-Tony Strachota 12-Linda Palen 13-Cary Cornwell 15-Vicky flowers, Steven Orweller 17-Jordan Robison 20-Dave Mills, Nick Dahlke 21-Jeremy Lukas, Deacon Dennison 22-Richard Rummell, Jim McClelland 25-Stephanie Sinclair 26-Jovannah Nicholson, Ellyanna Carman 28-Pastor Don Fry, Janelle McClelland 29-Carrie hier, Dalton Love 30-Hannah Albaugh

**June Wedding Anniversaries:** 1-Morris & Elaine Swanson 6-Harry & Linda Todosciuk 3-Shane & Linda Applebee 8-Jerry & Sarah Meredith 14-Harvey & Doris Darling 23-Grant & Linda Palen 26-Harold & Lois Bracey 27-Karl & Becky Dahlke

## **Praise and Prayer List**

Last Updated: June , 2010

If you would like your praise, prayer request, or update put on this list for next Sunday, please use your "let us know" sheet, call the church office before Wednesday, or use the "prayer bulletin board" in the main hallway.

Otherwise, please be sure to lift up your prayer or praise during the pastoral prayer when indicated. Thank you!

Praises and prayers on the four lists below will remain for two weeks unless updated.

**We give God praise for:** Rachele Sandbrook – State Champion for High Jump // Victoria Parmenter graduation from high school / parking lot starting / successful 'day of hope'

**We pray for the health & healing of:** Kim & Janelle McClelland – car accident / Jim Brown – health / Jim Hurst – health / Lois Bracey –recovering from surgery / Richard Latz – accident – step-father of Kathy Hunt / Dick Hunt – heart problems – brother of Dave Hunt / Kia Richardson – surgery – grandson of Russ & Sally Kioski // Barbara Davis – skin cancer starts chemo early June / Leo Allaire – cancer – friend of Jim Ladiski / Ann Hudson – cancer – wife of a friend of Jim Ladiski / James & Karen Cook // Bob Wilcox – stroke while caring for wife who has cancer / Burt Ashtown / Lyle Yerrick – recovering from heart surgery / David Green – recovering from heart surgery

**We share our sympathy with the families of:** George 'Tom' Nicholson – father of George Nicholson // Ken Moore – cousin of Sally Kioski / Larry Howland / Scott Morac / Tony – friend of Sally Kioski

**We lift up our general requests of:** Oil Spill disaster / Lena & Clarence Trowbridge – moving to Owosso / Emily & Al Berlo – training // Pastor's families in transition / Rev. David Hill and family in their transition / people of Haiti, China and Chili and all who in or serving in countries with natural disasters

Prayers on the three lists below will remain until we receive some update or request.

**We lift up those who are experiencing longer term healing and treatment:** Barb Jones – shingles / Mary Ann Mizga –health / Margo Martin – health / Doris Darling – Alzheimer's / Alyce Bond – multiple health problems – sister of Carol Watson / James White – healing / Brad Behrens – stroke / Arvilla Bunnell – strength and healing – aunt of Steve Clark / Clyde Gilbert –brother of Nancy Hehrer / Emily Ann Pruse – healing of ear / Sally Kioski / Jean Loznak – cancer / Connie Parmenter / Gary Wilkins – cancer / Louise Rees – Home from OHC / Chris Wilkins - cancer / Buddy Ilgenfritz - home / Mary Ann Wittenberg - cancer / Laurie Higgins- cancer / Joan Bracey - Alzheimer's / Katie & Faith Heinze – Niemann-Pick Dis.

**We lift up those who have served or are serving in our peacekeeping efforts worldwide:** Joshua Rosekrans, Barry Hunt, Josh Wiegel, Pete Carpenter. Kevin Hehrer, Bret Fell, Kori Sheldon, James King, Greg White, Bob Wienry, Mike Kimmel, Nicholas Passmore, Doug Betts, Chris Sodman, William Piwowarski, John Westbrook, Keith Burba, Robert Allen, Ted Olson, Kurt Doten, Scott Meyers, Jason Spencer, Dallas Blooding, Jason Westbrook, Al & Emily (Moore) Berlo, Neil Hegle, Brian Moody, Arin Monahan, Jarred Luckhardt

**We remember those who are continually in our thoughts:** UCO, its leaders, and our purpose / shut-ins / RAVE families / UMC-UCC leaders / Christian churches at home & around the globe / local, state, national, world leaders / those affected, nationally and internationally, by famine, disease, & persecution, because of natural and human-made disasters / those in our community who need a relationship with Jesus Christ

## ***Time of Praise***

### **“He Is Able”**<sup>3</sup>

He is able, more than able...to accomplish what concerns me today.

He is able, more than able...to handle anything that comes my way.

He is able, more than able...to do much more than I could ever dream,

He is able, more than able...to make me what He wants me to be. (repeat)

### **“Lord Reign In Me”**<sup>4</sup>

Over all the earth...You reign on high...

Every mountain stream...every sunset sky...

But my one request...Lord my only aim...

Is that You'd reign in me again (chorus)

(chorus) Lord reign in me...reign in Your power...

Over all my dreams...in my darkest hour.

You are the Lord...of all I am...so won't You reign in me again!

Over every thought...over every word...

May my life reflect...the beauty of my Lord...

‘Cause you mean more to me...than any earthly thing

So won't You reign in me again? (chorus)

<sup>3</sup>MPW37-CCLI 703014 (©1989 Maranatha Praise)) – Daniel 3:16-18, Romans 8:28-29, 2 Cor. 9:8

<sup>4</sup>MPW96-CCLI 703014 (©1998 Vineyard Songs by Frenton Brown) – Psalm 139:23-24



## Jon Stanton on Jon Stanton....

Hi. My name is Jon Stanton. I'm just an average, every day guy who had a major weight problem for most of my life. I'm on a mission. The United States has a major problem - we are killing ourselves with food. Plain and simple, and it's crazy - we don't have to be this way!

I grew up battling weight problems all my life. I was always the biggest kid in school, and despite my mom's best efforts, I somehow managed to always overeat.

Throughout my 20s, I kept on packing on the weight. It didn't bother me too much, though. After all, when you're young, your body can take a lot of abuse, and you feel invincible. Things started to change pretty rapidly about the time I hit 30, though.

I started blood pressure medicine when I was in high school. I told myself, "no big deal - lots of people take blood pressure medicine." By the time I turned 30, I was on the highest dose of the particular blood pressure medicine I used, plus medicine for high cholesterol and joint pain. I was also sick nearly all the time. I spent at least half of the year, if not more, on antibiotics because in its unhealthy state, my body seemed to become the ideal host for every virus or bacteria that came its way!

After my hair started falling out (more than just from getting old) and I started feeling so fatigued that I could barely function, I decided to pay the doctor yet another visit. After running blood work, the results came back - I had Type 2 (adult onset) diabetes. I shouldn't have been surprised - the doctor had been warning me about it for years.

He wanted to start me on medicine to control the blood sugar, but in the course of our conversation, he looked me in the eye and said, "Jon - if you keep living this way, you're going to be dead by the time you're 50, and the last 10 years of your

life are going to be miserable." That hit my square between the eyes, and I decided enough was enough.

Instead of starting the medicine, I started walking and cutting calories. Most days, I consumed at least 6,000 calories. That's how many calories it takes for a 5'9" male to maintain 430 pounds. I cut that number in half, which is still more than what is recommended in a day, but was enough food to help me lose weight and feel full.

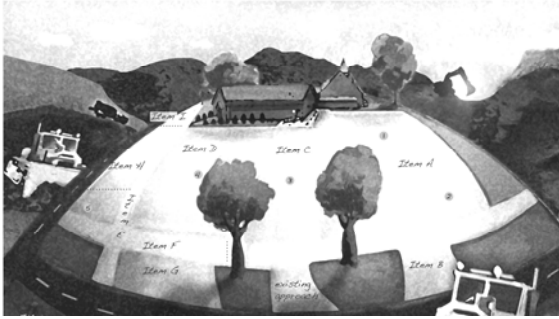
It's taken me slightly more than a year and a half now, but in that time, I've walked more than 1,000 miles and have lost 230 pounds. Now, I can do more than just walk, because I enjoy it SO much. People ask me all the time, "what did you do to lose that weight?" or "You must have joined a gym and paid big bucks, right?" or "did you have that surgery? That's really expensive, isn't it?" NOPE! Nada, zilch. I lost weight for free! My total investment amounts to an \$89 Ipod Shuffle and the cost of a few pairs of walking shoes. That's it!

Do you struggle with being overweight? Have you bought in to all the excuses for why you're overweight and can't find time to exercise? Guess what - excuses are the first thing that has to go. Accept the fact that you need to change, and then follow a common sense approach for doing it. You don't have to eat bark and twigs every day, or pucker your way through 450 grapefruits every week! You can eat lots of good, healthy food that tastes good, and guess what? You can also eat some unhealthy stuff that tastes REALLY good ONCE IN A WHILE!

America's problem is that we want everything fast, everything easy, and everything served to us like it's a time for feasting and celebration. This has led to a Type 2 Diabetes epidemic. It's skyrocketing among adults, and the current generation of children is the first since the depression that's likely to live a shorter life than their parents. We must do something about it! Are you ready to change? Are you ready for insight, inspiration, encouragement and hope?

God does not intend for us to be unhealthy and unhappy. He wants the exact opposite. You deserve health and happiness, and you can have it, if you choose to make good food choices and move your body on a daily basis.

Contact: [www.jonstanton.net](http://www.jonstanton.net)  
[jon@jonstanton.net](mailto:jon@jonstanton.net)



# MOVING MOUNTAINS ON

CLINTON STREET!  
2010 NEW PARKING LOT PROJECT AT THE  
UNITED CHURCH OF OVID

## “Together we can...” – Week One

OK, here's the deal. We can do this.

As I sat in the trustee meeting where we first took this idea on seriously, one question rolled through my mind, “Is this *really* possible?” Is it possible for us to take this leap of faith, to get the financing we need, to accomplish this goal that we've wanted to bring about for so long?

Now, thanks to our church leadership, I can say with much more confidence than then, “Yes, this is possible and yes we can make this happen.”

But putting down concrete is only the first part of what we can do together. In this bulletin is a card and we're asking that you take some time to pray over it. On June 27<sup>th</sup> we'll be collecting those cards, and on July 4<sup>th</sup> we'll be announcing our total. (Please note that the commitment card is for giving to the parking lot project only.)

What will be our total? My prayer is that we'll be able to pay off the debt long before our deadline. I know the need is \$100,000+, but I also know that with God all things are possible especially when we rest on the generosity of God's people.

The bottom line is this: **we can... we must... we will...  
move mountains on Clinton Street. Let's do it together!**

*Pastor Greg*