



September Newsletter

This month as we enter into a new season and many of looking forward to the fall, especially the cooler temperatures, the changing colors in nature and celebrating Halloween and Thanksgiving. We are thankful for summer and being able to enjoy the outdoors.

As we enter into September, we are reminded of Irvington UMCs incredible legacy. September 2026, we will celebrate 100 years of the church building and our ministry in the community.

Irvington Methodist Church was the first Methodist congregation established in the Irvington neighborhood. It was first started in 1878 when three women Mrs. Mary Osborne, Mrs. Eileen Butcher, and Mrs. Carrie Ritter started the Methodist Sabbath school.

After moving a few times, they finally started meeting in 1901 on Layman Avenue. For 25 years. They met in this building but because membership had grown, they decided to build a bigger building to accommodate more people at 30 N Audubon Rd.

Construction began in May 1925. The original plans were drawn by Herman Foltz, the cost of construction came up to \$281,466.

As we think about celebrations next year, we thank God for this beautiful community that continues to faithfully serve our neighbors. As we think about the future, we ask God that he will provide and lead us as we enter uncharted territories in the future

I'm reminded of Psalm 150. The Psalmist says, "Praise the Lord! Praise God in his sanctuary; praise him in his mighty heavens! Praise him for his mighty deeds; praise him according to his excellent greatness! Praise him with trumpet sound; praise him with lute and harp! Praise him with tambourine and dance; praise him with strings and pipe! Praise him with sounding cymbals; praise him with loud clashing cymbals!"

We praise God in his sanctuary, and he blesses us as we live for him. May God guide our steps as we enter into a new exciting era. Let our hearts be expectant for great things that God has in store for us in the future. Let us seek God's face as we plan for celebrations and the future. Amen.

Pastor Sunil

Upcoming Small Groups

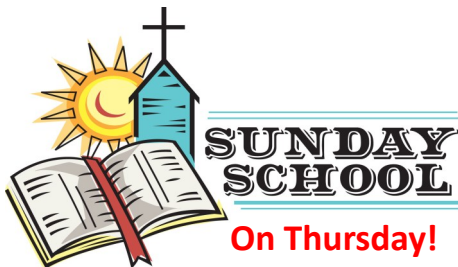
TUESDAYS

Every Tuesday at 6pm, in September we will continue with our constitution education/discussion group. Karen Auble will lead this group. We will meet in the parlor for this small group meeting. All are welcome.



The Living Networks Forum -Bill Karr

Starting in September we will begin the Living Networks Forum, a nine week journey exploring how faith can guide us in engaging science and technology. Using the lenses of trilemmas and the Trinity, we will reflect on the benefits, limits, and dangers of human knowledge and ask how we might live with wisdom, responsibility, and hope in a world shaped by discovery. The day of the week is still to be decided.



Ever considered going to an adult Sunday School Class? Join us for out-of-the-box Sunday School – on Thursdays! Come for semi-structured learning, lots of great discussions as well as fellowship. Most of all, come to explore how to grow your faith journey and apply it to your everyday life. Sunday School on Thursdays begins October 23rd, 6:30-7:30 pm. More info to come!

If you have other ideas or would like to host a class meeting in your home, please contact pastor Sunil or the church office. We would like for people to gather during as many times they would like in the month in their own homes to build accountability and community.

MISSION TRIP

We are hoping to take a group from IUMC in the new year (2026) to Mid-West Mission in Illinois. If there is interest, please reply to this email. Here are few dates that are available.

2026

week of Jan 4 - 8
week of Jan 18-22 (MLK day 2/19)
week of Jan 25-29
week of Feb 15-19 (President's day 2/16)
week of Feb 22-26
week of March 1-5

Midwest missions receive many teams from many churches to volunteer at the warehouse. Their goal is to **send disaster relief kits that people in the affected areas desperately need. They receive the donated items, pack them in the warehouse and ship them off to locations that are experiencing natural disasters.**

There is more information on their website. <https://mmdc.volunteermatrix.com/>

Non-Local Teams/Groups: You will need to schedule and pay for your housing in this system first, then once that is done you will be given an Access Code (if your set date or dates are over 3 months in advance) to use to access and reserve your volunteer slots for your group. **We are open to volunteers Monday - Friday 8:30am - 4pm.** For more information please contact reservations@midwestmission.org.

Volunteer Shift Fees:

Each Half-Day Volunteer Shift (AM/PM) has a material fee of \$8 per person effective 1/1/2025.

Housing Fees:

Each Lodge Room is \$50 per night plus a Non-refundable Registration Fee of \$50 per room.

Each RV Site is \$30 per night plus a Non-refundable Registration Fee of \$30 per site.

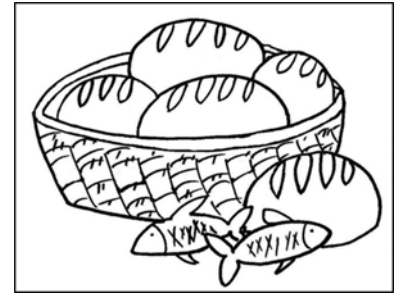
Please email the church office the dates that would work for you if you would like to be part of the mission trip.

See Ron or Jane Heustis for more info.



Fishes and Loaves: Let's Feed Our Neighbors!

Our church is feeding our neighbors by filling the Big Red Box each week. As you prepare for your weekly shopping, consider these stories:



... A young mom usually can make her modest income work but an unexpected car repair has taken most of her cash this week. She considers going to a food pantry, but all are closed by the end of her shift. She is driving home wondering what she can do, then remembers that Red Pantry box at that church on the circle. Maybe there is something there she could feed her kids....

... An elderly man lives in an apartment on Washington Street. He has always prided himself in being self-sufficient, but he no longer drives and must depend on rides for grocery shopping. The man's cupboard is getting bare. He is too embarrassed to ask others for help, but he has heard neighbors talk about the Red Box on the circle. It's a pretty good walk for him, but maybe he could 'borrow' a can or two, just until he can get to a grocery....

... A young boy who is out of school for the summer lives with his grandparents who both work the nightshift. It's not easy being quiet during the day, so he travels the neighborhood looking for adventures. He sometimes eats the free lunch at his school, but his bike has a flat tire and it's a pretty long walk. Then he remembers that shiny red box in front of the Methodist church. He had seen people taking food from there. If it was free, he figured that would be alright. After all, it is a church....

We hope these people will find what they are looking for when they open the door of the pantry. We hope they think of our church as a safe place to get something to eat.

Not sure what to buy? Look for a suggested list on the welcome center. Or google food pantry donation suggestions to get ideas. Think easy to open, easy to prepare, nutritious.

Our meager gift of food makes a difference, not just in sustenance for the body and for the spirit. Sometimes what we place in the Big Red Box is a message of comfort, a message of hope, a message of love. Our contributions each week are truly like the Fishes and Loaves bible story – they multiply to make a meal of God's Love.

Big Red Box Project Pantry Shopping Suggestions

- Foods/meals that require little/no preparation
- Focus on sources of protein
- Easy to open (pop-tops are good!)
- Nutritious and comforting

- Hearty soups/stews/chili/full meals in cans
- Meats in cans or pouches (ex. Tuna)
- Peanut butter (single servings)
- Nuts/ dried fruit
- Protein bars
- Beef jerky/shelf-stable cheese sticks
- Fruit in single-serve cups or small cans
- Vegetables in single-serve cups or small cans
- Beans in cans (no dried)
- Instant rice/single serve pasta, etc.
- Cereal
- Crackers (small packages)
- Granola bars, cereal bars, fruit bars
- Snack-sized packs of pretzels, chips, etc.
- Milk (in shelf-stable boxes)
- Juices in boxes or plastic bottles
- Water in 8-16 oz. plastic bottles

Our community may need comfort items as well:

- Sample/hotel sized shampoos, body wash, etc.
- Single-wrapped toothbrushes, toothpaste
- Deodorant
- Bar soap
- Single-roll wrapped toilet paper

GRIEF – by Karen Auble

Grief – only 5 letters but what a punch it packs! We have all experienced grief in one form or another at various times in our lives. Maybe it was the loss of a beloved pet or the loss of a good friend – whether by disagreement, a move, or death – it doesn't matter. The loss was there, and the grief was real. And many of us have suffered what I feel is the greatest loss – that of a parent, child, or spouse. I've experienced all these, but I feel the loss of my spouse has been the most difficult to bear. I lost my best friend, my confidante, my love, my companion, my soul mate. It's been 4 years since his passing and I still grieve, but I've learned a lot about that grief along the way.

First, grief has no timeline. Some people may say “move on with your life” or “get a grip – it's been 6 months” or even “you're dating again already?” That doesn't matter. You grieve at your pace. It may come in waves – harder and more intense at some times – like holidays, birthdays, or anniversaries – and softer and less intense at other times. That is perfectly normal! Remember, grief is different for everyone.

Next, grief can “ambush” you. You can be going along just fine and then hear a song, maybe see a bird or a picture, or be watching something on television and it hits you. You feel that sharp pang of loss and start to tear up or cry. It can happen anytime and anyplace and for a long time. Again, that is perfectly normal.

Grief can even make you feel a bit like you're going crazy. You may feel anger at the person who died and then feel guilty about the anger. You may wonder why you keep experiencing those ambush moments or feelings of intense loneliness – especially at night when it's dark outside, the house is quiet, and you're dining alone again. You aren't going crazy. This is normal as well.

You may also find yourself questioning God. “Why did this happen to my loved one?” “Why not to a bad person or non-believer?” “Why couldn't my loved one have been spared?” “I still need him.” “We had plans for our future.” The list can go on and on. There are no answers to these questions, and you may even feel guilty over even thinking of them. But this is also a part of the grief journey.

Continued on next page...

I didn't come to these conclusions because I am a therapist, counselor, pastor, or just smart. I'm simply a retired history teacher who is continuing on my own grief journey. I learned most of this through a program called Grief Share. A friend who lost her husband six months before I lost mine told me about it. I researched it and decided to give it a try and I'm so very glad I did! There I met others who were going through the same feelings I was having or had already gone through those feelings. Grief Share is a faith-based program offered by many churches and helped me know that the sadness, anger, loneliness, frustration, sudden crying jags, etc. were all normal parts of the grieving process. They led me to Bible passages that helped and led me to firmly believe that several "unexplainable" things that happened in the weeks and months after my husband's passing were messages from God answering my prayers. I call them my "divine intervention" moments and they are wonderful reminders He is always listening and watching over me. I know He is keeping me safe and always reminding me of His love for me.

My point in this is to remind all of you that grief is normal but different for everyone. The journey changes us and challenges us. And even though you may have a strong support system (I do!) and you feel you are doing fine overall, it can still be a good idea to seek other support and help. Just talking about your feelings and your loved one is very therapeutic. Don't hesitate to reach out for that help!

I hope I have helped any of you experiencing grief. If you have any questions about Grief Share or anything else I've written, please feel free to ask.



Troop 9 News

Troop 9 would like to thank you for your continued support in allowing us to use your space for our meetings and activities. This past weekend, our Scouts enjoyed a wonderful camping trip filled with outdoor skills, fellowship, and plenty of fun.

We camped at Camp Belzer and worked on fishing merit badge Scouts fished and had a great time together!

I hope these snapshots give our church family a glimpse into the adventures, learning, and friendships that Scouting builds.

We welcomed a new scout who attended this weekends outing and had a great time!

Your partnership helps us guide young people in developing leadership, responsibility, and a heart for service. We are truly grateful for the ways you make a difference in the lives of these Scouts.

Thank you again for being part of the journey!



Troop 9 Leadership

Scoutmaster

Candice Badie

ICAN FOOD PANTRY

Although we are collecting food for the “Big Red Box”, the ICAN Food Pantry is open on Thursdays 1-3 PM to help the needy in our community. They are also in need of donations to fill the pantry. Please place any donations in the blue tub in the main hallway. The pantry is always in need of:

**Peanut Butter/Jelly
Crackers
Soaps**

**Mac n Cheese
Soups
Deodorant**

**Pasta/Pasta Sauce
Canned Meats
Tooth Brushes/Tooth Paste**

Sunday School... on Thursday?



Have you ever considered joining a Sunday School class, but are reluctant to come to church an hour earlier or stay after worship? Sunday School, on Thursdays (i.e. Thursday School!) is a great way to see if this style of small group fellowship and learning is for you.

Sunday School is a time when adults can come together to find out more about living in faith through semi-structured learning and thoughtful discussions. It provides a platform for asking questions and learning from each other. Sunday School also provides a space to connect with those on a similar journey, build friendships and find support and encouragement. Perhaps, the biggest gift of Sunday School is building a 'practical faith' – one that helps us to apply Christian teaching to our everyday work and play.

IUMC's Sunday School, on Thursdays, will be led in the first weeks by Jane and Ron Heustis. As the group grows, topics and lessons will be inspired and directed by the members.

Come and see if Sunday School is for you! You can attend every week or come when you can.

IUMC Sunday School, on Thursdays, begins October 23rd, 2025

6:30-7:30 pm, location TBD

Do you have ideas about topics? Do you have questions about the process or format? Please contact Jane Heustis, jsheustis@gmail.com or 317 435 6650.

Chair Exercise Class

Feel the need to get moving, but not sure where or how to start?

Want to get out of the house, see old friends, and hopefully meet new friends?

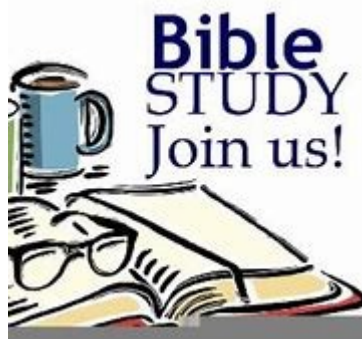
Chair exercise class for age 50+ adults (although open to younger adults facing mobility problems).

When: Wednesday evenings, from 5:30 p.m. to 6:00 p.m.

Where: IUMC Fellowship Hall (basement) ALL to be welcome!

Pretty Nice Stuff Sale

Thank you to all who helped and donated to our "Pretty Nice Stuff Sale" this year. We earned \$2,275!



Pastor Sunil is offering a Bible Study on Tuesdays at 1 PM . The study will be in the parlor and on Zoom We will continue with the book of Psalms. All are welcome to join!

Join Zoom Meeting

<https://zoom.us/j/6088142449?pwd=hw0WI58kaC6LjVbbnuxq0zrXl4bCjU.1>

Meeting ID: 608 814 2449 Passcode: 922133



Honest Conversations About God, Jesus, and the Church

For some time, we have been thinking about launching some kind of non-traditional service on Thursday evenings here at IUMC. Part of the process has been wondering what might work best in Irvington and how to begin. Beginning is the hardest step!

Would you be willing to be part of a launch team with Pastor Sunil? This is new for him also, by the way!

This would mean being part of a discussion group, letting the pastor practice on you (that should be interesting!), and then committing to being at some of the evening services for a minimum of six months (while not giving up on Sunday mornings, FYI). You wouldn't be expected to commit to every Thursday night but we need a group of people to greet and sit with those who come from the community and perhaps offer a cup of coffee.

This is a work in progress, but the pastor can't do this alone. This service is going to require the assistance and commitment of around 10 people from the service for there to be a launch. Can you be a part? Will be a part? Pray about it and if so, hand in this form to Pastor Sunil or let him know. This could be exciting and fun ... and faith enriching!

Yes, count me in!

Name



Our Prayer Ministry: Prayer Wall

You've been praying the prayer ... we've been praying the prayer as a church when we meet in small groups and in the worship service:

Now what? We believe God answers prayer but accept that answers come in God's time and not our own. When will God answer? How will God answer? God's answer to our breakthrough prayer is not limited to the pastor and, in fact, may not come to the pastor. God's answer may come in a whisper, a thought, or a nudge to you.

If you have been praying and have felt something on your heart or in your mind, don't ignore it. Share it! In the hallway by the prayer wall, a small area has been set aside for breakthrough prayer. There are index cards and a suggestion box along with several reminders of the power of prayer. Write your thought on an index card and put it in the box. You can write your name on it or choose to remain anonymous. Either way, your idea can be shared and we can pray over it to see if that may be where God is leading us. Help us listen for God's answer to our prayer.



Now there are two ways to start your weekday off right with a short meditation including Scripture, reflections, a question to ponder, and/or a prayer for the day. It will take less than five minutes of your time but help you stay focused on your faith.

1. Daily Meditation our church Facebook page. Go on Facebook and look for Irvington United Methodist Church. Every weekday morning, Monday through Friday, a short meditation/devotional will post. The daily post takes just a few minutes to read. The post stays up on the Facebook page and can be read later in the day. Miss a day? The day before ... and the day before ... and the day before is still there.

Want to help us out? Share the IUMC Daily Meditation on your Facebook page. It's the Facebook way of telling your family and friends and inviting them to check it out. There's a share link to the bottom right of each daily mediation. Help us expand our reach!

2. Did you know our church also has a YouTube channel. Go to YouTube and look for "Shining the Light with IUMC." A picture of our rose window (see above) is with our name, so you'll know you're in the right place. In addition to sermons, you can listen to the daily meditation on your phone or computer. While you're there, hit the subscribe button ... it costs you nothing and will help us reach more people.

Make Daily Meditation a daily habit ... whether you join us at 8 am, noon, or 8 pm.

SUNDAYS

9:15 A.M. SUNDAY SCHOOL

10:30 A.M. WORSHIP

Irvington United Methodist Church

30 N Audubon Road

Indianapolis IN 46219

Our Staff

Sunil Kotian, **Senior Pastor**

Kim Fulton, **Office Manager**

Lori Steuer, **Preschool Director**

Micki Gowdy, **Church Financer Manager**

We are on the Web at:

www.irvingtonumc.org

Our email address and telephone number are:

info@irvingtonumc.org

(317) 356-7231

Visit us on Facebook

Small Group Study Sundays at 9:15 am

**The Bible is the best-selling book of all time
and yet many people who own a Bible have never read it.**

Many who start reading it soon stop.

They stopped when they felt it had no relevance to their lives.

They stopped when they didn't understand what it meant.

They stopped when they didn't like what it had to say.

The Bible is supposed to be hard and we are supposed to struggle with it.

Join us Sunday mornings at 9:15 am in the parlor as we look at the Bible.

**Whether you've never read it or read it 100 times, you will learn something new. The Bible
is like that.**

Bring your questions. All are welcome.

