



THE CONNECTION

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ARAPAHO UNITED METHODIST CHURCH

1400 WEST ARAPAHO ROAD
RICHARDSON, TX 75080
(972) 231-1005

WWW.ARAPAHO-UMC.ORG

SUNDAY SERVICE TIMES:
8:30 AM AND 11:00 AM

SENIOR PASTOR
REV. JACK SOPER

ASSOCIATE PASTOR
& YOUTH MINISTER
REV. CHRIS DOWD

RELIGIOUS EDUCATION
MARCIA KETNER

MINISTER OF MUSIC
SHERYL SEBO

ADMINISTRATIVE SECRETARY
JUDY SWOPE

DAY SCHOOL CHILD CARE
SHARON GROVES KAY ASH

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Please submit questions,
information or articles for
publication to [newspaper@
arapaho-umc.org](mailto:newspaper@arapaho-umc.org).

The next issue's deadline for all
submissions is:

Friday, June 26

Don't forget you can also submit
your information at any time for
posting to the website by e-mailing
website@arapaho-umc.org.

Confirmation Class 2009

Through the leadership of Karen and Phil Lipoma, Arapaho UMC has confirmed another group of amazing youth into membership. This year's class consisted of 10 students, most raised in this church.

Confirmation is an eight-month program that nurtures youth in their faith journey. During the confirmation process, they learn about our ancient ancestors, early church history and what it means to be a member of the United Methodist Church. Digging deeper into our theology, they wrestle with questions such as, "Who is the God we worship?" and "Who is Jesus?" We struggle with questions of the Trinity and much more. By the time they complete this course, these children are equipped to make a personal decision regarding their discipleship and membership into the United Methodist Church.

Please join me in congratulating these newest members when you see them: Cole Casanova, Hunter Lewis, Michaela Million, Elisabeth Warner, Savannah Elkin, Patrick Mulvihill, Stephen Harrison, Shea Swanson, Lauren Kaiser and Annie Rojas.



Front Left to Right: Cole Casanova, Hunter Lewis, Micheala Million, Elisabeth Warner, Savannah Elkin; Back Left to Right: Patrick Mulvihill, Stephen Harrison, Phil Lipoma, Karen Lipoma, Shea Swanson, Marcia Ketner, Lauren Kaiser, Annie Rojas.

UpSwing Youth Benefit Concert June 20



On Saturday evening, June 20, Frank Bray and his band, UpSwing are playing a concert here at Arapaho to benefit our Youth Mission Trip.

We will serve hamburgers and hot dogs for dinner beginning at 6 p.m. in the Narthex. The band goes on around 6:30 p.m. in the Sanctuary. As a bonus, we will have a dance floor set up so you can cut a rug if the Spirit moves you!

We will accept donations for the food and the performance, with all of the proceeds supporting our mission to Denver. This will be a wonderful evening of fellowship and great music, and we hope you will join us! Many thanks to Frank and the band for once again offering their talents in support of our mission trip.

First Annual AUMC Picnic and Fish Fry Rained Out

by Cara Prentice

Much to everyone's disappointment, the first annual fish fry and picnic, scheduled for May 16, was rained out. Much thought, worry and fretting went into the decision to cancel (you know how fickle the Texas weather can be). I even emailed Pete Delkus, the Channel 8 meteorologist, and he was kind enough to call me to help in the un-planning. After consulting with Revs. Jack and Chris, Whitney Dowd and countless others (and of course Pete), we decided to trust the forecast and cancel. Fortunately, the fish was kept, and we can still use it another time. Unfortunately, you didn't get to see the fabulous, colorful banners that some of the girls from the youth group made for the picnic. Thanks for the help, girls! The banners are awesome. And even though we didn't get to use them yet, we will use them next time.

Our picnic may have been all wet, but our spirits aren't dampened- we have a new plan! On Sept. 27, we will host a "Sneaker Sunday" in conjunction with the annual Crop Walk. It will be a wonderful event with many committees working together to provide a fun, relaxed way to fellowship while helping others. And yes, there will be Scott Prentice's famous fried fish! So mark your calendars for Sept. 27, and watch for more details to come.

PASTOR'S CORNER

Rev. Jack
Soper is the
Senior Pastor
of Arapaho
UMC



Gluten-Free Holy Communion

I've discovered that a number of people in our congregation are allergic to any food containing gluten. One-percent of those living in the United States are allergic to gluten.

Gluten is a particular protein that is most commonly found in wheat, rye, and barley so foods that are common to our daily diet contain it. Gluten is responsible for some of the most pleasing characteristics of breads to include their chewiness (think bagels).

The immune system of those who are allergic to gluten is aggravated with serious side effects. Consequently those who have this allergy cannot receive Communion as do the rest of us.

The sacrament of Holy Communion is sacred to us in that it is a means of grace. As United Methodists we are very clear about the fact that Communion provides us with a direct experience of divine grace.

Given the fact that the bread we serve during communion contains gluten some refrain from receiving the sacrament.

One of the most sacred statements that I make as we prepare to receive Communion is when I say that as United Methodists "all people are invited to the table of our Lord—all people." We have to protect the integrity of that statement by eliminating all impediments. We eliminate the impediment that an alcoholic would encounter if we served wine rather than grape juice. For quite some time I have poured several tiny cups of grape juice that I give to those who have let me know that they are allergic to gluten. Because we dip the bread into the cup gluten is transferred to the grape juice. Those who are aware of their allergy bring gluten-free bread with them while I insure that they receive gluten-free grape juice.

We are going to take this a step

See Pastor's Corner Page 5A

SUNDAY HAPPENINGS

June 21

Preaching:
Rev. Jack Soper

Greeters:
Linda Pond
Scott Prentice

Ushers - (8:30):
Dorothy Arnold
Betty Ann Wonderly

Ushers - (11:00):
Lisa Thoman
Linda Graham
Pamela Wood
Jacky Russell

Acolytes:
Michaela Million
Savannah Elkin

Mission of the Month:
The Children's Relief Nursery
of Collin County

June 28

Preaching:
Rev. Jack Soper

Greeters:
Beverly Roes
Ryan Ross

Ushers - (8:30):
Kim Cheshier
Amy Graybeal

Ushers - (11:00):
Diane Dees
Eddie Dees
Luanne Kruse
James Jones

Acolytes:
Rachel Combiths
Josh Burrow

Mission of the Month:
The Children's Relief Nursery
of Collin County

Thank you to all who serve.

SAVE THESE DATES

June

19 - Frisco Rough Riders
20 - UpSwing Jazz Band and
Youth Mission Trip Benefit
21 - Father's Day
21 - UMM Breakfast
27 - Youth Depart for
Denver Mission Trip

July

11 - VBS Workday
13-18 - Vacation Bible
School: Camp Edge

MISSIONS AND MINISTRIES

Pastor Jack on Leave of Renewal

by Rev. Jack Soper

With the support of our Staff Parish Relations Committee I will be away from the church during the first three weeks of July. I'll be on a leave of renewal.

In the United Methodist church pastors are encouraged to take time apart when we can engage in serious study, reflection and planning. So often the multiple activities of ministry prevent time for in-depth contemplation and renewal.

I have colleagues who do this regularly and find it very helpful. I have never done it myself. With the blessing of the SPRC it's time for me to explore this opportunity.

Marti has also been encouraged to do this so we will be going to Ruidoso on July 1st where we have been invited to stay at the home of dear friends. I'll return around July 23rd ready to teach an all-day class for ministers on Saturday and preach on Sunday the 26th.

Pastor Chris Dowd will be caring for the pastoral needs of the church in my absence. We are so very fortunate to have him for countless reasons as he is so able in his pastoral role.



Scripture in Motion

Schools out for summer! Except, that is, for Sunday school. Our last day of regular Sunday school is June 7. During the summer, people are taking vacations and attendance is up and down. To accommodate these changes, we will combine several of the classes together and offer fewer stations and shorter rotations.

The shepherds will be taking a much deserved break for the summer. This means we need you to fill in for them. There are opportunities for station leaders and shepherds. The rotations are only three-weeks therefore, the committee is shorter. Please check your calendars and sign up as soon as possible so everyone can have a fun and relaxing summer break! Contact Marcia Ketner in the church office to let her know what slots you can help with. 972-231-1005 or Marcia@arapaho-umc.org.

Regular Sunday school will resume on August 23rd with a back to Sunday school gathering and registration day. Regular rotations will begin on September 7, 2009.

| June 14 - June 28 | Seven Helpers | Three Weeks |
|--------------------|--------------------------|-------------|
| Arts and Crafts | Games | Music |
| July 5 - July 19 | Seven Helpers | Three Weeks |
| Cooking | Computers | Video |
| July 26 - August 9 | How the Bible Came to Be | Three Weeks |
| Computers | Games | Science |

Shepherds are needed for all three summer rotations. The children will be combined in the following groups.

Pre-K and Kindergarten

1st - 3rd grade

4th and 5th grade

You've Got Mail!

Every kid who has been away at camp will tell you that receiving mail from home is a real treat. As part of the Mission Trip experience, we set aside an evening mid-week to open cards and notes from those who are supporting us in our work. Words of support, encouragement and humor really boost the spirits of tired, work-weary youth and adults.

You can place cards and notes for the mission trippers in the black mailbox outside the copy room. Out of town friends and relatives can



mail notes to my home, addressed to Lauren Hames. If sending by mail, please write the name of the recipient in the lower left corner of the envelope.

All mail must be received by Wednesday June 24 in order to make it on the trip. If you have any questions, you may call Lauren Hames at 972-699-1752.

Home address:

Lauren Hames
2668 Primrose Dr.
Richardson, TX 75082-3406

I hope you are as excited as we are about our upcoming Frisco Rough Riders baseball game! Come on, ticket holders: On Friday, June 19, load up the car and head out to Dr. Pepper Ballpark. Below is some information to help make your evening the best it can be:



- **Game time:** 7 p.m. -- Gates open at 6 p.m.
- **Parking:** Use parking garage Lot E on the north side of the ballpark (off of Gaylord Parkway). This is closest to our seats. Parking is \$5.00.
- **Seats:** If you want to sit on the lawn, you may bring a blanket but no lawn chairs are allowed. We will arrive early to "rope off" an area for our group, so folks on the lawn can sit together and still be close to the reserved area.
- **Player Autographs** are available inside the main gate behind the Home Plate Building, as well as near the left-field entrance, from 6-6:30 p.m. Autographs are also available in the "Riders Store" immediately following the game.
- **Grab a Playball On Your Way In:** This is the program given out at each turnstile. It includes a roster, stats and intriguing information on the team and the ballpark.
- **Come Hungry:** Your ticket includes unlimited hamburgers, hot dogs, Owens's Bratwurst and other sandwich items, as well as unlimited Dr. Pepper drinks. At the ticket gate, they will scan your ticket and then stamp your hand for your "all you can eat" verification. You can get your food at a couple of different locations, but the closest location to our seats is behind the "Corral" near Deuce's playground.
- **Important message about the all you can eat food:** There will be hot dog vendors selling \$1.00 hot dogs in our section. **THESE ARE NOT FOR US.** You must go to the redemption area to get your all inclusive food and drink.
- **Hats:** if you have already received your official Rough Riders hat- wear it! If not, you should have received a voucher. Turn your voucher in to the usher at the Corral to get your hat and enter a drawing.
- **Fireworks:** Stay for the incredible fireworks show after the game
- **HAVE FUN!**

Gardening Angels

As Estelle's Garden flourishes, let's begin planning for Gardening Angels to do a bit of watering and tending plants throughout the summer.

Many of you have braved the heat and mosquitoes of past years, and your efforts have always been greatly appreciated. Once again, we have an opportunity to carry on a "grand tradition" of honoring Estelle Smith through the beauty of her garden.

Please consider volunteering for any week beginning with Saturday, June 14, and through the week of August 23. Contact Judy Swope in the church office or Gay Lynn Millerman at glynmmillerman@sbcglobal.net or 972-783-0793. Many thanks to all!

Fair Trade Coffee, Tea, and Chocolate

Back by popular demand, Equal Exchange coffee, tea and chocolate are now available in the narthex of AUMC. These items not only benefit small-scale farmers, they are premium products that taste great and are a good buy.

These products are sold as part of a strong and growing partnership between small farmers and churches. Equal Exchange and the United Methodist Committee on Relief launched the UMCOR Coffee Project in 2002; to date, more than 1,700 congregations have participated. The participation of the United Methodist Church has helped to extend the benefits of Fair Trade to thousands of farming families and has supported a project that has responded to farming cooperatives in times of need.

Volunteer Corner

Neighborhood Service Council
7700 Spring Valley Rd
Dallas Tx 75254
Phone 972-239-3501



- Tutor Kids - 20 Hrs/month
- Computer Tutor - 20 Hrs/month
- Van Driver - 20 Hrs/month
- General Volunteer - 20 Hrs/month
- Tween Program or My Time Summer teen program - 20 Hrs/month

Happy June Birthdays!

- June 1 Chris Egeland
- June 2 Mattie Hawkins, Brian Sheftall, Jarod Warren
- June 3 Sally Hayward, Heather Kobs, Les Walters
- June 5 Debbie Bugg
- June 6 Arien Buls, Theresa Greene
- June 7 Kevin Ash, Aberdeen Cudworth, Jim Howard, Gilles Hudelot, David Ivie
- June 8 Kristy Alexander, Alix Damiano, Faith Fraser, Jonathan Garland, Erik Neuenschwander, Caitlin Shea, Dyann Smith, Carter Wilcher
- June 9 Marvel Link, Alan Motsenbocker
- June 10 Ashley Babb, Matthew Ho, Preston Mishkov, Colin Shaw, Mindy Wilkinson
- June 11 Erin Street
- June 12 Cindy Aughinbaugh, Kris Kenslow, Deena Schlager, Norvel Trask, Nancee Turlington, Lisa Warner, Pamela Wood
- June 13 Timmy Babb, Paul Richter
- June 14 Barbara Hines, Cathlin Monaghan, Ashlyn Partain, Kailyn Partain
- June 15 Jenalyn Hall
- June 16 Marcia Ketner, Arva Tatman
- June 17 Isaac Richter
- June 19 Claire Partain, Kristie Zenick
- June 20 Nick Allen, Lea Burnette, Brad Groves, Margie Roe, Kara Ross
- June 21 Margaret Elkins, Tricia Gray, Shelby Steadman, Judy Swope
- June 22 Bill Huie
- June 23 Bob Gates, Ally Hanaway
- June 24 Mark Gonzales, Lara McCluer
- June 25 Sherry Dunn, Jim Smith, Michelle Van Pelt
- June 26 Josh Allen, Laura Gates, Shelby Hyatt, Austin Ruff
- June 27 James Ringenberger, Ainsley Ross, Carolyn Webster
- June 29 Barbara Adams, Les Murphy, James Thompson
- June 30 Kari Baldrige, Sam Cannon, Jane Clark, Kelsey Frewen, Lacey Jackson, Joey Kammerer, Jonathan Kreider, Carrie Warren

PASTOR'S CORNER

Continued from page 1A

further by offering a Communion experience for anyone who deals with this allergy, even if she/he is a visitor. Each Communion Sunday I will have both gluten-free bread and gluten-free grape juice for any who want to receive Communion in that way. The wafers have already been ordered so that I will have a plate close to me with both elements rather than just the small cups of grape juice.

It would be helpful for me to know beforehand that you wish to receive these elements so that I can watch for you and pass the tray to you at the right time.

I am very happy that we will take an addition step to insure that all people have the opportunity to experience one of the greatest blessings that we can share as members of the church.

*Shalom,
Jack*



LORD, HEAR OUR PRAYERS

(New concerns are in italics)

We celebrate and give thanks for...

The safe return of Jane Long's son, Michael, from Iraq!

We pray for...

...members with immediate health concerns:

Max Dowd, who fell and had to have 6 stitches in his lip... Nancy Bourne, who fell and broke her hip and shoulder and also has pneumonia... Eddie Andrews, recovering from a fall and injured shoulder suffered at the rummage sale... Jackie Sanders... John Millerman... Judy Staser... Stan Petrosius... Frances Thompson... Louise Dillard... Ed Cahoon... Les Walters... Art Hernandez.

...family and friends struggling with cancer:

Karen Hames, cousin of Lauren, who is receiving chemotherapy for stage 4 cancer... Wanda Lewis, long-time Berkner secretary who was recently diagnosed with breast cancer... Bobbie Milne... Judy Rue... Esther Millerman... Len Thomas... Martha Bennett... Carson Leslie... Justin Walker... Debbie Cummings... Barbara Hames... Barbara Hyink... Velma Matheson... Peggy Lane... Carol Dart... Pam Combs... Ann Parr... Inge Bland... Charlotte Dekle.

...family and friends with immediate health concerns:

Stephen and Kathy Redfern, friends of Lauren Hames. Stephen is experiencing complications from a stem cell transplant... Tommy Ketcham, 38-year old friend of the Hosacks, recovering from a stroke... Phillip Bramlett, Janie Bramlett's cousin, who is recovering from a stroke... Camille Schaffner's friend, who was shot over Spring Break but is now at a rehab center and walking... Tommie Sue Nichols... Charles McClelland... Jennifer Spangler... Suoma Dively... Britton Vincent... Ann Duncan... Mike Day... Linda Harrison... Pat Fryling... Chad Barker

...those who grieve:

The family and friends of Dutch Owen, great uncle of Ryan Ross, who passed away 6/3. We pray traveling mercies for the Ross Family as they journey to the funeral... The family of Gus Bryant, uncle of Angela Willingham, as they grieve his death on Friday from a long battle with leukemia.

...our other concerns:

Ross Lancaster, son of Rick and Liz, who left for the Hague 6/5 for three weeks. He will be working at the Tribunal courts there. We pray for safe travels... For all those searching for a job, or who face uncertainty and anxiety in their careers... Jeremy Quint, son of a dear friend of Mary Robbins, who is imprisoned in Arizona... The soldiers, sailors, airmen, and marines serving our country, especially those in Iraq and Afghanistan. We pray for strength and comfort for them and their families.

We pray for those in nursing care and their caregivers...

Jack Stephens... Jane Stephenson.

We pray for those in hospice care and their caregivers...

Lettie Howell

We pray for those serving in the military...

Captain Michael A. Cotton... Matthew Cardwell... James Clevenger... Floyd Guel... Tyler Harris... Dustin Mills... Captain Travis Mills... Captain Troy Mills... Keith Niemann... Brandon Vega... Scott Manley... Christopher Neighbors... James and Alice Tackett.

Prayer is the sacred gift of dialogue with God.... We have prayed and now we listen for the response of our Lord.