

The Beacon

September 2026

UWF NEWS

United Women in Faith will meet September 8 at 9:30. Coffee and treats will be provided by Chris Stevens.

We will start planning for our fall activities. UWF Sunday is September 13. Our Women's Guest Night, where we get together and have a meal and fellowship with neighboring church women, will be held on October 15. And we will finish up the year with our sale of soup and Maidrite's on November 7.

We hope you can join us for a meeting.

God Bless,

Celene Duley

September Birthdays and Anniversaries

1	Bob & Mary Howard Anniversary	16	Chris & Shanna Swadinsky Anniversary
2	Pat & Shannon Glover Anniversary	18	Chris Swadinsky
4	Alix Steele	19	Marge Haahn
5	Maddux Provence	21	Jared Ekstrand
6	Susan Gallegos	21	Don & Michelle Forrest Anniversary
6	Angie Ladd	23	Addisyn Powers
10	Payton Provence	25	Dean Cantu
11	Celene Duley	26	Dixie Marsh
12	Jenni Case	27	Bill & Michelle Seipel Anniversary
12	Dan Keefer	30	Logan Seipel
13	Kyle Doubet		



Let's get fit so we can serve!

Monday – Wednesday – Friday
8am – 9am
Elmwood UMC Fellowship Hall

JOIN US! We have “changed up” our exercise routines. In addition to some of the original routines, we are following several different exercise videos. This provides extra cardio and strength moves. Come “sweat” with us!

No experience necessary! I will show you modifications for exercises to address all levels.

Questions? Please call or text Janet Vallas at 309-712-3935 or email at kvallas@mchsi.com.

WALK-IN FLU SHOT CLINIC

Mark your calendar for the walk-in flu shot clinic being offered by Walgreens and managed by Jake Glenn on Thursday, September 24th from 2-6pm.

Please bring your insurance card when you come to get your shot. Most insurance will cover the cost of this shot.



COWBOY SPAGHETTI

Ingredients

- 6 Slices thick-cut bacon, chopped
- 1 Pound ground beef
- 4 Garlic cloves, finely chopped
- 1 Jalapeno, seeded & chopped
- 1 Yellow onion, chopped
- 1 Tbsp. chili powder
- 1 ½ Kosher salt, plus more for the pasta
- 1 tsp. ground cumin
- 1 tsp. dried oregano
- ½ tsp. black pepper
- 1 (28-ounce) can crushed fire-roasted tomatoes
- 1 (15 ounce) can diced fire-roasted tomatoes (with their liquid)
- 1 (15 ounce) can pinto beans, drained and rinsed
- ½ Cup beef broth
- 1 Tbsp. Worcestershire sauce
- 1 Pound spaghetti
- 1 Cup shredded sharp cheddar cheese, for serving
- 2 Green onions, sliced

Directions

1. In a large Dutch oven, cook the bacon over medium heat until golden and crisp, 5-7 min. Use a slotted spoon to transfer the bacon to a paper towel-line plate. Add the beef, garlic, jalapeno, and onion to the drippings in the pot and cook, stirring frequently and breaking up the meat with a wooden spoon, until lightly browned, 5-7 min. Sprinkle in the chili powder, salt, cumin, oregano, and pepper.
2. Stir in the crushed tomatoes, diced tomatoes (with their liquid), beans, beef broth, and Worcestershire sauce. Bring to a boil, then reduce the heat to med low. Allow the sauce to simmer uncovered, for 15 minutes.
3. Meanwhile, bring a large pot of salted water to a boil. Add pasta and cook according to the package directions. Drain, reserving ½ cup of the pasta cooking water.
4. Remove the sauce from the heat. Toss in the spaghetti adding pasta water as necessary to loosen up the sauce. Serve topped with the cheddar cheese, green onions, and reserved bacon.

****If anyone has a recipe they would like to share, please email the office at: umchurch@elmwoodumc.com**



A Time of Rest

As I mentioned during a recent sermon, I have recently been reading the book *Sacred Rhythms* by Ruth Haley Barton. This book is all about the ways that our time with God and the practices we cultivate can and should be restful.

We are busy people. The world today practically requires it. Everyone is constantly bombarded with all of the things we can and should be doing. And, too often, church just gets added to that list.

But Ruth Haley Barton sees things differently. She views church and Sabbath (holy day of rest) commitments as a commitment to time not being busy. She argues that, done right, church and time of prayer, or meditation, or Scripture reading, or other activities that connect us with God should be restful, closer to free time than just another activity we add to our calendars.

It is a beautiful sentiment, but one that only works if our hearts truly delight in the Lord, if we truly desire nothing more than to be in God's presence, finding our rest in God's unconditional love. And most of us (me included) aren't there yet. Oh, I love God, and I desperately want rest. But I am still trapped in the lies that the world tells that to have value, that to be "good", I have to constantly be productive. Doesn't it show my love for God better that I am constantly working for the Kingdom than simple resting would?

No, it does not.

I am reminded of the story of Mary and Martha. I have heard many sermons on this story. The basics are that Jesus was coming to visit Mary and Martha. Martha wanted to get everything perfect, do the work so that everything was as comfortable for Jesus as possible. Mary just wanted to sit and be present with Jesus, and listen to and learn from him. Many of the sermons that I have heard have argued that there is a place for both Mary and Martha's approaches to Jesus.

But that is not what Scripture says.

Scripture says that Mary was focused on the right thing, while Martha was getting caught up in the pressures of the world. This idea that we are called to peacefulness and rest, not constant labor is present throughout the Bible.

This is the whole idea of the Sabbath! That God calls God's people to take a day of rest, a day of focusing on ourselves and our relationship with God.

The Sabbath is countercultural, it is something that our present world is designed to prevent. "How dare you spend a whole day being unproductive!" The world today is hostile to the Sabbath.

But the world in Jesus's time, in the time of the Kingdom of Israel, in the time of the Jewish exile, in all times past, present, and future was and is and will be resistant to the Sabbath. That is why it is so important! The idea that people would just take a day off of labor to worship God and rejuvenate their souls was never easy or normal. And that is where its power comes from.

Because we are not called to do what is easy, but to do what is right, what is loving (to others, as well as to ourselves)!

Church, you are called to find a day (ideally 24 hours, but realistically as close to that as you can get) to not work, to focus on yourself and your relationship with God.

I hope that attending our church service is valuable and restful and would contribute to such a day, but if it does not, find other ways to get the rest and rejuvenation you need.

A commitment to Sabbath is a commitment to not being busy.

It is hard (always was!). It means going against how the world says we should act.

And that is why it is so important that it was a commandment!

Church, let's find our rest,

Pastor Austin Miller

SCHOLARSHIP RECIPIENTS

Thanks to the United Methodist Church Endowment Scholarship Fund we had four high school graduates awarded scholarships this year. Congratulations to the recipients! They are Andrea Glenn, Baron Case, Cassidy Case, and Addisyn Powers. May God bless you all in your continued education!



Baron Case



Cassidy Case



Addisyn Powers



Andrea Glenn



SEEKING VOLUNTEERS

Do you enjoy gardening, landscaping, making things beautiful? Do you wonder who keeps the church's outside landscaping looking so picturesque and welcoming? The trustees are seeking a few volunteers to help with this. If you would be interested in helping with this please contact Terry Schulz at 309-368-4478 or Philip Beal at 618-240-5207.

FOOD PANTRY

The food pantry is looking for items that can be used in the blessing box located in front of St. Patrick's Catholic Church. It will be our church's responsibility to keep it stocked in October. If you have ANYTHING in your pantry that you can donate it would be appreciated.

Please keep in mind that the box is outside and protected by rain and snow but affected by heat and cold.

2026 MEN'S STEAKOUT

\$25 Ticket (Steak, Baked Potato, Salad & Roll)

**Proceeds benefit a Rice Packing
Mission Event for Winter 2027**



**Cook Your Own or
let the "Grill Master" (Jim Gage)**

Thursday Oct. 1, 2026@6 pm

Wallace Park Pavilion

250 S. Ave. D,

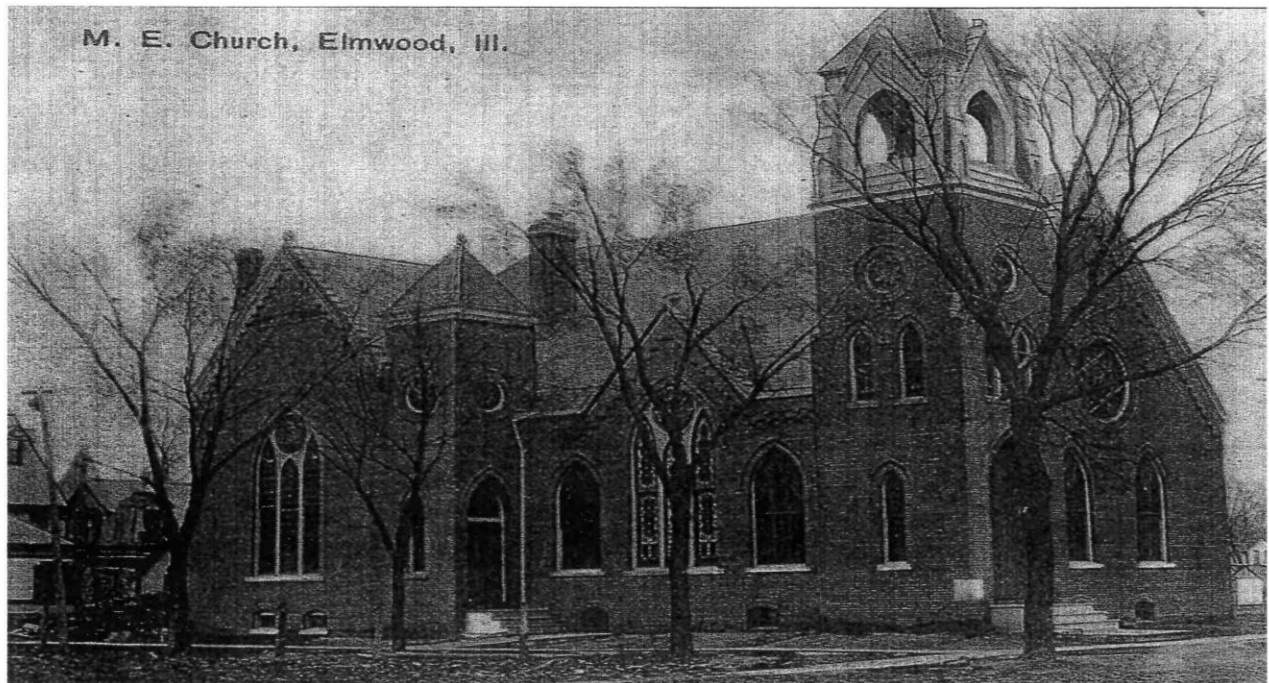
Canton, IL 61520

(Rain Location at Wesley UMC)



UNITED METHODIST CHURCH

175TH ANNIVERSARY



1851 - 2026

SAVE THE DATE

The church is celebrating its 175th anniversary this year. We will be holding a celebration with a potluck luncheon on Sunday, October 18 at noon. Fried chicken and ham will be provided. Come for the service stay for the fellowship and memories!