



HINCKLEY UPDATE



***A free monthly newsletter provided by the Hinckley First
United Methodist Church October - Volume 10 - 2023***

In the average day, people speak around 5,000-7,000 words. I'm sure we all know a few people who speak that many words before noon, my three and a half year old son is definitely one of them. The words we speak are just a portion of the words that we take in on a given day. We read words on our phones and screens. We take in words from books and music. We listen to the news on TV or to our neighbor when we get the mail.

And all of these words that we speak, listen to, write, read, and take in... they all have power.

Words have the power to inspire us. I think back to when President Bush gave his first speech after September 11th, and it was powerful and inspiring. Maybe you think of JFK's inaugural speech "ask not what your country can do for you, ask what you can do for your country" or Martin Luther King Jr.'s "I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character." But it's not just speeches that have powerful words. The lyrics of songs can deeply move us. Books can fill us with untold emotions. Through words we learn new things. Through words we profess our love. Through words we pronounce blessings.

Words also have the power to discourage us, or even worse. Even though we all know the power that words have, sometimes we forget it or underestimate it or ignore it completely. An off-handed remark that we didn't mean anything by can have untold consequences. A joke that we tell can deeply hurt. And don't get me started on the comment section of social media! Something we learn in elementary school... "Sticks and stones may break my bones but words will never hurt me." Or "I'm rubber, you're glue, whatever you say bounces off of me and sticks to you." As much as we want to believe those playground rhymes they're not always true. Words can hurt. Some words stick with you forever and as much as we want them to bounce right off they don't.

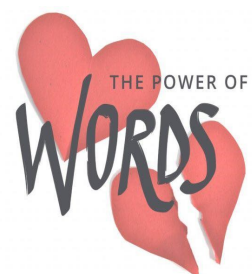
In the Bible, the book of Proverbs, it says that we need to remember that "life and death are in the power of the tongue."

I firmly believe in our world today we need to do a better job of considering the power of our words. We have the power to make our families, our work places, our community, our nation, and the world a better place if we more carefully consider our words.

This month at Hinckley First United Methodist Church we are going to be considering the power of words. I'm going to be inviting our congregation to pray the words of Psalm 19:14 daily: "Let the words of my mouth and the meditations of my heart be pleasing to you, Lord, my rock and redeemer." In an effort to be more intentional and aware of the power of our words. But I want to extend that invitation to all of you reading this. That you would pray daily, if that is your persuasion, for God to help you speak words that which builds others up rather than tears people down. But even if you're not a praying person, to simply work towards a greater awareness of the words you speak and to carefully consider the ways your words hold power and to use that power responsibly.

Grace and Peace,

Rev. Derek Rogers



CHURCH AND VILLAGE DIRECTORY

Hinckley Update Publication Guidelines

The Hinckley Update is published on the first of each month by the

Hinckley First United Methodist Church as a free service to the community.

The Update is a strictly informational publication which is published to disseminate information or to promote area events to the public for local churches, the library, local non-profit groups, and service organizations.

Following the guidelines stated above, no for-profit business information, advertising with a personal bias will be published.

Due to limited space, personal announcements for publication cannot be included.

Deadline for submissions to the November Update is due by Sunday, October 15th 2023.

Submit info to:

hinckleyumcupdate60520@gmail.com

For further info, contact HFUMC at 815/286-7102 Tues- Fri from 9am-1pm

Contributions are always welcome.
Thank you.

Village of Hinckley website:

<http://hincklevil.com>

Village of Hinckley Board of Trustees

Meetings are held on the second & fourth Monday of each month at 7:00pm at the Hinckley Village Hall, 720 James Street. If that Monday falls on a holiday, the Board meets the following Tuesday.

Hinckley Public Library District

Meetings are held on the second Monday of each month at 6:30pm at the Hinckley Public Library, 100 N. Maple Street.

Squaw Grove Township Board

Meetings are held on the second Tuesday of each month at 7:00pm at the Hinckley Community Building.

Church Information

Hinckley First United Methodist Church

801 N. Sycamore Street Phone: 815/286-7102

Services: Sunday - 9:30 am with Children's Church during Worship Fellowship - 10:30 am

Adult Sunday School - 10:45 am

Office hours: Tues - Fri from 9:00 am - 1:00 pm

AA Meets every Tues. at 6:00 pm. Website: www.hinckleyfirstumc.org

Covenant Restoration Church

181 N. Sycamore Street Phone: 815/286-7131

Services: Sunday - 9:30 am

Sunday Prayer & Praise Service - 6:00 pm

Wednesday Bible Study - 7:00 pm Friday Prayer Service - 8:00 pm

Grace Fellowship Church

17081 Owens Road Phone: 630/318-6420

Service & Children's Church: Sunday - 9:45 am

2nd Sunday of the month is Family Sunday.

Community Groups begin quarterly. Website: www.gracefc.com

Immanuel Lutheran Church

12760 Lee Rd. Phone: 815/286-3885

Sunday Worship Times: Sept - May 10:15 am, June - Aug. 9:00 am

Men's Bible Study: Every Saturday except 1st Sat. of the month 7:00 am

Website: www.immanuel-hinckley.org

St. Paul's United Church of Christ

324 West McKinley Street Phone: 815/286-3391

Sunday Service: Sunday Worship Service - 9:30 am

Coffee fellowship immediately following Sunday Service.

Website: www.stpaulshinckley.org



HINCKLEY AREA FOOD PANTRY
"NEIGHBORS HELPING NEIGHBORS"

**HAFP is located at
190 W. Lincoln Hwy Waterman, IL**

HAFP serves the people in Hinckley, Big Rock, Maple Park and Waterman. If you or someone you know can benefit from receiving food, please bring 2 forms of identification including one with a photo ID on the distribution day.

Financial donations can be mailed to:
HAFP, PO Box 463, Hinckley 60520.
Every \$1.00 donated can provide approximately 20 meals for the hungry. Please call or text our number at 815-286-7275 for any questions or more information.
Thank you.

Need more information?

<http://www.hinckleyareafoodpantry.org/>

Follow us on Facebook

<https://www.facebook.com/HinckleyAreaFoodPantry>

HAPPENINGS AT THE LIBRARY



The library subscribes to two e-content apps so you can access hundreds of thousands of titles for **FREE** with your library card. Check out e-books and e-audiobooks 24/7 and never have to worry about overdue charges. They return themselves when they're due! Download Libby and Boundless to explore all the content available at your fingertips. Enjoy everything from picture books to Spanish-language novels to brand new bestsellers. **You can find more information and support at www.hinckleylibrary.org/ebooks**

Take & Make kits are back for October while supplies last. Pick up a free craft kit with all the supplies to make a fall craft at home.

Have questions? Reach out! Call the library at 815-286-3220, message us on Facebook, or send an email through our website at www.hinckleylibrary.org.

Don't forget about story time!


Engage your littles in stories, songs, crafts, and more on Wednesdays at 10:30. The activities are designed for ages 0-6 with a caregiver, but older siblings are welcome too. Not sure if your child is ready? Try it out once with no judgement.



Try It Club will meet Saturday, October 21st at 2pm to make adorable ghosts for your spooky décor.



All ages are welcome but anyone under 8 must bring an adult helper. **Please register in advance for this free class by calling or stopping by the library.**

Do you have questions about the library's move to the new building? Why it's taking so long? What the new space will look like? 

We're excited to answer your questions any time! There is a LOT going on behind the scenes and there are parts of the process that we can't announce publicly yet. Stop by or call the library and learn about what we're doing to improve library access and services for all.

World Pregnancy & Infant Loss Remembrance Day

OCTOBER 15TH



Join us October 15th at 6:30pm at Garfield Park in Hinckley to honor and remember our babies who we lost during pregnancy, early birth or as infants.

We will join the global lighting of candles at 7pm.

If you cannot attend but would like your child to be remembered, text one of the numbers below and we will add your child's name to the memorial candles.

815-520-0026 630-885-7166 815-757-7014

HBR CUSD #429 Updates and Highlights

Here at Hinckley-Big Rock CUSD #429, October tends to feel like the month when everyone settles in. The routines and structure of school start to feel familiar. Students are enjoying fall sports and clubs. The upcoming hustle and bustle of the holiday season hasn't yet started. Except for the occasional uncertainty of Illinois weather, this time of year can provide comfortable predictability. Fall also happens to be an excellent time to boost mental health and strengthen emotional resilience for the winter months ahead.

Every year on October 10th, the world celebrates *World Mental Health Day*, a day dedicated to raising awareness around mental health issues and promoting efforts to support mentally healthy humans. A recent study conducted by the US Centers for Disease Control and Prevention reported that almost 15% of children in the United States had been recently treated for mental health disorders in 2021 and although this number might feel staggering, there is still concern that many children are not getting the help and treatment they need.

HBR 429 recognizes the important role the school and the community play in protecting and fostering the emotional wellness and mental health of students. The District continues to keep social emotional learning at the forefront of educational planning. This fall HBR 429 is challenging students and the community alike to practice strategies shown to contribute to mental wellbeing.

Consider spending time in nature and getting outside to soak up the sunshine by visiting a local orchard, taking a hike in a nearby forest preserve, raking leaves, or just practicing mindful breathing with fresh autumn air. Experiment with mood lifting fall scents like cinnamon, pumpkin spice, clove, frankincense, vanilla, or rosemary. Try adding a few new habits to your fall routine (instead of waiting until January)! Just 30 minutes of low-intensity exercise a few times a week and having a healthy sleep schedule have been shown to significantly increase a person's positive mood. Prioritizing these practices will not only make for a fun fall season, but will help you clear your mind, relieve stress, and lower cortisol levels linked to irritability, anxiety, and depression.

Lastly, HBR 429 knows that additional support is sometimes necessary. Each school is equipped with resources available for students as well as additional information for you or someone you know who may need help or support. For more information, please contact one of our mental health team members: Tara Neidigh (tneidigh@hbr429.org), MS/HS Social Worker; Mallory Wassmann (mwassmann@hbr429.org), ES Social Worker; or Sarah Kuperus (skuperus@hbr429.org), District Psychologist.

Individuals experiencing a crisis, or any other kind of emotional distress related to suicide, mental health and/or substance use can contact the resources below for support:

- * Dial 988 to reach the Suicide and Crisis Lifeline
- * Text HOME to 741741 to reach the Crisis Text Line
- * Contact Safe2Help Illinois:
 - Phone number: 844-4-SAFEIL
 - Text: SAFE2 (72332)
 - Email: HELP@Safe2HelpIL.com



References

<https://www.cdc.gov/nchs/products/databriefs/db472.htm>

13TH ANNUAL
HINCKLEY AREA FOOD PANTRY'S
LARGEST FUNDRAISER OF THE YEAR!



TURKEY DROP & FOOD DRIVE

SUNDAY, NOVEMBER 5TH
11AM UNTIL 1PM
PLOWMAN'S PARK
(48W508 HINCKLEY ROAD, BIG ROCK)

HOSTED BY JENN SCHLACHTER & HBR CUB SCOUTS

ITEMS NEEDED

12-14 lb. Frozen Turkeys
Stuffing Mix
Instant Potatoes
Canned Yams
Canned Veggies
Gravy
Cranberry Sauce
Dessert Mixes & Frosting

Monetary Donations
Appreciated!

Make Checks Payable to:

Hinckley Area Food Pantry
PO Box 463
Hinckley, IL 60520

HAVE QUESTIONS?
NEED MORE INFORMATION?

CONTACT:
JENN SCHLACHTER
630-926-5704
JSCHLACHTER4@GMAIL.COM

Grief Support Group

Offering support meetings to all who are grieving a personal loss at Hinckley First United Methodist Church at 7 PM. Everyone is welcome and there is no charge for any meeting.

Meetings this month are Wednesday, Oct.11 & Oct. 25th

Call or text Jennifer Klambauer for more information at
815-520-0026 or reach out to ibbhealthandwellness@gmail.com





Join us most mornings beginning at 8AM located at HFUMC for **Fitness at First.**
Come and walk or exercise with us at your own pace. Bring a friend or exercise partner
along with you. This is open to everyone and there are no or reservations needed.
Call Mary Pritchard at 815-751-3033 with questions.

Bringing History to Life



Who was in the Film?

Only two movies have been made in Hinckley through the years which involved local stores and residents. The Historical Society will be showing one of those movies on Sunday October 15 and invite you to help identify the Hinckley participants. 'Who Am I This Time' was a short story written by Kurt Vonnegut and published in the Saturday Evening Post in 1961. It was made into a TV movie in 1982 and later adapted into a radio play for the British Broadcasting Company.

Come view the Hinckley of the early 1980s and see if you can identify the residents who were filmed. In the story the hardware store clerk completely personifies the roles he plays in community theatre productions. When faced with a new play he asks, "who am I this time?" We will have comments and discussion about the filming and town's reactions. **Join us October 15 at 4 p.m. in the Community Building auditorium.**
There is free admission.

List of Centennial Houses

Visitors to Hinckley often comment on the stately older homes in the community. The Historical Society is in the process of documenting some of those homes and asks for the community's help. The 1895 Plat Book of DeKalb County shows a map with houses in the oldest section of Hinckley. Some residents have shared the history of their home, but we would like to know more. The new exhibits at the museum feature a home on North View Street and plans are to feature more in future exhibits. We are looking for pictures, names of former owners and any information about the house's history. If you can help, drop HHS an email or stop by the museum from 10 to noon on Saturday.

Newsletter Stories Will Make You Proud

The Fall issue of the Historical Society newsletter has lots of stories you won't want to miss. There are stories about our exceptional schoolteachers, plans to record memories of life in Hinckley, efforts to keep band music filling the summer air, history of homecoming parades, and tales from the deceased in our cemetery. You will also learn how students are benefiting from the artifacts in our collection.



The newsletter is sent to HHS members but copies are available for anyone so they may see the value of joining our mission of preserving and bringing our history to life. We welcome new members and volunteers to share in our efforts.

The Museum Welcomes "Old Stuff"

The collection at the HHS museum includes many artifacts that were about to be discarded as unwanted by family members. While not all items are historic treasures, we at the Historical Society would like to inspect them and give them a new home. If the item is a duplicate or inappropriate for our space, we can perhaps find where they would be useful. Keep us in mind as you clean out or want some remembrance to be preserved.

Our museum, located at 141 East Lincoln Avenue, Hinckley, IL 60520, is open Saturdays from 10 a.m. to 12 p.m. or by appointment by calling Bob (815-761-4058). Follow us on Facebook. Email: Hinckleyhistoricalsociety@gmail.com. Visit our web site: HinckleyHistoricalSociety.com.

Hinckley Lions Club News



Grow Mobile Offers Free Food October 3

The Lions Club will again be assisting with the distribution of free groceries in Hinckley on October 3. The food items are supplied by the DeKalb County Community Gardens and Northern Illinois Food Bank for anyone who stops between 4 and 5 p.m. The Mobile will be parked in the First United Methodist Church parking lot, 801 N Sycamore St.

There is an amazing selection of fresh fruit, locally grown vegetables, meat, canned goods, and snacks. The Community Gardens has received a grant to help provide people in our area with wholesome foods. Share the word about this distribution with others who could benefit from the food items.

The next visit of the Grow Mobile will be on December 5.

Lions To Offer Prizes for Best Halloween Costumes



There's still time to be creative and make a contest winning Halloween Costume. But even if you don't win, the Lions will ROAR for your effort. The Lions Club is again cooperating with the elementary school and PTO for an enjoyable **Fall Fun Fest on October 28**. During the afternoon the Lions will hold costume contests by four age categories and one for group/family with lots of prizes. Lion Jerry will be providing Halloween music during the day too. Entries will be judged for originality, presentation, and Halloween spirit.



Where Oh Where is the Queen of Hearts?

The Lions haven't filed a missing person alert with the police yet, but the "Queen of Hearts" is still missing! The Hinckley Lions Club card game has created a lot of interest and excitement as participants guess where the Queen of Hearts may be and hope their ticket is drawn in the raffle. At the writing of this article, the cash pot of over \$57,000 is just waiting to be split between the winner and the club! Lion Jerry Bahl is camped out by the Queen sign at J&K's Half Moon to explain the rules and where to look for the Queen. You can follow the game on the Hinckley Lions Club Facebook page. Drawings are held each Wednesday at 7 p.m. at J&K's Half Moon.

Calling All Sportsmen

The long-awaited annual Lions Sportsmen Raffle is now available. Only 400 tickets will be sold with three winners selected for three special prizes or \$500 in cash. Lion Stephanie Senz thinks you will enjoy a chartered five-hour fishing excursion on Lake Michigan; a Centerpoint Wrath Crossbow kit with scope; or a Smith & Wesson 9MM handgun with case, equipment, and conceal carry training. Tickets are available from any Lion and at BMC Insurance. The winners will be drawn on November 16 at J&K's Half Moon.

Don't Pitch it, Recycle it!

The Lions Club has been collecting and recycling old eyeglasses and tattered flags for years but now you can recycle even more. Lions are now collecting old hearing aids, keys, key fobs, wire, desk top ink cartridges, brass, and cell phones. Don't send these items to the landfill. Package the smaller items in a plastic bag and drop all items in the purple and yellow Lions' collection box outside of the Hinckley Public Library.



Lions Club International helps us respectfully retire flags, repurpose what we can from items, and sends eyeglasses around the world for less fortunate people who want to improve their vision. Thank you for helping Lions on their mission of service.

Contact Lion Secretary Mark Bernhardt (mark.bernhardt@gmail.com) for more information. Lions meet on the first Thursday of the month at 7 p.m. in the backroom of J&K's Half Moon.



*Hinckley First United Methodist Church
25th Annual Fall Fundraiser & Auction
Saturday, November 4 - 6:00 PM*

**The Regale
124 1/2 S. California St.
Sycamore, IL**

Reservations are \$50 per person and due by Oct. 22nd.

Please contact Barry Morsch at 630-337-7720 or the church office for information.
You can also make your Auction Reservation or Sponsorship through Tithe.ly by opening this link.

https://tithe.ly/give_new/www/#/tithe/give-one-time/3314762

Hinckley First UMC ▪ 801 N. Sycamore St. ▪ Hinckley, IL 60520 ▪ 815-286-7102

The Traveling Chef



“The chef that always impresses”

Some of the many
Auction Items



Handcrafted Glider

Event Sponsorships Available

(Tax Deductible)

Bronze Sponsor	\$ 100
Silver Sponsor	\$ 250
Gold Sponsor	\$ 500
Platinum Sponsor	\$ 1,000