

The Chimes



Centenary United Methodist Church

April 2021

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Biker Blessing
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Greetings,

When you receive this newsletter, it will be nearly time for us to celebrate holy week. It is a very meaningful week and one that is especially meaningful in our congregation. With the remembrance of the meal in the upper room on Maundy Thursday, Good Friday service, and the celebration of Easter, the fullness of human emotion and praise is brought to life within our walls.



I am always moved by holy week. When one considers the love that God had for each of us; a love that allowed him to sacrifice his very own son for us, how can we not be filled with awe and humility?

Who are we that God would sacrifice himself for us? The answer is awe inspiring and amazing... we are God's beloved children and despite our weaknesses and our failures God has deemed us worth the cost. Amazing, absolutely incredible.

This holy week of 2021 my prayer for each of us is that we will take time to consider not only Christ's sacrifice for us but also that we were worth the cost. We are God's children. How can there be anything better than that?

Until Next Time,

Pastor Stanton

Connecting with CUMC

Office Hours: Monday through Thursday 12:30 to 3:30

Pastor's Hours: Mon., Wed., Thurs. 10:30-2:30, Fri. by Appointment

Phone: 608-965-3455



Office Administrator Becky Upmann is there to help with your questions or concerns.

Email: centenaryumcoffice@yahoo.com

CUMC Website: www.shullsburgumc.com

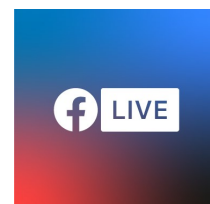
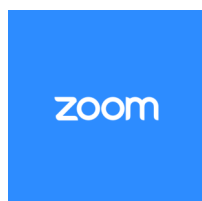


Facebook: [Centenary United Methodist Church](#)

Each Sunday service is broadcast on Facebook Live. In order to view it you must have the Facebook application on your computer or other device and be friends with CUMC. If you need assistance getting connected, contact the church office.

Online Bible Study

Though Sunday morning in-person worship has resumed, Wednesday Morning Bible Study with Pastor Stanton continues to be Zoom-Only. For information on how to join, see CUMC's Facebook page under events or contact Pastor Stanton.



In-Person & Online Worship

If you are not yet comfortable returning to church, we continue to stream Sunday morning worship on Facebook Live (Centenary United Methodist Church) for you to watch or listen to anytime. We also continue to send weekly mailings for our shut-ins.

Light: There is Light Ahead

"The way of the righteous is like the first gleam of dawn, which shines ever brighter until the full light of day." ~Proverbs 4:18, NLT How is your Lent going? Does it feel long, dark, and empty? Lent can feel that way when we give up fun activities or foods that we like. This year in particular, we are also still dealing with the pandemic. Closed or limited occupancy to our favorite places, the need to stay away from people, and the illness and death rates all increase the feeling of darkness. But is that it? Is that all there is?

There is light ahead. Literally there is light ahead when you look at when the sun sets in the next few weeks. The sun set at 7:37p.m. at the end of March. It will set in April at 8:30p.m. May: 9:17p.m. June: 9:34p.m. There are brighter days ahead. There is light ahead. On a dark morning, the women will come to the tomb just to find it empty. Christ arose! Christ arose!

There is light ahead. The virus will be beaten down. Our communities will open up. We will be able to see and hug our families again. Our church will open up again. But what will be left of our church? What have we given to the church to sustain it during this long haul? How have we given of our time, talents, and treasures over the last few months... and how will we give for Easter and the next few months to make sure we can continue our church's mission and ministry? Be the light now so it can burn brighter later!

Rev. Krystal Goodger, Director of Programming and Planned Giving, WUMF

Centenary UMC Worship Protocols During COVID-19

1. **MASKS:** Masks covering nose and mouth are required for anyone attending CUMC until such time as the danger of COVID-19 has passed. Those attending worship are asked to bring their own masks if they have one. If not, masks will be available at the church.
2. **SEATING:** LIFO “last in, first out” ushered seating – seat people arriving first in the front row. Seat people not living together at least six feet apart. This will probably be every other row with alternating end of the pews/seating). Maintain at least six feet of physical distance between people as they are seated and dismissed.
3. **NO PASSING:** Do not pass attendance pads, offering plates, the Peace, and determine alternate means for collecting offering and other information previously passed.
4. **REMOVE** anything passed from or kept in the pews (bibles, hymnals, pens, etc.)
5. **OFFERING** should either be electronic or placed by the attendee in a stationary plate.
6. **ORDER OF WORSHIP:** Discontinue use of bulletins for the time being. Allow PowerPoint presentation to guide the worship service.
7. **HAND SANITIZER** will be in all high touch areas.
8. **NO SHARING:** Do not share equipment that is touched. No item should be used by more than one person without sanitization occurring between users.
9. **BIBLES:** People are encouraged to bring their own Bibles to worship.
10. **BLOCK OFF** areas not in use.
11. **TIGHT SPACES:** Establish one in-one out for tight spaces and have sanitizer available.
12. **RESTROOMS:** Try to limit use of restrooms. Have a disinfecting material available for those who do use the restroom so they can disinfect prior to use.
13. **FLOW:** Try to ensure that people are traveling one-way through entrance and exit doors (in prior to worship, out after worship).
14. **ADMISSION:** Stress that people who aren't feeling well and/or have demonstrated any of the symptoms of COVID-19 should stay home and participate in worship through online means. Be upfront with attendees that anyone who demonstrates COVID-19 symptoms will be asked to leave worship.
15. **CHILDREN AND YOUTH MINISTRY:** Sunday School will be done through Zoom and via the Sunday School's new Facebook page.



In-Person
Worship
Guidelines

Dear Family,

This has been a year like no other for our church. We had to cancel our in-person worship and Sunday School due to COVID along with not being able to hold funerals, weddings, fellowship lunches, bible studies, confirmation etc. We did what we could and had services in the park and offered online services and Sunday School thru Zoom and Facebook. Our funerals have been held at the funeral home with immediate family. Decisions were made per CDC guidelines and the Bishop's recommendations. Those decisions were not taken lightly, and all avenues addressed what was best for our congregation and friends. We all miss our church family terribly.

It saddens me to learn that some people were so upset with our decisions that they have left our church. We just wanted to do what was best for everyone from young to old.

That being said, we are in a crisis like no other. Expenses have not gone away—they are just different. We have lost some giving members, and we are currently paying our bills but with our heads just above water. We have received money from the government for COVID relief like most churches have, but it is only a band-aid. We need your help!

Please consider sending your offering thru the mail, EFT, coming to an in-person worship service at 9:30 a.m. Sundays, or by PayPal, Venmo (coming soon), etc.

Your offering and also making a commitment to give monthly if you can will make a difference for our church! We need every member and friend to give what they can at this time.

We all know that times are hard right now for a lot of people, but we are asking our members and friends to step up and help us any way they can.

I give because it is important to me to keep our church thriving and reaching out to people of our community. We have a wonderful Pastor who cares deeply about our church, and we also have a lot to offer.

My and John's families have roots in this church that go to the early 1900's. We have had funerals, baptisms, weddings, and confirmations, etc. When I was a young member, I watched and learned thru our church family, and I hope to continue that in the future. Please help us and contribute ASAP to reach a goal to fund our church so we can pay our bills, continue our missions, and pay our apportionments for 2021.

In God's Love,

Pam Harker

2 Corinthians 9:7, the apostle Paul said, "God love a cheerful giver." While encouraging the believers in Corinth to give generously, Paul didn't want them to give beyond their means. "reluctantly or under compulsion." Most importantly, he wanted them to rely on their inner convictions. This passage and this devotional are reminders that God is more concerned about the motives of our heart than our actions.

Deuteronomy 16:17 - Every man (shall give) as he is able, according to the blessing of the LORD thy God which he hath given thee.

Upcoming Events



Confirmation Class Schedule for Remainder of 2021

April 11 May 16
 all classes are 11:00 – 12:30

★ SATURDAY, JUNE 5, 2021 ★

▶ DOWNTOWN SHULLSBURG, WI • 3 P.M.-? ▶

5th Annual *Cruisin' Welcome* SHULLSBURG ALL MAKES & MODELS

MUSIC FOOD DOOR PRIZES 50/50 RAFFLE NO ENTRY FEE

Trophies Awarded to
 People's Choice • The Mayor's Favorite • The Fire Chief's Favorite
Trophies will be awarded at 6 p.m.
 Dash plaques to the first 100 entries

Pre-Registration is open
 E-mail Jofrank23@hotmail.com
 Call or text 815.266.9167 or 608.553.3757
 Facebook message "Cruisin Shullsburg"

Downtown shops and restaurants will also be open

Event sponsored by Advance Shullsburg Inc., a non-profit group looking to better our city.
Check us out on our facebook page, "Cruisin Shullsburg". Rain or Shine.

★

Biker Blessing
 Sunday, May 16
 following Sunday 10:30 a.m.
 Praise Service

Drive up to the main entrance on Monroe St. (by the park), and Pastor Stanton will anoint your bike with oil and pray for protection for you and your bike this summer.



Open Hearts Open Minds Open Doors
 We are the people of the United Methodist Church!

Going Above and Beyond as Stewards of CUMC



Food Pantry Giving

We collected 24 items for our March collection. Thank you to everyone who brought something in! For the month of April we are collecting condiment items. Distribution will be on Thursday, April 15.

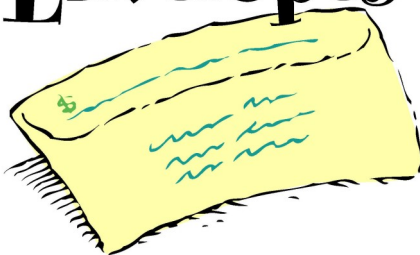
April Missional Giving

Mission money collected this month will go to **Family Advocates in Platteville**. Family Advocates is a nonprofit organization providing services for victims of sexual assault and family/partner abuse, counseling, advocacy, crisis intervention, support groups, emergency shelter and more. Family Advocates serves residents of Grant, Iowa and Lafayette Counties through offices in each county. All services are free and confidential. Speakers are available for community organizations. If you would like to give to a different ministry, just write it on your envelope, but if you don't, it will go to this month's cause.



Family Advocates, Inc.
Safety • Education • Support

Offering Envelopes



If you would like a box of offering envelopes for this year, please let Lois Finnigan or the church office know.

Meetings and News



Monthly Accountable Leadership Board Meeting

Monday, April 19 — 6:30 p.m.



Sunday School News

All kids are invited to wave palms at 9:30 on March 28 (Palm Sunday). There will be NO Sunday School on Easter Sunday, April 4.

Don't forget that Sunday School meets every Sunday at 9:00 a.m. via Zoom. Keep checking the Sunday School Facebook page for weekly lessons and any updates. Meeting ID is 212 242 8737, and the password is 3DpTDC. The lessons are posted weekly on the Centenary UMC Sunday School Facebook page.



Sunday School Team

Fellowship Group News



CUMC will be hosting another Red Cross Blood Drive from 1:00-6:00 on Tuesday, June 1. Please come and give a donation to help the Red Cross save lives across our area. It will be held in the Fellowship Hall, and all safety precautions will be followed. Please donate if you are able. You must schedule an appointment by going to red-crossblood.org; click on Donate Blood, then Schedule an Appointment. If you have any questions, call Pam Harker at 608-482-1579.

Pam Harker

*The people you love need the transforming grace that only Jesus Christ can bring.
Invite the people you love to Jesus!*

Retired & Re-Fired Small Group

It was great to get together again in person at our meeting on March 8! Besides enjoying lunch together, we shared news and prayer concerns and caught up with what has been going on in our lives since we were last together.

Our study of the "Bad Girls of the Bible" led to some very lively discussion about Eve, the original "bad girl" and some of the circumstances that can lead to bad choices and decisions. I'm looking forward to Chapter 2 at our next meeting when we'll be talking about the Egyptian Potiphar's nameless wife, the bad girl that Joseph encountered in Genesis 39: 1-20.

We're all Part of His Flock



The Retired & Re-Fired Group
Centenary United Methodist Church

This month's meeting:

We decided to meet once a month for the near future, so our next meeting will be on April 12 at noon in the Fellowship Hall. Please bring your own lunch. We will lift up in prayer those with April birthdays and anniversaries. Be ready for Chapter 2! **We'll continue to practice social distancing.**

Hope to see your smiling eyes there! Until then, blessings and love,

Mary Gensler, Retired & Re-Fired Small Group Leader



From Our Parish Nurse.....

April is National Stress Awareness Month

Everyone tends to become overwhelmed and stressed out at times. Stress is beneficial when it gives us the boost we need to get through situations like an important personal commitment, work deadlines, or exams. However, extreme stress has adverse health consequences that affect many of the bodily systems. Unless you learn how to manage your stress, you will suffer mentally, emotionally, and physically. Managing your stress can take some practice, but it is possible. Here are five things you should know about stress:

1. **Stress affects everyone.**

2. Everyone experiences stress from time to time. There are different types of stress—all of which carry physical and mental health risks. A stressor may be a one-time or short-term occurrence, or it can happen repeatedly over a long time. Some people may cope with stress more effectively and recover from stressful events more quickly than others. Examples of stress include:
 - Routine stress related to the pressures of school, work, family, and other daily responsibilities.
 - Stress brought about by a sudden negative change, such as losing a job, divorce, or illness.
 - Traumatic stress experienced during an event such as a major accident, war, assault, or natural disaster where people may be in danger of being seriously hurt or killed. People who experience traumatic stress may have very distressing temporary emotional and physical symptoms, but most recover naturally soon after.

2. **Not all stress is bad.**

In a dangerous situation, stress signals the body to prepare to face a threat or flee to safety. In these situations, your pulse quickens, you breathe faster, your muscles tense, and your brain uses more oxygen and increases activity—all functions are aimed at survival and in response to stress. In non-life-threatening situations, stress can motivate people, such as when they need to take a test or interview for a new job.

3. **Long-term stress can harm your health.**

Coping with the impact of chronic stress can be challenging. Because long-term stress in a person is more constant than acute stress, the body never receives a clear signal to return back to normal functioning. With chronic stress, those same lifesaving reactions in the body can also disturb the immune, digestive, cardiovascular, sleep, and reproductive systems. Some people may experience mainly digestive symptoms, while others may have headaches, sleeplessness, sadness, anger, or irritability.

Over time, continued strain on your body from stress may contribute to serious health



problems, such as heart disease, high blood pressure, diabetes, and other illnesses, including mental disorders such as depression or anxiety.

4. There are ways to manage stress.

If you take practical steps to manage your stress, you may reduce the risk of negative health effects. Here are some tips that may help you to cope with stress:

- Be observant.** Recognize the signs of your body's response to stress, such as difficulty sleeping, increased alcohol and other substance use, being easily angered, feeling depressed, or having low energy.
- Talk to your health care provider or a health professional.** Don't wait for your health care provider to ask about your stress. Start the conversation and get proper health care for existing or new health problems. Effective treatments can help if your stress is affecting your relationships or ability to work.
- Get regular exercise.** Just 30 minutes per day of walking can help boost your mood and improve your health.
- Try a relaxing activity.** Explore relaxation or wellness programs such as meditation, muscle relaxation, or breathing exercises. Schedule regular times for these and other healthy and relaxing activities.
- Set goals and priorities.** Decide what must get done now and what can wait. Learn to say "no" to new tasks if you start to feel like you are taking on too much. Try to be mindful of what you have accomplished at the end of the day, not what you have been unable to do.
- Stay connected.** You are not alone. Keep in touch with people who can provide emotional support and practical help. To reduce stress, ask for help from friends, family, and community or religious organizations. It is OK to ask for and accept help!

5. If you are overwhelmed by stress, ask for help from a health professional.

You should seek help right away if you have suicidal thoughts, are overwhelmed, feel you cannot cope, or are using drugs or alcohol more frequently as a result of stress. Your doctor may be able to provide recommendations or connect you with resources that are available to help you.

Anyone can become overwhelmed. If you or a loved one is having thoughts of suicide, call the confidential toll-free National Suicide Prevention Lifeline at 1-800-273-TALK (8255), available 24 hours a day, 7 days a week.

References:

www.nimh.nih.gov
www.cdc.gov
www.psychu.org

This page is provided by our Parish Nurse for Centenary UMC:

Marlene Stewart, RN, MSN, PN, WCC
(608) 293-1193

Please feel free to call her with any health questions you might have.

April Birthdays

1 Heath Poppy	13 Lexi Olson
1 Bruce Russell	14 Pam Harker
1 Makaylah Santiago	14 Shay Lierman
2 Chet Scott	16 Janet Wymore
3 Marlene Stewart	17 Brianna Hinzman
4 Dan Sigwarth	17 Lois Finnigan
5 Jim Gratz	20 Terri Byrd
5 Debbie Russell	20 Felyscha Unbehaun
6 Mick Curran	21 David Ingram
6 Todd Hauser	21 Marsha Kremer
6 Dennis Redfearn	22 Justin Kohl
7 Kevin Frontz	22 Jackie Wood
10 Deanna Lyne	23 Harry Blackbourn, Sr.
10 Aletris Sandlin	24 Nick Reddington
11 Sandy Russell	24 Sharon Woodworth
11 Joelle Sigwarth	28 Anna Hartung
13 Jean Anderson	29 Therese Gratz

HAPPY ANNIVERSARY



5 Dan & Brenda Whitford
 14 Dawn & Jon Gobrecht
 19 Dennis & Joy Redfearn
 23 Joe & Julie Thompson
 25 Larry & Donna Foley



April Worship

April 1

Maundy/Holy Thursday

One Last Time

Exodus 12:1-14

Psalm 116:1-2, 12-19

1 Corinthians 11:23-26

April 2

Good Friday

The Cross

Isaiah 52:13-53:12

Psalm 22

Hebrews 10:16-25

April 4

Easter

Missing the Resurrection

Acts 10:34-43

1 Corinthians 15:1-11

John 20:1-18

April 11

Seeing is Believing

Acts 4:32-35

1 John 1:1-2:2

John 20:19-31

April 18

Quite the Imagination

Acts 3:12-19

1 John 3:1-7

Luke 24:36b-48

April 25

Field Trip

Acts 4:5-12

Psalm 23

1 John 3:16-24

APRIL 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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1 6:30 Maundy Thurs Service
2 6:30 Good Friday Service
3

4 9:00 NO Sunday School
9:30 Blended Easter Worship In-Person & Facebook Live
5 6 Pastor Stanton's Day Off
7 9:30 Zoom Bible Study w/Pastor Stanton
8 9 10

11 9:00 Sunday School Zoom Check-In
9:30 Blended Worship In-Person & Facebook Live
11:00 Confirmation Class
12 Noon Retired & Re-Fired
13 Pastor Stanton's Day Off
14 9:30 Zoom Bible Study w/Pastor Stanton
15 3:30 Food Pantry
16 17

18 9:00 Sunday School Zoom Check-In
9:30 Blended Worship In-Person & Facebook Live
19 6:30 Accountable Leadership Board Meeting (Fellowship Hall)
20 Pastor Stanton's Day Off
21 9:30 Zoom Bible Study w/Pastor Stanton
22 23 24

25 9:00 Sunday School Zoom Check-In
9:30 Blended Worship In-Person & Facebook Live
26 27 Pastor Stanton's Day Off
28 9:30 Zoom Bible Study w/Pastor Stanton
29 30



The Chimes

Join us for Sunday
Morning Blended
worship
9:30 Sanctuary &
Facebook

(See inside for more
guidelines & details)

Centenary United Methodist Church
226 West Church Street
P.O. Box 127
Shullsburg, WI 53586-0127

Address Service Requested



April 1 - Maundy Thursday - 6:30 p.m.

April 2 - Good Friday - 6:30 p.m.

April 4 - Easter Sunday - 9:30 a.m.



Sharing God's love to change the world by making disciples of Jesus Christ.