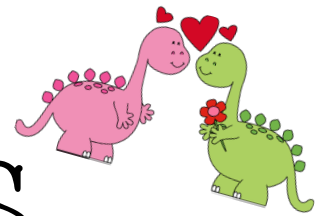


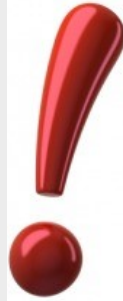
The Chimes

Centenary United Methodist Church



February 2021

BACK TO CHURCH



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 Ash
Wednesday

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Greetings,

Maybe you've heard the old adage that there is "no 'I' in team". Basically the idea is that in a team, the team as a whole is greater than its individual parts. Everybody plays a role. As I age, I realize more and more truth of this statement. I understand more fully that there is a place for everyone and that all people are important.



The Super Bowl is just around the corner and I am reminded that teams are made up of a lot of different people with different skills and different personalities. Take the average team in the NFL as an example... there are the stars (the players whom everyone knows) and there are the other players. The thing is that the stars would never be able to accomplish the things that they do without the help of all those players whose names we never know.

Sadly, sometimes our culture tends to heap so much praise on the "stars" that the people who aren't stars feel like they are somehow less worthy. In actuality, nothing could be further from the truth. Do you know who the leading scorers are on a typical NFL team? The quarterback? Nope. Running Back? Not. Wide receivers? Try again. The leading scorer on most teams is the kicker. The kicker might not be the leading scorer in a single game throughout the season but when the points are added up at the end of the year, the kicker nearly always scores the most.

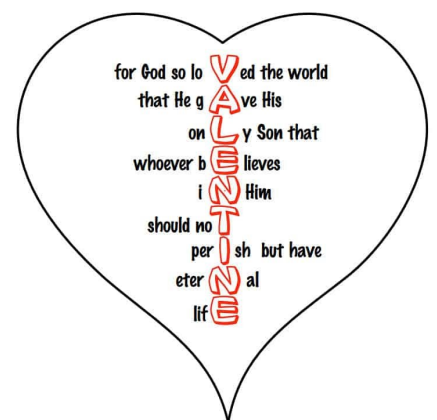
I find this funny considering many people think that kickers "aren't real football players". My point is this: we all are important parts of the world around us. We each have different skills and abilities, but we are all important to the whole. You are important! God thinks so and so do I. Don't let anyone tell you differently.

Until Next Time,

Pastor Stanton

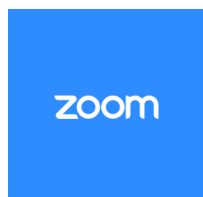


John 3:16

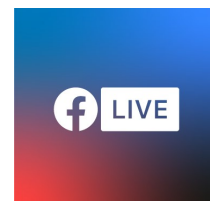


Online Bible Study

Though Sunday morning in-person worship is resuming, Wednesday Morning Bible Study with Pastor Stanton will continue 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 will continue to stream Sunday morning worship on Facebook Live (Centenary United Methodist Church) for you to watch or listen to anytime. We will also continue to send weekly mailings for our shut-ins.

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.



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

In the last several weeks, there have been several communications regarding the reopening of the church. **Centenary is set to return to in-person worship on January 31, 2021.** Below are the worship practices that we will begin with. All are subject to change as new information and/or treatments for COVID-19 are discovered.

Centenary UMC Worship Protocols During COVID-19

1. **MASKS:** Masks covering nose and mouth will be required for anyone attending CUMC until such time as the danger of COVID-19 has past. 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. Youth group continues to meet via Zoom until further notice.

Upcoming Events



Confirmation Class Schedule for Remainder of 2021

March 7, 2021; April 4, 2021; May 16, 2021

all classes begin at 11:00– 12:30.

Going Above and Beyond as Stewards of CUMC



Food Pantry Giving

We collected 23 items for our January collection. Thank you to everyone who brought something in! For the month of February we are collecting canned tuna. Distribution will be on Thursday, January 21.

February Missional Giving

Mission money collected this month will go to **Lafayette County Homeless Coalition**. This is a program that seeks to work together to learn about homelessness and how to reduce it in Lafayette County.

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.



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

Help Others Reframe the Offering

Why do we give? People give for many reasons: Love, because they feel blessed/thankful, obligation, or coercion.

Why do the people in your church give? Have you asked them? Have you helped them to look at it through the lens of love? The Invitation to the Offering is a powerful teaching and invitational tool.

You can boil your sermon down into a sentence/statement or two. Maybe you will challenge them. Perhaps you want to use this time to remind them of what the church has done or is doing in the community and the world.

Here are some possible prompts: As the plates are passed, think of your offering as... Ushers, would you help us to take the first step? As we give our offerings this morning... In this offering we have the opportunity to... Let us give as people who... Giving is an act of faith... I invite you, to give now as an act of faith.

Giving is an act of love... I invite you, to give now as an act of love. Now is the time to return to God, that which has first been given to you... for the strengthening of the church in its mission to care for the world. ...commit to give of your whole selves... ...Think about this (consider this) truth (message, statement) as you return to God your gift. Let us worship God with our gifts. We have the opportunity right now to make visible God's work in us. How have you been blessed by the abundance of God? Won't you reveal your gratitude? Right now? The ushers are waiting.

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

Remember the Convenience of Electronic Giving



The Finance Committee would like to remind you that we offer Electronic Funds Transfer (EFT) as a way to automate your regular weekly offering. Not only is electronic giving from a checking or savings account convenient for individuals, but it also provides much-needed donation consistency for our church. As you contemplate future contributions, please consider electronic giving. Authorization forms and additional information are available from the church office. Call or email if you would like one sent to you.

Giving: Giving is Love and Love is Giving

The point is this: whoever sows sparingly will also reap sparingly, and whoever sows bountifully will also reap bountifully. Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver.

And God is able to make all grace abound to you, so that having all sufficiency in all things at all times, you may abound in every good work.” (2 Corinthians 9:6-8) “God loves a cheerful giver.” Why do you give? Why do you put money in the plate? Why did you sign up for EFT? Is it to keep the lights on? Is it out of obligation? Is it because “it is just the thing you do”? In this month of February, when consumer products turn red, chocolate, and velvety, society asks us to think about love. We give gifts to others because we love them.

Could it be that we give in church (online) because of Love? We are called to give to God because God loves us. We are called to give to God because we love God. We are called to give, not begrudgingly, but cheerfully! When we give, we are saying, “I love you God!” We are not saying, “Fine, here you go God.” Why do you give? Look inside of yourself right now. Be honest. Why do you give? When the plate passes you, what goes through your mind? In this time of online giving, has your giving changed? Have you been giving more or less? More or less often? Why?

Always remember, you cannot out give God! God loves us and has, does, and will do so much for us. So, in response, we give back to the Lord. We give out of LOVE.

Jim Wells, Director of Stewardship & Capital Campaigns, WUMF



**Powerful giving with
your smartphone**

Apps make life easier. With GivePlus Mobile, you can use your smartphone to give anytime, anywhere!

- Download the FREE app on your Apple or Android phone
- Make one-time or recurring donations using your debit/credit card or checking/savings account
- Log in or donate as a guest
- Securely and conveniently manage donations using Touch ID/Fingerprint, PIN or password

To give through the app, search your phone's app store for "GivePlus Mobile" or contact the church office.

Meetings and News



Monthly Accountable Leadership Board Meeting

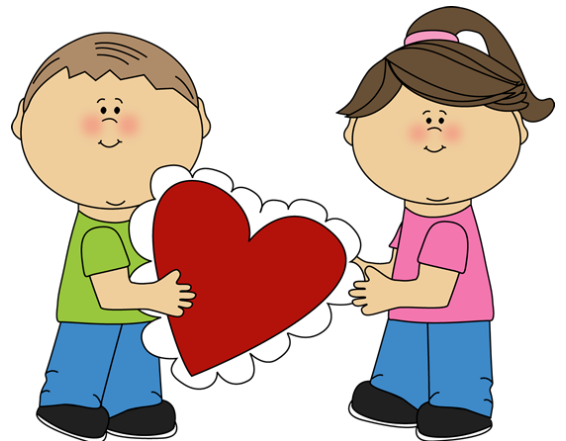
Monday, February 8 — 6:30 p.m.



Sunday School News

Hearts for the Nursing Home: the Sunday School children will be decorating hearts for the nursing home. The children can cut out hearts and decorate them. Have them use their creativity! The hearts can be colored, cut into creative designs, or include sayings. They can be dropped off to Amy Mullikin or Danica Diedrich. E-mail danicadiedrich13@gmail.com by February 1 to schedule a pick-up/drop off.

Don't forget that Sunday School meets every Sunday at 9:00 a.m. via Zoom. 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

Fall WUMF Grant Deadline March 1

The Wisconsin United Methodist Foundation exists to help United Methodist churches, ministries, boards, and agencies with all things financial regarding their ministries. They hope to support churches and groups in expanding their ministry through projects and creative ministries. If you have a new ministry idea or event that you would like help funding, consider applying for a grant. (These grants are to be considered seed money rather than continuing support, and the typically phase out after three years.) There is a round of grants offered in the Fall and sometimes again in the Spring. The fall round deadline is November 1, and the spring round deadline is March 1.



Go to <http://www.wumf.org/grants> for guidelines, grant applications, and past grant recipients.

Retired & Re-Fired Small Group

If our group was meeting today, I would ask someone to read Matthew 14:22-33. This is the story of Peter walking on the water. I'm suggesting that you read it in your Bible. I am just paraphrasing it below.

The disciples were caught out in a boat in the midst of a storm. The winds were fierce, and the waves were high, and Jesus came walking toward them on the water. When Peter saw it was Jesus he called to him saying that he wanted to walk on the water to Jesus. Jesus told him to come. So Peter stepped overboard and began walking on the water toward Jesus. Then Peter noticed the strong wind and the high waves, and he began to sink.

As long as Peter kept his focus on Jesus, he could walk on the water. But as soon as he was distracted, he began to sink. So as it is with us. There are many situations that can cause storms in one's life. Right now I believe our country is in the midst of a mighty storm – the winds are fierce, and the waves are high. Whatever the circumstances that are causing the storms in your life, keep your eyes on Jesus—your friend, your shepherd, your Savior.

This month's meeting:

Monday, February 8 — Celebration of our birthdays and anniversaries. Please bring your own lunch. We meet at noon in the Fellowship Hall. **We will be practicing social distancing, and wearing a mask is required.**

Blessings and Love,

Betty Gleason, Retired & Re-Fired Small Group Leader

We're all Part of His Flock



The Retired & Re-Fired Group
Centenary United Methodist Church

Want to Keep Receiving Newsletters?

Beginning with the February 2021 newsletter, ALL NEWSLETTERS WILL BE E-MAILED INSTEAD OF MAILED.

However, we **WILL** continue to mail hard copies to a small number of those who are homebound or don't have e-mail. If you don't have an e-mail address, please contact the church office at 965-3455 to get on the mailing list. (If you are currently getting weekly worship mailings, we will continue to mail your newsletter.)

We want to reduce the paper, printing, labor, and postage costs of mailing approximately 225 newsletters, so if at all possible, please choose e-mail.

Thank you for your understanding!

From Our Parish Nurse.....

February is

American

Heart Month



In the United States, cardiovascular disease -- including heart disease, stroke, and high blood pressure -- is responsible for one out of every three deaths.

It is the number one killer of American women and men, and it is a leading cause of serious illness and disability. Across our Nation, we have lost devoted mothers and fathers, loved siblings, and cherished friends to this devastating epidemic. During American Heart Month, as we honor their memories, let us recommit to improving our heart health and continuing the fight against this deadly disease, for ourselves and our families. Americans of all backgrounds can be at risk for heart disease and stroke -- and nearly half of all adults have at least one major risk factor. However, individuals who are at high risk often do not know it, and data suggest that many people who experience sudden cardiac death do not act on early warning signs. That is why it is important to understand the risk factors for cardiovascular disease, such as obesity, inactivity, and diabetes, and to keep your blood pressure and cholesterol under control. By maintaining a healthy diet, getting regular exercise, and not smoking, you can control risk factors and help protect your heart. To learn more about cardiovascular health, talk with your healthcare provider and visit www.CDC.gov/heartdisease.

Make Blood Pressure Control *Your* Goal

This American Heart Month, the Centers for Disease Control and Prevention (CDC) and Million Hearts®—a national effort to prevent 1 million heart attacks and strokes in the United States by 2017—are encouraging Americans to know their blood pressure, and if it's high, to **make control their goal**. Uncontrolled high blood pressure is a leading cause of heart disease and stroke. In fact, more than 67 million Americans have high blood pressure. People with high blood pressure are 4 times more likely to die from a stroke and 3 times more likely to die from heart disease, compared to those with normal blood pressure. High blood pressure often shows no signs or symptoms, which is why having your blood pressure checked regularly is important. It's easy to get your blood pressure checked. You can get screened at your doctor's office and drugstores, or even check it yourself at home, using a home blood pressure monitor. Work with your health care team to make sure you meet your blood pressure goal.

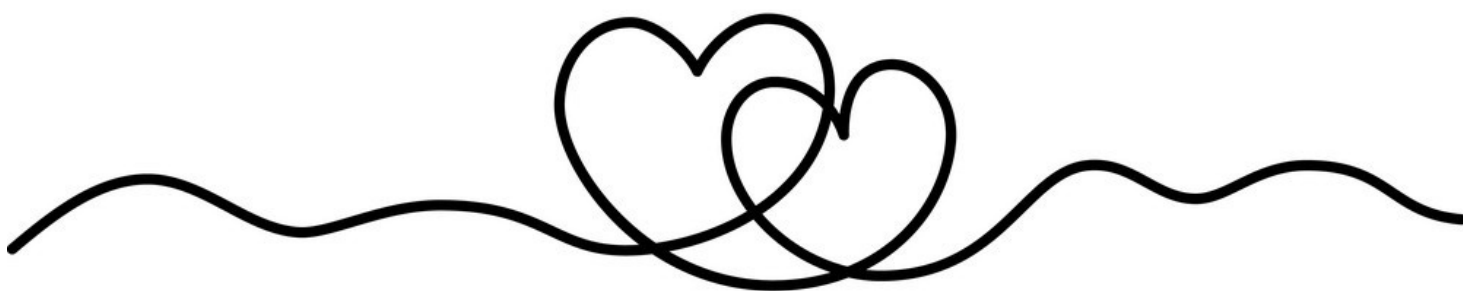
- **Ask your doctor what your blood pressure should be.** Set a goal to lower your pressure with your doctor and talk about how you can reach your goal. Work with your health care team to make sure you meet that goal. Track your blood pressure over time. One way to do that is with the free wallet card from Million Hearts®.

- **Take your blood pressure medicine as directed.** Set a timer on your phone to remember to take your medicine at the same time each day. If you are having trouble taking your medicines on time or paying for your medicines, or if you are having side effects, ask your doctor for help.
- **Quit smoking—and if you don't smoke, don't start.** You can find tips and resources at CDC's Smoking and Tobacco website.
- **Reduce sodium intake.** Most Americans consume too much sodium, which can raise blood pressure. Read about ways to reduce your sodium and visit the Million Hearts® Healthy Eating & Lifestyle Resource Center for heart-healthy, lower-sodium recipes, meal plans, and helpful articles. millionheart.hhs.gov

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

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

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



Accountable Leadership Board & Staff Refresher

ALB

Trustees Representative: Jamie Roberts
SPRC Representative: Mary Gensler
Finance Representative: Tina Cruse
Memorial Representative: Mary Gensler
Nurture Representative: Pam Harker
Mission and Outreach: Marlene Stewart
Sunday School Representative: Danica Diedrich
Fellowship Group: Pam Harker

Other Groups

Youth Group: Jamie Roberts & Pastor Stanton
Youth Group Mission Trip: Eugene Uehling
Pasty Bakes: Cherie Uehling

Staff

Pastor: Stanton Bockwoldt
Treasurer: Becky Upmann
Secretaries: Becky Mootz & Becky Upmann
Parish Nurse: Marlene Stewart
Member to Annual Conference: Art Finnigan & Mary Gensler
Church Council Chair: Art Finnigan
Financial Secretary: Lois Finnigan
Custodian: Bobbi Brown
Communion Stewards: Sharon Teutschmann & Penny Tregloan

February Birthdays

1 Allen Kraus	15 Brad Mootz
2 John Walker	19 Matt Gensler
2 Ron Houtakker	19 Grady Poppy
2 Tim Foulker	20 Tessa Schwartz
3 Jon Foulker	22 Bill Scott
3 Gary Weiskircher	23 Jonathan Weiskircher
5 Sandy Hittenmiller	24 Michelle Wedige
5 Leigh Lierman	25 Chris Wurtzbacher
5 Xandria Olson	25 Shyanne Arteaga
7 Lori Kudronowicz	25 Andy Upmann
7 Tucker Schmid-Cox	26 Lillian Rowley
7 Mark Russell	26 Jillian Stietz
9 Jennifer Berendes	27 Julie Jones
11 Jerry Nielsen	28 Todd Ubersox
12 Paige Hauser	28 Tony Wieleler
13 Dalton Wotnoski	

HAPPY ANNIVERSARY

6 Pat & Betty Gleason
14 Tom & Emily Martin



February Worship

February 7

It's Getting Old

Isaiah 40:21-31

1 Corinthians 9:16-23

Mark 1:29-39

February 14

What Was That?

2 Kings 2:1-12

2 Corinthians 4:3-6

Mark 9:2-9

February 17

Ask Wednesday

Running 100 Miles an Hour In the Wrong Direction

Joel 2:1-2

2 Corinthians 5:20b-6:10

Matthew 6:1-6, 16-21

February 21

1st Sunday in Lent

Internal GPS

Genesis 9:8-17

1 Peter 3:18-22

Mark 1:9-15

February 28

2nd Sunday in Lent

Game-Changer

Genesis 9:8-17

1 Petr 3:18-22

Mark 8:31-38

FEBRUARY 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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1 2 3 4 5 6

Pastor Stanton's
Day Off

9:30 Zoom Bible Study
w/Pastor Stanton

7 8 9 10 11 12 13

9:00 Sunday School Zoom
Check-In
9:30 Blended Worship In-Person
& Facebook Live

Noon Retired & Re-Fired
6:30 Accountable Leader-
ship Board Meeting
(Fellowship Hall)

9:30 Zoom Bible Study
w/Pastor Stanton

14 15 16 17 18 19 20

9:00 Sunday School Zoom
Check-In
9:30 Blended Worship In-Person
& Facebook Live

Pastor Stanton's
Day Off

9:30 Zoom Bible Study
w/Pastor Stanton
7:00 Ash Wednesday Service

3:30 Food Pantry

VALENTINE'S DAY



21 22 23 24 25 26 27

9:00 Sunday School Zoom
Check-In
9:30 Blended Worship In-Person
& Facebook Live

Pastor Stanton's
Day Off

9:30 Zoom Bible Study
w/Pastor Stanton

28

9:00 Sunday School Zoom
Check-In
9:30 Blended Worship In-Person
& Facebook Live

Special thanks to all the wonderful volunteers that help prepare
the mailing of the newsletters each month.





The Chimes

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

(See inside for more
guidelines & details)

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

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The worldwide observance of Lent begins this year on February 17 with Ash Wednesday. This solemn occasion reminds us of our mortality, as well as our need for forgiveness. We will have Ash Wednesday worship at 7:00 p.m. We will be doing things a little different this year. The option for the imposition of ashes will be not be available, instead you are asked to bring a pen and piece of paper to service with you. We will have ashes in a different way.....come and see!

You do not have to be a member of CUMC or any church to take part in this service, so please feel free to invite anyone to come with you. We hope to see many of you on this Holy Day as we begin this wonderful and dramatic season known as Lent.



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