

The Chimes

Centenary United Methodist Church



Wednesday, February 22 at 6:30

February 2023

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Bible Study

with Pastor Maria

Wednesdays @ 9:30 a.m.
at Second Chance Coffee

Book Study

led by Jeremiah Diedrich

Wednesdays @ 6:00 p.m.
in the Serenity Room

see page 3



Wednesday nights see page 3

PASTY BAKE

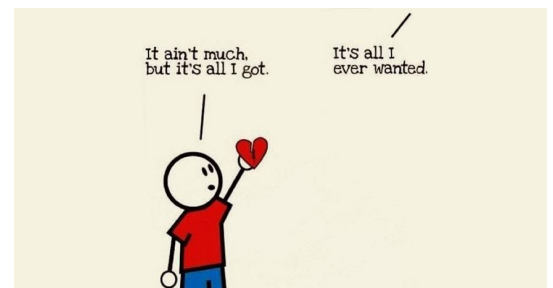


Saturday,
March 11



To order, call the church office
or complete an order form at church.

Orders must be placed by Wednesday, March 8.



Starting another new year, we think of God's will for us as children of God hoping that we live in it throughout the year: Be joyful, Pray continually, Be thankful. I would like us to move on to God's will for us as disciples. As Christians we take this call to discipleship at our heart. What is a discipleship? Discipleship is an on-going life process of becoming like Christ and at the same time, life of helping others to become like Christ as – new disciples of Jesus. For this mission of life time, Christians need two spaces – church and the world. We come together at church to worship and teach and to go out into the community (the world) to serve and to invite people to church. In this light, I find our church's traditions and missional activities so far very impressive.



At the latest ALB (Accountant Leadership Board) in January, the board leaders set the vision for 2023, which is our first year in the post pandemic time: ***"Be a welcoming community for all, worshipping together at God's house (To have more than 50 at each service)."*** Leaders are also working on strategic goals to achieve this vision. This simple, clear and specific vision shows who we believe we are and how we tell others why we are doing what we are doing as disciples of Jesus.

The mission statement of UMC is 'Make disciples for the transformation of the world. Sun Prairie UMC people put it on easier terms: "Our Vision (as a church) is to be a welcoming home where we share God's love." Sun Prairie people see their church as a welcoming home for all people. And they list worshipping as the foremost thing they do as a faith community.

Home is the place you always come back to. Love and forgiveness are people out there are thirsty for and we as church are to nurture our home to be welcoming, loving and forgiving. Once people feel that, they will stay here. May God bless you and your family in this year's Lent!

Peace,

Pastor Maria



TO LOVE YOU MORE...

It is the job of the pastor, leaders, and whole congregation to care for the body of the church. We are called to love as Jesus loved. The church doesn't always know when you are hurt, having surgery, going through a tough time, or in the hospital.

If you would like Pastor Maria to visit you or a family member, please call the church office or her cell directly at (253) 886-6015 to set up a time!

Upcoming Events

Bible Study

with Pastor Maria

Wednesdays @ 9:30 a.m.
at Second Chance Coffee



Every Wednesday night
from 6:00 - 7:00 p.m.

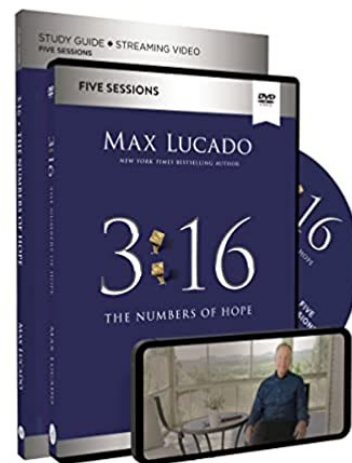
Join us for Children's Church and Adult Book Study. Each week you can expect a meal, Sunday School lesson, and an activity.

ALL kids between 3 years old and 12th grade and their families are welcome

So bring the whole family...we hope to see you there!

Wednesday Evening
Adult Book Study
6:00 - 7:00 p.m.

“The Numbers of Hope”
Wednesday Night Adult
Book Study.
Starting in February



Led by Jeremiah Diedrich

Worship service is recorded every Sunday and posted on the church Facebook page. The Tech Team is in charge of recording & posting, if you would like to be part of the team, please let Team Leader Jeremiah Diedrich know.



Meetings and News

Retired & Re-Fired Small Group

Our group will be on winter break from now until we meet on March 20. At that meeting we'll be working on getting Easter cards ready. We'll also talk about our plan for activities and projects for the spring. Please bring your own lunch and your Bible study book. Coffee, tea, and a dessert will be provided. May God bless you and guide you until we meet again!

We're all Part of His Flock



The Retired & Re-Fired Group
Centenary United Methodist Church

Mary Gensler, Retired & Re-Fired Small Group Leader

Fellowship Group News

We will be holding an important **Fellowship Group meeting on Saturday, February 18 at 9:00 a.m.** to discuss our mission and upcoming pasty bake as well as clean our kitchen and equipment. Brunch will be served with quiche, fruit, cinnamon rolls, coffee, and milk.

We will be holding a **Pasty Bake on Saturday, March 11!** We will be preparing on Friday, March 10 at 5:30 p.m. and making the pasties starting at 6:30 a.m. Saturday morning. The cost of each pasty is \$25. You can sign up to help prepare or bake pasties on the sign-up sheet at church, at the Feb. 18 meeting, or by calling my cell phone at 608-482-1579. Many hands make light work and it is a great time!

To purchase a pasty, fill out an order form and place it in the offering plate, or call the CUMC church office at 608-965-3455.

Please mark these events on your calendar, and don't forget to sign up to help!

Don't forget that Lent will be starting on February 22.

May God bless and surround you with his love this February! Happy Valentine's Day!

Pam Harker

Rev. Dr. Amanda Stein's Installation as S.W. District Superintendent!

When: Saturday, February 11 at 2:00 p.m.

Where: First United Methodist Church, 400 Doty St., Mineral Point, WI 53565

How: All are welcome! This is a worship celebration for the SW District -- lay and clergy alike -- as well as friends and representatives of the Conference.

10 Ideas for a More Meaningful Ash Wednesday

To help us find ways to remember the holy in the midst of our routines—something we should strive for every day—we offer some ideas to consider.

1. **Worship** — Many congregations typically offer worship services on Ash Wednesday.
2. **Serve** — On Ash Wednesday, we remember that we are part of the human family, making it a great day to serve others. If possible, find a place to volunteer for the day. Or simply use your lunch hour to hand out sandwiches and sports drinks to the homeless in your city, take an hour to mow a neighbor's lawn, or shovel the snow from their driveway.
3. **Give** — We encourage you to give to your congregation, the United Methodist Committee on Relief, or a service project advance. Alternately, leave your server an above-and-beyond tip. Put money in the instrument case of a street musician. Purchase a paper from the homeless woman on the corner. Find ways to bless others with that which God entrusts you.
4. **Abstain/fast** — "Giving something up for Lent" is a common practice for many Christians. Often, we give up a favorite food or try to kick a bad habit during Lent. Ash Wednesday, the first day of Lent, is when this begins, but don't confine yourself to food or habits. Can you abstain from gossip or complaining for Ash Wednesday? What about defensive attitudes, fear, or anxiety? You probably won't be perfect at this, but when these attitudes begin to take hold of your day, pause for prayer.
5. **Pray your day** — Pray for the drivers of the vehicles and fellow mass transit passengers with whom you share your commute. Pray as you pass the hospital, police station, and government offices. Lift up the trash collector and mail carrier. Offer sentence prayers throughout the day thanking God for your coworkers.
6. **Make something** — Some of us reflect and pray best when our hands are busy. Get back in the workshop and spend time cutting, sanding, and gluing. Sit at a piano and let the music flow. Take out the paints, glue, clay, and other supplies to create a work of art. As you create, give thanks to our Creator who longs to be in relationship with you.
7. **Be still** — Others find meaning in stillness. Light a candle and pause before the presence of God. Take a holy yoga class. Enjoy a cup of coffee on your deck. Listen for the voice of God.
8. **Clean something** — Ash Wednesday is a good day to get a jump on your spring cleaning. Spend an hour with the junk drawer, that cabinet at work, or organizing the files on your computer. As you remove things you no longer need and reorder those you do, be mindful of the ways God "cleans" us. The Bible tells us "As far as east is from west—that's how far God has removed our sin from us" (Psalm 103:12, CEB). As we get things in order, we remember that Jesus gave his life so that we might be free from our sins and know new life.
9. **Burn something** — When you finish cleaning, take some of the papers you no longer need to the fireplace. Light them and watch as they turn to ashes. The ashes in the fireplace are not the same as the ones used in worship, but can serve as a similar reminder that your sins are forgiven. As the smoke rises up the chimney, know your prayers are rising to God as well.
10. **Forgive and seek forgiveness** — As we pray for God's grace, we should also seek forgiveness from those we have wronged. Ash Wednesday is a great time to go to those you have hurt. It is also a wonderful day to forgive another. Jesus taught us to pray, "Forgive us for the ways we have wronged you, just as we also forgive those who have wronged us" (Matthew 6:12 CEB). Maybe while you are burning those old papers, you might also burn a grudge. If appropriate, let the person know you forgive them. Remember, however, that forgiveness has much more to do about us than the one who offended us.

From UMC Homepage, written by Joe Iovino who works for UMC.org at United Methodist Communications.

Going Above and Beyond as Stewards of CUMC



Food Pantry Giving

We collected 42 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 February 16.

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.



Join us on Sunday mornings before Worship for Coffee and Fellowship. Coffee, tea, and milk along with a light snack will be served from 10:00-10:30 a.m. every Sunday.

If you feel called to sign up for a Sunday, please see the sign-up sheet on the back table or contact the Team Leader, Mary Gensler. **We are in need of hosts for February and March.**

INTERVIEW CHALLENGE ALERT



Pastor Maria is continuing the "Centenary Interview Challenge." The rule is the same with Ice Bucket Challenge, except there is no ice bucket! After you have an interview with Pastor Maria, you are expected to nominate someone for the next interview. We are hoping that she is able to get everyone to do the challenge. This is a great way for her to get to know everyone.

From Our Parish Nurse.....

February is



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.

ALB Meeting *12/202022* *Minutes*

- Devotion by the pastor
- Watching video "Ultimate reliance - Breakthrough prayers"
- ALB Orientation continued (IV)
- Vision- Be more welcoming for all community to join us in worship to become disciples. Will discuss more next month on if this is what we want.

Business/Ministry Reports

- Update on how we are doing Financially- Review and discuss Financial Reports
- Apportionments: 15% tithe to apportionments for Conference, plus designated apportionment giving.
 - Motion made by Lois Finnigan, seconded by Mary Gensler to approve paying the \$1,398 (15%) plus the \$165 that was given. All in favor. Motion approved.
Becky will email everyone at the beginning of January with the amount we still owe and see how much we want to pay for the rest of the apportionments.
- Meeting Minutes- Review and Approve
 - Motion made by Pam Harker seconded by Mary Gensler to approve the minutes as presented. All in favor. Minutes approved.
- Trustees-
 - Fellowship Hall Bathroom Bid
 - Discussed the bathroom bids that were in. Motion made by Mary Gensler to approve the bid for the Bathroom project downstairs seconded by Lois Finnigan. All in favor. Motion approved.
 - Future projects/repairs
 - Paint in the spring, upstairs bathroom remodel
 - Signage
- Wednesday Fun Night
 - They are off for the next 2 weeks due to the holidays

- Finance
 - Counting Team Procedure Changes
 - Lois stated that they will be starting on January 1 with the counting teams again.
- Fellowship Group
 - Discussed having a Pasty Bake on March 11.
 - Thank you to the servers/catholic ladies is in the works
- Other Missions/Ministries
 - Music/Band?
 - College Student and Military Support Group
 - Advent by Candlelight
- Retired and Re-Fired
 - They got all the Christmas bags out to the shut ins. They will be off until March 20 when they will resume and do Easter cards.

Announcement / Information

- Christmas Eve service & Christmas service program participation
- Centenary UMC Band: how often can they be part of our blended worship? (Once a month? Which week?) Do they need any support?
- Intercessory prayer request email form draft
- This is a prayer request that will be emailed out. Checking to see who all wants to be involved since Names are on it.
- Sunday Class for Children: when, by whom and how, etc.
- Pastor is trying to get some people to do this
- ALB orientation (II) for newcomers on Jan. 10
- SPRC orientation for new SPRC specialists on Jan. 10
- Pastor Maria will take one week vacation Dec. 28- Jan.3. Tina Cruse will fill in for her as lay speaker on January 1st Sunday service.
- She gave us a paper that she gave the funeral home to use in instances where she is not available to fill out for each funeral.
- Adjournment: adjourned at 8:20 p.m.



Present: Pastor Maria Kim, Art Finnigan, Lois Finnigan, Mary Gensler, Terry Hicks, Pam Harker, Becky Upmann



Youth Group

Calling all youth grades 6-12! This month's meetings:
 February 19 @ 6:30 in the Fellowship Hall
 February 26 @ 6:30 in the Fellowship Hall

Youth Group Leaders,

Amy Mullikin, Jamie Roberts, & Danica Diedrich



1 Allen Kraus	8 Mark Russell
2 John Walker	15 Brad Mootz
2 Tim Foulker	19 Matt Gensler
3 Jon Foulker	19 Grady Poppy
3 Gary Weiskircher	25 Chris Wurtzbacher
5 Sandy Hittenmiller	25 Shyanne Arteaga
5 Leigh Lierman	25 Andy Upmann
5 Xandria Olson	26 Lillian Rowley
7 Lori Kudronowicz	28 Todd Ubersox

Scripture Readers

Opening Prayer Readers

CHILDREN FOR OFFERING HELPERS

Your participation will make our worship more lively and active!

If you feel called to help with any of these, please contact the office.

Online Intercessory Prayer Team Forming

Members of this group will receive prayer requests from the previous Sunday (only those that are permitted for sharing online) and be responsible for actively praying for them. If you would like to join an Online Intercessory prayer group, please circle yes on the back of your attendance card, or let pastor Maria or Pam Teasdale (team leader) know.

February Lectionary

February 5

5th Sunday After the Epiphany

Isaiah 58:1-9a (9b-12)

Psalms 112:1-9 (10)

1 Corinthians 2:1-12 (13-16)

Matthew 5:1-12

February 12

6th Sunday After the Epiphany

Deuteronomy 30:15-20

Psalms 119:1-8

1 Corinthians 3:1-9

Matthew 5:21-37

February 19

Transfiguration Sunday

Exodus 24:12-18

Psalms 99

2 Peter 1:16-21

Matthew 17:1-9

February 22

Ash Wednesday

Joel 2:1-2, 12-17

Psalms 51:1-17

2 Corinthians 5:20b-6:10

Matthew 6:1-6, 16-21

February 26

First Sunday in Lent

Genesis 2:15-17, 3:1-7

Psalms 32

Romans 5:12-19

Matthew 4:1-11



FEBRUARY 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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1 2 3 4

9:30 Bible Study @ 2nd
Chance w/Pastor Maria
6:00-7:00 Family Fun Night
6:00-7:00 Adult Book Study

5 Communion 6 7 8 9 10 11
10:30 Blended Worship 10:00 Lafayette Manor 9:30 Bible Study @ 2nd 3:30 Food Pantry 2:00 District Superin-
with the Re-Awaken Band Community Worship Chance w/Pastor Maria tent Service in MP
6:30 Youth Group 6:00-7:00 Family Fun Night 6:00-7:00 Adult Book Study

12 13 14 15 16 17 18
10:30 Blended Worship 6:30 Cub Scouts 9:30 NO Bible Study @ 2nd 3:30 Food Pantry 9:00 Fellowship
with the Re-Awaken Band VALENTINE'S DAY Chance w/Pastor Maria Group mtg.
6:30 Youth Group 6:00-7:00 Family Fun Night 6:00-7:00 Adult Book Study

19 20 21 22 23 24 25
10:30 Blended Worship 6:30 Cub Scouts 9:30 Bible Study @ 2nd 10:00 Shullsburg Home
6:30 Youth Group 6:30 Ash Wed Worship Service Chance w/Pastor Maria Community Worship

26 27 28
10:30 Blended Worship 6:30 Cub Scouts
6:30 Youth Group





The Chimes

Join us for Sunday
Morning Blended
worship

10:30 In-Person &
Recorded Service on
Facebook each
Sunday

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

Address Service Requested

Ash Wednesday Service

Ash Wednesday is an important day in the church calendar. It marks the beginning of Lent, a season of preparation for the celebration of Easter.

Centenary UMC and Hazel Green UMC agreed to take turns in offering Ash Wednesday service. **This year the service is held at Centenary UMC on February 22 at 6:30 p.m.** The service consists of prayer, singing, confession and pardon, a sermon, and the imposition of ashes. The somber tone helps us reflect on our own mortality and the need for us to confess our sins.

The ash imposition is an option for everyone – you don't have to be a member of CUMC or Hazel Green UMC or any church to be anointed with ash. 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 grace filled season known as Lent.



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