



The Chimes

Centenary United Methodist Church

Accountable Leadership Board

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Baptism of the LORD

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Wednesday Night Adult Faith Study

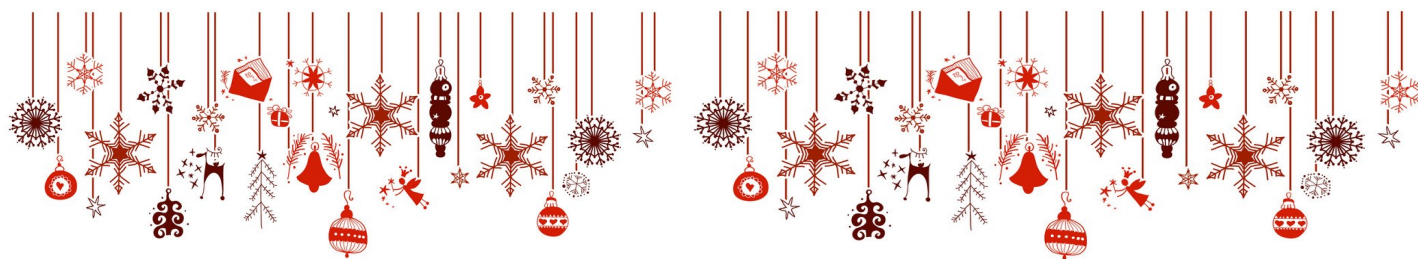


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January 2020

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Greetings,

The Roman philosopher Seneca once wrote that “every new beginning comes from some other beginning’s end.” As we begin a new year I am reminded of the truth of that statement. 2020 is just beginning but that fact comes on the heels of the fact that 2019 has ended.

For some of us 2019 was a challenge; for others it was a blessing – regardless of where we might find ourselves on that spectrum, 2020 marks a new beginning.

My hope and prayer for each of you as we venture forth into the new beginning that is 2020 is that you may experience the love of Jesus Christ in profound ways through the coming year. I hope that 2020 may be a year of personal and spiritual growth for us all.

In Christ,

Pastor Stanton



Leadership
Opportunities

Accountable Leadership Board Approved!

At the annual Charge Conference held on November 2, our circuit approved our change to the Accountable Leadership Board of administration.

What this means is that after a transition period of 3-6 months, there will no longer be committees in charge of decision-making in the church. Instead, decision will be made by a board consisting of 9-12 people who will meet monthly. In addition to the board members, there will be teams created to do the legwork required to make recommendations to the board (essentially what committees used to do).

In order to build our new ALB and teams, we will of course need people. If you are interested in being on either the board or a team, please fill out an application (available soon at church and enclosed in the January newsletter) for consideration by the current Lay Leadership Committee.

Centenary UMC at a Glance

November Statistics

Total Offering:

(regular offering, not earmarks)

Nov 2, 3, & 6	\$ 1,701
Nov 9, 10, & 13	1,762
Nov 16, 17, & 20	2,029
Nov 23, 24, & 27	4,116

Attendance:

(Sat 7, Sun 9:00, 10:30, Wed 6:15)

Weekly

Totals

Nov 2, 3, & 6	13, 18, 44, 10	85
Nov 9, 10, & 13	14, 20, 35, 30	99
Nov 16, 17, & 20	14, 18, 32, NS	64
Nov 23, 24, & 27	18, 12, 31, 11	72



Church Council meeting minutes will no longer be printed in the newsletter. Instead, we will print the highlights. The full minutes will be available outside the office and on shullsburgumc.com.

January Worship

January 5 & 8

Are We There Yet? Claiming the Promise

Isaiah 60:1-6

Ecclesiastes 3:1-12

Matthew 2:1-12

January 12 & 15

Water

Isaiah 42:1-19

Acts 10:34-43

Matthew 3:13-17

January 19 & 22

We Have Found Him (The Jesus I Knew)

Isaiah 49:1-7

1 Corinthians 1:1-9

John 1:29-42

January 26 & 29

The Darkness

Isaiah 9:1-4

1 Corinthians 1:10-18

Matthew 4:12-23



December 9 meeting:

- Trustees actions: Approved purchase of new 2 door cooler in kitchen. Discussed renovation of bathrooms.
- There will be a application in January's newsletter for the ALB Board.
- We have been able to maintain the 10% giving to apportionments.
- Discussed having a Pledge Card Incentive.

Upcoming Events

Baptism of the Lord

January 12 & 15

Be sure to attend worship on the weekend of January 12 & 15 to participate in our annual celebration of the baptism of Jesus Christ. The baptismal font is filled with water. After we reaffirm our baptismal covenant, everyone, child and adult alike, is invited to come forward and make a cross on their forehead with the water as a reminder of the grace of their baptism, a sacrament originating with Jesus Christ in the gospel story for that day. Come and celebrate the baptism of Jesus Christ and our own baptism or even future baptism.

Come as you are, no judgment, only grace.



Coffee & Conversation

Coffee and Conversation has **moved to Wednesdays** from 8:15-9:00 a.m. at Second Chance. Stop by for a chat and a drink!



**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

January Administrative Meetings

Monday, January 13

6:00 – Finance Committee

7:00 – Church Council



Sunday School News

Great job to the kids for their hard work as they did a remarkable job telling the story of Jesus' birth! Sunday school will resume January 5. We will go back to studying our curriculum.

We hope to see you Sunday mornings!

Sunday School Team



*****Please note — a message will be sent out if Sunday school has to be canceled due to bad weather.*****



Youth Group News

Calling all youth grades 6-12! Youth group meets **WEEKLY at 6:00!** Bring your friends, and we'll see you there!

Sunday, Jan. 5 - At Church

Sunday, Jan. 12 - At Church

Sunday, Jan. 19 - At Church

Sunday, Jan. 26 - At Church

Youth Group Leaders & Volunteers





Confirmation Class Schedule for 2019-2020

January 12, March 8, May 17

all classes begin at noon and end at 2 p.m.

Any youth in grades 7 and up who hasn't already been confirmed is welcome to attend. We start with pizza at noon! Friends are welcome! If you have any questions call Pastor Stanton at 608-965-3455 or email him at centenary.umc.pastor@gmail.com.

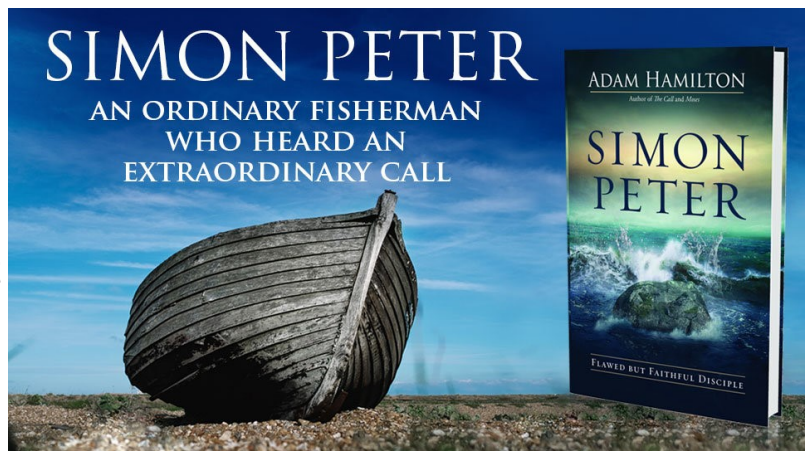
Adult Bible Study — Back on January 8!

Wednesdays at 6:15 p.m., Serenity Room

He left everything to follow his teacher and possessed a passion that would change the world. That's one way to describe Peter. Here's another: poor, uneducated, quick-tempered, and full of doubts and fears. Doesn't even sound like the same man.

And that's the point of *Simon Peter*, a new book and six-week adult Bible study by Adam Hamilton. Peter was just an ordinary guy who heard and followed God's extraordinary call.

Come join us on Wednesday nights while we learn about Jesus and his Disciples and have some great conversation. All adults are welcome at any time. If you can't make it one Wednesday, come the next. There's always something new to learn each week. And we have a lot of fun!



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

Retired & Re-Fired Small Group

Our December 9 meeting was a busy one as we celebrated birthdays and anniversaries, got our Christmas cards ready for mailing, and filled the Christmas bags for our friends in our Home Visitation Program. It was also a joyous time, and several R&R members broke into songs as they worked. What a great way to end the year!

Next year is upon us. In January, February, and March we will meet only once a month – on the second Monday. We hope you have made a resolution to visit us at one of our meetings this year. We meet at noon in the Fellowship Hall.

This month's meeting:

Monday, January 13 — Celebration of our birthdays and anniversaries. Lunch will be provided.

Betty Gleason, Retired & Re-Fired Small Group Leader

We're all Part of His Flock



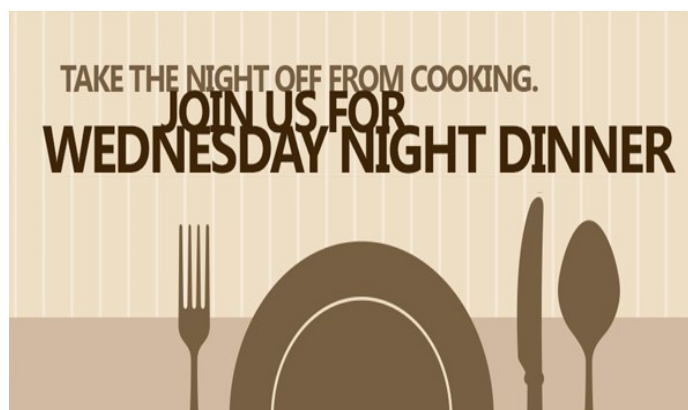
The Retired & Re-Fired Group
Centenary United Methodist Church

Wednesday Night Dinners Are Coming Back!!

CUMC is thrilled to announce that Wednesday Night Dinners will be returning soon! Many thanks go to Kim Brown who has stepped up to serve as Wednesday Dinner Coordinator. Kim will organize all of our volunteers and menus so we can get back to having things in place a month in advance.

Please watch the newsletters, bulletins, and Facebook for updated information. Of course dinner will still be followed by worship at 6:15 in the Sanctuary.

Coming together in His name! Hope to see you on Wednesdays!



From Our Parish Nurse.....

January is Thyroid Awareness Month

What is the Thyroid?

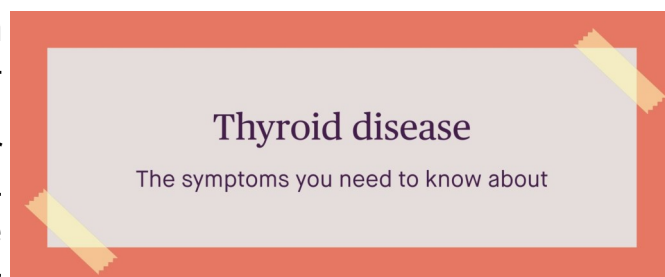
Your thyroid is a butterfly-shaped gland about 2 inches long at the base of your neck, in front of your throat. The thyroid has two symmetrical sides, like butterfly wings, called lobes that sit on each side of your windpipe. These sides are sometimes connected by thyroid tissue called the isthmus.

What Does the Thyroid Do?

Your thyroid releases specific hormones that travel through your body and regulate vital functions. Although the thyroid gland is relatively small, it produces a hormone that influences every cell, tissue and organ in the body including your breathing, heart rate, metabolism, menstrual cycles, body temperature, blood pressure, even your mood is affected by these hormones. Because of this, without the correct quantities of hormones your body and mood can become unbalanced.

How Does it Work?

The thyroid is part of your endocrine system that produces, stores, and circulates hormones into your bloodstream to interact with cell production. Made from iodine in your food, the thyroid produces two main hormones: triiodothyronine (T3) and thyroxine (T4) monitored by two brain glands, the hypothalamus and the pituitary. The over or underproduction of these hormones is monitored by the thyroid stimulating hormones (TSH) released by the pituitary.



Why Do You Need it?

Thyroid hormones T3 and T4 interact with almost every cell in the body, regulating the speed of their many processes. For example, if your T3 and T4 levels are high, they will increase your heart rate and metabolism, if the levels were low your heart rate and metabolism would decrease.

What is Hyperthyroidism?

Hyperthyroidism occurs when too much T3 and T4 hormones are released into the bloodstream, accelerating the speed of cell processes. This can cause unintentional weight loss, rapid heart rate, irritability, anxiety, vision problems, sleep disturbances, and increased sensitivity to high temperatures.

What is Hypothyroidism?

Hypothyroidism occurs when too little T3 and T4 hormones are produced, slowing down cell processes. This can cause fatigue, diarrhea, difficulty concentrating, dry skin and hair, joint or muscle pain, and some weight gain.

Symptoms of Thyroid Cancer

Swelling, lumps, or nodes found in your neck are the most common symptoms of thyroid cancer. Large thyroid tumors may cause neck or facial pain, difficulty swallowing, hoarseness, coughing, voice changes, and shortness of breath.

The Impact of Thyroid Disease

More than 12 percent of the U.S. population will develop a thyroid condition during their lifetime.

An estimated 20 million Americans have some form of thyroid disease.

Up to 60 percent of those with thyroid disease are unaware of their condition.

Women are five to eight times more likely than men to have thyroid problems.

One woman in eight will develop a thyroid disorder during her lifetime.

Most thyroid cancers respond to treatment, although a small percentage can be very aggressive.

The causes of thyroid problems are largely unknown.

Undiagnosed thyroid disease may put patients at risk for certain serious conditions, such as cardiovascular diseases, osteoporosis and infertility.

Pregnant women with undiagnosed or inadequately treated hypothyroidism have an increased risk of miscarriage, preterm delivery, and severe developmental problems in their children.

Most thyroid diseases are life-long conditions that can be managed with medical attention.

Possible Causes & Risk Factors

Most people affected by thyroid cancer are between the ages of 20 and 55, occurring in females 2 to 3 times more than males, and more commonly diagnosed after pregnancy or menopause. Also, exposure to high levels of radiation can increase your risk for thyroid cancer, like Hodgkin lymphoma radiation therapy and radioactive contamination. Though the direct cause for thyroid cancer is unknown, thyroid disease, even non-cancerous, can be genetic.

Seeing your primary care doctor for your regular checkups is important, not only for your overall health but also for your thyroid health. This is especially true if you're at risk for developing thyroid disease; for example, if you have a family history of Hashimoto's thyroiditis or Graves' disease. In this case, your doctor will likely want to test your thyroid hormone levels on a yearly basis. However, if you are experiencing any of the symptoms discussed be sure to schedule an appointment with your doctor to discuss any concerns that you have.

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.

Thank-You's

I would like to start by thanking all of the wonderful ladies who hosted tables, sang, made food, attended, and made this year's Advent by Candlelight a success. I would not have been able to do it without all of you. I am truly blessed every year at how many ladies come to this. This year was such a beautiful year. I hope to see you all next year for another fun night.....and we can't forget the wonderful men who made it possible for us to enjoy all the delicious desserts. Special thank you to the Gill boys who were wonderful help. I can not express how much your help meant to me that night. Thank you to all the who helped!

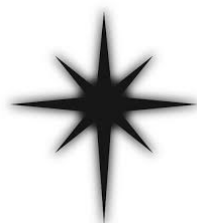


Next, I would like to thank all of the generous people we have in our congregation. Without you we would not be able to do our Christmas Blessings tree each year. I know the families feel truly blessed that we are able to help them. Each and every one of you make a difference in their lives, and I want to thank you from the bottom of my heart and on behalf of the receiving families.

Blessings,

Becky Upmann

Counting ALL our Christmas blessings at CUMC.....



144 food items Filling the Sills
(BEFORE Christmas Eve service)



152 gifts purchased for Christmas Blessings tree



38 cans of soup and boxes of crackers collected for the Food Pantry



\$110 collected for the Warm Hearts fund

Going Above and Beyond as Stewards of CUMC

January Missional Giving

Mission money collected this month will go to Warm Hearts Fund here at CUMC. This fund is used to help out people who are in need and come to Pastor Stanton for help. He meets with the individual, learns about their situation, and offers them counseling and support.

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.



Food Pantry Giving

We collected 38 items for December! For the month of January we are collecting juice and breakfast items. Distribution will be on Thursday, January 16.

CUMC will be sponsoring BINGO at the Lafayette Manor on Wednesday, January 29 at 2:00. Prizes and players welcome!



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

January Birthdays

1 Greg Jenson	14 Charles Searles	23 Jeremiah Diedrich
1 Tricia King	16 Jeff Gensler	24 Niccole Millin
1 Neal Mullikin	17 Tara Teasdale	25 Jeff Leitzinger
3 Kelly Altfillisch	17 Janice Raymond	25 Jennifer Foulker
5 Dean Ubersox	17 Mikayla Reddington	26 Brooke Fennel
7 Russell Hauser	18 Kortney Kudronowicz	26 Ashley Hinzman
8 Naomi Webster	18 Camden Russell	27 Tina Woods
10 Albert Gensler	20 Dolores Young	28 Scott Pedley
11 Eli Humphrey	20 Jamie Stoddard	29 Julie Gill
11 Shelby Fuerstenburg	21 Julianne Cunningham	29 Nathan Harker
12 Don Ahlstrom	21 Linda Dillon	30 Kennedy Kudronowicz
12 Eric Russell	21 Diane Freiburger	30 Gavin Pedley
12 Kaia Wurtzbacher	21 Kari Strang	30 Jason Leitzinger
12 Christian Wurtzbacher	22 Rosa Gierke	31 Aiden Strang
14 Chad Gleason	23 Riley Swenson	31 Kaden Strang
14 Jamie Roberts		31 Brandon Wilwert

HAPPY ANNIVERSARY

- 3 Chris & LeAnn Wurtzbacher
- 5 Ron & Sharon Woodworth
- 22 Chic & Marcella Russell



January 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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Special thanks to all the wonderful volunteers that help prepare the mailing of the newsletters each month.



5 9:00 Hymn Worship Service 9:15 Kids' Sunday School 10:30 Praise Worship Service 6:00 Youth Group	6 9:00 Hymn Worship Service 9:15 Kids' Sunday School 10:30 Praise Worship Service 6:00 Youth Group	7 Pastor Stanton's Day Off	8 8:15 Coffee & Conversation 9:00 Bible Study w/Pastor Stanton 6:15 Wednesday Night Worship 6:15 Adult Sunday School	9 8:15 Coffee & Conversation 9:00 Bible Study w/Pastor Stanton 6:15 Wednesday Night Worship 6:15 Adult Sunday School	10 8:15 Coffee & Conversation 9:00 Bible Study w/Pastor Stanton 6:15 Wednesday Night Worship 6:15 Adult Sunday School	11 7:00 Lay-Led Worship
12 9:00 Hymn Worship Service 9:15 Kids' Sunday School 10:30 Praise Worship Service 12:00 Confirmation Class 6:00 Youth Group	13 Noon Retired & Re-Fired 6:00 Finance Committee mtg. 7:00 Church Council mtg.	14 Pastor Stanton's Day Off	15 8:15 Coffee & Conversation 9:00 Bible Study w/Pastor Stanton 6:15 Wednesday Night Worship 6:15 Adult Sunday School	16 4:00 Food Pantry	17 7:00 Lay-Led Worship	18 7:00 Lay-Led Worship
19 9:00 Hymn Worship Service 9:15 Kids' Sunday School 10:30 Praise Worship Service 6:00 Youth Group	20 9:00 Hymn Worship Service 9:15 Kids' Sunday School 10:30 Praise Worship Service 6:00 Youth Group	21 Pastor Stanton's Day Off	22 8:15 Coffee & Conversation 9:00 Bible Study w/Pastor Stanton 6:15 Wednesday Night Worship 6:15 Adult Sunday School	23 8:15 Coffee & Conversation 9:00 Bible Study w/Pastor Stanton 6:15 Wednesday Night Worship 6:15 Adult Sunday School	24 8:15 Coffee & Conversation 9:00 Bible Study w/Pastor Stanton 6:15 Wednesday Night Worship 6:15 Adult Sunday School	25 7:00 Lay-Led Worship
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The Chimes

Worship Schedule

Saturday Evening Lay-Led
Worship Service at 7:00

Sunday Morning Hymn
Worship Service at 9:00

Sunday Morning Praise
Worship Service at 10:30

Wednesday Night Praise
Worship Service at 6:15

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Leadership Positions Open

The newly-formed Accountable Leadership Board will need 9-12 board members as well as numerous team members. If you'd like to serve, please look for the yellow application inside this newsletter or outside the office.

A Vision For Our Church

"Centenary UMC will continue to be THE place to be for weekend worship. People will often drive by this church and think, 'That place is packed: I wonder what I'm missing?' Through our church culture and worship atmosphere we will provide the spiritual spark for people to see God in their daily lives and grow in their understanding, ministry and faithful relationship with Him."