The Chimes



Centenary United Methodist Church



Mobile Giving see page 3



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Retired & Re-Fired Group see page 7



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July 2019

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Greetings,

I suspect that there may be many of us who have fallen a bit out of love with The United Methodist Church in recent days. Whether that was in February, when General Conference voted to embrace the "Traditional" plan for the way forward in the UMC, or whether that has been in recent

days as reports of various annual conferences have come to us (including the Wisconsin annual conference), I know many of us feel.... disillusioned by the current state of the UMC.

I understand. I too, am heartbroken at the current state of affairs in our denomination. I am heartbroken by the, (the kindest word that I can share is) ugliness that has been demonstrated by folks of disagreeing opinions toward one another. It hurts my heart to see brothers and sisters in Christ (on both sides of the issue of human sexuality) harming one another and being harmed through the words and actions of fellow United Methodists.

What has been occurring in our denomination is enough to make a person say, "enough is enough!" and walk away. I get it. I've felt that way at times too.

However, it is my hope that none of us will give into that temptation just yet. The reason that I say this is because we simply don't know how all everything is ultimately going to be settled in the UMC. There may well be a time when some will need to choose to walk away from the UMC because of personal convictions. I don't believe that time is here yet.

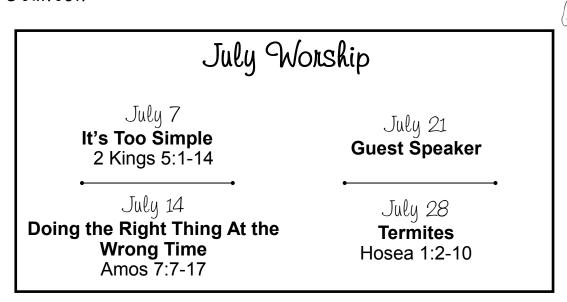
Ultimately, we won't know where we stand, as a denomination, until at least the 2020 General Conference.

In the meantime, I am asking all of us to live in the uncomfortableness that is uncertainty. Let us focus on the things that unite us rather than divide us during these months as we wait, pray, and hope for GC 2020 to bring some sort of clarification. Let us work together to create new ministries that address the needs of our community.

We must never forget that God is bigger than all our human disagreements. I trust that, God's will ultimately wins. God will see us through all this.

Until Next Time,

Pastor Stanton



Centenary UMC at a Glance

May Statistics

Total Offering: (regular offering, not earmarks) May 4, 5 & 8 \$1,653 May 11, 12 & 15 1,436 May 18, 19 & 22 2,638 May 25, 26 & 29 698

Att	tendance:	Weekly
(Sat 7, Sun 9 & 10:30	, Wed 6:30)	Totals
May 4, 5 & 8	16, 13, 22, 8	59
May 11, 12 & 15	15, 6, 65, 10	96
May 18, 19 & 22	16, 54, 10	87
May 25, 26 & 29	7, 19, 5	31





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

Mark Your Calendars for Vacation Bible School

To Mars and Beyond!!!

Coming in July....we will blast off with the First Vacation Bible School to land on Mars!

Dates: July 22-26, 2019

Time: Monday - Friday, 9 a.m. - noon

Where: Centenary United Methodist Church

Who: ALL children in our area age 4 to 5th grade

Cost: It's FREE!!!!

* * * * * * * This is an Ecumenical event! * * * * * *



MISSION COMMAND needs your help!

Vacation Bible School committee is looking for dependable, helpful, fun volunteers for the week of July 22-26. Informational meetings at the church are listed below. It is important to attend one of the meetings in order to prepare for the week of VBS. Please contact Cherie (608-482-3993) or Sadie (608-498-7586) Uehling if you can help. We need 2 people in each station—crafts, science, snack, Bible story, and recreation. We also need a puppeteer and Commander, group leaders, and photographer.

Meetings are as follows:

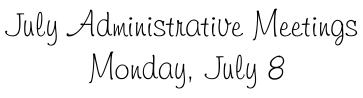
July 4 Parade Saturday, July 20 @ 10:00 a.m.

Sunday, July 7 @ 11:00 a.m. Sunday, July 21 @ 12:30 p.m. decorating

the church

Blessings, Cherie & Sadie Vehling

Meetings and News



6:00 – Finance Committee 7:00 – Church Council



Wednesday Night Dinner E Worship

Summer worship schedule change: Due to low attendance, Wednesday night services have been postponed for the remainder of the summer. They will resume, along with Wednesday night meals, in September.



Youth Group News

Calling all youth grades 6-12! For the months of July & August we will meet once a month — watch the newsletter and Facebook for updates. Bring your friends, and we'll see you there!

July Outing: TBD

Youth Group Leaders & Volunteers



CHURCH OPERATING EXPENSES DON'T GET TO TAKE A SUMMER VACATION...PLEASE RE-MEMBER TO SUPPORT CUMC WHILE YOU ENJOY YOUR SUMMER.



Retired & Re-Fired Small Group

The Retired & Re-Fired Group is six years old this month. We will celebrate by hosting coffee fellowship after the 9:30 worship service on July 28. Join us for worship and stay for our birthday party!

At our June 10 meeting we assembled 30 Hospitality Kits (10 men's kits, 10 women's kits, and 10 children's kits) that were taken to Annual Conference. The kits will be shared by Harbor House Crisis Shelters in Superior and Northcott Neighborhood House, a United Methodist Children's Services and Solomon Outreach in Milwaukee. Thanks to everyone who donated money for this project. We're all Part of His Flock

We usually meet on the second and fourth Mondays at noon in the fellowship Hall, but we will only meet once this month, July 8, due to a conflict with Vacation Bible School.

This month's meetings:

Monday, July 8 — Celebration of our birthdays and anniversaries. Lunch will be provided.

Sunday, July 28 — Birthday Party after 9:30 worship

Betty Gleason, Retired & Re-Fired Small Group Leader



We had a successful Red Cross blood drive with 43 units given. Thank you to all of the people who made bars and helped in the kitchen.

We also served the family of Lois Leitzinger after her funeral on Friday, June 14. Thank you again for all who brought food, helped with the Jellowship luncheon, served, and helped to clean up after. God bless you all. The family was so very grateful and thankful.



Centenary United Methodist Church

The red, white, and blue petunias by the entrance to the Fellowship Hall were purchased for the blood drive in memory of Jean Edge. She was always there serving and talking to all the donors. She is missed.

Pan Harker



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

Church Council Meeting

April 8, 2019 Minutes

Present: Pastor Stanton, Art Finnigan, Lois Finnigan, Tara Teasdale, Jon Gobrecht, Jamie Roberts, Becky Upmann.

Opening Prayer: Stanton led us in prayer and read a devotional prayer.

Church Council Chair Report: nothing new to report

Pastor Report:

New Council Format- This will start in May and go for 3 month period to see how everyone likes it.

Secretary's Minutes: Motion made by Jamie Roberts to approve the, Second by Jon Gobrecht. Minutes were approved with corrections.

Committee Reports:

Nurture (Now includes the following committees: TLC, Christian Education, Youth Group, Retired & Re-fired Group, Fellowship Group)

<u>Sunday School</u>- They will perform on Palm Sunday and Easter Sunday. May 12 will be their last day for this year. It will be a performance and Awards. They wrapped up the Ronald McDonald and Pop Tabs programs.

Youth Group- It is going well. They had 4 last night. Averaging 3-4 a week. They will be doing a outing on the 28.

Retired & Re-fired Group- They met today. They will be sending out 60 Easter Cards this year

Fellowship Group- They will be doing Breakfast for Easter Sunday.

Outreach-

Food pantry - They will be getting a new freezer soon.

College & Military Ministry- They will be getting cards ready to send out on May 1st after service.

Wednesday night ministry- They are doing well. They will be having Easter Dinner this week. There will be no dinner next week.

Trustees-

- Been having phone conversations with the insurance company
- The electrician came and did the necessary electric work

SPRC- nothing new

Memorial: the piano that was donated has been picked up.

Finance Report:

- •Will send our 10% tithe apportionments to the conference.
- Went over reports and statements

Next Meeting May 13 @ 7pm. Submitted by: Becky Upmann

Going Above and Beyond as Stewards of CUMC



Food Pantry Giving

We collected 42 items for our June collection. Thank you to everyone who brought something in! For the month of July we are collecting condiments such as ketchup, mustard, and mayo. Distribution will be on Thursday, July 18.

July Missional Giving

Mission money collected this month will go to Missionary Paul Webster. Paul is a Wisconsin native whose ministry as a rural economic development specialist at Mujila Falls serves the needs of poor, rural peoples. Each project promotes major programs in education, health, sustainable and appropriate agriculture, community develop-



ment, evangelism, and church construction. The projects strive to address community social, economic and health problems holistically, thus empowering participants. Right now he is serving at the Mujila Falls Agriculture Centre in Zambia.

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.



Sunday Coffee Fellowship

The United Methodist Church

If you are willing to bring snacks for fellowship between the two Sunday services, and following the 10:30 service, please sign up on the sheet in the back of the sanctuary or contact the church office at 965-3455. A fund has been established to help defray the costs—just let the office know if you need to access these funds.

Annual Conference 2019

Many of us, like Bishop Jung, are still processing what happened at this year's annual meeting of all the Wisconsin United Methodist Churches. The normal work of the Conference was appropriated by prolonged discussion of the decisions made by the February Special General Conference of the World United Methodist Church. It was obvious that there is disagreement among the delegates about the way the Church deals with members of the LGBTQIA+ community as well as other minority people in out communities. At times it became necessary to remind people that though we may disagree on some issues, our love of Jesus remains the one thing we all agree on and that it should continue to be our focus.

The Wisconsin Annual Conference, through several Resolutions and Petitions, made it clear that the majority of the delegates did not agree with the actions of the General Conference. Although the General Conference requires punishment for those who violate certain rules, the Wisconsin Annual Conference passed a resolution stating that no money or human resources will be used on formal complaints filed regarding LGBTQIA+ ordination or marriage. A referral was made to a Bishop's Task force to continue to study the issues and propose a way forward for the Wisconsin Annual Conference. Delegates were chosen to attend the 2020 General Conference where it seems this conversation will continue until a resolution is reached that is, hopefully, acceptable to all.

On a more uplifting note, we attended a wonderful Service of Licensing, Commissioning, and Ordination in which 25 persons were welcomed into different levels of the pastoral ministry. Among those licensed as a local pastor was our own Lori McGrannahan who has been assigned as pastor of a church in Viola. We were able to congratulate her and wish her luck in her new assignment. It is such a pleasure to be part of the service in which these devoted people profess their faith and commit themselves to a lifetime of service to God and their community. This service is always uplifting and ends in a service of communion served by the new Pastors.

As always, the wheels of bureaucracy turn very slowly, so the results or repercussions of this Annual Conference may not be known for months or probably years. In the meantime it is the hope and desire of your delegates that we all continue to support CUMC through our time, our money and most of all, our prayers. Our Church has a mission to continue being the hands and feet of Jesus in the Shullsburg Community. It will take all of us working together with God's help, to weather these trying times.

Art Finnigan & Many Gensler, Lay Delegates to the 2019 Wisconsin Annual Conference

Annual Conference Reflections: Thriving in the Wilderness

My blessed brothers, sisters, and siblings in Christ Jesus, I give you my thanks and appreciation. I am honored and proud to be the bishop of this great Wisconsin Conference. Together this past weekend we spent time wandering in our wilderness of confusion, disagreement, discernment, and desire to be a faithful church. It was not an easy time. There were ups and downs, times to celebrate and times to repent. We struggled in our work to be civil and respectful, and I was reminded to say clearly what behaviors would be acceptable – respectful disagreement and civil confrontation – and the unacceptable – bullying, disrespecting, and injuring. But we came through it all together, and we saw the glory of the Lord in the cloud. Everything may not be clear, but we see God in our midst!

I am still processing all that happened, but I rejoice again in our worship celebrations, the excellent and challenging Bible study provided by our brother, Peter Miano, the energy and faithful spirit of our young people, and the obvious, widespread desire to do justly and rightly to all people.

Our Annual Conference indicated in clear terms its dissatisfaction with the actions of General Conference to pass the Traditional Plan. Together we strategized ways to be faithful with our apportionment giving, to witness to our desire for full inclusion of LGBTQIA+ peoples, to bring the language of our Book of Discipline in line with our lived reality, and to move forward into a more loving and grace-filled church. It is clear that we have a long way to go, that we must make amends and apologize for hurtful actions, but that there is deep commitment to work together for a better, more loving church.

This is true not only of the LGBTQIA+ people who question whether The United Methodist Church really cares about and for them but is equally true for many of our racial and ethnic people who deal daily with destructive acts and attitudes of racism. In some of our Christian communities, hurtful and hateful words and actions communicate to both clergy and laity leadership that they are not welcome, not respected, and not supported. This is not true everywhere and of a majority of people, but racism in any form, in any place, and at any time is not an acceptable expression of Christians. Part of our wilderness is particular and institutional racism, and it is a priority for Wisconsin Conference to work to eliminate racism in all its forms.

We elected a slate of General Conference and Jurisdictional Conference delegates that reflect our desire to change and move forward. We elected a diverse and future-focused delegation of thoughtful, faithful, and dynamic clergy and laity. Pray for your delegation as they prepare for General Conference 2020. We have an amazing bunch of people to represent us.

We are committed to work on a Wisconsin option – a Wisconsin way forward to be a faithful and loving church, with great vision for mercy and justice ministries, for reaching new people in new places, and to strengthen our existing ministries, we reaffirmed our desire to be good stewards of all we possess. Our Launch Out! campaign is still very much a priority, but we voted to "pause," to give time for local churches to address their response to our general church decisions.

We affirmed our desire to stay in Sun Prairie and to own our Conference Center. In the midst of massive and disruptive change, we still hold our Conference Center. By God's grace, we will find new and better ways to address our administrative needs. We still face severe budgetary challenges. We still have less than we need to fully fund all our key ministries. We are in different places in our desire to financially support the denomination and connection. But we are in all these things together, and are working together on a Wisconsin way forward.

We are in a time of turbulence and change. This is wilderness at its wildest. Tempest and storm, intense heat, high winds – together we acknowledged that we cannot get through without God's help and guidance. But God makes us strong. God keeps us strong. What looks so overwhelming at the moment will seem less intimidating as time goes by. We have dynamic young leaders. We have powerful cross-cultural leaders. We have clergy and laity leaders committed to the faithful ministry and witness of the Wisconsin Conference. Is everyone happy with where we are? No. Many are unhappy. But we are still faithful. This is a measure of faith – following Jesus, serving God, loving neighbor whether we are happy or not.

Wilderness time is not fun time, but it is rich time. Wilderness time is not comfortable time, but it is valuable time. Wilderness time is not stable time, but it is essential time. Our deepest desire is not just to survive the wilderness, but to thrive. We come through wilderness stronger, wiser, better prepared and more confident. I am encouraged by our time together. As a Conference, we have spoken. As a Conference, we have witnessed to inclusiveness, justice, and a place for all at God's table. Do we still disagree? Yes. Is there still pain? Yes. But do we believe – truly know – that God is with us? Undeniably YES. Thanks be to God. Amen.

Grace and Peace,

Bishop Hee-Soo Jung

Not that I have already obtained this or have already reached the goal; but I press on to make it my own, because Christ Jesus has made me his own. Beloved, I do not consider that I have made it my own; but this one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on towards the goal for the prize of the heavenly call of God in Christ Jesus. Let those of us then who are mature be of the same mind; and if you think differently about anything, this too God will reveal to you. Only let us hold fast to what we have attained. Brothers and sisters, join in imitating me, and observe those who live according to the example you have in us.

Philippians 3:12-17

From Our Parish Nurse.....

July is National Social Wellness Month

Social wellness means nurturing yourself and your relationships.

It means giving and receiving social support - ensuring that you have friends and other people, including family, to turn to in times of need or crisis to give you a wide-ranging focus and <u>positive</u> self-image.

Social support enhances quality of life and can provide a cushion against adverse life events. Social support can take different forms:

- **Emotional** support refers to the actions people take to make someone else feel cared for.
- Instrumental support refers to the physical type of support, such as money and house-keeping.
- **Informational** support means providing information to help someone.

Why is Social Wellness Important?

Healthy relationships are a vital component of health. The health risks from being alone or isolated in one's life are comparable to the risks associated with cigarette smoking, blood pressure, and obesity.

Research shows that:

- People who have a strong social network tend to live longer.
- The heart and blood pressure of people with healthy relationships respond better to stress.
- Strong social networks are associated with a healthier endocrine system and healthier cardiovascular functioning.
- Healthy social networks enhance the immune system's ability to fight off infectious diseases.

Nurture Your Relationships

In their book *Lasting Love: The 5 Secrets of Growing a Vital, Conscious Relationship*, Drs. Gay and Kathlyn Hendricks cite the following concepts as instrumental in attaining a healthy and lasting relationship. The concepts can be applied to any type of social relationship, not just romantic relationships.

- **1. Become a master of commitment.** "It's important to be aware of precisely what you are committing to, so that you can realistically judge whether or not you have the capacity to follow through on the commitment."
- **2. Make commitments you can stand by.** "In any relationship, it is important to be honest and empathetic to each other's feelings, hopes, and dreams."
- **3. Break the cycle of blame and criticism.** "It is important to own your part in the relationship dynamics."
- **4.** It can be helpful to shift your attention away from "fixing the other person" and onto more creative expressions for resolving conflict. "Shifting the focus in this way will help to inject a more positive drive into the relationship."

5. Become a master of verbal and nonverbal appreciation. "Showing appreciation of others is critical to healthy relationships." Not only telling someone they are appreciated but also showing them through actions and gestures will help to foster a healthy relationship.

Don't forget to take time to take care of yourself as well. In order to be a good strong nurturer in your relationships you must take the time to care for yourself:

- Get a good night's sleep so that you are rested and able to take on the challenges of your day. If you didn't get enough sleep and are feeling tired it is ok to sneak in a little nap during the day. Rest is just as important as leading an active life.
- Get some sun. The sun supports all life, but it also makes us happier thanks to a constant shot of vitamin D. Get some rays, but make sure to stay protected and avoid sun damage.
- Eat a well-balanced diet....don't forget your vegetables! A healthy meal will have a plate divided with half the plate consisting of vegetables.
- Laugh -Laughter decreases stress hormones and increases immune cells and infectionfighting antibodies, therefore improving your resistance to disease. Laughter triggers the
 release of endorphins, the body's natural feel-good chemicals. Endorphins promote an
 overall sense of well-being and can even temporarily relieve pain.

How Can I Grow My Social Network?

- Work out. Joining a gym or an exercise group allows you to meet new people while exercising. There are many gyms and exercise groups that cater to specific clients to meet their needs such as; elderly clients, obese clients, busy moms, people with disabilities, cardiac focus, strength focus, flexibility focus, weight loss, off hours, etc.
- Take a walk with your pet. Starting a walking routine after dinner would not only give you
 another opportunity to be physically active, but it would also create more opportunities
 for you to meet your neighbors.
- Volunteer. Donate some of your time and hard work to a charity. You'll feel good about the cause, and you'll meet others with similar passions.
- Find others who share a hobby, such as hiking, painting, scrapbooking, running, boating, card playing, hunting, gardening, etc.

There are countless ways to grow your social network. Consider your interests, hobbies, and what feeds your soul, and then pursue them. You're bound to find others with similar passions!

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.

Resources:

www.helpguide.org www.takingcharge.edu www.healthline.com www.nimh.nih.gov



- 1 Katlynn King
- 1 Sandee Schunk
- 1 Ashley Heffran
- 5 Jerry Droessler
- 7 Steve Leitzinger
- 7 Becky Mootz
- 8 Nicole Champion
- 9 Lacie Palfrey
- 9 Peggy Moyer
- 9 Natalie Russell
- 9 Eugene Uehling
- 10 Bree Harker
- 10 Kayden Champion
- 10 Heather Hoey
- 11 Austin Gile

- 13 Janet Popp
- 13 Joe Lyne
- 14 Chuck Ubersox
- 15 Reagan Russell
- 18 Liam McGovern
- 19 Cheyenne Metz
- 19 Laurie Fields
- 19 Letitia Edwards
- 20 Joann Kohl
- 21 Peggy Ahlstrom
- 21 Joy Redfearn
- 22 Alex Scott
- 21 Lenora Cherry
- 22 Wyatt Sperry

- 23 Cody Moyer
- 24 Stanton Bockwoldt
- 25 Kate Fuerstenberg
- 25 Eddie Gierke
- 25 Aloysius Martin
- 25 William Martin
- 25 John March
- 26 Rachel Mysliwiec
- 26 Tom Teutschmann
- 26 Sadie Uehling
- 26 Autumn Unbehaun
- 27 Brittany Lyne
- 27 Nevada Sandlin
- 31 Dawn Shawcross
- 31 Penny Walter





- 2 Tim & Jenny Foulker
- 6 Curt & Shelly Russell
- 9 Duane & Shirley Hastings
- 10 Danelle Schmid & Todd Strang
- 19 Chad & Tara Teasdale

- 19 Jason & Felyscha Unbehaun
- 21 Chad & Katrina Gleason
- 21 Dan & Susan Morrissey
- 27 Mike & Jenny Moyle

July 2019

6.00 Shullsburg Fund mtg			۰	0		u)
Non Retired & Re-Fired Pastor Stanton's 10 10 12	0:9		/ Pastor Stanton's Day Off	3 9:00 Bible Study w/Pastor Stanton	4 Aim Stories	O.	6 7:00 Lay-Led Worship
17 18 19 19 19 19 19 19 19	7 9:30 Blended Worship Service Noon 11:00 VBS mtg. 6:00 7:00 (10 9:00 Bible Study w/Pastor Stanton	11	12	13 7:00 Lay-Led Worship
Pastor Stanton's Day Off $ \begin{array}{cccccccccccccccccccccccccccccccccc$	14 9:30 Blended Worship Service			17 9:00 Bible Study w/Pastor Stanton	18 4:30 Food Pantry	Õ.	<i>20</i> 10:00 VBS mtg. 7:00 Lay-Led Worship
53	27 9:30 Blended Worship Service . 12:30 decorating for VBS		23 Pastor Stanton's Day Off	24	25	26	27 7:00 Lay-Led Worship
30 31 Pastor Stanton's 9:00 Bible Day Off		9:	00-noon - Vaca	tion Bible School—M	londay-Friday		
	28 9:30 Blended Worship Service	,	30 Pastor Stanton's Day Off	<i>31</i> 9:00 Bible Study w/Pastor Stanton			

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



Summer Schedule

Saturday Evening Lay-Led Worship Service at 7:00

Sunday Morning Blended Worship Service at 9:30

The Chimes

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

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* * Memorial Day weekend — Labor Day weekend (May 26 – Sept. 1) * *

Saturday Night Worship — 7:00 p.m.

Single Sunday Worship — 9:30 a.m. (blend of hymns & contemporary music)

Wednesday Morning Bible Study — 9:00 a.m. — Serenity Room

Vacation Bible School — July 22-26 — 9:00 a.m.-noon

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."