

# The Chimes

Centenary United Methodist Church



*Worship  
in the Park*

see page 4



see page 4



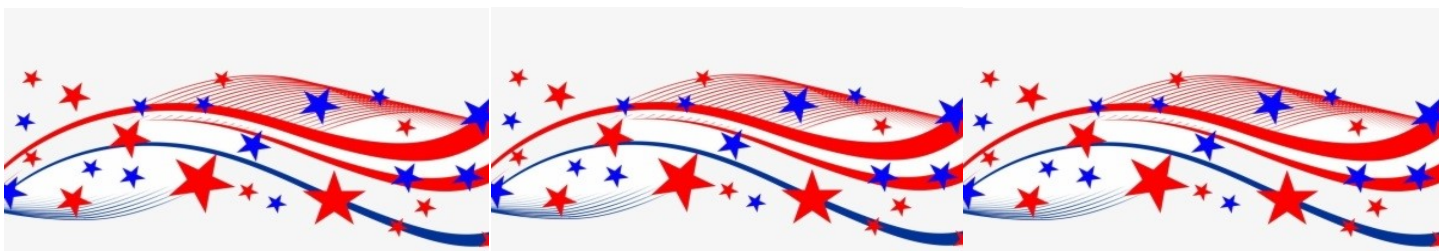
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## July 2021

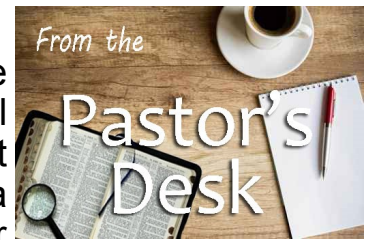
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Greetings,

For years there was a picture that hung in my office. Truth be told I lost that picture someplace along the way, but it was a full-page advertisement for the World Wildlife Fund that I had cut from a magazine. I originally cut it out because it featured a beautiful picture of a tiger and I have been partial to tigers ever since I attended Dakota Wesleyan University (the tigers).



Through time I began to appreciate that picture for something more. It wasn't just the tiger that drew me in, but the challenge that it issued to the reader: "Be a Force For Nature."

Today I'd like to focus on that statement while, at the same time, modifying it. I agree that more of us who claim the name of Christ need to be more intentional about caring for nature (it too is God's creation). And while I firmly believe that we, as Christians, have a moral and spiritual obligation to reduce, reuse, and recycle, this is not going to be the focus of this note.

Instead, I want to talk about being a force. Specifically, being a force for God. One of the things that I share time and again with youth is that I truly believe that there is so much potential resting within their lives to change the world.

Today I want to let you in on a secret. Careful now, we wouldn't want too many people in on this. Guard this note very carefully because the secret I am about to share could change everything. Things might never be the same again. Ok, here goes (for your eyes only!): that potential I talk about with the youth... Well, they aren't the sole owners of that potential. You see, you have it too. Yes, you read that right. You, you there sitting in your chair; you there riding down the road; you there reading this in the post office debating whether or not to pitch this before leaving the building; you there wherever you are; you have the potential to change the world. You have the opportunity to be a force for God.

Now, I know there are some among our ranks who are already forces for God. People who we respect for their faith and their actions. Now think about this: imagine if each and every one of us would allow ourselves to become the same types of forces for God. How would our church, community, world change? How many lives would find the peace and love of Christ?

Perhaps some of you think that I am being a bit Pollyannaish, but I truly believe that together, the followers of Jesus Christ could produce a fundamental shift in our society and world. I believe that we are called to work toward creating God's kingdom, the world as God intended it to be.

Now, we may never fully accomplish this work but with God's leading and support, we can certainly do better than we are now. So many of us have grown comfortable with things the way that they are. We fear change and, besides, it is so much easier to maintain the status quo. Many of us aren't forces for God because we are either (a) too scared or (b) too lazy to do so.

This paragraph is to see whether or not people are actually reading the newsletter articles. If you did read this please let Pastor Stanton know. Now back to your previously scheduled note.

John Wesley, in one of his famous sermons, contrasted the “almost Christian” with the “altogether Christian.” The argument goes that the “almost Christian” is a pretty good person, a regular attendee at worship services but that the true fire of faith doesn’t burn in their hearts. The “altogether Christian” is very similar to the “almost Christian” except in one very important way: the fire of faith burns in their hearts. The “altogether Christian” has a faith that is alive, vibrant and vital. To Wesley’s descriptions and argument, I would add the following: the “almost Christian” sits on the sidelines happy with the status quo; the “altogether Christian” is a force for God. In Closing I want to challenge each of us to “be a force for God.”

Until Next Time,

*Pastor Stanton*

## Celebrate: Life at the End of the Tunnel

*Now to God who is able to do immeasurably more than all we ask or imagine, according to God’s power that is at work within us. ~Ephesians 3:20*

I took my kids fishing for the first-time last month. You can imagine the excitement of 5-year-olds with a fishing rod! Besides fishing, they had fun throwing things into the lake. They enjoyed seeing how far they could throw sticks and rocks and see the ripples they create. That was a great teaching moment.

Do you know your words and actions are like these sticks? You do one thing, but it has a reaction much larger. There is a church in our conference that received an estate gift in the mid-1990s for youth. The gift was \$5,000 and was invested here at the Wisconsin United Methodist Foundation. That gift has grown and continued to be used for ministry. In the last 25 years, over \$6,500 has been used for youth ministry! There is still almost \$7,000 in that fund today! Isn’t it wonderful what a modest gift can do for the ministry of a church even after we have died! Isn’t it wonderful how one gift can affect youth for years! Isn’t it wonderful that one gift is a much larger action than the original giver could have ever known?

How are you giving to the church with your time, talents, and treasures? What ripple affect will it have now and in the future?

Visit the Wisconsin United Methodist Foundation at [www.wumf.org](http://www.wumf.org) or Facebook/wumf.org or call 888-903-9863.

Rev. Krystal Goodger, Director of Programming, Stewardship & Campaigns, Wisconsin United Methodist Foundation Contact us at: 608-837-9582 or [kgoodger@wumf.org](mailto:kgoodger@wumf.org)

## Upcoming Events

### Summer Worship in the Park

Throughout the summer, we will be having worship at 9:30 every Sunday on the Music in the Park stage at Badger Park. You may want to bring your own lawn chairs for service, or you may use the park's benches. If the weather is iffy, **watch our Facebook page** to see if worship will be in the park or in the sanctuary that day. What an excellent and holy opportunity to share our faith with and invite others in the community share in praising God this summer! **July 4 worship will be at 9:00 in the sanctuary.**



### Mark Your Calendars for Vacation Bible School

#### EXPLORE THE KNIGHTS OF NORTH CASTLE!!!

Coming in August....we will join Elem to explore all of the different parts of the castle!!!

**Dates: August 2-6, 2021**

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

**Where: Centenary United Methodist Church**

**Who: ALL children in our area age 4 to 5<sup>th</sup> grade**

**Cost: It's FREE!!!!**



### Here Ye! Hear Ye!

#### Join the Knights of North Castle on a Quest to be Strong in the Lord!

Vacation Bible School committee is looking for dependable, helpful, fun volunteers for the week of August 2-6. 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 Tara Teasdale (563-495-5575) or the office if you can help. We need 2 people in each station—crafts, science, snack, Bible story, and recreation. We also need puppeteer and Commander, group leaders, and photographer.

**Meetings: July 4 Parade** (anyone who can help, let Tara know)

**Sunday, July 25 @ 11:00 a.m.**

**Sunday, August 1 @ 11:00 a.m.** (decorating the church after meeting)

Blessings, Tara Teasdale & Danica Diedrich



## Going Above and Beyond as Stewards of CUMC



### Food Pantry Giving

We collected 7 items for our June collection. Thank you to everyone who brought something in! For the month of July we are collecting condiments.

Distribution will be on Thursday, July 15.

### July Missional Giving

Mission money collected this month will go to **Vacation Bible School**. This money will help pay for supplies and snacks for the week so that there is **NO CHARGE** for any child to attend. 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.



### WI UM Summer Camp Scholarships

The Wisconsin conference offers a variety of summer camps for children, youth, and families. Some are week-long; some are just for a weekend. All camps are led by trained staff and held at both Pine Lake and Lake Lucerne in central Wisconsin.

Our churches will support your student if they want to attend a camp. Please let us know how many nights you are signing up for, and we will reimburse a portion.

If you have questions about funding, please talk to Pastor Stanton. We hope many students will play/learn/grow at camp this summer. To see the available camps or to get more information, check out [wiumcamps.org](http://wiumcamps.org).



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

## Meetings and News

### Accountable Leadership Board Monthly Meeting



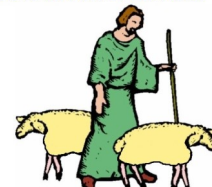
Monday, July 19 — 6:30 p.m.

### Retired & Re-Fired Small Group

Greetings to all in our church family! Hope you're enjoying some summer pleasures with family and friends. Another comfort kit was donated after our last newsletter, so a total of 27 kits were taken to Platteville United Methodist Church to bless those seeking shelter during times of crisis. Thank you for generously sharing with those in need!

Our next meeting is Monday, July 12 at noon in the Fellowship Hall of our church. Please bring your own lunch; dessert will be provided. Be ready to talk about Chapter 4 of our book when we meet "Crystal", a modern day equivalent of "The Woman at the Well." Read John 4: 1-42 of your Bible for the original story, too. How does this woman react when a stranger at the well seems to know all about her life and speaks to her of "living water"? How do you react to God's promises? Are you thirsty?

We're all Part of His Flock



The Retired & Re-Fired Group  
Centenary United Methodist Church

The Wisconsin Annual Conference of the United Methodist Church was held virtually on Friday, June 18 and Saturday, June 19. This year's vision was Radical Inclusion and Racial Justice. Meanwhile we are blessed to be gathering together again in person for worship and fellowship. Bring your favorite lawn chair to the park at 9:30 a.m. on Sundays this summer for church service and yes! there are benches and shady spots available! See you there!

Mary Gensler, Retired & Re-Fired Small Group Leader

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



## Fellowship Group News

CUMC hosted the Red Cross Blood drive on Tuesday, June 1. We had 31 giving units. Thanks to all who donated and gave the gift of Life. We were able to give donors our famous cheese salad sandwiches by making individual sandwiches in bags. ...a little bit of normal at a time...

We also hosted our first funeral luncheon since the pandemic for Elizabeth Kraus. Thank you to everyone who donated food, but especially to those who set up, served and cleaned up after. Bigs thanks to Penny Tregloan, Delva Palfrey, Mary Gensler, Shirley Gensler, Lee Gill, Lindsey Poppy, and Lynn Ranum for helping to serve and clean up. Thank you to Sharon Teutschmann, Mary Gensler, and Lois Finnigan for helping to set up the night before. It is wonderful to be able to serve our church family once again.

God Bless, and have a Happy Fourth of July!

Pam Harker



## Bible Study

Wednesday Morning Bible Study with Pastor Stanton meets at Second Chance Coffee Shop at 9:30 a.m..



## Online Worship

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

Congratulations to CUMC's graduating high school members/friends! Here are the graduates if you would like to send them a card. If you know of someone who I have missed, please let the office know.



Madison Russell — 3504 Martin Rd., Shullsburg, WI 53586

Brooklyn Strang — 26090 Aetna Rd., Benton, WI 53803

Gabriella McGovern — 680 W. Hope St., Shullsburg, WI 53586

Hildie Sigwarth — 222 E. Main St., Shullsburg, WI 53586

Peyton Doyle — 124 W. Oates St., Shullsburg, WI 53586

Kiera Sandlin — 581 E. Faith St., Shullsburg, WI 53586

## From Our Parish Nurse.....

### **Summer Time Skin Safety**

With summer in full swing, it's the perfect time to head outdoors and enjoy the sunny weather. But are you protecting yourself from potential risks? The U.S. Department of Health and Human Services has named July as Ultraviolet (UV) Safety Month. The goal is to spread the word about how important it is to protect everyone's skin from the harmful effects of UV rays.

#### ***What Is UV Radiation?***

Most individuals don't realize that UV light is a form of radiation. By definition, radiation is the emission of energy from any source. Radiation has many different types, but UV radiation is a form of electromagnetic radiation. The main source of UV radiation is the sun, although it can come from man-made sources such as tanning beds and welding torches. Radiation exists across a spectrum from very high energy, such as x-rays and gamma rays, to very low energy, such as radio waves. UV rays have more energy than visible light, but not as much energy as x-rays.



The sun emits radiation in the form of UV light, which is classified into three types by wavelength: UVA, UVB, and UVC. The ozone layer is a protective layer that blocks all UVC light, but UVB and UVA light pass through it. UVA penetrates deeply into the skin. It's the type of UV radiation that causes wrinkling or leatherness of the skin. UVB is the type of radiation that causes sunburns. Exposure to both UVA and UVB are associated with the development of skin cancer, so it is important to protect the skin during exposure to sunlight.

UV radiation is at its highest when and where the sun's rays are the strongest. This means that UV levels will be highest around noon on a clear sunny day, even more so during the summer months. UV levels will also be highest near surfaces that reflect sunlight, such as snow or sand, and it's more prevalent at higher altitudes.

#### ***How Does UV Radiation Affect Skin Cancer?***

In addition to natural sun light a common source of UV radiation today is found in artificial UV lights like the type found in indoor tanning beds. The amount and type of UV radiation depends on the specific lamps used in the bed, how long a person stays in the bed, and how many times the person uses it. Most modern UV tanning beds emit mostly UVA rays, but there are still some that emit UVB rays. The American Academy of Dermatology reports that indoor tanning may be responsible for an estimated 400,000 cases of skin cancer in the United States annually.

According to the American Cancer Society, an estimated 5.4 million basal skin cancers are diagnosed annually, and nearly 3.3 million people are diagnosed with squamous cell skin cancers annually. Even more troublesome is that many people are diagnosed with more than one skin cancer type. Invasive melanoma represents about 1% of all skin cancer cases, but it accounts for the majority of skin cancer deaths with an estimated 87,110 new cases of invasive melanoma annually and 9,730 deaths annually. Overexposure to UV radiation can also cause eye cataracts, eye damage, skin aging, growths on the skin, and immune system suppression.



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### ***How to Protect the Skin from UV Radiation***

Fortunately, there are measures to minimize the risks that comes with sun exposure.

Block UV light with protective clothing. This includes wearing a hat (preferably wide brimmed) as well as shade-protective clothing. This can partly shield the skin from the harmful effects of UV ray exposure. The American Academy of Ophthalmology notes that many forget to wear sunglasses that have a label that says protects 99% of UV radiation for eye protection.

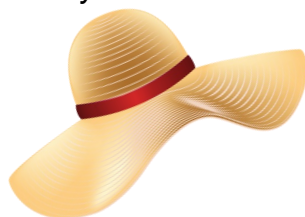
Stay in the shade, especially when UV radiation is most intense at midday between the hours of 10 a.m. and 4 p.m. The sun can still damage the skin on cloudy days or in the winter, so year-round protection is important. Use caution when near reflective surfaces, like water, snow, and sand, which can reflect the damaging rays of the sun. This can increase the chance of sunburn, even in areas that appear to be shaded.

Choose the right sunscreen and apply it correctly. The U.S. Food and Drug Administration's regulations for sunscreen labeling recommend that the sunscreen have a sun protection factor (SPF) of at the very least 15, and it should protect against both UVA and UVB radiation. According to the National Council on Skin Cancer Prevention, most people apply only 25%–50% of the recommended amount of sunscreen. When out in the sun, apply at least one ounce (a palm full) of sunscreen every two hours. It should be applied more often when sweating or swimming, even if the sunscreen is waterproof.

Children 6 months and older should use a sunscreen with at least SPF 15, though higher is preferable. Higher SPF formulas filter more harmful rays than lower formulas. The sunscreen should also be labeled "broad spectrum," meaning it shields against both UVA and UVB rays. For areas prone to sunburn, like the nose, cheeks, ears and shoulders, choose sun protection that has zinc oxide or titanium dioxide as a main ingredient. These products often come in bright colors, so kids can have fun wearing them while getting stronger protection. Babies under 6 months should be kept away from direct sunlight, dressed in protective clothing and shaded using an umbrella or stroller canopy. Use sunscreen on an infant's sensitive skin only if other protection is unavailable.

Try to stay away from sources of artificial UV light. The Centers for Disease Control and Prevention stress that indoor tanning significantly increases the risk of developing melanoma, basal, and squamous cell cancers. It also causes premature aging of the skin and suppresses the immune system.

Sources: *The American Cancer Society*  
*Banner Health Care*  
*The Oncology Nursing Society*



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.

***Remember! Protecting your skin from harmful UV light should take place all year long and not just in the summer time.***



## July Birthdays

5 Jerry Droessler	21 Joy Redfearn
7 Steve Leitzinger	22 Alex Scott
7 Becky Mootz	21 Lenora Cherry
8 Nicole Champion	23 Cody Moyer
9 Lacie Palfrey	24 Stanton Bockwoldt
9 Peggy Moyer	25 Kate Fuerstenberg
9 Natalie Russell	25 Eddie Gierke
9 Eugene Uehling	25 Aloysius Martin
10 Bree Harker	25 William Martin
10 Kayden Champion	25 John March
10 Heather Hoey	26 Rachel Mysliwiec
11 Austin Gile	26 Tom Teutschmann
13 Janet Popp	26 Sadie Uehling
13 Joe Lyne	26 Autumn Unbehaun
14 Chuck Ubersox	27 Brittany Lyne
15 Reagan Russell	27 Nevada Sandlin
18 Liam McGovern	31 Dawn Shawcross
19 Cheyenne Metz	31 Penny Walter
20 Joann Kohl	

## July Worship

July 4

### Independence

2 Samuel 5:1-5:9-10  
2 Corinthians 12:2-10  
Mark 6:1-13

July 11

### Not a Good Decision

2 Samuel 6:1-5, 12b-19  
Ephesians 1:3-14  
Mark 6:14-29

July 18

### Compassion

2 Samuel 7:10-14a  
Ephesians 2:11-22  
Mark 6:30-34, 53-56

July 25


### Guest Speaker TBD



## HAPPY ANNIVERSARY

2 Tim & Jenny Foulker
6 Curt & Shelly Russell
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



*On this special day...  
I wish you all the very  
best, all the joy you can  
ever have and may you  
be blessed abundantly  
today, tomorrow and  
the days to come!* 

# JULY 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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1 2 3

4 *Worship in the Sanctuary*  
9:00 Blended Worship In-Person



5  
6 Pastor Stanton's  
Day Off

7 8 9 10

9:30 Bible Study @ 2nd  
Chance w/Pastor Stanton

11 *Worship in the Park*

9:30 Blended Worship In-Person

12 Noon Retired & Re-Fired

13 Pastor Stanton's  
Day Off

15 16 17

9:30 Bible Study @ 2nd  
Chance w/Pastor Stanton

3:30 Food Pantry

18 *Worship in the Park*

9:30 Blended Worship In-Person

19 6:30 Accountable  
Leadership Board Meeting  
(Fellowship Hall)

20 Pastor Stanton's  
Day Off

21 9:30 Bible Study @ 2nd  
Chance w/Pastor Stanton

22 23 24

25 *Worship in the Park*

9:30 Blended Worship In-Person

26 27 28 29 30 31

*Pastor Stanton Out of the Office—July 23– July 28*



# The Chimes

Join us for Sunday  
Morning Blended  
worship  
9:30 In-Person &  
Facebook

(See inside for more  
guidelines & details)

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

*Address Service Requested*

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## All the Ways to Give to Your Church

The Finance Committee would like to remind you that we offer several ways to give:

**Electronic Funds Transfer (EFT)** as a way to automate your regular weekly offering. Electronic giving is from a checking or savings account.



All of these along with In-Person or Mailed giving provides much-needed donation consistency for our church. As you contemplate future contributions, please consider one of these as your way to give. Authorization forms and additional information are available from the church office.



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

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