



The Chimes

Centenary United Methodist Church



*Biker Blessing
see page 3*

June 2019

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**American
Red Cross
Blood Drive**

see page 7

SUMMER Schedule

see back page





Greetings,

There is something magical about the call of the sea, or so it seemed to the (not quite so) young man as he and his beloved ventured out into the warm, invigorating waters of the Caribbean Sea. It was one of those perfect moments; warm sun, warm water, beautiful teal water. The only downside to the day? Strong winds that were creating quite large waves. However, even these waves seemed manageable. So the couple ventured out into the sea. One step, two, three and then a dozen... and then the (not quite so) young man and his beloved tripped over rocks and were plunged into that beautiful teal Caribbean Sea water. Suddenly those manageable waves became bullies that pushed and pulled the two of them this way and that. The rocks made it nearly impossible for the two to regain their footing.

The couple made their way back to the shore after a seemingly interminable period of time (probably about 30 seconds in real life) and, after regaining control on solid ground, laughed about the series of events that had just transpired (including the fact that the Caribbean had stolen a pair of sunglasses).

It was a reminder to the (not quite so) young man that one never really knows all that life brings to us; reminder that even beautiful things sometimes have “darker” sides and vice versa; a reminder that even though you can see waves on the surface sometimes there is much more happening below the surface.

I can't help but be reminded that we should always try our best to be kind and caring individuals to those around us because we never know what is going on in their lives. Every person has struggles that they deal with, many (or even most) of which we will never be aware. Maybe they're enjoying a beautiful day on the beach, or maybe, just maybe, they're being battered by waves. Either way, we serve them and our God best by extending kindness.

Until Next Time, *Pastor Stanton*

June Worship

June 2 & 5

Don't You Hate It When...?

Acts 16:16-34

June 9 & 12

A Dried Up Riverbed

Acts 2:1-21

June 16

Guest Speaker

Wednesday June 19

The Spirit of Truth

Proverbs 8:1-4

June 23 & 26

Ford vs. Ferrari

1 King 19:1-15a

June 30 & July 3

Freedom

2 Kings 2:1-2

Centenary UMC at a Glance

May Statistics

Total Offering:		Attendance:		Weekly
(regular offering, not earmarks)		(Sat 7, Sun 9 & 10:30, Wed 6:30)		Totals
May 4, 5 & 8	\$1,653	May 4, 5 & 8	16, 13, 22, 8	59
May 11, 12 & 15	1,436	May 11, 12 & 15	15, 6, 65, 10	96
May 18, 19 & 22	2,638	May 18, 19 & 22	16, 54, 10	87
May 25, 26 & 29	n/a	May 25, 26 & 29	7, 19, NA	n/a

Upcoming Events

Biker Blessing

Sunday, June 2

following Sunday 9:30 a.m. Blended Service

Drive up to the main entrance on Monroe St. (by the park), and Pastor Stanton will anoint your bike with oil and pray for protection for you and your bike this summer.



Bingo at the Manor

If you like to play bingo, then come to the Lafayette Manor in Darlington on Wednesday, June 26 and play Bingo with the residents from 2:00 - 3:00 p.m.

Volunteers and small prize donations are always welcome!

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:

Tuesday, June 4 @ 6:00 p.m.

Monday, June 17 @ 6:00 p.m.

July 4 Parade

Sunday, July 7 @ 11:00 a.m.

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

**Sunday, July 21 @ 12:30 p.m. decorating
the church**

Blessings, Cherie & Sadie Uehling

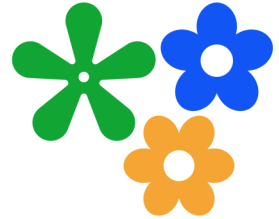
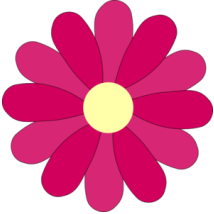
Meetings and News

June Administrative Meetings

Monday, June 10

6:00 – Finance Committee

7:00 – Church Council



Youth Group News

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

June 30: Outing—Lunch and Escape Room Time TBD

Youth Group Leaders & Volunteers



Wednesday Night Dinner & Worship

Wednesday Night dinners are done for the summer—watch the newsletter for when they will start back up in the fall.

Also for the summer, Wednesday worship service will be back in the sanctuary.

If you are not free for worshipping at CUMC on Saturday or Sunday, would you consider Wednesday night? If you are out of town for the weekend or have sporting events or other obligations, Wednesday worship provides an excellent opportunity to make sure that you have a time to grow closer to God and to each other in worship.

Wednesday Night Ministry Team



Sunday School News

Sunday School is on summer break. Watch the newsletter for an organizational meeting date over the summer to plan for next year.

Tara Teasdale, Sunday School Coordinator



kids singing on Mothers Day

Confirmation

On Sunday, May 19 these 6 wonderful young ladies were confirmed into membership at CUMC. Thank you to Pam Teasdale for making the delicious cake and for all of those who attended to make it a very special day.



Gabriella McGovern, Kennedy Kudronowicz, Brooklyn Strang, Madison Russell, Jaidyn Strang, & Ella Woodworth



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

Retired & Re-Fired Small Group

At our June 10 meeting we will assemble the Hospitality Kits that will be taken to Annual Conference. We will be assembling kits for men, women, and children. 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 the kits. Thanks to Mary Gensler for doing the shopping for the required items and taking them to Conference.

We're all Part of His Flock



The Retired & Re-Fired Group
Centenary United Methodist Church

Join us at one of our meetings this summer. We will meet twice in June. We meet on the second and fourth Mondays at noon in the Fellowship Hall. We'd love to see you!

This month's meetings:

Monday, June 10 — Celebration of our birthdays and anniversaries. Lunch will be provided.

Monday, June 24 — Bring your own lunch, beverage will be provided.

Betty Gleason, Retired & Re-Fired Small Group Leader

Fellowship Group News

CUMC will be hosting another Red Cross Blood Drive from 1:00-6:00 on Tuesday, June 4. Please come and give to this worthwhile cause.

Pam Harker



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



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)

Sunday School- 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 17 items for our May collection. Thank you to everyone who brought something in!

For the month of June we are collecting **Breakfast Items**.

Distribution will be Thursday, June 20.



June 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.



Sunday Coffee Fellowship



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.

A Note on Borrowing Church Furniture

As garage sale and graduation party season is underway, many people ask to use tables and chairs for their events. If you are thinking about using them, please contact the church office to discuss costs, check the church calendar for availability, and make the necessary arrangements.

From Our Parish Nurse.....

Heat Related Illnesses

Summertime fun means all kinds of outdoor activities in the heat. For our farmers and many others who work outside, it means working in that summer heat. Proper care and prevention can keep heat-related illnesses such as heat cramps, heat exhaustion or heat stroke from putting work to a halt and ending summertime fun.

What Are Heat-Related Illnesses?

Prolonged or intense exposure to hot temperatures can cause heat-related illnesses such as heat exhaustion, heat cramps, and heat stroke (also known as sun stroke). As your body works to cool itself under extreme or prolonged heat, blood rushes to the surface of your skin. As a result, less blood reaches your brain, muscles, and other organs. This can interfere with both your physical strength and your mental capacity, leading, in some cases, to serious danger.

Heat-related illness can strike anyone. But alcoholics, the elderly, the young, the obese, and individuals whose immune systems may be compromised are at greater risk, as are individuals taking certain drugs, such as antihistamines, antipsychotic medications, and street drugs like cocaine. High humidity also increases the risk of heat illness because it interferes with the evaporation of sweat, your body's way of cooling itself.

By reducing excessive exposure to high temperatures and taking other precautionary steps, most heat-related illnesses can be avoided. With prompt treatment, most people recover completely from heat-related illness. However, heat stroke can be deadly if not properly managed.

What Are the Symptoms of Heat-Related Illnesses?

Heat cramp symptoms can include:

- Severe, sometimes disabling, cramps that typically begin suddenly in the hands, calves, or feet
- Hard, tense muscles

Heat exhaustion symptoms can include:

- Fatigue or nausea
- Headache
- Excessive thirst
- Muscle aches and cramps
- Weakness
- Confusion or anxiety
- Drenching sweats, often accompanied by cold, clammy skin or a sensation of prickly skin
- Slowed or weakened heartbeat
- Dizziness, fainting, or agitation

Heat exhaustion requires immediate attention.

Heat stroke symptoms can include:

- Nausea and vomiting
- Headache
- Dizziness or vertigo
- Fatigue

- Hot, flushed, dry skin
- Rapid heart rate
- Profound sweating
- Shortness of breath
- Decreased urination or Blood in urine or stool
- Increased body temperature (104 degrees to 106 degrees F)
- Confusion, delirium, or loss of consciousness
- Convulsions

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.

Heat stroke can occur suddenly, without any symptoms of heat exhaustion. If a person is experiencing any symptoms of heat exhaustion or heat stroke, **GET MEDICAL CARE IMMEDIATELY.** Any delay could be fatal.

Seek emergency medical care for anyone who has been in the heat and who has the following symptoms:

- Confusion, anxiety, or loss of consciousness
- Very rapid or dramatically slowed heartbeat
- Rapid rise in body temperature that reaches 104 degrees to 106 degrees F
- Either drenching sweats accompanied by cold, clammy skin (which may indicate heat exhaustion) or a marked decrease in sweating accompanied by hot, flushed, dry skin (which may indicate heat stroke)
- Convulsions
- Any other heat-related symptom that is not alleviated by moving to a shady or air-conditioned area and administering fluids.

Here are some simple safety tips on prevention of heat-related illness.

- Pay attention to local weather news and heat alerts.
- Avoid being outside or doing strenuous activity during the hottest time of the day, usually late afternoon.
- When you are outside, take frequent shade/rest breaks and stay hydrated.
- Always carry water with you if you are going to be outside for extended periods of time. Stay hydrated with water and diluted electrolyte drinks such as Gatorade or Pedialyte. When the body becomes dehydrated it loses its ability to properly cool itself. Avoid alcohol and caffeine as they can actually worsen dehydration and increase kidney injuries.
- Dress in loose, lightweight, light-colored clothing and wear a wide-brimmed hat to help protect skin from the sun.
- Don't forget to check on at-risk family members, friends, neighbors and pets.

The best medicine is prevention. In the case of heat-related illness, the best way to avoid it is to use common sense and know how hot is too hot for you. And remember, if you suspect heat-related illness seek medical help immediately.

References:

www.webMD.com; www.cdc.gov; www.almanac.com; www.mayoclinic.org



June Birthdays

1 Andy Moyer	15 Hudson Poppy	23 Julie Wiegel
1 Zach Woodworth	16 Dan Dillon	24 Jessie Ray
2 Jalaena Starr	17 Shaina Kraemer	24 Danica Diedrich
2 Adam Schaar	17 Angie Sandlin	24 Madison Russell
3 Brent Cullen	18 Doug Champion	24 Mack Gratz
3 Linda Leitzinger	18 Carrie Schaar	25 Tina Cruse
3 Wade Schwartz	18 Taylor Russell	25 Michelle Greenfield
4 Donna Sefton	19 Michelle Pedley	25 Janet Jenson
5 Penny Tregloan	20 Amanda Pedley	25 Tammy White
7 Taya Ubersox	20 Jon Pedley	27 Michael Stewart
8 Denise Leitzinger	20 Kevin Ubersox	28 Gabby Hasselmann
8 Hilma Sargent	22 Lezlie Blum	28 Aiden Ubersox
9 Ben Sigwarth	22 Kim Brown	28 Braxton Upmann
10 Barbara Edge	22 Nathan Russell	29 Susan Weiskircher
10 Barb McArdle	22 Annalynne Searles	30 Lance Lierman
10 Caylyn Walker	23 Dorothy Kittoe	30 Scott Wilson
11 Nathan Welborn	23 Albert Mysliwiec	30 Lindsey Lee
12 Terry Reuter	23 Jennifer Russell	





HAPPY ANNIVERSARY

7 Rick & Peggy Moyer	18 John & Charla Walker
8 Randy & Julie Gill	19 Robert & Debbie Unbehaun
8 Pete & Lindsey Poppy	20 Kevin & Twyla Ubersox
9 Gary & Susan Weiskircher	29 Dan & Heidi Sigwarth
17 Peg & Don Ahlstrom	30 Nathan & Jennifer Russell

June 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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<div> <div>1</div> <div>Special thanks to all the wonderful volunteers that help prepare the mailing of the newsletters each month.</div> </div>						
2	3	4	5	6	7	8
9:30 Blended Worship Service 10:30 Biker Blessing		1-6 Blood Drive 6:00 VBS mtg. Pastor Stanton's Day Off	9:00 Bible Study w/Pastor Stanton 6:00 Praise Worship			7:00 Lay-Led Worship
9	10	11	12	13	14	15
9:30 Blended Worship Service	Noon Retired & Re-Fired 6:00 Finance Committee mtg. 7:00 Church Council mtg.	Pastor Stanton's Day Off	9:00 Bible Study w/Pastor Stanton 6:00 Praise Worship			7:00 Lay-Led Worship
16	17	18	19	20	21	22
9:30 Blended Worship Service 	6:00 VBS mtg.	Pastor Stanton's Day Off	9:00 Bible Study w/Pastor Stanton 6:00 Praise Worship	4:30 Food Pantry		7:00 Lay-Led Worship
23	24	25	26	27	28	29
9:30 Blended Worship Service	Noon Retired & Re-Fired	Pastor Stanton's Day Off	9:00 Bible Study w/Pastor Stanton 6:00 Praise Worship			7:00 Casual Worship
30						
9:30 Blended Worship Service TBD Youth Outing to Dubuque						

The Chimes

*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 6:00*

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Centenary
UMC's

SUMMER

Schedule

**** 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

Wednesday Night Worship (no meals) — 6:00 p.m. — Sanctuary

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."