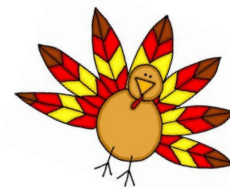




The Chimes



Centenary United Methodist Church

November 2017



Holiday Greenery Sale
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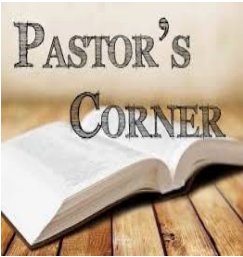
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Pastor's Corner

Greetings,

"Give thanks with a grateful heart, give thanks to the Holy One..." so begins a praise song with which many of us are familiar. It is proper to recall these words as we embark on the month of November. Soon we will gather with family and friends for the celebration of Thanksgiving Day. Feasts will be held, memories will be shared, and many families will share items for which they are thankful.

I want to encourage you to alter the traditional thanksgiving mindset this year. Rather than just thinking about the things you're grateful for on Thanksgiving Day, try to think throughout the month about the gifts and graces that God has brought to your lives. Maybe even record these thoughts.

During worship services this month, we will be considering some of those things that we are thankful for: the things that we love about our church; the people that have helped shape our faith; the hopes and dreams that we have for our congregation.

My hope is that during this month of "thanksgiving" we will all take time to give thanks to our God for all the good that we experience in life.

Until Next Time,

Pastor Stanton

Visitation Invitation

As Pastor Stanton continues getting to know us, you are encouraged to ask for a visit. One of the challenges that a new pastor faces when learning about his/her new congregation is who are the folks who like to have visits and who are those who would rather not be visited. You can help by letting Pastor Stanton or the office 608-965-3455 know that you'd like a visit!



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

Centenary UMC at a Glance

October Statistics

Total Offering: (regular offering, not earmarks)

Sept 31, October 1 & 4	2,157
October 7, 8 & 11	1,797
October 14, 15 & 18	1,332
October 21, 22 & 25	1,648
October 28, 29 & Nov 1	n/a

Attendance: Weekly

(Sat 7, Sun 9 & 10:30, Wed 6:30)	Totals
Sept 31, Oct 1 & 4	14, 15, 37, 26 92
October 7, 8 & 11	17, 15, 40, 35 107
October 14, 15 & 18	21, 17, 31, 15 84
October 21, 22 & 25	16, 17, 41, 27 101
October 28, 29 & Nov 1	n/a

Stewardship News

November Worship

October 28, 29 & Nov 1

EKG: Ministry Flows from the Heart
Deut. 34:1-12

November 5 & 8

The Art of Love: Relationships are Matters of the Heart
Joshua 3:7-17

November 12 & 15

Bucket List: Visions and Hope are Inspirations of the Heart
Joshua 24:1-3a, 14-25

November 19 & 22

Declarations of Your Heart
Judges 4:1-7

November 26 & 29

Sub Pastor

Generosity is a term we rarely use. Some may think it is reserved for only the wealthy. Actually, generosity is not about our bank accounts, it is about our hearts. It encompasses all of who we are. God's grace calls us to respond: we do so with gifts of time, talent, service, and resources.

In Luke 21:1-4 we read the following, "He [Jesus] looked up and saw rich people putting their gifts into the treasury; he also saw a poor widow put in two small copper coins. He said, "Truly I tell you, this poor widow has put in more than all of them; for all of them have contributed out of their abundance, but she out of her poverty has put in all she had to live on." Jesus' response to the widow's offering shows us that generosity is about our hearts. Generosity reflects God's nature.

Our generosity impacts eternity, as people find and experience God through the ministries of our church.

During November we will, as a congregation, be celebrating the ministries, the people, and the future of Centenary UMC. We will have the opportunity to reflect upon what our roles will be as we move forward. You are invited, and encouraged, to reflect upon what the ministries of Centenary UMC have meant to you in the past, what they mean to you now, what you hope they will be in the future.

Upcoming Events

Holiday Greenery Sales

The annual CUMC Mission Trip Holiday Wreath and Greenery Fundraiser is underway!

CUMC youth who are planning to go on the SideKick Missions mission trip in 2018, are working with the same nursery as in previous years. The greenery looks beautiful, smells wonderful, and is high quality that often lasts beyond the Christmas season.



You may have seen posters showing the different wreathes and garland (roping) around town.

Wreaths with ribbons and pine cones, are available in two sizes: 24" for \$18.50 and 36" for \$30.

Roping is available in 3 lengths: 25-foot for \$26; 50-foot for \$49; and 100-foot for \$84.

Final orders are due by November 4, so that all orders available for pick-up near the lower level entrance of CUMC, on Saturday, November 18. This Saturday-before-Thanksgiving pickup date is popular with customers, so they can use the weekend before guests arrive for Thanksgiving, to decorate their homes and businesses with the greenery.

Proceeds from this fundraiser help support our youth who volunteer to serve others on the next year's mission trip. CUMC has partnered with Sidekick Missions, along with 11 other southern Wisconsin and northern Illinois churches on a week-long mission trip in the summer. Details for the 2018 trip will be discussed at a planning meeting in December.

Thank you in advance for your support!

Eugene Vehling



Join Pastor Stanton for Coffee & Conversation from 7:30 - 9:30 each Monday morning at the Crooked Canvas. He'll be waiting to chat with you about faith, church, school, or life in general! Folks (teens and adults) are welcome to drop in any time between 7:30 and 9:30 a.m.

And remember...you can drop in on Pastor Stanton at church, too! His office hours are 12:30 – 3:30 p.m. Monday - Thursday (and often times in the morning as well), plus he's available other times by appointment!

Potluck Dinner Wednesday, November 16
 5:30 p.m. Potluck 6:30 p.m. Praise Service
 including the Sacrament of Holy Communion

This year's Thanksgiving Potluck Dinner will be Wednesday, November 15 at 5:30. The Fellowship Group will be serving the traditional turkey and fixings; please bring a side dish or dessert if you are able. The dinner is open to the public, so tell your friends and neighbors to come and enjoy a time of food, fun and friends. Then stay for the wonderful Wednesday Night Service and Children's Church.



There will be a sign-up sheet in the back of the sanctuary for items needed for the dinner. If you are able to purchase something, please put your name on the sheet.

Operation Christmas Child

Operation Christmas Child is a project of Samaritan's Purse, an international relief organization. Their mission is to provide local partners around the world with shoeboxes filled with small toys, hygiene items, and school supplies as a means of reaching out to children in their own communities with the Good News of Jesus Christ. They ship these simple gifts outside the United States to children affected by war, poverty, natural disaster, famine, and disease; and to children living on Native American reservations in the U.S.



If you would like to pack a box, grab an information sheet from the welcome table. Filled boxes (both cardboard and plastic boxes are OK) can be returned to the church office BY November 12 so we can get them to our collection point. If you have any questions, please contact Becky Mootz at 778-2050, on Facebook, beckyandbrad2001@yahoo.com, or at the church office.



Advent by Candlelight

Sunday, December 3 6:00 p.m.

Save the date for our 5th Annual Women's Advent by Candlelight. Watch our Facebook page for more information. Join us for a fun evening of worship, singing, beautifully decorated tables, and delicious desserts served by the men of our church. If you would like to decorate/host a table, all you need to do is decorate a table for 8 people with your favorite Christmas decor and varying sizes of candles to light it. Then invite 7 friends to join you. It's that simple! The entire room will be lit by candles as we listen to lessons and carols as we prepare our hearts for the Advent season. Please contact the church office if you would like to host a table, have any questions, or would like more details. Hope to see you there!



Meetings and News

November Administrative Meetings

Monday, November 13

6:00 – Finance

7:00 – Church Council



Retired & Re-Fired Small Group

It's November already, and the sun is rising later and setting earlier. Although we can't change the hours of daylight, we hope we can add some sunshine in the lives of our friends, who can't get out and about. We offer cards, phone cards and visits. Let us know if you "Sunshine" people can help you. Call Betty at 608-965-3283 or the church office at 608-965-3455.

Visitors are welcome at our meetings. We meet at noon on the second and fourth Mondays in the Fellowship Hall. Our next meetings are:

November 13- Celebration of November Birthdays and Anniversaries. Lunch is provided for this.

November 27- Bring your own lunch. Coffee and tea 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

Fellowship Group News

Our Pasty bake was a huge success on October 14 with 127 pasties made! Thank you to all who came on Friday to help prep and to all who came early Saturday morning to help make the pasty. It is always so much fun to be together in friendship and fellowship making this fall comfort food.

My deepest thank you to all who set up, brought food, and helped serve the funeral lunch for my father-in-law Richard Harker. We all are so very grateful and appreciative of all that you did for our family. Thank you!

God Bless and Happy Thanksgiving to all!

Pam Harker, Fellowship Group



Youth Group News

Calling all youth grades 6-12! Youth group will be meeting **WEEKLY!** upstairs in the sanctuary every Sunday from 6:00-7:15 p.m. Bring your friends, and we'll see you there!

November schedule:

November 4: Youth outing to a destination unknown. Remember your permission slips. Meet at the church at 5pm. Eat before you come—a snack only will be provided.

November 12: Youth Group 6:00 at the church

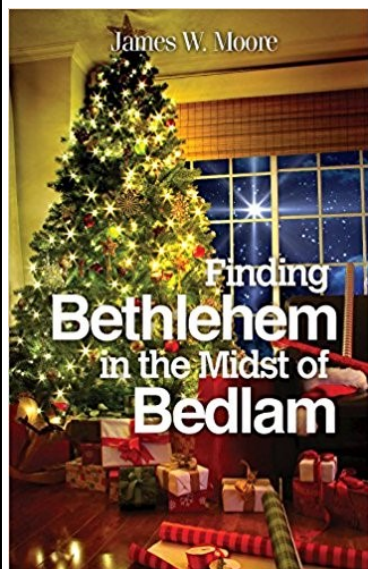
November 19: Service Game 6:00 at the church

November 26: Youth Group 6:00 at the church

Youth Group Leaders & Volunteers



Wednesday Adult Bible Study



In the next several weeks we will be winding up our "Making Sense of the Bible" study and then taking a short Thanksgiving break. Starting in December we will be doing a study called "Finding Bethlehem in the midst of Bedlam". This is a study done by James Moore that will help show us how Christ breaks into our confusion and brings Christmas. Pastor Moore is a down to earth preacher who brings us his message with humor and real-life experiences. He authored several other studies that we have done in the past or may do in the future, including one called "God was here, and I was out to lunch". Sounds intriguing, doesn't it?

We meet at 6:30 on Wednesday nights, not to take the place of attending worship services but as a way of enhancing our understanding of what God is trying to tell us every day. None of us are Biblical scholars but were interested in finding out more about Jesus and how He continues to impact our lives. What ever study we do can be joined at any time. We're a fun group, and sometimes we even learn something. Please join us Wednesday nights.

Art Finnigan

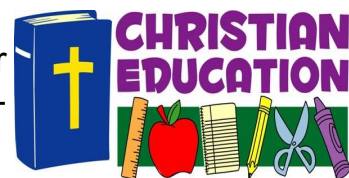
Christian Education News

Sunday school is held every Sunday from 9:15-10:15 a.m. We would love to have your child join us!

As Sunday school wraps up our hat and mittens drive on November 5, we would like to thank everyone who has donated to help the less fortunate in our community.

The children are currently practicing for the November 12 Children's Choir during 10:30 service. Please, plan to join us on the 12th!

Our Christmas program will be during 10:30 service on December 10. There will be one Saturday practice in the sanctuary on December 9 at 10:00.



God Bless!

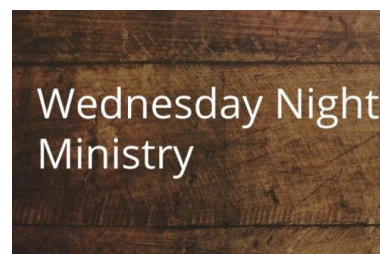
Tara Teasdale & Pam Harker, Sunday School Coordinators



Wednesday Nights Dinner, Worship & Children's Church

It is exciting to be back in the newness that fall programming brings! We averaged 35 people for dinner so far for the month of October and 33 for worship.

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 football games or other obligations, Wednesday dinner and worship provide an excellent opportunity to make sure that you have a time to grow closer to God and to each other in worship. And the best part is that you don't even have to make dinner for your family, so Wednesday nights can be a good time to relax and enjoy time with the family and God in worship. **Dinner is at 5:30 followed by worship at 6:30. Children's Church is back now at 6:30.** Hope to see you there!



In Christ,

Wednesday Night Ministry Team

Wednesday Nights Cooking Schedule

We have many different people cooking for our Wednesday dinners. Each month in the newsletter I will post the schedule so that those who have signed up to help will have a reminder, and so that our friends who attend Wednesdays will know who to thank for their delicious meals!

October Cooking Schedule:

November 1	Kim Brown
November 8	Felyscha Unbehaun
November 15	Becky Upmann
	Thanksgiving Dinner
November 22	Carrie Schaar
November 29	Dawn Gobrecht



Many thanks to our helpers who work to help serve and/or clean each week. If you love to cook or help out by serving or cleaning, we are looking to add to our team. We have a lot of fun in the kitchen! It is a lot of work, so many hands would help to make lighter work. If you would like to help out, contact Dawn Gobrecht at 482-0822 or Becky Upmann at the church office at 965-3455.

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

Confirmation News

After hearing the concerns regarding the initial proposal that I put forth regarding a re-vamping of the confirmation program, I have decided to compromise and change the format that I am proposing.

Proposed Revision of the Confirmation Program

Introduction:

In 20+ years of ministry several concerns have been shared with me regarding confirmation programs and their results. Through conversations with colleagues, I have come to realize that the difficulties and challenges that the churches I served were not uncommon. Therefore, as I begin my time as the pastor of Centenary UMC I am proposing some significant changes in the confirmation program.

Instead of a two-year program that meets weekly during the 7th and 8th grades, confirmation will be spread out over a longer period (three years). In place of weekly classes, students would be expected to participate in a series of two-hour classes. The classes will occur every other month (Sept., Nov., Jan., March, May). Ideally the students would begin in the eighth grade and would continue through the early high school years with final church membership occurring during the spring of their sophomore year in high school.

While this change spreads out the confirmation process, it greatly decreases the amount of in-class time spent while addressing some of the concerns that have been shared with me from our congregation and other concerns that have come to mind during my ministry.

Confirmation will run for three years. New students this year will enter under the new format. Returning students will be grandfathered into the two-year program and will be confirmed in Spring 2018.

What concerns does this change address, and how does it address them?

1) We don't see our kids after they get confirmed. They seem to drop out of the church once they have been confirmed.

This is an issue in many churches. For some reason, many youth and parents view confirmation as a sort of graduation ceremony. Just as they no longer must attend school again after graduation, so too, they feel that they do not have to attend worship again once they are confirmed.

By extending the amount of time before confirmation and church membership occurs, I can share with the youth my expectation that they be involved in the life of the church. The hope is that if they know they are expected to attend worship in order to faithfully complete the requirements of the confirmation/membership process, the youth will remain active in the life of the church during their formative high school years.

2) The maturity level of most 7th and 8th graders is not sufficient to understand the meaning of confirmation and church membership.

It has been my experience that most 7th and 8th graders do not possess the maturity to truly understand the meaning of confirmation and church membership. Taking the vows of church membership at confirmation is a serious event, one that ought not be taken lightly or without full consideration of what it means. It is a decision that should affect a person's life in a significant way.

How many of us would want our 8th graders to make other commitments that seriously affect their lives? How many of us feel that our 8th graders have the maturity: To decide to get married? To own a car? To enlist in the military? To decide whether or not to go to school?

I use the above to illustrate what I believe has been a major flaw in the Christian church for many years; that we take the membership vows of the church too lightly. There are laws against most of the illustrations that I have shared above. Why do you suppose that is? I suspect that it is because we realize, as a society, that youth lack the maturity and understanding to make fundamental decisions on their own. So why is it that the church has felt that these same youth, while not mature enough to decide whether or not they will go to school, are mature enough to make decisions that have spiritual and eternal consequences?

By extending the amount of time before confirmation and church membership, the church can help the youth to understand the meaning of membership in the church. Through continued spiritual growth and attendance at worship as well as the classes, the youth can begin to realize what it means to be a disciple of Christ in today's world. Then, when deciding whether or not to become a member of the church, the youth will be able to do so with more knowledge of what it means to intentionally become a part of Christ's church.

There have been a few other concerns that have been shared with me, but the preceding two are the ones that have guided my decision to propose this change to the confirmation program.

Conclusion:

While change is something that is a challenge for us all, I pray that you will consider what I have shared with you in this proposed revision. I am open to suggestions and questions. I feel that this proposed program is in the best interest of the spiritual lives of the youth in our congregation. If you disagree, please tell me. I have come to this suggested revision after much prayer and consideration. I know that it is not what we have traditionally done in the past nor is it even close, yet it is (I believe) a better way. I hope and pray that God will give us the wisdom to lead his youth in such a way that they will come to know the Christ as their personal Lord and Savior.

Pastor Stanton

Church Council Meeting

September 11, 2017

Minutes

Present: Pastor Stanton Bockwoldt, Tina Cruse, Art Finnigan, Lois Finnigan, Rod Stewart, Marlene Stewart, Jon Gobrecht, Eugene Uehling, Tara Teasdale, Cherie Uehling, Becky Upmann. Pam Harker (7:30) Jamie Roberts (7:30)

Agenda:

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

Pastor Report:

- Stanton is going to start asking people who come for help for a license to keep on file so he knows who comes and how often.
- There will be a Pet Blessing after the 10:30 service on October 14.
- He did 2 youth events, 1 visit, met with 5 member/prospects, attended 3 committee meetings, 1 conference related, 1 counseling and did 15 workshop services in the month of August.
- He would like to do an Interest Indicator survey in the Fall.

Secretaries Report: Minutes were emailed. Need to fix the trustees minutes, after that is fixed they are approved.

Committee Reports:

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

- *Christian Education*- They had a good first day, they will be doing blessing during church, they will be handing out bibles to the 3rd graders.
- *Retired & Re-fired*- They met today and celebrated 8 birthday/anniversaries.
- *Youth*- they met last night, they had 5 kids. They watched a video.
- *Fellowship Group*- they will be holding a Pasty Bake on October 14. They will be doing the Spring Auction in the Springs instead of the Fall.

Outreach

- They will be sending letters to College/Military on September 20 after service.

Trustees-

- They met and assigned projects for the parsonage. They did the dates to be completed by and who. Different trustee members and contractors will be doing the work.
- They will keep up on the Parsonage list from Pastor Stanton, to make sure this is getting done.

SPRC-

- They are still looking for a Saturday night Coordinator. It was asked if this could be a paid position, the SPRC committee said no. Just the AV will be paid. Discussed if a nonmember can be the coordinator, this was ok. Tara will follow up with the interested party and have them call Rod.

Memorial: Nothing to report

Next Meeting October 9 @ 7pm.

Submitted by: Becky Upmann



Going Above and Beyond as Stewards of CUMC

November Missional Giving

Mission money collected this month will go to **Christmas Blessings Giving Tree**. This money will help cover the cost of items that are left on the tree to be purchased. 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 23 items for our October collection. Thank you to everyone who brought something in! For the month of November we are collecting Canned Fruit until distribution on November 16.



CUMC will be sponsoring BINGO at the Lafayette Manor on Wednesday, November 1 at 2:00. Prizes and players welcome!



Sunday Coffee Fellowship News

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.



College/Military Ministry News

The College and Active Military Support Group just sent out its first batch of notes of Christian encouragement and a few small gifts to our members and friends who are full time college students or are in active military service.

We know it may be difficult to adjust to life away from home and the challenges and excitement of a new way of life. Our goal is to let these young people know that they are in our thoughts and prayers.

If anyone feels the Spirit pulling you to join this team and/or donate money to buy gift cards/gifts, please let Becky Upmann know (call the office at 965-3455 or email her at centenaryumcoffice@yahoo.com).



And parents, if you have a new college student or service member, please make sure to give us their address. This ministry is part of the Outreach Committee.

Adam vs. Eve Food Competition

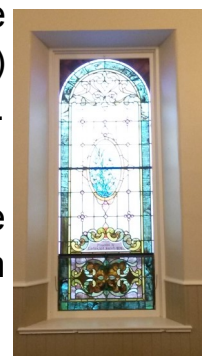


For the month of November, the Outreach Committee will be sponsoring a Men (Adams) vs Women (Eves) Food Competition for the Shullsburg Food Pantry. Which gender will fill the sanctuary sills the fullest.....

Men (Adams) will contribute to the sills on the right side of the Sanctuary, while the Women (Eves) will contribute to the sills on the left side of the Sanctuary.

The winning team will be recognized during a church service in December..

Good Luck! May the better gender win....

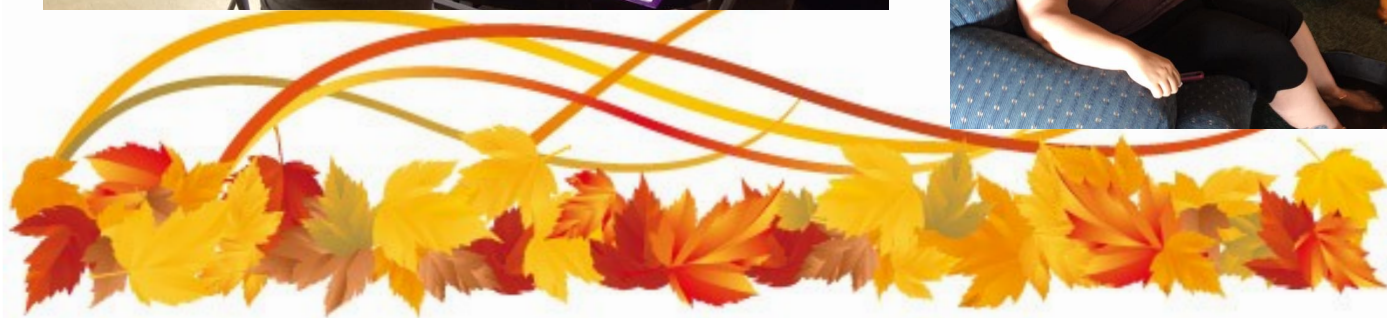


Women's Retreat Fall 2017

"One of the greatest challenges amount women in our culture is taking time to cease from all the activities and just breathe. We are in bondage to busyness. We constantly strive to complete the limitless to-do lists that hinder us from experiencing all that God has for us. By neglecting time for tranquility, serenity, and repose, we limit our Christlikeness and miss out on some of God's greatest gifts. In the Old Testament, Sabbath was given to the Israelites as a gift, and it is still a gift to us today. If you are weary, worn out, and exhausted, then the concept of Sabbath will change your life."

This was the focus of our women's retreat weekend. We listened to Priscilla Shirer and learned that taking time for ourselves is necessary as well as strategies to remain diligent and focused on Christ with the Sabbath.

31 women attended this year's women's retreat at Pine Lake United Methodist Camp. It was a wonderful, Spirit-filled weekend! We worshipped, sang, studied, ate too much, laughed (a lot), and had a few tears as well. We grew closer to Christ and to each other on our weekend journey. Many thanks to Becky Upmann for all of her work helping us make CD covers as well as all of the behind the scenes photocopying and organizing. Thank you to Dawn Gobrecht for planning and leading this amazing weekend and to Becky Mootz for the taking care of all of the crafts. Praise and Glory to God for putting together this amazing weekend. We can't wait to do it again!



From Our Parish Nurse.....

NOVEMBER IS NATIONAL DIABETES MONTH

More than 29 million Americans fight diabetes every day, often unnoticed. This is why for American Diabetes Month® — sponsored by Colgate Total® and Medtronic Diabetes® — the American Diabetes Association® is calling on individuals to declare “This Is Diabetes.” Share your stories and snapshots on social media this November using **#ThisIsDiabetes**. For more information, visit diabetes.org/adm.

Diabetes Symptoms

The following symptoms of diabetes are typical. However, some people with type 2 diabetes have symptoms so mild that they go unnoticed.

Common symptoms of diabetes:

- Urinating often
- Feeling very thirsty
- Feeling very hungry - even though you are eating
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Weight loss - even though you are eating more (type 1)
- Tingling, pain, or numbness in the hands/feet (type 2)

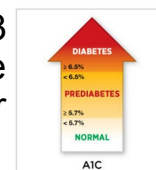
Early detection and treatment of diabetes can decrease the risk of developing the **complications of diabetes**.

Diagnosing Diabetes and Learning About Prediabetes

There are several ways to diagnose diabetes. Each way usually needs to be repeated on a second day to diagnose diabetes.

Testing should be carried out in a health care setting (such as your doctor's office or a lab). If your doctor determines that your blood glucose level is very high, or if you have classic symptoms of high blood glucose in addition to one positive test, your doctor may not require a second test to diagnose diabetes.

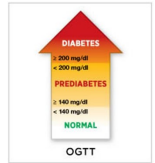
A1C- The A1C test measures your average blood glucose for the past 2 to 3 months. The advantages of being diagnosed this way are that you don't have to fast or drink anything. Diabetes is diagnosed at an A1C of greater than or equal to 6.5%



Fasting Plasma Glucose (FPG)- This test checks your fasting blood glucose levels. Fasting means after not having anything to eat or drink (except water) for at least 8 hours before the test. This test is usually done first thing in the morning, before breakfast. Diabetes is diagnosed at fasting blood glucose of greater than or equal to 126 mg/dl.



Oral Glucose Tolerance Test (also called the OGTT)-The OGTT is a two-hour test that checks your blood glucose levels before and 2 hours after you drink a special sweet drink. It tells the doctor how your body processes glucose. Diabetes is diagnosed at 2 hour blood glucose of greater than or equal to 200 mg/dl



Random (also called Casual) Plasma Glucose Test

This test is a blood check at any time of the day when you have severe diabetes symptoms. Diabetes is diagnosed at blood glucose of greater than or equal to 200 mg/dl

What is Prediabetes?

Before people develop type 2 diabetes, they almost always have "prediabetes" — blood glucose levels that are higher than normal but not yet high enough to be diagnosed as diabetes. Doctors sometimes refer to prediabetes as impaired glucose tolerance (IGT) or impaired fasting glucose (IFG), depending on what test was used when it was detected. This condition puts you at a higher risk for developing type 2 diabetes and cardiovascular disease.

No Clear Symptoms

There are no clear symptoms of prediabetes, so, you may have it and not know it. Some people with prediabetes may have some of the symptoms of diabetes or even problems from diabetes already. You usually find out that you have prediabetes when being tested for diabetes. If you have prediabetes, you should be checked for type 2 diabetes every one to two years.

Results indicating prediabetes are:

- An A1C of 5.7% – 6.4%
- Fasting blood glucose of 100 – 125 mg/dl
- An OGTT 2 hour blood glucose of 140 mg/dl – 199 mg/dl

Preventing Type 2 Diabetes

You will not develop type 2 diabetes automatically if you have prediabetes. For some people with prediabetes, early treatment can actually return blood glucose levels to the normal range.

Research shows that you can lower your risk for type 2 diabetes by 58% by:

Losing 7% of your body weight (or 15 pounds if you weigh 200 pounds)

Exercising moderately (such as brisk walking) 30 minutes a day, five days a week

Don't worry if you can't get to your ideal body weight. Losing even 10 to 15 pounds can make a huge difference.

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.

Reference: Diabetes.org

November Birthdays

1	Jenny Moyle	17	Pam Reuter
1	Isaiah Santiago	17	Terrance Metcalf
1	Ian Schwartz	17	Charles Russell
1	Kevin Teutschmann	18	Joyce Tyson
3	Kelly Altfillisch	19	JJ Meyer
4	Nolan Strang	18	Dave Popp
4	Easton Jacobsen	18	Amber Russell
5	Sheila Nielsen	19	Evan Edge
6	Kim Williamson	19	Oliver Searles
6	Kathy King	21	Tammy Champion
7	Ken Cockroft	22	David Pedley
7	Kourtney Kirkpatrick	23	Madisyn Bennett
8	Sherry Ubersox	23	Ryan Weiskircher
9	Kathy Richard	25	Andrew Uehling
10	Matthew Foulker	26	Travis Nielsen
10	Shirley Gensler	26	Brooklyn Strang
10	Gage Gleason	27	Jean Tregloan
12	Rick Moyer	27	Gail Bockwoldt
12	Harper Russell	27	Mitchell Cook
15	Jim King	29	Preston Dolphin
15	Steve Schwartz	29	Sharon Gates
16	Calli Crotty	30	Matthew Cook

HAPPY
ANNIVERSARY

10	Brad & Brianne Farrey	20	Doug & Sara Olson
12	Mike & Michelle Jackson	26	Tony & Diane Anderson
15	Chris & Ruth Ann Teutschmann	27	Fred & Mary Gustafson

November 2017

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

1
5:30 Meal
6:30 Praise Worship
6:30 Adult Sunday School

4 Communion Saturday
7:00 Lay-Led Worship

Pastor Stanton's
Day Off

5 Communion Sunday
9:00 Hymn Worship
9:15 Sunday School
10:30 Praise Worship
6:00 Youth Group

6

8 Communion Wednesday
5:30 Meal
6:30 Praise Worship
6:30 Adult Sunday School

9

11
7:00 Lay-Led Worship



Pastor Stanton's
Day Off

12 **Shoe Boxes due**

9:00 Hymn Worship
9:15 Sunday School
10:30 Praise Worship
11:45 Trustees mtg.
6:00 Youth Group

13
Noon Retired & Re-Fired
6:00 Finance
7:00 Church Council

15
5:30 Thanksgiving Dinner
6:30 Praise Worship
6:30 Adult Sunday School

16
4:30 Food Pantry

18
7:00 Lay-Led Worship

Pastor Stanton's
Day Off

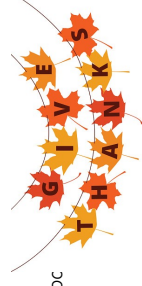
19
9:00 Hymn Worship
9:15 Sunday School
10:30 Praise Worship
6:00 Youth Group

20

22
5:30 Meal
6:30 Praise Worship
6:30 Adult Sunday School

23

25
7:00 Casual Worship



Pastor Stanton's
Day Off

26
9:00 Hymn Worship
9:15 Sunday School
10:30 Praise Worship
6:00 Youth Group

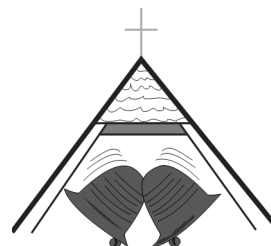
27
Noon Retired & Re-Fired

29
5:30 Meal
6:30 Praise Worship
6:30 Adult Sunday School
7:00 Special Needs Group

30



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 6:30*

Centenary United Methodist Church
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Sharing Christmas Blessings Team Forming

Centenary will once again be sponsoring some families who could use a little extra help this Christmas. If you would like to be a part of this team (making and writing out ornaments, setting up the tree, sorting the gifts as they come in, etc.) please let the church office know.

Also, if you know of a family who would be a good candidate for sponsorship (some guidelines do apply), contact the church office, then the team will reach out to those families.

We like to have the tree and ornaments up by the weekend BEFORE Thanksgiving for any of you who shop on Black Friday, so to give us enough time, we will need to have family names by November 5. We frequently get last minute requests, so we are trying to reduce that by giving this much advance notice.



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."