# The Chimes

Centenary United Methodist Church



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CUMC Strategic Goals see page 5

October 2020



Addresses Needed see page 7

Foundation Information

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Greetings,

With this article I conclude the *Hard Lessons to Learn* series of newsletter articles. The first two lessons were: life, at least our mortal life, is not eternal; and God loves you no matter what. Today I share with you another hard lesson that I've learned: God is with us always.

Now, this may seem obvious. The idea that God is always with us is something that we talk about in worship

services and bible studies. However, in my life I have found that saying the words and actually knowing in one's heart are two drastically different things.

In the last article, I shared with you the story of my depression as a youth. Following that dark time, I became involved with church camp and eventually came to realize that God loved me and that my salvation is through Jesus Christ. Life has never been the same since.

Once I had accepted Christ into my life, things seemed to straighten themselves out. I entered Dakota Wesleyan University, felt a call to ministry, graduated from college, attended seminary, served my first three appointments (two student appointments and one full-time post seminary appointment). Life seemed to be going well. There was no reason for me to doubt that God was with me.

Things continued going fairly well, I felt at peace with myself and close to God until the fall of 2001. It was then that I discovered that my ex-wife was having an affair. Needless to say, my life began to unravel, or so it felt. I felt abandoned by God. As I tried (and often failed) to find rest at night, thoughts haunted me. What could I... How could this... Am I worthless... among others. I cursed myself, I cursed my ex, I cursed God. I wondered how and why God could ever allow such a thing to happen. I wondered what kind of sick joke a supposedly all caring and loving deity was playing on me.

However, in spite of all these feelings of anger and disappointment, a part of me believed that life would be good again. It is odd, at least intellectually, that I found myself both angry with God and holding on to God as the anchor in the storm at the same time.

God abandoned me, or so I thought at the time. In hindsight, after years of healing, I have come to realize that I wasn't abandoned at all – in fact, God was always there with me. It was just that the pain blinded me to seeing God's presence.

As I look back now, I see God was there. God was there in the voices of Andrew and Baxter as I called upon those good friends at the least convenient times. They listened to me vent, cry and curse, all the while encouraging me that they were there at any time. God was there in the gracious offer of a guest room by a young man who I didn't know real well at the time, but has since become a very good friend. God was there in the people of Woonsocket and Forestburg who insisted on giving me my sala-

ry even though I was taking a sabbatical from their churches as I dealt with a divorce. God was there in the random late-night phone calls from friends who simply thought I might need to talk even though it was a weird time of night (almost always, these calls came when I was in the darkest places of the soul).

That is just a partial listing of the times I can see God's presence with me in the midst of that horrid time. I couldn't see it at the time, but God was there, nonetheless.

I can see it now. That is one of the greatest gifts...the greatest gift any of us can know.

Life is full of hard lessons to learn. I've shared with you a few of mine. May we all embrace those lessons that come to us in life, even if they are hard to learn.

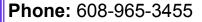
Until Next Time, Pastor Stanton



# **Connecting with CUMC**

Office Hours: Monday through Thursday 12:30 to 3:30

Pastor's Hours: Mon., Wed., Thurs. 10:30-2:30, Fri. by Appointment



Office Administrator Becky Upmann is there to help with your questions or concerns.

Email: centenaryumcoffice@yahoo.com

**CUMC Website**: www.shullsburgumc.com

Facebook: Centenary United Methodist Church





Each Sunday service is broadcast on Facebook Live. In order to view it you must have the Facebook application on your computer or other device and be friends with CUMC. If you need assistance getting connected, contact the church office.

Below are our current worship practices. All these are subject to change as new information and/or treatments for COVID-19 are discovered.

# **Centenary UMC Worship Protocols During COVID-19**

- MASKS: Masks covering nose and mouth will be required for anyone attending CUMC until such time as the danger of COVID-19 has past. Those attending worship are asked to bring their own masks if they have one. If not, masks will be available at the church.
- SEATING: LIFO "last in, first out" ushered seating
   – seat people arriving first in the front row. Seat people not living together at least six feet apart. This will probably be every other row with alternating end of the pews/seating). Maintain at least six feet of physical distance between people as they are seated and dismissed.
- NO PASSING: Do not pass attendance pads, offering plates, the Peace, and determine alternate means for collecting offering and other information previously passed.
- 4. **REMOVE:** anything passed from or kept in the pews (bibles, hymnals, pens, etc.)
- 5. **OFFERING** should either be electronic or placed by the attendee in a stationary plate.
- 6. **ORDER OF WORSHIP**: Discontinue use of bulletins for the time being. Allow PowerPoint presentation to guide the worship service.
- 7. HAND SANITIZER will be in all high touch areas.
- 8. **NO SHARING**: Do not share equipment that is touched. No item should be used by more than one person without sanitization occurring between users.
- 9. BIBLES: People are encouraged to bring their own Bibles to worship.
- 10. **BLOCK** off areas not in use.
- 11. **TIGHT SPACES**: Establish one in-one out for tight spaces and have sanitizer available.
- 12. **RESTROOMS**: Try to limit use of restrooms. Have a disinfecting material available for those who do use the restroom so they can disinfect prior to use.

Re-Gathering Information

- 13. **FLOW:** Try to ensure that people are traveling one-way through entrance and exit doors (in prior to worship out after worship).
- 14. **ADMISSION**: Stress that people who aren't feeling well and/or have demonstrated any of the symptoms of COVID-19 should stay home and participate in worship through online means. Be upfront with attendees that anyone who demonstrates COVID-19 symptoms will be asked to leave worship.
- 15. **CHILDREN AND YOUTH MINISTRY**: Sunday School will be done through Zoom and via the Sunday School's new Facebook page. Youth group will be starting virtually in the fall.

# CUMC Strategic Goals

# **MISSION:**

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

# STRATEGIC GOALS:

These strategic goals were developed and approved by the Accountable Leadership Board on August 24, 2020. They are the overarching goals that will provide guidance for the all the ministries that are or will be part of CUMC. The ALB envisions the formation of new ministry teams and the start of new initiatives that will need the involvement of many from the congregation and friends of CUMC.

**COME:** Matthew 18:20 "For where two or three gather in my name, there am I with you."

- This speaks to the ability of the church to reach people to share God's love and provide an opportunity to worship together and learn about Jesus Christ and His vision for the people of God.
- Increase worship attendance including Facebook Live views by 5% in 6 months beginning 9/13/20.

GROW: Luke 19:10 "For the Son of man came to seek and to save the lost."

- This is in keeping with His commandment to reach more people including members and friends as well as the unchurched persons in our community.
- Add 2 new small groups in the next year
- Increase Sunday School attendance by 5

**GO:** Luke 9:2 "and he sent them out to proclaim the kingdom of God and to heal the sick."

- Reaching out to the community is an important function of CUMC. Sharing God's love in as many ways as possible through numerous ministries is an important part of making new disciples.
- Support and assist ongoing outreach ministries
- Add 1 new outreach ministry
- · Reinstitute Wednesday night meals when it is safe to do so

**INSTITUTIONAL:** Acts 20:28 "Pay careful attention to yourselves and to all the flock, in which the Holy Spirit has made you overseers, to care for the church of God, which he obtained with his own blood."

- The care and maintenance of the physical and monetary assets of CUMC is an important ongoing duty in order to assure there is a place for worship and teaching and a presence in the community forever.
- Monitor budget and adjust as necessary
- · Assure that the building is maintained and cared for
- Plan capital improvement projects
- Monitor and manage long term investments/annuities

# Upcoming Events

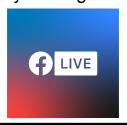
# Online Bible Study

During this period of social distancing, Pastor Stanton continues Wednesday Morning Zoom Bible Study. Wednesday Morning Bible Study is only on Zoom that morning. For information on how to join, see CUMC's Facebook page under events or contact Pastor Stanton.



# Online Worship

As we return to in-church worship, we will continue to stream on Facebook Live (Centenary United Methodist Church) for you to watch or listen to anytime. We will continue to send weekly mailings for our shut-ins.



# NEWSLETTER PREJERENCE

If you would prefer an electronic copy of the newsletter rather than paper, please e-mail the church (centenaryumcoffice@yahoo.com) from your preferred e-mail address, and we will add you to the distribution list.

# October Worship

October 4

# **Who Needs Rules**

Exodus 20:1-4, 7-9, 12-20 Philippians 3:4b-14 Matthew 21:33-46

October 11

# The Parable of the Murdered Slaves

Exodus 32:1-14 Philippians 4:1-9 Matthew 22:1-14

October 18

**TBD** 

October 25

# The Bothersome Commandments

Deuteronomy 34:1-12 1 Thessalonians 2:1-8 Matthew 22:34-46



Due to COVID-19, there will be no Pet Blessing this year, but if you would like your pet blessed please let Pastor Stanton know. He will come bless your pet at your house's front yard.

# Wednesday Night Activities

Wednesday Night Dinners are still postponed until further notice due to the COVID-19 pandemic. We will post details and the starting date as soon as it is available. Watch the upcoming newsletters and Facebook for more information.

We hope you will continue to worship with us on Wednesday Nights at 6:15 once they start again.

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



# Going Above and Beyond as Stewards of CUMC



# Food Pantry Giving

We collected 8 items for our September collection. Thank you to everyone who brought something in! For the month of October we are collecting Cereal. Distribution will be on Thursday, October 15.

# October Missional Giving

Mission money collected this month will go to **Food Pantry**. 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.

# College/Military Addresses Needed

As a subcommittee of the CUMC Outreach Committee, we try to stay in contact with our college students and active military. We periodically send them letters and small gifts from our church. Parents, we need addresses for your college students and active military service members, especially those leaving home for the first time or shuffling around because of virtual learning. Please contact the church office with updated information.

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# **How Christian Leaders Talk About Money**

The Lewis Center for Church Leadership at Wesley Theological Seminary is a great resource for the Stewardship Team (https://www.churchleadership.com/tag/stewardship/).

In a recent article from the Center, Lovett Weems Jr. writes about, "Changing the Tone of Conversations about Money and Church."

He states two principles: • Never talk about people's money apart from their discipleship. • Never talk about the church's money apart from its mission. Notice, he doesn't say never talk about money. Indeed, if we are out to make disciples of Jesus Christ and we want them to glorify God through how they use everything they have, including their money, then we must talk about money and the uses of money. When talking about the church's money, Weems says, "The church only exists to do God's will. And every dollar that is entrusted to the church can be used for only one purpose — to fulfill the mission God has for the congregation. Therefore, there should be no item in the budget that cannot be connected to that mission." If we are asking disciples to glorify God with their money by giving it to the church, then the church had better be glorifying God with that money.

Our Stewardship Knowledge Base (https://www.wumf.org/knowledge/) has two relevant topics: Topic #1 Creating a Narrative Budget and Topic #6 Financial Tools for Stewardship.

# If you have questions or want to learn more, contact:

Jim Wells, Director of Stewardship & Capital Campaigns, Wisconsin United Methodist Foundation at 608-837-9582 or jwells@wumf.org.



# 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 15 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.

As of now, there have been **no changes** to the allowable items due to COVID-19.



September 2020 Page 9

# Foundation News: Giving -"Tis" the Gift to be Simple

'Tis the gift to be simple, 'tis the gift to be free; 'tis the gift to come down where you ought to be.

During the Covid-19 pandemic, most of us are living under conditions of enforced simplicity. There are fewer luxuries and entertainments to spend money on and for most of us, less traveling, shopping, and visiting. Although, some people find the forced confinement to be stressful itself, most people are, all in all, under less of the kinds of stress they usually experience. John Wesley, in his sermon, "The Use of Money (#50)," insists that simplicity is essential for the Godly use of money. If we earn all we can honestly, then we are to save all we can, meaning retain all we can, by not using it wastefully. Rather than spending on luxury foods and personal ornaments (home, fashion, etc.), says Wesley, we should "be content with what plain nature requires." Nor, should we lead our children into an extravagant lifestyle. Why, then are we saving? In order to serve God through 1) supplying your own simple needs, 2) and the needs of your family and household, and then 3) giving your surplus to the "household of faith" and to other people for their simple needs. We are not the proprietors of creation, but rather the stewards of it. So, when we are planning an expenditure, Wesley advises us to ask, 1) am I acting as a proprietor or a steward? 2) am I following Scripture? 3) can I offer this as a sacrifice to God, through Jesus Christ? and 4) will this action be judged as righteous? There are plenty of churches and people in need during the pandemic. This is a good time to get even better at God's simplicity. As Wesley says in ending his sermon, "Give all ye have, as well as all ye are, a spiritual sacrifice to Him who withheld not from you his Son, his only Son." Jim Wells



Centenary will once again be sponsoring some families who could use a little extra help this Christmas. 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 early November. We are giving plenty of advance notice in order to reduce the number of last minute requests.



It's hard to believe it, but it is almost that time again already...time to start planning for the 7th annual Advent by Candlelight. Due to COVID-19, this year is still in the works. I am hoping to still be able to have it, but with some twists to how we have it. Watch November's newsletter and Facebook for upcoming information. I sincerely hope we are able to pull off a way to have this special night this year.

Becky Upmann

# Meetings and News



# Monthly Accountable Leadership Board Meeting

Monday, October 12 — 6:30 p.m.



# **ALB Positions Open**

There are still a handful of seats open on our newlyformed Accountable Leadership Board, as well as openings for numerous team members. If you'd like to serve, please look for the yellow application outside the office or on the church website www.shullsburgumc.com.





# Retired & Re-Fired Small Group

The Retired & Re-Fired Group met on September 28 in the Fellowship Hall! It was so good to meet again in our church building. Before too long it would be cold in the park.

We began our new Bible Study, Bad Girls of the Bible, which Lois Finnigan is leading.

We will meet next at noon on Monday, October 12 in the Fellowship Hall. Bring your own food and beverage. Social distancing and face masks are required.



Blessings and love,

Betty Gleason, Retired & Re-Fired Small Group Leader



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



The Wisconsin Annual Conference has been changed to a Online Conference this year due to the Covid-19 pandemic. Our delegates will still participate in this event.

# 2020 Wisconsin Annual Conference October 23-24

# Sunday School News

Sunday School has started meeting via Zoom at 9:00 a.m. every Sunday, with lessons being posted on Facebook each week. Zoom code and password can be requested on our Facebook page, **Centenary UMC Sunday School**. We are looking into recording the lessons in case you are unable to attend and would like to view it afterwards. Don't forget to like our Facebook page so that you don't miss out on any of the lessons or upcoming information.

We will be collecting cereal to donate to the Food Pantry for their October collection. If you have cereal or other food items that you would like to donate to the Food Pantry, please have them dropped off to the church before October 15.

Sunday School Team



Powerful giving with your smartphone

Apps make life easier. With GivePlus Mobile, you can use your smartphone to give anytime, anywhere!

Sunday School

News

- •Download the FREE app on your Apple or Android phone
- •Make one-time or recurring donations using your debit/credit card or checking/savings account
- •Log in or donate as a guest
- •Securely and conveniently manage donations using Touch ID/Fingerprint, PIN or password

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

# From Our Parish Nurse.....

# October is National Dental Hygiene Month

Fresh breath, strong teeth and healthy gums are all part of oral health. Studies show a connection between gum disease and heart disease, diabetes, and cancer. Poor oral health can affect the brain as well! Substances that are released from gums inflamed by infection can actually kill brain cells and lead to memory loss. Here are some more facts related to oral health:

# Respiratory Infections-

The respiratory system can suffer as a result of poor oral health. Bacteria in the mouth from infected teeth and swollen gums can be breathed into the lungs or travel there through the bloodstream. Once there the bacteria can lead to respiratory infections, pneumonia, acute bronchitis, and even COPD.

# Diabetes-

Not only are diabetics already more susceptible to infection such as infected gums that lead to periodontal disease, but periodontal disease can in turn make diabetes more difficult to control. Symptoms can worsen as blood sugar levels go haywire because of gum disease. It is especially important for diabetics to take good care of their oral health to prevent complications with their disease. Because gum disease can lead to higher than normal blood sugar levels, a person with poor oral health is at an increased risk of developing diabetes.



# Pregnancy-

It is imperative for expectant mothers to practice good oral hygiene. Hormonal changes in the body during pregnancy can cause a woman to develop oral infections much more easily. Any infection in the mother's body increases her risk of experiencing pregnancy complications. Oral health problems in the mother such as periodontitis and gingivitis have been known to lead to premature birth and low birth weight in infants. Gum disease puts both mother and baby at risk for experiencing serious health issues.

# Infertility-

There is a link between poor oral health and problems with infertility in women. Gum disease can lead to various overall health issues that can make it more difficult for a woman to conceive and sustain a healthy pregnancy. It can actually take longer for a woman with poor oral health to get pregnant than it would for a woman who has good dental health.

# Erectile Dysfunction-

Having poor oral hygiene puts a man at an increased risk for suffering from erectile dysfunction. Chronic periodontal disease is known to be related with ED. CPD is an infection that occurs when gums pull away from teeth, which creates pockets that carry bacteria and allows the bug to spread to the bone surrounding teeth. Bacteria from diseased gums can get into the bloodstream and cause blood vessels to become inflamed. This inflammation can block the flow of blood to the genitals, making erections more difficult or even impossible to achieve.

# Cancer-

Obviously, poor oral health practices such as smoking or using tobacco products can lead to oral and throat cancers, but other types of cancer have also been linked to gum disease. Risk for kidney cancer, pancreatic cancer, and blood cancers is much higher for people who have poor oral health.

# Kidney Disease-

Chronic kidney disease is a serious health problem that affects the kidneys, heart, bones, and blood pressure. Infections in the body such as periodontal disease can lead to kidney disease. People with gum disease generally have weaker immune systems and are more likely to acquire infections. Many people who suffer from very poor oral health also suffer from kidney disease. Kidney disease can be fatal if it leads to kidney failure or cardiovascular disease.

# Rheumatoid Arthritis-

According to the National Rheumatoid Arthritis Society, people with gum disease were four times more likely to have Rheumatoid Arthritis. Both diseases have inflammation in common. The oral bacteria from gingivitis can increase inflammation throughout the body. This makes the risk for developing rheumatoid arthritis, a painful and debilitating inflammatory disease, much higher.

# Prevention, Prevention, Prevention!!!

The best way to prevent serious health issues caused by bad oral health is to practice good oral hygiene and schedule regular visits with your dentist.

To practice good oral hygiene:

- Brush the teeth and gums for two minutes at least twice a day.
- Floss the teeth daily.
- Avoid smoking cigarettes or chewing tobacco products.
- Use toothpaste and mouthwash products that contain fluoride.
- Limit sugary foods and drinks.
- Eat a well-balanced diet for optimum nutrition.

Remember, a healthy smile will last a lifetime!

### References:

www.ADA.org www.adha.org www.CDC.gov

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.



# October Birthdays

- Jeremy Gratz Caiden Mootz Mary Wedige **Betty Kraus** Kayla Teutschmann Dave Humphrey **Jacob Berendes Brett Matye** Nicholas Wymore Geraldine Kryzaniak Peggy Steger
  - Kathy Block Deb Edwards
- 6 Laurel Hartung Karen Bode Eric Kudronowicz 10 Kevin Ubersox 10 Charla Walker 13 Luke Unbehaun
- 13 Brandi Walter 14 Gabriella McGovern 17 Dan Webster 21 Brandon Lyne 22 Tim Crotty 22 Ron Woodworth

**Brett Foley** 

23

- 24 Kerry Coppes 25 Gayle Stoycheff 25 Sarah Pedlev 25 Barb Ewers 26 Barb Teutschmann 28 Joe Diedrich 28 28 28 29 30 30
  - Brenda Mullikin Don Mullikin Kaleb Leitzinger Scott Matye **Hunter Matye Denise Shirley Terry Hicks** 31



1 Greg & Tina Cruse 4 Steve & Sara Gierke 10 Steve & Denise Leitzinger 11 Dan & Linda Dillon 14 Joe & Lisa Diedrich 15 Tom & Sharon Teutschmann 20 Ken & Lisa Cockroft 20 Mark & Leigh Lierman 23 Betty & Allen Kraus

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!

# October 2020

Sat					Time
Frú	ω	0/	5	23 24	<i>30</i> 31
Thu	2	8	15 3:30 Food Pantry	22 2.	39
Wed		7 9:30 Online Bible Study w/Pastor Stanton	14 9:30 Online Bible Study w/Pastor Stanton	27 9:30 Online Bible Study w/Pastor Stanton	<i>28</i> 9:30 Online Bible Study w/Pastor Stanton
Twe	rteens that help each month.	6 Pastor Stanton's Day Off	13 Pastor Stanton's Day Off	20 Pastor Stanton's Day Off	27 Pastor Stanton's Day Off
Mon	Special thanks to all the wonderful volunteers that help prepare the mailing of the newsletters each month.	٧,	12 Noon Retired & Re-Fired in Fellowship Hall 6:30 Accountable Leader- ship Board Meeting (via Zoom)	61	26
Sun	Special thanks to all the wonderful volunteers that help prepare the mailing of the newsletters each month.	4 9:00 Sunday School Zoom Check-In 9:30 Blended Worship	11 9:00 Sunday School Zoom Check-In 9:30 Blended Worship	18 9:00 Sunday School Zoom Check-In 9:30 Blended Worship	25 9:00 Sunday School Zoom Check-In 9:30 Blended Worship



Join us for Sunday Morning Blended worship in the sanctuary!!!

(See inside for more guidelines & details)

# The Chimes

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

Address Service Requested

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Join us for inperson Sunday worship! Centenary UMC's



**Schedule** 

Starting September 13

Saturday Night Worship — 7:00 p.m. — Canceled until further notice

Single Sunday Worship — 9:30 a.m. —Sanctuary & Facebook Live

Wednesday Morning Bible Study — 9:30 a.m. — Zoom Online

Wednesday Night Activities — 6:00 p.m. — Sanctuary — Canceled until further Notice



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