

The Chimes

Centenary United Methodist Church



BACK TO CHURCH



September 2020

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Greetings,

When I originally started the last newsletter article *Hard Lessons to Learn*, I intended that it would be one article. It soon became clear that that wouldn't be the case when the first lesson (life, at least our mortal life, is not eternal) took up so much space. So today I share with you the second lesson, God loves you no matter what.

Now, many would say that this lesson seems to be obvious; it is, after all, one of the basic tenets of the Christian faith. We worship a God who loves each of us so much that God was willing to allow Jesus Christ to be sacrificed to provide hope to us. There is nothing that we can do that can and will take that love away from us. God loves us, no matter what.

This was a hard lesson for me to learn because for much of my life I saw myself as unloved and unworthy. I had what can best be called a "head knowledge" of Christianity, but the information that I knew in my brain never became part of who I was. It never became real.

Because of this feeling of unworthiness, I sought to find some value someplace, anyplace. I found value in school. In school I excelled and I became "a brain" and I found that my teachers and parents would praise me. I finally found my worth (or at least what I thought was worth at the time). As long as I could get the grades, everything was fine (sure a little lonely and empty at times, but at least there was something to cling to).

Late in my high school career I got sick and ended up missing a lot of school. So much, in fact, that my mom and I were called to the vice-principal's office and I was told that I had missed too much for the year and that I would have to drop out and try to resume again later.

My world was turned upside down, the worthiness that I had searched for and found in school was torn away and suddenly it seemed that my life was, once again, worthless. I slipped into deep depression.

A couple months later I attended my first church camp and the following summer at LTC (a high school Leadership Training Camp) my "head knowledge" of Christianity became real for the first time.

For the first time I really realized that I was worth something. I realized that I was worth something not because I could get good grades but because God was willing to let Christ die for me and that I was a beloved child of God. Life has never been the same again.

God loves me, no matter what. God loves you no matter what. It was a hard lesson for me to learn and I suspect that there may be some of you who have found it hard to learn as well.

I wish that I could write and say that once we realize God's love for us everything is magically okay from there on out. But I cannot, to do so would be a lie.

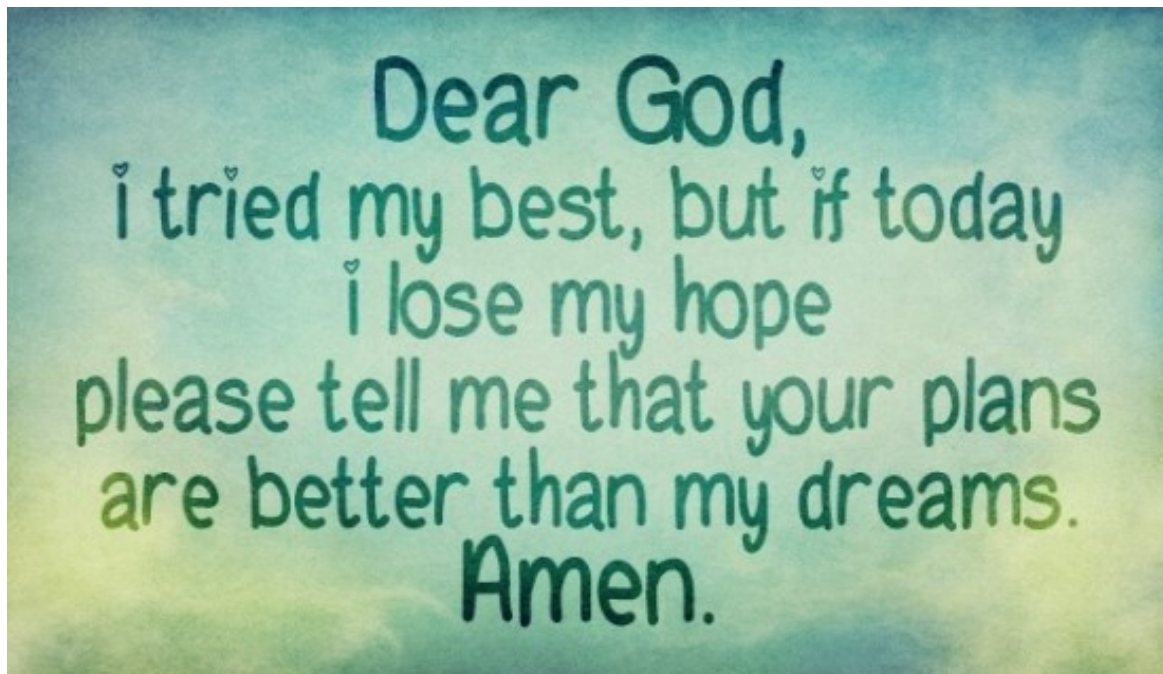
Truth be told, of all the hard lessons to learn that I have and will be writing about, this may well be the one that I struggle with the most.

I find that it is sometimes hard to remember that God loves me, no matter what. It is hard to realize that there is nothing that can happen in our lives here on earth that will separate us from the love of God. It is sometimes hard to look through the lenses of our lives and see that there is hope out there because of the great love God has for us.

I have, since those high school days, struggled with depression at various times. These periods of depression usually correspond to some stress that I am experiencing in my life. I know that there are others out there as well who struggle with life. Sometimes it feels as though there just is not much point in it all and we develop, if not outright suicidal thoughts, a sort of apathy toward life.

When these storms of life come, I hope and pray that we will all remember that hard lesson to learn, that God loves you, God loves me, God loves each of us more than we will ever know. **No matter what.**

Until Next Time,
Pastor Stanton



In the last several weeks, there have been many mailings regarding the reopening of the church. **Centenary is set to return to in-person worship on September 13, 2020.** Below are the worship practices that we will begin with. All these are subject to change as new information and/or treatments for COVID-19 are discovered.

Centenary UMC Worship Protocols During COVID-19

1. **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.
2. **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.
3. **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.
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

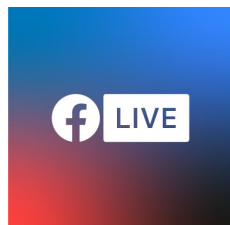
Online Bible Study

During this period of social distancing, Pastor Stanton continues Wednesday Morning Zoom Bible Study. Wednesday Morning Bible Study is only on Zoom that morning.



Online Worship

As we start to transition back into in church worship we will still provide Facebook Live. You can watch or listen to worship anytime via Facebook Live. For our shut-ins we will continue to send the weekly mailings.



September Worship

August 30

Lessons From a Pandemic: Heart

Genesis 45:1-15
Romans 11:1-2a, 29-32
Matthew 15:21-28

September 6

Guest Preacher: Bishop Jung Hope is in You

Matthew 11:28-30

September 13

Lessons From a Pandemic: Soul

Exodus 1:8-2:10
Romans 12:1-8
Matthew 16:13-20

September 20

Simple Kindness

Exodus 3:1-15
Romans 12:9-21
Matthew 16:21-28

September 27

Before Us

Exodus 17:1-7
Philippians 2:1-13
Matthew 21:23-32

NEWSLETTER REMINDER

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

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 12 items for our August collection. Thank you to everyone who brought something in! For the month of September we are collecting Hamburger Helpers. Distribution will be on Thursday, September 17.

September Missional Giving

Mission money collected this month will go to **Gingerbread House Preschool**. 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 Ministry News-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. Since school will be starting soon, we need to make sure we have current addresses. **Parents, we need addresses for your college students and active military service members, especially those leaving home for the first time. Please contact the church office with updated information.**



Stewardship Retreat & Spiritual Gifts

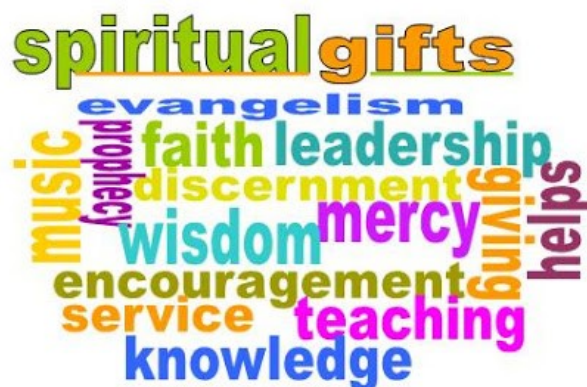
It is not too late to sign up for the Online Stewardship Retreat. We are asking churches to register their interest in participating so that we can send them notifications and materials as well as schedule consultations in the weeks ahead.

Register at bit.ly/WUMFretreat20

Spiritual gifts reflect the power of the Holy Spirit incarnate in each of us and expressed as specific abilities. These abilities may become strengths in the service of the Lord if we first identify them, second own them, third nurture and grow them, and fourth use them for good. As Barbara Dick has written, "Much like the characters in the Wizard of Oz, we have just the gifts we need to fulfill our deepest desires and the world's need, but we are not aware of them or lack confidence in their power." Dan and Barbara Dick have written, "Equipped for Every Good Work," a systematic approach to building a gifts-based church. In addition to the book, they have created a Website with additional tools and resources: <https://equippedforeverygoodwork.wordpress.com>. The book includes a tool for identifying your spiritual gifts. The Strength Finder assessment developed by the Gallup Organization provides another approach. "Living Your Strengths" is a faith-based book that helps you turn gifts into strengths. The book includes a link to the StrengthsFinder tool for identifying your talents. Another resource is the spiritual gifts inventory provided by the United Methodist at <https://www.umc.org/en/content/exploring-your-spiritualgifts>.

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.



Foundation News: Resilience in Clay Jars

But we have this treasure in clay jars, so that it may be made clear that this extraordinary power belongs to God and does not come from us. We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed; (2 Corinthians 4:7-9) There is much being written about the need for resilience in our home lives, in our churches, in our communities and in our institutions. Resilience is the ability to recover quickly from difficulties; think of the tree that bends but does not break. Clearly, the Apostle Paul had resilience in mind when writing to the Corinthians. There are three things that I believe a resilient church needs: 1. Devotion to a vision of ministry and mission 2. Knowledge of the spiritual gifts of members and friends of the congregation (the "treasure in clay jars") 3. Nurturing of gifts through spiritual disciplines of prayer, presence, gifts, service and witness. In these pandemic times, we will need to discover and nurture resilience because, first, our affliction will not be ending any time soon. Until there is an effective vaccine that has been broadly implemented (2 or 3 or more years in the future), church attendance will be dangerous to members over 60 or those with chronic illnesses. Our churches must be resilient, second, because we are not going back to where we were. A mix of online and in-person worship, participation and giving will be the new normal going forward. Finally, we must be resilient because the newcomers we need to survive will judge us according to how we adhered to Christian values during the pandemic. In all ways acknowledge God, and God will make straight your paths.

Jim Wells

Visit the Wisconsin United Methodist
Foundation at

www.wumf.org or Facebook/wumf.org
Or call 1-888-903-9863



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- 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.

Meetings and News

Monthly Accountable Leadership Board Meeting

Monday, September 14 — 6:30 p.m.

ALB Positions Open

There are still a handful of seats open on our newly-formed 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 August 24 at the park and had a great time.

The September/October Upper Rooms have been mailed out; we hope you have received yours and are enjoying them.

We are beginning a new Bible study led by Lois Finnigan called Bad Girls of the Bible. We will be reading the book and discussing it. If you would like a copy for yourself, please contact Lois.

We will meet next at noon on Monday, September 28 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

We're all Part of His Flock



The Retired & Re-Fired Group
Centenary United Methodist Church



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 volunteers are getting excited as a new Sunday school year is just around the corner! We are going to be doing Sunday School virtually for the time being. We have created a Facebook page *Centenary United Methodist Church Sunday School*. *This is where we will post our weekly lesson plans. You then can work on them together as a family. There will be a Bible story to look up, some discussion questions. activities to go along with the story, and a weekly challenge. If you would prefer to have a hard copy of the lessons mailed to you, please let us know by emailing danicadiedrich13@gmail.com, and we will make sure that they are sent out to you. The first lesson will be posted on the Facebook page on September 13, and you can do the lesson anytime during the week.*

We will also be having a weekly Zoom meeting at 9:00 a.m. to check in on the children to see how they are doing and to discuss the lesson from the week before and any activities that they completed. These meetings will be brief, but we feel they are important so that we can see the children's smiling faces and connect about God. The first Zoom meeting will also be held on September 13 at 9:00 a.m. The Zoom link and password information will be provided in the Sunday School letter, or you can contact us through the Facebook page for this information.



We also encourage you to make a card for the residents in the Shullsburg Home since we will be unable to go visit them this fall. Please drop off your card to the church by September 27.

For our outreach this fall, we will be doing a collection for food pantry. More details will be coming.

Sunday School Team: Danica Diedrich, Amy Mullikin, Jamie Roberts, Lisa Cockroft

From Our Parish Nurse.....

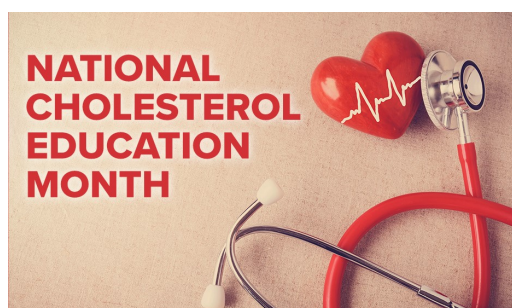
September is National Cholesterol Education Month

Children, young adults, and older Americans can have high cholesterol. Learn how to prevent high cholesterol and know what your cholesterol levels mean.

September is National Cholesterol Education Month, a good time to get your blood cholesterol checked and take steps to lower it if it is high. National Cholesterol Education Month is also a good time to learn about lipid profiles and about food and lifestyle choices that help you reach personal cholesterol goals. Below you will find some information about cholesterol and a summary of CDC programs that address cholesterol across the country. You will also find a few fact sheets and publications about cholesterol, as well as links to useful consumer and health care provider information on our partner Web sites.

How many Americans have high cholesterol?

More than 102 million American Adults (20 years or older) have total cholesterol levels at or above 200 mg/dL, which is above healthy levels. More than 35 million of these people have levels of 240 mg/dL or higher, which puts them at high risk for heart disease.



What is cholesterol?

Cholesterol is a waxy, fat-like substance found in your body and many foods. Your body needs cholesterol to function normally and makes all that you need. Too much cholesterol can build up in your arteries. After a while, these deposits narrow your arteries, putting you at risk for heart disease and stroke.

How do you know if your cholesterol is high?

High cholesterol usually doesn't have any symptoms. As a result, many people do not know that their cholesterol levels are too high. However, doctors can do a simple blood test to check your cholesterol. High cholesterol can be controlled through lifestyle changes or if it is not enough, through medications.

It's important to check your cholesterol levels. High cholesterol is a major risk factor for heart disease, the leading cause of death in the United States.

How often should you have your cholesterol checked?

The National Cholesterol Education Program (NCEP) External recommends that adults aged 20 years or older have their cholesterol checked every 5 years. Preventive guidelines for cholesterol screening among young adults differ, but experts agree on the need to screen young adults who have other risk factors for coronary heart disease: obesity, smoking, high blood pressure, diabetes, and family history. Less than half of young adults who have these risk factors don't get cholesterol screening even though up to a quarter of them have elevated cholesterol.

A simple blood test called a lipoprotein profile can measure your total cholesterol levels, including LDL (low-density lipoprotein, or "bad" cholesterol), HDL (high-density lipoprotein, or "good" cholesterol), and triglycerides.

The following chart shows optimal lipid levels for adults:

Desirable Cholesterol Levels	
Total cholesterol	Less than 170 mg/dL
Low LDL (“bad”) cholesterol	Less than 110 mg/dL
High HDL (“good”) cholesterol	35 mg/dL or higher
Triglycerides	Less than 150 mg/dL

Can children and adolescents have high cholesterol?

Yes. High cholesterol can develop in early childhood and adolescence, and your risk increases as your weight increases. In the United States, more than one-fifth (20%) of youth aged 12–19 years have at least one abnormal lipid level. It is important for children over 2 years of age to have their cholesterol checked if they are overweight/obese, have a family history of high cholesterol, a family history of heart disease, diabetes, high blood pressure, or certain chronic condition (chronic kidney disease, chronic inflammatory diseases, congenital heart disease, and childhood cancer survivorship).

The National Cholesterol Education Program External has developed specific recommendations about cholesterol treatment for people at increased risk, such as those with a family history of high cholesterol or heart disease.

If you have high cholesterol, what can you do to lower it?

Your doctor may prescribe medications to treat your high cholesterol. In addition, you can lower your cholesterol levels through lifestyle changes:

- Low-fat and high-fiber food (Eat more fresh fruits, fresh vegetables, and whole grains).
- For adults, get at least 2 hours and 30 minutes of moderate or 1 hour and 15 minutes of vigorous physical activity a week. For those aged 6-17, get 1 hour or more of physical activity each day.
- Maintain a healthy weight.
- Don’t smoke, or quit if you do.

Content source:
National Center for Chronic Disease Prevention and Health Promotion

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.



*Faith
is not believing that
God can,
it is knowing that
God will.*

September Birthdays

2	Mike Moyle	14	Vicki Lawrence	23	Shirley Hastings
2	Joe Thompson	14	Vanessa Reynolds	24	Laura Popp
2	Godfrey Teutschmann	15	Brandon Capp	24	Mark Lierman
6	Jonnathan Johnson	15	Marjorie Cherry	24	Trynton Schwartz
6	Karley Gobrecht	15	Greg Cruse	24	Julie Thompson
7	Greg Mullikin	15	Patti Gordon	25	Brian Metz
8	Steve Gierke	16	Maddux Russell	26	Ashley Frontz
8	Ashley Holland	16	Janet Wymore	27	Karen Gill
8	Collin Hauser	17	Russ Freiburger	27	Kris Leitzinger
9	Peyton Strang	17	Eli Poppy	27	Emma Pedley
9	Art Finnigan	17	Kiera Sandlin	27	Joey Schwartz
9	Alan Hauser	19	Brad Gill	27	Julie Westemeier
9	Eleanor Jackson	19	Amanda McNett	28	Brandon Popp
9	Maddie Mullikin	19	Sam Uehling	28	Gina Raymond
10	Becca Gill	19	Cheri Wotnoski	28	Maria Russell
10	Sharon Teutschmann	20	Janet Harker	28	Jennifer Thompson
12	Sean Cockroft	20	Nevada Sandlin	30	Su Gundry
13	Brent Reddington	20	Rodney Stewart Jr.		

HAPPY ANNIVERSARY

3	Dan & Judy Webster
4	Eric & Amber Russell
9	Greg & Janet Jenson
13	Jerry & Laura Droessler
14	Bob & Barb Edge
16	Brandon & Amber Capp
18	Andy & Becky Upmann
21	Larry & Pam Teasdale
23	Rod & Marlene Stewart
29	Brad & Becky Mootz


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! 

September 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Pastor Stanton's Day Off	2 9:30 Online Bible Study w/Pastor Stanton	3	4	5
6 9:30 Facebook Live Worship	7	8 Pastor Stanton's Day Off	9 9:30 Online Bible Study w/Pastor Stanton	10	11	12
13 9:00 Sunday School Zoom Check-In 9:30 Blended Worship — Back in Church!	14 6:30 Accountable Leader- ship Board Meeting (via Zoom)	15 Pastor Stanton's Day Off	16 9:30 Online Bible Study w/Pastor Stanton	17 3:30 Food Pantry	18	19
20 9:00 Sunday School Zoom Check-In 9:30 Blended Worship	21	22 Pastor Stanton's Day Off	23 9:30 Online Bible Study w/Pastor Stanton	24	25	26
27 9:00 Sunday School Zoom Check-In 9:30 Blended Worship	28 Noon Retired & Re-Fired Lunch Fellowship Hall	29 Pastor Stanton's Day Off	30 9:30 Online Bible Study w/Pastor Stanton	<div> Special thanks to all the wonderful volunteers that help prepare the mailing of the newsletters each month. </div>		



The Chimes

Sunday Morning
Blended worship will
resume
in the sanctuary
on Sunday,
September 13!!!!
(See inside for more
guidelines & details)

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

Non-Profit Org
U.S. Postage Paid
Shullsburg, WI 53586
Permit No.12

Address Service Requested

Beginning in-
person Sunday
worship
September 13!

Centenary
UMC's

UPDATED

Schedule

Starting September 13

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

Single Sunday Worship — 9:30 a.m. — **Sanctuary starting 9/13**

Wednesday Morning Bible Study — 9:00 a.m. — **Online for Now**

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



Our Mission Statement

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