



The Chimes

Centenary United Methodist Church



Wednesdays:

with Pastor Maria
9:30 @ Second
Chance

with Art Finnigan
6:00 @ Serenity Room

see pages 3 & 5



see pages 5, 7, & 10



see page 5



see page 2



Wednesday nights starting September 7

see back page

September 2022

<i>Pastor's Message</i>	2
<i>Home Visits</i>	2
<i>Lay Servant Zoom Class</i>	3
<i>Hymn Sing Sundays</i>	3
<i>Wednesday Morning Bible Study</i>	3
<i>Monthly ALB Meeting</i>	4
<i>Retired & Re-Fired Group</i>	4
<i>Special Thank You</i>	4
<i>Wednesday Meal Team Forming</i>	5
<i>Wednesday Evening Bible Study</i>	5
<i>Youth Group</i>	5
<i>Foundation News</i>	6
<i>Interview Challenge</i>	6
<i>Food Pantry Monthly Item</i>	7
<i>Monthly Mission</i>	7
<i>Young Adult Addresses Needed</i>	7
<i>Recorded Worship Service</i>	7
<i>Parish Nurse News</i>	8-9
<i>Update Your Contact Info</i>	9
<i>VBS Recap</i>	10-11
<i>September Birthdays & Anniversaries</i>	12
<i>Worship Assistants Needed</i>	12
<i>September Calendar</i>	13
<i>NEW! Family Fun Nights</i>	back



Greetings in Christ!

We had such a wonderful VBS time this year with 35 children and 28 helpers including youth assistants. Due to Covid, I couldn't be with VBS for the last three days. I am so grateful to Tara, Danica, and all teachers who filled in for me in their already hectic schedules. To all assistants and helpers as well as teachers, I am so greatly thankful for your efforts, commitment, and love for kids and love for God's word.



This is what I found at our VBS – the energy there (I'd like to call it a 'Centenary energy') was impressive. Teachers, helpers, parents, and grandparents worked together like one team. Later I learned many of them grew up in this church and served as teachers for many years. Many of them were Centenary VBS graduates! It seemed to me everybody there knew it was God's heavenly banquet for children and it would be fun! And it WAS fun!

One more thing that impressed me so much was that our kids have such a pure heart of compassion. The theme of this year was God's food truck. I shared with kids a video clip of a Christian mission team who built a well for village people struggling with filthy water issues. Our children were so focused on the video all along and at the ending scene of everybody drinking clean water from the well, our kids clapped their hands just spontaneously for joy. I have shared similar stories in so many different regions, and our Shullsburg Centenary kids' hearts of compassion really touched me. Starting this month, our church will have a 'Family Night' every Wednesday for kids, youth, parents, and all adults. Come, connect, and enjoy company in Christ!

In Christ,

Pastor Maria



TO LOVE YOU MORE...

It is the job of the pastor, leaders, and whole congregation to care for the body of the church. We are called to love as Jesus loved. The church doesn't always know when you are hurt, having surgery, going through a tough time, or in the hospital.

If you would like Pastor Maria to visit you or a family member, please call the church office or her cell directly at (253) 886-6015 to set up a time!

Upcoming Events

Advanced Lay Servant Ministry Class — via Zoom -- Leading Worship --

Friday, September 30 6:00 p.m. – 9:00 p.m.

AND

Saturday, October 1 9:00 am – 3:00 pm

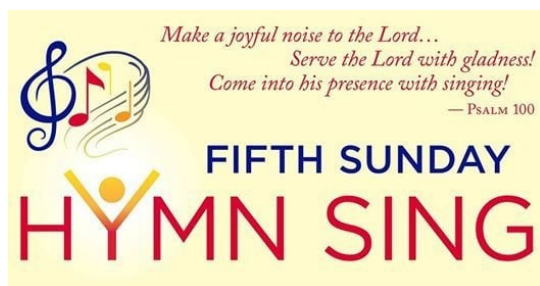
Led by Rev. Amy Powell



Materials: Each person will need to purchase a copy of “*Worshiping with United Methodists*” by Hoyt L Hickman. It can be ordered for \$15 at Cokesbury.com.

Technology: Each participant will need a computer equipped with web camera and microphone, as well as good internet access. There is no need to purchase a Zoom subscription...a class link will be sent to you via email prior to class.

Registration: Deadline to register is September 21. To register or to contact with questions, email powellmama@gmail.com, or call 608-220-5873. Seating is limited so register early!

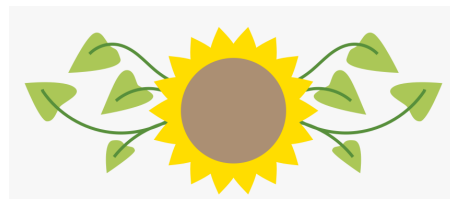


We will be having a Hymn Sing Sunday each month that has a 5th Sunday. The first one was in July, and the next one will be October 30.

Please think of your favorite song — traditional hymn or contemporary — and let us know them by the Sunday before. Also consider giving the congregation a reason why that is your favorite.

Bible Study

Wednesday Morning Bible Study
with Pastor Maria weekly at
Second Chance Coffee at 9:30 a.m.



Meetings and News



Monthly Accountable Leadership Board Meeting

Monday, September 19
6:30 p.m. @ CUMC



Retired & Re-Fired Small Group

A change is in the air with our nights getting cooler and the days becoming shorter. My favorite season is fast approaching! Thanks be to God for His abundant blessings of needed rain and warm sunshine in our gardens, yards and farm fields! Many folks have been busy canning, freezing, and preserving all the goodness from their gardens. Soon our farm families will be harvesting bountiful crops, too!

A big joy for me in the past month was introducing our new pastor, Pastor Maria Kim, to some of our church friends. I've enjoyed visiting with old friends and getting to know our new friend, Pastor Maria, much better.

We're all Part of His Flock



The Retired & Re-Fired Group
Centenary United Methodist Church

Our group's summer break will end on September 19 when we'll meet in the Fellowship Hall at noon to discuss our fall plans for projects, study, and possibly a field trip or two. Please bring your own lunch. Coffee, tea, and a dessert will be provided. We celebrate and lift up those folks in our age bracket that had birthdays and anniversaries in the month of August. On our list for August birthdays are Bob Edge (8/18), Deb Gierke (8/11), Ed Gierke (8/28), Fred Gustafson (8/21), Brenda Johnson (8/13), Robert Unbehau (8/24), and Lisa Diedrich (8/26). May God bless each one of them and keep them throughout the year ahead!

Mary Gensler, Retired & Re-Fired Small Group Leader



A special thanks to Terry Hicks for taking care of the church lawn. It always looks so nice. Thank you again for your hard work.

Family Fun Nights will be starting soon, and we'd like to set up some adults on a meal rotation. This would include getting there early, preparing food, and serving the meal.

If you are interested in being on the meal team, please contact Becky Upmann in the office at 965-3455 or email centenaryumcoffice@yahoo.com.

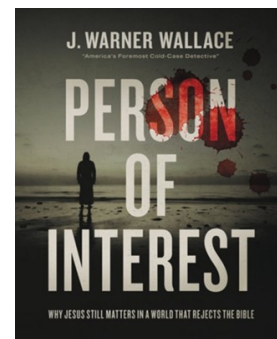
Help us make this a fun-filled night!



Wednesday Evenings

6:00 - 7:00 p.m. in the Serenity Room

Led by Art Finnigan



Watch and listen to an experienced detective, who just happened to be an atheist, study and solve the case of Jesus.

Youth Group Resumes

Calling all youth grades 6-12! Youth group is will be meeting one Sunday a month.

September 18 @ 6:30 in the Fellowship Hall

Youth Group Leaders



A Note in the Offering

A young child wrote this note to his pastor. "Dear minister, I'm sorry I don't give more money to the church on Sundays, but my father didn't give me a raise in my allowance. Could you give a sermon about a raise in my allowance? It would help the church get more money."

As funny as this is, many of us approach giving in this way, whether it's to the church or to any other organization that helps those in need. We'd give more if only we had a little more to give. We just need that raise and everything will be so much easier. There's only so much to go around and there's just not enough right now.

Unfortunately, this paints a false picture of God. Our world tells us over and over those resources are scarce. There's only so much to go around. And so, we can only give so much because otherwise there won't be enough left for us. We spend so much time and energy acquiring and worrying about what we don't have and often are so measured and cautious with what give, because we believe there isn't going to be enough. This is the myth of scarcity. That God hasn't given his children enough to go around. This is not the God we worship.

The truth is, we believe that the God we worship has given to us abundantly! Not only is there enough to go around, but there's also more than enough. And therefore, we give in response to the abundance God continually provides us with.

I have heard people say that the more they have given the more God has given them. From my experience, I don't think God gives more to the generous and less to misers. I have found that the more I give the more I recognize how much God has already blessed me with. It's not that God has given me more in a "quid pro quo" arrangement. In giving, I am transformed. I can see the gifts I have more clearly. I can give thanks more fully. I can give more joyously.

~Jason Mahnke, Director of Programming & Campaigns, Wisconsin United Methodist Foundation

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



Pastor Maria has started the "Centenary Interview Challenge." The rule is the same with Ice Bucket Challenge, except there is no ice bucket! After you have an interview with Pastor Maria, you are expected to nominate someone for the next interview. We are hoping that she is able to get everyone to do the challenge. This is a great way for her to get to know everyone.

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 boxed meals like Hamburger Helper. Distribution will be on Thursday, September 15.

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 Addresses Needed

As a church, we try to stay in contact with our college students and active military by periodically sending them letters and small gifts. 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.

Worship service is recorded every Sunday and posted on the church Facebook page around 12:30 p.m. Becky Upmann is in charge of recording & posting, but she needs a backup crew for when she can not be there. If you can help, please, let her know.



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

From Our Parish Nurse.....

September is Pain Awareness Month

Across the nation, the month of September has been officially declared as Pain Awareness Month. Pain Awareness Month was created to increase awareness about the effects of pain and to educate citizens about the advanced treatment options available to help alleviate pain. There are approximately 1.5 billion people worldwide who suffer from chronic pain.

For some people, pain is an everyday condition which makes it chronic. Chronic is classified as lasting longer than three months. It shapes the way they shop for groceries, parent their children, manage their relationships with friends and family, and affects their entire lives. Pain becomes the focus of life. As a result pain makes life a delicate thing, too fragile to be robust, too uncertain to be lived fully.

There are several medical conditions that can cause a person to suffer from chronic pain. Arthritis, Crohn's Disease, Gout, Cancer, Bursitis, Back Pain, Polymyalgia, Lyme Disease, Migraine Headaches, Bone Spurs and Neuropathy are just a few of the common causes of chronic pain.

While prescription drug medications help with pain control the following tips are other healthy ways to help control pain:



- **Learn deep breathing or meditation to help you relax.** Deep breathing and meditation are techniques that help your body relax, which may ease pain. Although there are many ways to meditate, the soothing power of repetition is at the heart of some forms of meditation. Focusing on the breath, ignoring thoughts, and repeating a word or phrase -- a mantra -- causes the body to relax. While you can learn meditation on your own, it helps to take a class. Deep breathing is also a relaxation technique. Find a quiet location, a comfortable body position, and block out distracting thoughts. Then, imagine a spot just below your navel. Breathe into that spot, filling your abdomen with air. Let the air fill you from the abdomen up, then let it out, like deflating a balloon.
- **Reduce stress in your life. Stress intensifies chronic pain.** Negative feelings like depression, anxiety, stress, and anger can increase the body's sensitivity to pain. By learning to take control of stress, you may find some relief from chronic pain. Several techniques can help reduce stress and promote relaxation. Listening to soothing, calming music can lift your mood -- and make living with chronic pain more bearable. There are even specially designed relaxation tapes or CDs for this. Mental imagery relaxation (also called guided imagery) is a form of mental escape that can help you feel peaceful. It involves creating calming, peaceful images in your mind. Progressive muscle relaxation is another technique that promotes relaxation.
- **Cut back on alcohol.** Alcohol can worsen sleep problems. Pain makes sleep difficult, and alcohol can make sleep problems worse. If you're living with chronic pain, drinking less or no alcohol can improve your quality of life.
- **Join a support group.** Meet others living with chronic pain. When you're with people who have chronic pain and understand what you're going through, you feel less alone. You also benefit from their wisdom in coping with the pain. Also, consider meeting with a

mental health professional. Anyone can develop depression if he or she is living with chronic pain. Getting counseling can help you learn to cope better and help you avoid negative thoughts that make pain worse -- so you have a healthier attitude. Asking for help is a sign of strength, not weakness.

- **No smoking.** Don't smoke. It can worsen chronic pain. Smoking can worsen painful circulation problems and increase risk of heart disease and cancer.
- **Track your pain level and activities every day.** To effectively treat your pain, your doctor needs to know how you've been feeling between visits. Keeping a log or journal of your daily "pain score" will help you track your pain. At the end of each day, note your pain level on the 1 to 10 pain scale. Also, note what activities you did that day. Take this log book to every doctor visit -- to give your doctor a good understanding of how you're living with chronic pain and your physical functioning level.
- **Massage therapy is great!** Get a massage for chronic pain relief. Massage can help reduce stress and relieve tension -- and is being used by people living with all sorts of chronic pain, including back and neck pain.
- **Eat a healthy diet.** A well-balanced diet is important in many ways -- aiding your digestive process, reducing heart disease risk, keeping weight under control, and improving blood sugar levels. To eat a low-fat, low-sodium diet, choose from these: fresh fruits and vegetables; cooked dried beans and peas; whole-grain breads and cereals; low-fat cheese, milk, and yogurt; and lean meats.
- **Practice distraction.** Find ways to distract yourself from pain so you enjoy life more. When you focus on pain, it makes it worse rather than better. Instead, find something you like doing -- an activity that keeps you busy and thinking about things besides your pain. You might not be able to avoid pain, but you can take control of your life.

This page is provided by our Parish Nurse for Centenary UMC:

Marlene Stewart, RN, MSN, PN, WCC
(608) 293-1193

Please feel free to call her with any health questions you might have.

Sources: www.theacpa.org
www.webmd.com
www.apa.org

We have been working hard on updating our mailing lists and email addresses. If you have moved or changed your email address or phone number, please let us know. If you are unsure of the information that we have on file for you, please contact Becky in the church office to verify.

Thank you!!





Another super VBS program! This year we had 35 kids along with 28 helpers to make the week run smoothly!

Each day started and ended in the sanctuary with music, dancing, and a story from DJ Cupcake. Kids were then split up into their age groups, then each group rotated between five stations: Bible Story, Crafts, Recreation, Science, and Snack, learning the story of God while creating cool projects and doing fun activities. Volunteers for each group traveled around with them and helped the children to relax and have fun!





..... to all the dedicated leaders & helpers who gave many hours of their time to make VBS happen!

..... to all the kids who joined us to sing, dance, eat, play, & learn more about God!

..... to the parents for trusting us with your precious kiddos for the week!

..... to CUMC for providing this amazing event to our community!

..... to all who give money to this ministry to keep it FREE for everyone to attend!



6 Jonnathan Johnson	19 Brad Gill
6 Karley Gobrecht	19 Amanda McNett
7 Greg Mullikin	19 Sam Uehling
8 Steve Gierke	20 Janet Harker
8 Peyton Strang	20 Nevada Sandlin
9 Art Finnigan	20 Rodney Stewart Jr.
9 Alan Hauser	23 Shirley Hastings
9 Maddie Mullikin	24 Laura Popp
10 Becca Gill	24 Mark Lierman
10 Sharon Teutschmann	24 Trynton Schwartz
14 Vanessa Reynolds	26 Ashley Frontz
15 Brandon Capp	27 Karen Gill
15 Marjorie Cherry	27 Emma Pedley
15 Greg Cruse	27 Joey Schwartz
15 Patti Gordon	27 Julie Westemeier
16 Maddux Russell	28 Brandon Popp
16 Janet Wymore	28 Gina Raymond
17 Russ Freiburger	28 Maria Russell
17 Eli Poppy	30 Su Gundry
17 Kiera Sandlin	



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



WORSHIP
VOLUNTEER
opportunities



Scripture Readers
Opening Prayer Readers
CHILDREN FOR OFFERING HELPERS

Your participation will make our worship more lively and active!
If you feel called to help with any of these, please contact the office.

SEPTEMBER 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
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4 10:30 Blended Worship	5 	6	7 9:30 Bible Study @ 2nd Chance w/Pastor Maria 6:00-7:00 Family Fun Night 6:00-7:00 Bible Study w/Art	8	9	10
11 Communion 10:30 Blended Worship	12	13	14 9:30 Bible Study @ 2nd Chance w/Pastor Maria 6:00-7:00 Family Fun Night 6:00-7:00 Bible Study w/Art	15 3:30 Food Pantry	16	17
18 10:30 Blended Worship 6:30 Youth Group	19 Noon Retired & Re-Fired 6:30 ALB mtg.	20	21 9:30 Bible Study @ 2nd Chance w/Pastor Maria 6:00-7:00 Family Fun Night 6:00-7:00 Bible Study w/Art	22 	23	24
25 10:30 Blended Worship	26	27	28 9:30 Bible Study @ 2nd Chance w/Pastor Maria 6:00-7:00 Family Fun Night 6:00-7:00 Bible Study w/Art	29	30 Leading Worship Zoom	



The Chimes

Join us for Sunday
Morning Blended
worship

10:30 In-Person & A
Recorded Service on
Facebook each
Sunday by Noon

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

Address Service Requested



Family Fun Nights are new this year, and the first one will be Wednesday, September 7.

They will be held every Wednesday night from 6 p.m. - 7 p.m. and will include a meal, lesson, games, movies, and much more.

ALL kids between 3 years old and 12th grade and their families are welcome. We hope to see you there!



Our Mission Statement

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