

The Chimes



Centenary United Methodist Church

September 2023

Accountable Leadership Board Meeting

Highlights

see page 7

Community Worship

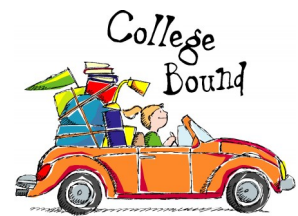
see page 4



see page 2



Fall Programs Resuming
see pages 3-4



Student Addresses
Needed
see page 10

Inside this issue...

Pastor's Message	2	Fellowship Group News	6	Intercessory Prayer Group	11
Wednesday Fun Nights Resuming	3	Youth Group	6	Worship Recording Information	11
Bible Study Resuming	3	August ALB Highlights	7	Baptism Information	11
Adult Book Study Resuming	3	Re-Awaken Band	7	Parish Nurse News	12-13
Children's Sunday Class Resuming	4	50 Attendance Challenge Day	8	Sept. Birthdays & Anniversaries	14
Confirmation Class	4	WUMF Article	9	September Lectionary	14
Community Worship & Bingo	4	Food Pantry Items	10	September Calendar	15
Retired & Refired Group	5	Mission Collection	10	Wednesday Fun Nights Resuming	Back
Trustees News	5	College/Military Addresses Needed	10		
September ALB mtg.	6	Coffee Fellowship	11		



Grace and peace be unto you as we step into the month of September.

Over the past months, we have witnessed the strength of the boundless love that connects us as a church family. The pandemic forced us apart physically, but it could never sever the spiritual ties that bind us together.



I want to extend my heartfelt appreciation to each member of our church leadership including the 50 Attendance Challenge team and congregation. Your dedication and the welcoming spirit during our second "50 Attendance Challenge Sunday" were truly inspiring. On July 30, we invited our VBS students, their families, teachers, and volunteers to join us, and we welcomed 56 people on that special day.

The "50 Attendance Challenge" is more than a numerical goal; it is a call to action, a challenge to make our church more relevant and inviting. It is a call to reach out to the younger generations, to the younger families yearning for connection, and to all seeking to reconnect with the love of Jesus. As I compose this column, we are gearing up for **our third "50 Attendance Challenge" on August 27th**. You are warmly invited!

Let us be reminded of the words from Ephesians 4:15-16: **Instead, we will speak the truth in love, growing in every way more and more like Christ, who is the head of his body, the church. He makes the whole body fit together perfectly. As each part does its own special work, it helps the other parts grow, so that the whole body is healthy and growing and full of love (NLT).** Let us speak truth in love, growing together as a mature body, each part doing its work, building ourselves up in love. May God bless you and your family!

Peace,

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



Every Wednesday night
from 6:00 - 7:00 p.m.

Join us every Wednesday Night for Family Fun Night. All ages are welcome to join. We will start with a meal and fellowship at 6:00 p.m. in the basement of the church followed by a lesson/activities from 6:30-7:00 p.m. Bring your friends, too!

Join us for our first day on Wednesday, September 6.

Bible Study

with Pastor Maria

Wednesdays @ 9:30 a.m.
at Second Chance Coffee

**Join us for our first day on
Wednesday, September 6.**



Adult Book Study

led by Art Finnigan

Wednesdays @ 6:00 p.m.
in the Serenity Room

We will be summarizing what we learned last year and continue with our book study from the spring.

**Join us for our first day on Wednesday,
September 13.**

New participants are welcome!!!





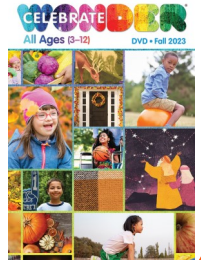
Every Sunday Morning
from 10:30 a.m. - End of Service

Class will be open every Sunday from 10:30 a.m. until end of service.

All children (toddler – 5th grade) are welcome! We will be working on the curriculum from Celebrate Wonders.

We are looking for anyone who would like to help teach or be a helper. If you are interested, please contact the teacher Pam Harker.

Join us for our first day on Sunday, September 17.



Confirmation class begins in September. We welcome 2023-24 confirmation class students: Serenity Diedrich, Avalynn McGovern, Liam McGovern, Grady Poppy, Hudson Poppy, McKinley Russell, Ryan Teasdale, Allie Walker, Caylyn Walker. Lets show them our support during their confirmation time.



Pastor Maria leads worship for community residents. You are welcome to join and spend time sharing God's love. Septembers dates are below.

September 5 - Lafayette Co Manor - 10:00 a.m.

September 12 - Shullsburg Home - 10:00 a.m.

September 14 - St. Dominic Villa - 2:00 p.m.

Bingo at the Manor

If you like to play Bingo, then come to the Lafayette Manor in Darlington on Wednesday, September 20 and join Art & Lois Finigan and play Bingo with the residents from 1:45 - 2:45 p.m.



Meetings and News

Retired & Re-Fired Small Group

The summer break is over, and it's time to get fired up again! I have missed our time together to work, study, and share food and fellowship.

Our first meeting of the fall season will be at noon on Monday, September 11 in the Fellowship Hall. We'll welcome new friends to our group as well as ones already taking part! Join us as we plan our activities for the fall and winter. Subway sandwiches, chips, and lemonade will be provided! Give me a call at 608-482-2753 to let me know how many to expect. Thank you!

Remember, God has a plan for each and every one of us to give us hope and a future. May God bless you and guide you until we meet again!

Mary Gensler, Retired & Re-Fired Small Group Leader

We're all Part of His Flock



Trustees News

Here are a few things that the trustees are working on at this time:

- getting quotes to redo the deck at the parsonage, then finding people to help take out the old deck and put the new deck in
- having all the duct work at the church cleaned.

The Trustees still have a few more projects that we would like to do and some necessary up-keep that needs done.

Church Trustees

UPDATE



In order to do all of these latest projects, we have had to take money from our investments. We are looking for contributions to help grow our accounts back up. If you feel called to contribute directly to these projects so we don't have to pull from the investments, we would greatly appreciate it. We'd like to make the church as accessible as possible without depleting all of our investment funds.

Jamie Roberts, Co-Trustees Chair





Monthly Accountable Leadership Board Meeting



Tuesday, September 12 @ 6:00 p.m. @ Hazel Green

We will have a joint meeting of Centenary UMC's ALB and Hazel Green UMC's Church Council at Hazel Green with Centenary regular ALB meeting to follow.

Fellowship Group News

Welcome to September and to Fall!

We will be having a very important Fellowship Group meeting on Saturday, September 16 at 9:30 a.m. along with a light breakfast. We will be discussing the upcoming pasty bake in October as well as our Thanksgiving meal and pie sale in November. Come join us for a morning of planning and fellowship! **Everyone is welcome!**

The fall season brings lots of good and tasty things happening for our Fellowship group: We will be having a **pasty bake on Saturday, October 14**. There will be order forms in the bulletins from September 17 through October 8. You can also order by contacting CUMC at 608-965-3455. Pasties will be \$20 each this year.

We are also going to have a **Thanksgiving pie sale on Tuesday, November 21**. You will be able to order a pumpkin, pecan, or apple pie for your Thanksgiving meal! Watch for details in the October newsletter.

Happy fall!

God Bless, Pam Harker, Fellowship Chair

Youth Group

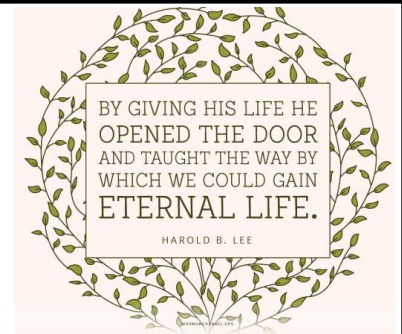
Calling all youth grades 6-12! Starting soon, Youth Group will be meeting once a month. Planning is taking place now....**watch for more information.**

Youth Group Leaders



Accountable Leadership Board Meeting

Highlights



August 15 meeting:

Business/Ministry Reports

- Update on how we are doing Financially- Review and discuss Financial Reports
- Apportionments: 15% tithe to apportionments for Conference, plus designated apportionment giving.
 - ♦ Motion made by Jamie Roberts seconded by Pam Harker to approve sending \$2,229 for July. All in favor. Motion approved.
- Meeting Minutes- Review and Approve-
 - ♦ Motion made by Pam Harker seconded by Mary Gensler to approve the minutes as presented. All in favor. Minutes approved.
- Trustees
 - ♦ Bathroom Locks-they are on and working great.
 - ♦ Parsonage Deck—Jeremiah is working on getting quotes and then we will need people to tare down the old deck and put up the new deck
 - ♦ Duct Work cleaning at Church— discussed having someone come to clean the ducts, they are blowing dust around.
- VBS & VBS Sunday
 - ♦ It was great. Had a good number of kids and volunteers. Sunday was awesome with 56 total in attendance.
- Fellowship Group
 - ♦ Will have a pasty bake on Oct 14 and a Pie Sale on Nov 21. discussed that they are cleaning and getting new items for the kitchen.
- Discussed doing a giving pledge campaign again, this will be happening this fall.

Worship with Re-Awaken Band

The Re-Awaken CUMC band will play for Sunday worship once a month — **the next performance is September 24.** They are looking for more people to join the band, so if you play an instrument or love to sing, they are looking for you! If you are interested or have questions, please contact Jeremiah Diedrich at 482-4608.



50 Attendance Challenge Team Ministry

In the first half of 2023, our church leadership (Accountable Leadership Board) worked hard carrying out various missions and ministries under the 2023 vision statement of CUMC, *"Be a welcoming community for all, worshipping together at God's house."* In line with this vision, the 50 Attendance Challenge Team was organized to work toward the strategic goal of *"to have more than 50 at each service."*

Our first 50 Attendance Challenge Sunday was Easter Sunday when we had 48 guests, friends and family members come together to worship our risen Lord.

After a successful VBS week with over 40 combined students, teachers, youth assistants, and volunteers participating, we hosted the second 50 Attendance Challenge on July 30. We extended written invitations to all VBS students, their families, as well as teachers and volunteers. It was a wonderful experience as 56 of us came together to worship God on that day!

50

ATTENDANCE CHALLENGE

Our third 50 Attendance Challenge Sunday was held on August 27 with the Re-Awaken CUMC Band playing / leading praise time. The purpose of 50 Attendance Challenge is to make our church more relevant, inviting and welcoming to all people, including younger generation families for their reconnecting them to Jesus. For our Back to School / 50 Attendance Challenge Sunday — special thanks to the Re-Awaken Band (Co-leaders: Rodney Stewarts & Jeremiah Diedrich) for leading worship with inspiring praising songs! Children who brought their backpacks to be blessed for the school year received a blessing tag to keep on it. Thank you for the dedication of our 50 attendance team: Mary Gensler (leader), Therese Gratz, Ruth Ann Teutschmann, Dan Dillon, and Lee Gill (silent).



Our Vision Statement

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

2023 Vision of CUMC: *"Be a welcoming community for all, worshipping together at God's house"*

(To have more than 50 at each service)

Practice Makes Perfect

In the last six minutes of the University of Kentucky's 1996 national semifinal men's basketball victory over the top-ranked University of Massachusetts, Mark Pope – Rhodes scholar candidate and senior – calmly sank all six of his free throws. Twice he stepped to the line with Kentucky clinging to a three-point lead. Pope did not miss.

Putting to rest the speculation that Kentucky would wilt in the national spotlight, Pope remarked after the game, "We go through those exact situations every day in practice. That gives us all confidence in ourselves because we have confidence in our preparation."

Just as Pope recognized that practice is the key to playing a good basketball game, we understand that the same is true in every aspect of our lives. Children are reminded to do their homework so they can do well on their tests. Youth learning to drive can practice for up to 12 months with a permit before they get their own driver's licenses and set out on their own. Speeches and presentations are reviewed and practiced, giving the deliverer the familiarity needed to speak confidently and clearly.

Christian discipleship is no different. Routine and practice are needed to give us the foundation we need to face the dilemmas we encounter in life. The habitats of worship, generosity, daily prayer, study, and the sacraments help us develop our relationship with God so that we don't find ourselves scrambling when hard times hit. While it is true that God will never abandon us in difficult times whether we have this foundation or not, it is easier to rely on our faith while the seas of life are calm instead of trying to anchor ourselves amid a storm.

Rev. Jason Mahnke, Wisconsin United Methodist Foundation

HAVE YOU
TALKED
TO GOD
TODAY?



Going Above and Beyond as Stewards of CUMC



Food Pantry Giving

Unfortunately, we had no items donated for our August collection. For the month of September we are collecting boxed meals like Hamburger Helper. Distribution will be on Thursday, September 21.

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.



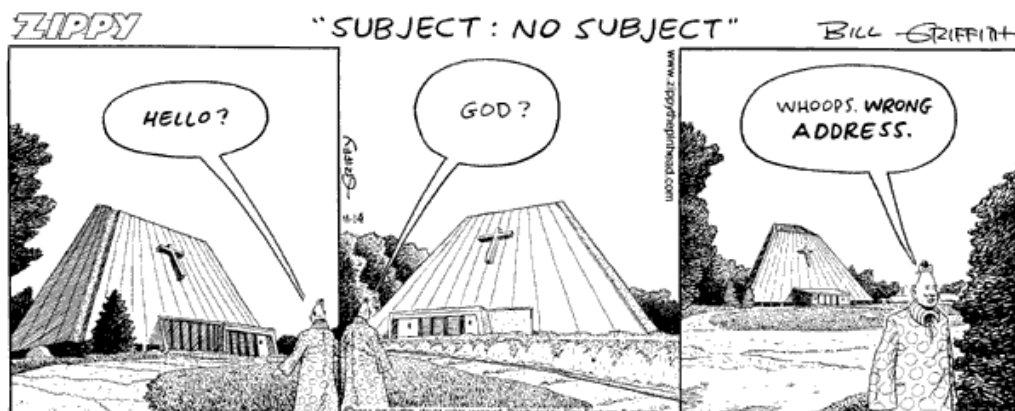
College/Military Ministry Addresses Needed

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.

Lois Finnigan, Coordinator





Join us on Sunday mornings before Worship for Coffee and Fellowship. Coffee, tea, and milk along with a light snack will be served from 10:00-10:30 a.m. every Sunday.

If you feel called to sign up for a Sunday, please see the sign-up sheet on the back table or contact the Team Leader, Mary Gensler. **We are in need of hosts for September & October.**

Our intercessory prayer group is going well! Intercessory prayer is powerful!!! It's simple to join, just send your email address to Pam Teasdale at pamteas@yousq.net!

When we pray, God listens and works for us! The Lord is near to all who call on him, to all who call on him in truth (Psalms 145:18).

As children of God, we are connected through our prayers for each other in Christ. Feel free to submit as many prayer requests as you like!

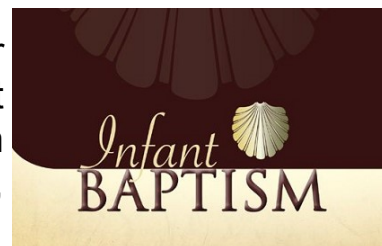
Worship service is recorded every Sunday and posted on the church **Facebook page**. The Tech Team is in charge of recording & posting, if you would like to be part of the team, please let Team Leader Jeremiah Diedrich know. In addition to posting on Facebook we will now be posting the weekly worship on our **Website** as well. It will be posted by Monday afternoon.



Infant Baptism

Adult baptisms are typically part of becoming a member of the church. At Centenary UMC, we also celebrate the Sacrament of Baptism for infants and children. When an infant or child is baptized, the congregation commits itself to nurturing the child in faith. In turn the parents or guardians of the child declare their promise to be an active part of the church community.

A baptism application must be submitted five to six weeks prior to the Sunday your child will be baptized, and the parent(s) must attend a Baptism Commitment Class (one time). An application is available at the church office. For more details or questions, please, contact Pastor Maria.

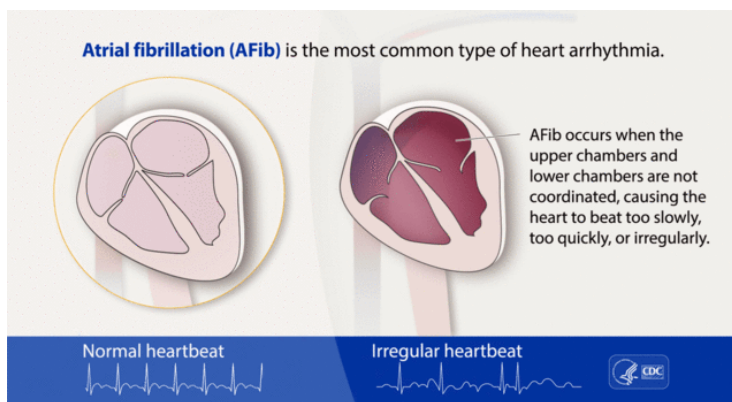
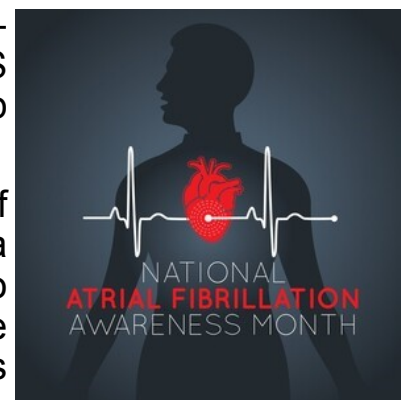


From Our Parish Nurse.....

September is Atrial Fibrillation Awareness Month

Atrial fibrillation, also known as Afib or AF, is the most common type of heart arrhythmia (irregular heartbeat). The US Centers for Disease Control and Prevention estimates that up to 6 million people in the US have Afib.

When a person has Afib, the beating in the upper chambers of the heart (atria) is unpredictable and sometimes rapid. As a result, blood doesn't flow as well as it should from the atria to the lower chambers of the heart (ventricles). Normally, the heart beats 60 to 100 times per minute. When a person has Afib, the heart rate can be as high as 175 beats per minute.



Afib itself is not life threatening. However, the irregular heartbeats associated with Afib can cause blood to collect in the heart and potentially form a clot. The clot could break free and travel to a person's brain, causing a stroke. The National Stroke Association reports that Afib raises a person's risk for stroke by 500%, and Afib-related strokes cause more deaths than other strokes.

Risk Factors for Afib

Even people committed to health lifestyles and who have no other medical problems can develop Afib. The most common risk factors include but are not limited to:

- Age over 60
- High blood pressure
- Coronary artery disease
- Heart Failure
- Heart valve disease and untreated atrial flutter
- Sleep apnea
- Diabetes
- Thyroid disease
- Chronic lung disease
- Excessive alcohol or stimulant use

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

Marlene Burgos-Stewart,
MSN, RN, WCC, PN 608-293-1193

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

Diagnosing and treating Afib may prevent 60 to 80% of strokes, according to the American Stroke Association. Sometimes people with Afib will not have any symptoms. However, others may experience one or more of the following:

- Irregular heart beat
- Heart palpitations (rapid, fluttering, or pounding)
- Dizziness or lightheadedness
- Shortness of breath
- Chest pain or pressure
- Extreme fatigue

Afib is diagnosed by an electrocardiogram (EKG), which is a test performed at a clinic or hospital, or by mobile devices that are worn by the patient to monitor the heart over longer periods of time. The mobile devices record the heart's rhythm throughout the day and night, giving a picture of how the heart is beating during different activities and at rest. Once the doctor diagnosis Afib, the proper treatment can be started.

Your health care team can explain the various treatment choices and help you develop a plan of care. But they can't help you if you don't go in to see them! Treatment for Afib can include:

- Medications to control the heart's rhythm and rate called anti-arrhythmics.
- Blood-thinning medication to prevent blood clots from forming called anticoagulants.
- Surgery

For more information and videos on the subject, visit <https://ctsurgerypatients.org/adult-heart-disease/atrial-fibrillation-afib> or https://www.cdc.gov/heartdisease/atrial_fibrillation.htm.

References:

The Society of Thoracic Surgeons - <https://ctsurgerypatients.org>

The Centers for Disease Control - <https://www.cdc.gov>

The American Stroke Association - <https://www.stroke.org>

**AUTUMN CARRIES
MORE GOLD IN ITS POCKET THAN
ALL THE OTHER SEASONS**





6 Karley Gobrecht	19 Amanda McNett
7 Greg Mullikin	19 Sam Uehling
8 Steve Gierke	20 Janet Harker
9 Art Finnigan	20 Nevada Sandlin
9 Maddie Mullikin	20 Rodney Stewart Jr.
10 Sharon Teutschmann	23 Shirley Hastings
15 Brandon Capp	24 Laura Popp
15 Greg Cruse	24 Mark Lierman
15 Patti Gordon	26 Ashley Frontz
16 Maddux Russell	27 Emma Pedley
16 Janet Wymore	27 Joey Schwartz
17 Eli Poppy	28 Gina Raymond
17 Kiera Sandlin	30 Su Gundry



4 Eric & Amber Russell
14 Bob & Barb Edge
16 Brandon & Amber Capp
18 Andy & Becky Upmann
21 Larry & Pam Teasdale
23 Rod & Marlene Stewart
29 Brad & Becky Mootz



September Lectionary

September 3

14th Sunday After Pentecost

Exodus 3:1-15

Psalm 105:1-6

Romans 12:9-21

Matthew 16:21-28

September 10

15th Sunday After Pentecost

Exodus 12:1-14

Psalm 149

Romans 13:8-14

Matthew 18:15-20

September 17

16th Sunday After Pentecost

Exodus 15:1b-11, 20-21

Psalm 114

Romans 14:1-12

Matthew 18:21-35

September 24

17th Sunday After Pentecost

Exodus 16:2-15

Psalm 105:1-6, 37-45

Philippians 1:21-30

Matthew 20:1-16

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 our Worship Coordinators, Sha-
ron Teutschmann at 608-732 7232 or Julie Gill
at 482-0494

A vertical strip of autumn-themed fabric scraps, including leaves, flowers, and berries.

1 2

First Day of SCHOOL



First Day of Fall!



The Chimes

Join us for Sunday
Morning Blended
worship

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

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

Address Service Requested



Join Us for WEDNESDAY FUN NIGHT

Family Fun Nights are back this year, and the first one will be Wednesday, September 6.

Join us every Wednesday Night for Family Fun Night. All ages are welcome to join. We will start with a meal and fellowship at 6:00 p.m. in the basement of the church followed by a lesson/activities from 6:30-7:00 p.m. Bring your friends, too!



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