



# ***“Where tradition and relevance meet”***

## ***October 2021*** *A Hearing Friendly Church - Try Our Looping*



First United Methodist Church ~ 403 East Ave. Red Wing, MN 55066



### Linda's Letter

Our Autumn season is upon us. It looks different than last year and different from the year prior to that year. While we continue to navigate, pivot, create, welcome and flow with the virus, we are preparing for opportunities to grow in faith and kindness @FUMC.

I am, as many of you can tell, excited about our Journey to Vitality Map, Land of Making Disciples. As a result of those locations on the map it will help us to see ways we can personally and corporately grow more in love with God and more in love with others.

Our book study we are offering for fall, our small group invitation for 10 weeks, fit into those locations to guide us along the journey.

If you wonder more about it, listen to the worship service from September 19<sup>th</sup>. Contact me for a map to be mailed or uploaded and emailed to you.

Another opportunity for our growth is the work of 21 days of no complaints. It is so easy to build a Velcro mindset of drudgery, spirit of complaint, and more. It is a part of daily life and happens all throughout the world, just take a listen or hear your own words echoing in the building. The idea is that 21 days (or 30 days) can change behaviors and habits, hence the 21day impact. Now, I know some of you may want to poo-poo this idea, while others look forward to a change of pace. I encourage prayer and ways to see God in our church, community and each other. Please don't do it in a Pollyanna or passive way, but rather consider how it can change our environment and energize our church community to become more welcoming. It is an idea from the United Methodist Church, so the design is well thought-out. We won't do the bracelets or rubber bands (options for reminders) yet. Let's kick this off on October 10, leading into our time of legacy, generosity, and stewardship in November and nominations time. (Could we go for 30 days?)

Let us be praying without ceasing for the world as we view it and understand our role in being the change we want to see, loving God, loving our neighbors. Amen.

Pastor Linda 612-978-2917 [pastorlindamc@gmail.com](mailto:pastorlindamc@gmail.com)

### **Pastoral Visits**

I am vaccinated. If you would like to have a visit from me, or you would like me to bring communion to you, please call me 612-978-2917 ~ Pastor Linda



## **UNITED METHODIST WOMEN**

**The Rummage Sale is cancelled this year.  
Please save your donations for 2022!**

**The UMW's fundraiser this month is a Nut Sale. Please see the information elsewhere in this newsletter.**

All women are invited to our October meetings, at the church with masks and social distancing.

Eve Circle—Monday, October 11, 10 am

Ruth Circle—Tuesday, October 12, 1 pm

Mission Team (if needed)—Wednesday, October 27, 1 pm

If you have any questions, please contact UMW President, Jane Baker (388-9127, [janebaker@yahoo.com](mailto:janebaker@yahoo.com)).

### **FIGHT HUNGER ONE STEP AT A TIME**

**Get out your walking shoes for  
VIRTUAL CROP HUNGER WALK, October 2 & 3**

**Six churches around the park, working together**

The need could not be more real. Added to the global pandemic is the possibility of a global famine. It is urgent that we continue to raise funds to provide solutions to hunger, poverty, displacement, disaster.

Maps available in the foyer, or  
walk whenever and wherever you choose by **Sunday, October 3.**  
Sign your name on the sidewalk in front of the church with chalk.

#### **Ways to Donate:**

- Write a check to "First UMC" with an amount designated for Crop Walk
- Write a check to "CWS/Crop Walk" and mail it or give it to the church office
- Give cash donations designated for Crop Walk to the church office

Give online at <https://events.crophungerwalk.org/2021/red-wing-crop-walk/donate>

**Questions? Contact Jane Baker ([janebaker@yahoo.com](mailto:janebaker@yahoo.com))**

## Outreach Ministries

**DO YOU HAVE A PRAYER REQUEST?** Perhaps you or a family member or a friend is experiencing a physical or mental health concern. Maybe someone you know is facing a life-altering decision. Or perhaps you know a family who has lost a loved one. The power of prayer in all situations is unlimited.

Our church has two groups that respond to prayer requests. The **Prayer Chain** is a group of “prayer warriors” who receive requests by telephone or email and pray daily for at least two weeks for the concern; the **Prayer and Care Ministry Team** meets twice a month to share concerns and lift them in prayer. The Team maintains a Prayer Board in the back of the sanctuary to inform the congregation of prayer concerns.

Prayer requests contacting the pastor, church office (388-3262), or Jane Baker (388-9127). All concerns are kept confidential unless permission is given to put them on the Prayer Board. If you would like to participate in the prayer chain, please contact the pastor or church office.

The **Prayer and Care Ministry Team** will meet Wednesdays, October 6 and 27, at 11 am at the church with masks and social distancing.

### ***FOOD SHELF***

The **RED WING FOOD SHELF** depends on donations. Please put a nonperishable food item—such as peanut butter, macaroni and cheese, or cereal—in the collection box in the foyer, or designate an amount for the Food Shelf in your offering check. A monetary gift of \$1 will purchase \$3 of food by the Food Shelf. Every gift is appreciated. Also, you can support this year’s Virtual Crop Hunger Walk (more information elsewhere in the newsletter), from which 25% of funds raised will go to the RW Food Shelf, the other 75% to food and water projects around the world through Church World Service.

### ***FAMILY FARE RECEIPTS***

Please continue to save your receipts and deposit them in the box at the Foyer. We have \$20,000 toward the total of \$150,000 for which the SpartanNash Company will give us \$1000. Receipts from all Family Fare locations are accepted as well as those from Family Fresh and Econo. Receipts from 2020 and 2021 are currently accepted. Receipts from 2022 will be accepted after January 1.

# Outreach Ministries

## **MISSION MARKET**

The Mission Market (MM) is now transitioning from fresh produce to decorative. The last few Sundays there has been plenty of peppers, cucumbers, cabbage, tomatoes & watermelon. Some of those items will still be available as we move to pumpkins, gourds, squash, small ornamental corn, grasses, & cox comb. In spite of the drought many things have done well & are available.

As of Sun Sept 19th \$440.00 has been donated to Habitat 4 Humanity. Last Sun of the MM will be Oct 10th with final report on donations in the Nov newsletter.

Thanks to all the people that have contributed produce or donated \$\$ to the project.

## **HANDCRAFTERS**

Handcrafters met on Sept 9th with 11 people present, up 1 from the previous meeting. All were masked & treats were commercial prepared. Erin M showed pictures of the items she had entered in the Pierce County Fair & Barb Kloster Showed pictures of the items she entered at the Goodhue County Faor.

Discussion was about the status of the Nov. Craft Sale. It was decided to not have the sale this year. If Covid cases decrease significantly by our Oct meeting we may reconsider the sale.

Cookbooks area still available if anyone needs additional copies as gifts. Cost is \$15 cash or check.

Checks made payable to 1st United Methodist Church note handcrafters in the memo line.

October meeting is the 14th. We will be in the Friendship Room with masks. Host will be Christie Brown who will bring treats for the group. We welcome anyone who wants to share or learn a craft.

Mardell

# UMW Nut Sale

The UMW is planning a nut sale as a fundraiser to replace the rummage sale and cookie walk. An assortment of nuts, in 1-pound bags, will be sold by **pre-order**. This means that you can pre-order one bag or more of any kind of nuts that we are selling. **There is no minimum order**. Orders will be taken during the month of October, with pick-up and payment on Saturday, November 20. On the date of the pick-up, orders will be available in the Friendship Room, time to be determined.

Below is a listing of the nuts available and price per bag or 12-bag case. Please call or email your order to Jane Baker (651-388-9127, [janebaker@yahoo.com](mailto:janebaker@yahoo.com)) or mail to the church office (403 East Ave, Red Wing, MN 55066, Attention: Nut order). Payment will be due when the nuts are picked up. Questions: contact Jane Baker.

Kind of nut	Price/case	Price/bag
Pecan halves	\$144.00	\$12.00
Pecan pieces	\$144.00	\$12.00
Light walnuts	\$144.00	\$12.00
Black walnuts	\$156.00	\$13.00
Cashews	\$144.00	\$12.00
Almonds	\$144.00	\$12.00
Deluxe Mix nuts	\$144.00	\$12.00
Healthy nut mix	\$144.00	\$12.00
Sweet & Salty Trail Mix	\$132.00	\$11.00
Almond Cranberry Granola Mix	\$120.00	\$10.00
Chocolate covered cashews	\$156.00	\$13.00
Chocolate covered pecans	\$156.00	\$13.00
Dark Chocolate covered cranberries	\$132.00	\$11.00
Chocolate covered peanuts	\$132.00	\$11.00
Chocolate covered raisins	\$132.00	\$11.00

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## NUT ORDER FORM

Name \_\_\_\_\_ Phone Number \_\_\_\_\_

My Order:

Kind of Nut	Number of bags	Total price of this nut
<b>Total number of bags:</b>		<b>Total price:</b>

**Orders are due by Sunday, October 31. Nuts will be available Saturday, November 20.**

## Care Ministries

October, 2021

**OCTOBER IS MINISTRY APPRECIATION MONTH!** This celebration began in the 1990s as Pastor Appreciation Month but has become more generally known as Ministry Appreciation Month. The observance is intended to be an opportunity for church members to thank their pastors and others within the church for their dedication and service to their congregations and communities.

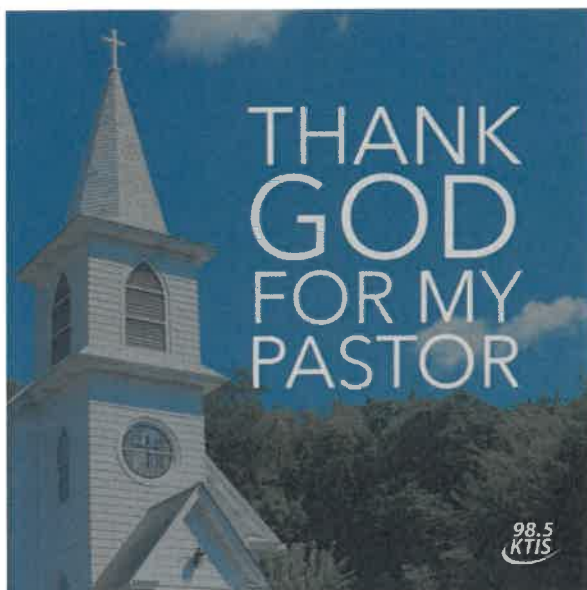
Our church is only as strong as those of us who are within its walls to worship God and who go outside the walls of the church to share the love of God. What do we need to do? We need to:

**SHOW UP** – Covid has kept many of our members at home. But even if we cannot attend worship in person, we can “show up” by watching Sunday worship on Facebook or listening on PhoneLive. We can even do this on our own timeline!

**GIVE REGULARLY**—Church expenses continue, even when we are not there. Please continue to “give regularly”; send in your pledge or offering. We need to support our church building, pastor and staff, and ministries. Financial support is important, and so is sharing our gifts and talents.

**SERVE OTHERS**—We can support members of our church family by calling, emailing, texting, sending cards and notes...checking in on others to let them know we care. We can “serve others” by caring for our neighbors, and everyone is our neighbor!

Remember our membership vows to support our church with our prayers, presence, gifts, service, and witness. We trust God to use our gifts and multiply what we offer.



**This October, let's thank God for Pastor Linda and for all those who work to keep our church going! Happy Ministry Appreciation Month to all!**

## October Birthdays

- 1 Nicole Schmidt, Hilde Schmitt
- 5 Fred Baker, Michael Bigelbach
- 6 Helen Gustafson
- 7 Don Featherstone, Morgan Lewis
- 10 Carol Baringer, Wade Mallon
- 12 Randy Bluhm, Lucas Mallon
- 13 Brandi Beck
- 14 Jim Cushing, Hazel Muller
- 15 Terri Cobian, Chaslynn Malles
- 17 Kirsten Fridell
- 18 Melvin Smith
- 19 Clara Heath
- 20 Alexander Swenning
- 21 Ben Boldt, Dee Bigelbach, Katie Reeck
- 22 Jean Holmstadt
- 23 Kane Lampman, Zachary Schutz
- 26 Mardell Bartlett, Milana Whitcomb
- 27 Roger Ferrell, Pat VanCampen
- 28 Arvid Miller
- 30 Chad Whitcomb
- 31 BJ Peterson, Kenna Sorenson



## October Calendar

Office is open Tuesday & Thursday from 9:00 a.m.—3:00 p.m.—

All Sundays at 9:00—Worship In Sanctuary, Worship Online on Facebook or through PhoneLive.

Bells meet each Tuesday at 5pm

- Saturday October 2—UMW Annual Gather 9am -3:30pm  
Crop Walk—All Day
- Sunday October 3 — Crop Walk—All Day
- Wednesday October 6 — 11am Prayer and Care
- Monday October 11—10am Eve Circle
- Tuesday October 12 —1pm Ruth Circle
- Wednesday October 13 — 6:30 pm Council Meeting
- Thursday October 14— 10am Handcrafters
- Tuesday October 19 —**NEWSLETTER DEADLINE**  
6:30pm Welcoming Committee
- Wednesday October 20 — 6:30pm Trustees Meeting
- Wednesday October 27— 9am Breakfast Group  
11am Prayer & Care  
1pm, Mission Team  
6:30pm Finance Meeting

## Book Study

We will be zooming a book study to help us with our Journey Toward Vitality Map! Heal. We move into the Swamp of Trauma, Grief Gulley, Reckoning Road, Awakening Point and Healing Springs to name a few of our stops.

*The Four Promises, a journey of healing past and present trauma* by Dr. Ronald Bell II will be our main text. We will also use some info from *The Body Keeps The Score, Brain, Mind, and Body in the Healing of Trauma* by Besse Van Der Kolk, MD, *My Grandmother's Hands, Racialized Trauma and the Pathway to Mending Our Hearts and Bodies* by Resma Menakem and *. Practicing Lament* by Rebekah Ekland.

Each of us carries memories, wounds, hurts and traumas that God is willing to heal and bring light into our lives. We heal and speak from scars. If the wounds are still open, we encourage a professional counselor.

Dr. Ron Bell says: "Right now, are you holding your breath? Experiencing a traumatic event can cause us to instinctually hold our breath. Living in ongoing trauma without healthy resources and tools can teach us to live breathless, toxic, tired, sick, and unhealthy. This book helps break that cycle. As we navigate past and present trauma, *The Four Promises* provides concrete and thoughtful steps to help us engage with our trauma, heal, and finally exhale."

Our hope is that this book will make way for other healing book study opportunities during our year ahead.

Please call the office, email, call or text Pastor Linda to sign up: 612-978-2917

We look forward to building more Heal into our congregation and community!

## Hacks and Pirating in the 21<sup>st</sup> Century

It is real, possible and happens all too often now and we've experienced it at church and in our homes. We know that there are hackers waiting to sneak into our computers – keep trying to update your passwords, and find ways to secure your emails.

Pirating phone numbers is a common thing too, saying it is "our" number calling to phish for information and personal data.

We won't send out emails from church or church leadership asking for your personal info, nor you to overflow our inboxes with gift cards (online or in person). You know the ways we do fundraising and ask around the holidays for our Christmas families.

Just be aware, watchful and don't share personal info – this is becoming more and more common.



## **Coming Soon**

**Please join us after church for Chair Yoga.** Stretching, strengthening, twisting and balancing are all done with the assistance of a chair. This class can be enjoyed by beginners and experienced yogis alike. If you have always wanted to try yoga to bring calm and balance into your life, this is the class for you. Breathing exercises will also be introduced. We will meet every other Sunday at 10:00 am, following worship, starting in October. Taught by Cate Vermeland, 200-hour YTT and Chair Yoga Certified.

Cate

**Small Group** meets beginning in October for 10 weeks on Saturday mornings at 10am. (Call the office to sign up) Dianne Korfhage will lead this small group (meeting in person).

**Confirmation:** 7th through 12th grade

Begins on October 10 following worship.

2nd and 4th Sunday—10am for one hour — Registration forms available

### **Sunday School:**

Begins on October 10 following worship.

2nd and 4th Sunday— 10am for one hour —Registration available- Kids Welcome

### **Book Study:**

Begins in October (TBD)

Zoom participation —- *The Four Promises, A journey of healing past and present trauma*

By Dr. Ronald Bell II from Camphor UMC in St. Paul

### **21 Days of No Complaints**

Take on the 21-day complaint-free church challenge >>UMC Leadership Tips -United Methodist Communications (umcom.org)

### **Nut Sale**

Forms to order available in Church

