

# **Almena UMC**

## **Newsletter**

October 2020

269-668-2811

[www.almenaumc.com](http://www.almenaumc.com)

FROM YOUR PASTOR Len Schoenherr

October 2020

For much of our married life my wife was a teacher. By the start of October we had made the transition to a new routine of fitting meal times around church meetings and classes, cross country and band practice for the kids, and weekends spent grading and preparing for the next week of school. But this is no normal October and this year even the semi-retirement routine we had finally established is no more. That is true of many others in all stages of life. Schools, work, businesses, friendships, and even politics have been disrupted in major ways by this Covid 19 pandemic that will not go away.

The pandemic is doing damage to both individual lives and to our society. I think of Tori and Brian whom I married about five years ago. Both are health care professionals. Brian is back in the hospital as he enters a third week of his battle with the Covid virus. His fever has not dipped below a hundred in all that time. His oxygen level struggles to remain at 91%. His wife and two little sons cannot visit while he is quarantined. The long term damage to his health once he recovers is a concern to his doctors. I am praying Brian will not be among the over 200,000 deaths the virus has claimed as of this writing.

A disproportionate number of the 200,000 plus deaths and of the many health issues among those who have recovered is found among communities of color or poverty. Those with fewer options and resources and their families have paid a higher price for the politicalization of our response to this pandemic. A health crisis that should have united us as surely as 9/11 did has further divided us and hindered our response. A state by state approach as opposed to national policies has been like having designated areas to pee in in a swimming pool. It is frustrating and dangerous for all of us.

Do what you can. Practice good hygiene, appropriate mask wearing and physical distancing. Pray for folks you know impacted by the pandemic. Pray for and find ways to support struggling businesses, charities, and faith communities. Pray for health care and other essential workers. Pray for researchers working on understanding how the virus spreads and developing a safe vaccine. Pray for leadership from local school boards to the White House. Pray about your Vote. Do what you can. Stay well and do good.

Shalom, Pastor Len



# October



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4 Worship 11am
5	6 Office Hours: 10am-1pm	7	8 Office Hours: 10am-1pm	9	10	11 Worship 11am
12	13 Office Hours: 10am-1pm	14	15 Office Hours: 10am-1pm	16	17	18 Worship 11am Trunk or Treat 4pm- 5pm
19	20 Office Hours: 10am-1pm	21	22 Office Hours: 10am-1pm	23	24	25 Worship 11am
26	27 Office Hours: 10am-1pm	28	29 Office Hours: 10am-1pm	30	31 Halloween 	

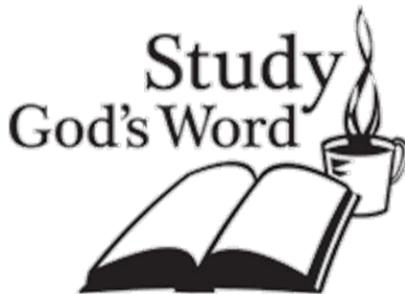
\*Subject to change due to Covid-19\*

**THE MONDAY MORNING NEIGHBORHOOD BIBLE STUDY** HAS NOT BEEN HEALD SINCE THE VIRUS CLOSED THE GROUP FROM MEETING TOGETHER SINCE MARCH. WE PRAY THAT IT WON'T BE LONG BEFORE WE MEET AGAIN when church, stores and activities open up. It will hopefully be sometime in the later fall season when we will finish the study of Proverbs.

We usually meet on Monday Mornings at 10am and dismiss at 11:30. Everyone is welcome. Do join us for a good cup of coffee and conversation when we meet again.

Keep praying for God's healing touch.

If there are questions  
Phone Shirley at 657-4300



*For the month of October, we will be collecting...*  
**CANNED VEGETABLES!!**

## Birthdays of the Month

- 09 Bailey Bates
- 23 Bob Wright
- 26 Jon Waldron
- 26 Richard Rupe
- 29 Keegan Bates
- 30 Sandy Athey
- 30 David Bates



E-giving is available on the church website. It is easy and safe to give online to the church. It is also convenient to be able to schedule giving times to coincide with dates that income is available. On the website [www.AlmenaUMC.com](http://www.AlmenaUMC.com), just click the Donate tab and follow the simple instructions. If you have any questions, feel free to contact me and I will be happy to walk you through. You will also find in the pews, a card by the giving envelopes that you can place in the offering plate if you would like to when you have given online. Thank you for the generosity of the people of this church.

### *Almena UMC's 2<sup>nd</sup> Annual Trunk or Treat!*



*Sunday October 18<sup>th</sup> 4pm-5pm  
Masks will be required!  
If you would like to volunteer,  
please let Natasha or Pastor Len  
know ASAP*



Please email all communications with the Administrative Assistant to the church office email. ([almenaumcoffice@gmail.com](mailto:almenaumcoffice@gmail.com)) Please add any calendar additions to the emails as well. Also, calendar additions slips are located on the bulletin board if needed.

### **FOR HEALING, WISDOM, STRENGTH AND HOPE:**

Matthew Pond, Sharon Cavner, Margo McGuire, Laura Sirrine, Richard & Rita Ambs, Betty Conolly, Evelyn Overacker, Carol Buell, and Mike Francisco, Clarence Sutherland, Larry Field (Sheila Croy's father), Foster Children, Seita Scholars, Our College Students (Garret Amstutz, Mallory DeMott, Hope Rozeveld, Katie Gill, Jakob Rickli, Tyler Nette, Aerial Tinkler, Mia Waldron, Abigail Tinkler), Ron Bender, The Waldron Family.

**CANCER WARRIORS:** Don Hop, Becky Bullard; Mike; Kim Francisco, Richard Richardson, Brad Anderson.

### ***October Scripture Schedule***

**October 4 - Communion Sunday**  
**Scripture Mark 2: 13-17 and Matthew 15: 1-2, 10-11**

**“Jesus Eats with the Unclean!”**

**October 11**  
**Scripture Luke 11: 37-42 and Luke 19:1-10**  
**“Dinner Invitations”**

**October 18 - Communion Sunday**  
**Scripture John 6: 25-35, 51-56**  
**“The Bread of Life”**

**October 25 - Stewardship Sunday**  
**Scripture Luke 12: 13-21 and John 6:12-13**  
**“What to Do with the Leftovers?”**

**November 1 All Saints Communion Sunday**  
**Scripture Hebrews 12:1-2 and Hebrews 13:1-8, 16**

### **10 Ways to Exercise your Body & Soul**

Written by David Schoen

It can be hard to find time in a busy week to get the exercise our bodies need. That goes for our spirits, as well. Here are ten ways to exercise both at the same time:

1. **Breathe** – Concentrate on your breathing as you move. Breathe in deeply, filling your lungs and body with the “ruach,” the breath of God. Breathe out completely, exhaling all negative energy and anxiety.
2. **Stretch** – As you stretch, remember these words: “I stretch out my hands to God, my soul thirsts for You.” (Psalm 143:6)
3. **Give thanks** – As you work out, give thanks for the different parts of your body and the amazing way they all work together.
4. **Keep track** – Count repetitions using familiar words and passages. Some suggestions: Creator, Christ, and Comforter; Amen (10 counts); Jesus Christ, my rock and my salvation (10 counts); The Lord's Prayer (90-100 counts); The 23<sup>rd</sup> Psalm (140-150 counts).
5. **Look** – When you hike or walk, keep your eyes open to the wonder of God's world around you. Take a photo of “whatever is pleasing” (Philippians 4:8) Share the photos with others!
6. **Listen** – Put your favorite songs of faith and inspiration on your MP3 or phone or iPod when you go walking/running.
7. **Remember** – While swimming laps, remember you are baptized. Envision being immersed in God's grace and loving strength.
8. **Pray** – On the treadmill, take time to pray. List what you are thankful for and visualize the people you pray for.
9. **Focus** – When you “hit the wall,” focus on Miriam's song: “God is my strength and my might.” (Exodus 15:2)
10. **Cool down** – Quiet your mind and body by listening for the still, small voice of the still-speaking God. (1 Kings 19:2)