

THE WESLEY WRAP UP

January 2018 Newsletter of the Wesley United Methodist Church

The Pastor's



A Look Forward to 2018

Now is the time for the age-old tradition of the New Year's Resolution, when people choose ways to become better in the new year. I'm resolving to become more physically fit and to drop twenty pounds. Importantly, I've been talking to friends about it and actually making some plans about how I'm going to accomplish this goal. I know from past experience that if I just make the resolution to myself and don't have anyone to hold me accountable to it, it's likely that I'll fail in staying committed to my goal. I can't do it alone. I need other people to help me become the best that I can be.

Wesley UMC has resolved to become a healthier church in 2018. Our leadership has decided that the church will enter into the Healthy Church Initiative, a conference program that will give us consulting, coaching, and accountability to fulfill our resolution. We're blessed to be selected to participate in this program. Only three other churches (St. Paul's UMC-Mendota Heights, St. Francis UMC-St. Francis, Grace UMC-Paynesville) were invited by Bishop Ough to be a part of this year's cohort, who particularly cited the strength of our lay leaders as a major factor in the decision to include us.

Just like with my personal resolution, our church needs this outside help and encouragement to hold us accountable to our goals. As a result of the Healthy Church Initiative, our congregation is expected to become:

- more prayerful,
- more inviting and hospitable,
- more passionate in our worship,
- more generous,
- more committed to healing a broken world,
- and better equipped as disciples of Jesus Christ.

Steps are already being taken to initiate Breakthrough Prayer in our church, so be prepared to start working towards a better prayer life in the next few months. We will also begin a Self-Study assessment of our congregation and community, including interviews with community leaders.

Our church is scheduled to host a consulting team on the weekend of October 12-14, 2018. This team will spend the weekend meeting with members of the congregation, interviewing lay leaders, and worshipping with us on Sunday morning. Please mark this weekend on your calendars and plan to be present! Together with the Self-Study data, the consulting weekend will give the basis for several strategic recommendations for Wesley UMC from the consulting team. If we choose to accept these recommendations, we will get ongoing coaching to guide us in achieving our goals.

Other happenings in January:

- Our Wesley Wednesdays after-school program will resume on January 3rd and will now be open to children at Greenhaven, in addition to Washington and Lincoln schools. We have committed to providing bus transportation each week from these schools to our building through May 16th and we anticipate adding 10-15 new children to the program as a result. If you have been thinking about volunteering with the Wesley Wednesdays program, I encourage you to get in touch with Connie Bloom to get added to the schedule. You will be blessed!
- Start signing up for Lenten small-group studies! This year, we are making three different studies available: *Half Truths* by Adam Hamilton, *Talking with God* by Adam Weber, and *The Return of the Prodigal Son* by Henri Nouwen (one of my personal favorite books). The studies will take place following our Wednesday Lenten soup suppers from February 21-March 28. More information and sign-up sheets will be available at the church beginning this month.
- The youth group is planning to sell sub sandwiches on Super Bowl Sunday as a fundraiser for upcoming activities. Be on the lookout to buy sandwiches for your viewing party!

Pastor Andy

SUNDAY SCHOOL

Sunday School Calendar

January 2018

- Food Shelf Item Canned Fruit



- Regular classes, January 7, 14, 21, 28

February 2018

- Food Shelf Item Canned Vegetable



- Regular classes, February 4, 11, 18, 26

VISITATION

What are the two most important words you teach to the young and hope it is carried on throughout their lives? I hear it every week from those I visit. Any ideas yet? It is an exclamation, a polite expression used when acknowledging a gift, service, or compliment. One could say using it is good manners. Have you figured it out yet? Well, it is "THANK YOU." It is two words that brings warmth to my heart knowing I made someone feel cared about. Two small words that can make or break someone's day. Think about it, when you do something for someone doesn't it feel good to be acknowledged by a thank you? They appreciated what you did or said to them. This past Christmas Season and every week I make visits I hear thank you for coming to see me, it means so much. So, add it to your New Year's Resolutions to remember to say, "THANK YOU!" Happy New Year to each and every one of you, may 2018 be a good year for all.

Jeannie

UMW

Happy New Year everyone. THANK YOU to all men and women for the hard work you did in 2017 on pasties, speaking of pasties, we have some left in the freezer. They are \$6.00. No pasty sale in January so if you forgot to get any in December you can still buy them, call the church office. Looking forward to seeing you at the February pasty sale. May 2018 be another good year.

Jeannie

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**!!! PHONE NUMBERS ARE NEEDED !!!!**

**Many people have dropped their home phone for a cell number.** Unless you inform the church office we have no knowledge of this or a way to contact someone quickly. PLEASE make sure the office has your correct phone number. You can call the office at 263-3653 or email at wesleyum@q.com

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PLEASE HELP~~ADDRESS CHANGES NEEDED

It is **VERY** important to let the office know when you move, go on an extended vacation, or be a snowbird. We must pay for returned mail and we can get a dozen or more returned envelopes each month, especially the newsletters. Also, we need current addresses for any college students and young adults. Please call the office or email with any updates that you may have. Many Thanks.

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**Prayer Concerns:**

Renee (Bryan) Ridgeway,  
Conrad Ridgeway, Siri Wagner, Lori Kolden,  
Jeff Whitney, Zakk Bandemer, Mary Lynn Timpane, Betty Strazishar,  
John Nelson, Craig Holgate, Shawn Lee ( Ray & Kathy Lees' nephew) Sharon Ebert,  
Terry Varichak, Karen (Lee) Garrity's father-in-law Pat Garrity (St.Paul)



**Cornerstone Villa:** Naomi Jarrett, Noka Varichak, Doris Bentele  
**Hillcrest Alice:** Georgie Haben      **Missionary:** Paul Webster  
**Guardian Angels:** Orv Rittgers  
**Lee Center:** Janemarie Rajkovich, Marilyn Kolden, Ardella Barnes  
**Hillcrest Suites:** Edith & Ken Trembath  
**Lustilla Family Care:** Ann Kitchen  
**Diamond Willow-Mt Iron:** Gary (Mike) Newman  
**Missionary:** Paul Webster  
**Silver Bay Veterans Home:** Peggy Kemp  
**Heritage Manor:** Donna Hill

Sympathies to the family of Janet Carruth who passed away in December.  
Sympathies to the family of Ron Steinbrink who passed away in December.

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**SCOUT NEWS**

- Troop 1— We went to Lake Leander the 3<sup>rd</sup> weekend of December and will now be getting ready for the Klondike Derby.
  
- Crew 2— We are holding a Pancake Fundraiser on January 9<sup>th</sup> here at Wesley our chartering organization. Please join us from 4:30 -7:00. We are hosting the Klondike Derby January 27 at the Clinton Town Hall.
  
- Pack 13— took a break over the cold and gearing up to learn more scouting !

***“As a member of this congregation I will faithfully participate in its ministries by my prayers, my presence, my gifts, and my service, and my witness.”***

Membership Vows—United Methodist Church

**NURSERY VOLUNTEERS FOR SEPTEMBER**

**We need help!!** Nursery attendants are not need with great frequency but need parishioners to be ready to help when needed. We are in need of someone who is willing to check on the nursery needs on Sundays and to ask for volunteers when needed. This job can be shared by more than one person. Please help our family.

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ACOLYTES FOR DECEMBER

Youth at the service will be asked to assist

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**VIDEOGRAPHERS FOR JANUARY**

- Jan 7— Paul Hatch
- Jan 14— Tom Farrell
- Jan 21— Charlie Whitney
- Jan 28— Bruce Masteller

We are still looking for one more **volunteer to help videotape** our services. Please contact Jon Timpane at 262-3762 for more information and/or training. This is a once a month **or less** commitment!

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GREETERS FOR JANUARY

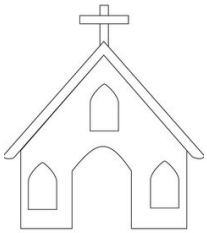
- Jan 7— Peggy & Bruce Masteller
- Jan 14— Jean & Bob Flynn
- Jan 21— Julie & Earl Jones
- Jan 28— Donna Lease & Marilyn Ranta

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**COFFEE HOUR HOSTS/HOSTESSES FOR JANUARY**

- Jan 7—
- Jan 14—
- Jan 21—
- Jan 28--

**VOLUNTEERS ARE NEEDED !!!!!!!!!!!!!!!!**

**NEW ROOF PLANNING**-- It soon be time for a new roof at Wesley. We are looking at 2018-either spring or summer. The cost will be \$45,000-\$49,000 (approximately). We realize this is a major project, but a necessary one, so we need to get a start on this. It is our hope our congregation will respond as they always have with their generous donations. AS of 12-24 \$3445 has come in.



~~~~~**\*\*\*\*A REMINDER\*\*\*\***~~~~~

A reminder to all. There are recycle containers all over the building. Paper boxes are in all SS rooms, copy room, offices, utility room and room 108. An aluminum can container is in the utility room—it is blue and under the green paper box. Room 108 also has a plastic, tin, glass, aluminum container in the kitchenette. In the kitchen there is a grey garbage can under the garbage disposal that is marked as a recycle container for plastic, glass, tin. Please rinse containers, empty and remove caps from water/juice bottles. Thank you.

~~~~~**E-MAIL ADDRESSES NEEDED**~~~~~

If you are on a committee it is especially important that the office have your e-mail address in case there is a last minute change in meeting dates or times. So, if you have not ever received an e-mail from the church please send one to us so that we have your address. [wesleyum@q.com](mailto:wesleyum@q.com)

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Missional Outreach

Thank you to all who donated to the mitten tree. It was overwhelming to see all the hats and mittens that were to be shared with our community.

**PLEASE CONSIDER USING THESE PRACTICES TO HELP OTHERS
FEEL VALUED AND WELCOMED**

CIRCLE OF 10

Everyone (member, visitor, guest, newcomer) who comes within 10 feet of you will be greeted and engaged in conversation

RULE OF 3

It only takes 3 minutes for people to exit the church. Therefore, it is helpful to spend the first 3 minutes after church engaging in conversation with those you don't know well, with visitors, and with newcomers.

WOMENS BIBLE STUDY

January 10 we will be starting a new book "The Power of Praying for your Adult Children" by Stormiest Omerartian. 6:15 is the start of our meetings. Please join us!

PARISH HEALTH NEWS

January is Thyroid Awareness Month

The early effects of hypothyroidism are often mild, appear gradually and aren't concentrated in a single area of the body, so it's easy to disregard them or attribute them to other causes

We've all experienced changes in our bodies from time to time that seem more of a nuisance than a medical issue. Take, for example, forgetfulness or fatigue, difficulty falling asleep or staying asleep, perhaps even muscle or joint pain.

Too often we chalk these symptoms up to the stresses of modern life or (yikes!) simply getting older. And that may seem to be reasonable.....that is, until these changes become pervasive, persistent and bring day-to-day life as you know it to a grinding halt.

This is hypothyroidism, an often-hidden health problem in which the master gland of metabolism—the thyroid—produces less hormone than the body needs, impacting virtually all organ systems in the body. It is one of the most misunderstood, misdiagnosed and prevalent medical conditions in the U.S.: studies estimate that more than 10 percent of the general population suffer from the disease. Yet hypothyroidism frequently goes undiagnosed.

As production of thyroid hormone decreases and the body slows down, the disease progresses, and classic symptoms of the condition begin to appear. They may include any of the following:

- **Constant fatigue**
- **Depression:** Fatigue is often accompanied by depression. Body functions slow down, including the brain. Routine mental tasks become more difficult. Appetite may decrease, and you may sleep more.
- **Weight gain and fluid retention:** An underactive thyroid slows down all your body processes (your metabolism). With lower energy needs, you require fewer calories, so your appetite can decline, but your body converts fewer calories into energy, leading to weight gain. Fluid retention occurs due to decreased excretion of sodium and water by the kidneys.
- **Dry, brittle hair and nails**
- **Dry, itchy skin:** Skin issues are among the most common symptoms of hypothyroidism. When your body slows down it produces less heat and you sweat less, leading to dry skin.
- **Muscle or joint pain or stiffness:** Many people with hypothyroidism experience aches and pains that resemble arthritis.
- **Constipation**
- **Sensitivity to cold:** *Often cold hands and cold feet as well as other parts of the body.*
- **Menstrual cycle changes:** Hypothyroidism causes an imbalance of female hormones, leading to excessive and irregular menstrual bleeding.
- **Slow pulse:** Low levels of thyroid hormone commonly cause the heart to beat more slowly than normal, a condition called bradycardia.
- **High cholesterol:** Low levels of thyroid hormone cause the liver to make fewer LDL receptors, which pull LDL (bad) cholesterol out of the blood.
- **Increased sensitivity to medication:** A slower metabolism alters the way in which the body processes medication or clears it from the system, causing medications to be more potent or have more side effects.

Although symptoms can vary dramatically from person to person, and not every symptom means that you have an underactive thyroid, if you have been suffering from health issues and your physician has yet to determine what the underlying cause is, ask to have your thyroid functions checked. You may have only a few of the symptoms and still have a problem. Ask to have your antibodies checked as that will indicate if you have the most common cause of hypothyroidism—Hashimoto's Thyroiditis. That is an autoimmune condition that has more ramifications to deal with.

Excerpts from www.thyroidawareness.com Go here for more information.

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