

THE WESLEY WRAP UP

October 2017 Newsletter of the Wesley United Methodist Church

The Pastor's



In October, Methodists celebrate the lay people of the church on Laity Sunday, which falls on October 15th this year. If you are unfamiliar with the terms, a “layperson” is a person in the church who is not a clergy person and who are known collectively as the “laity”. Note that I didn’t say that a layperson is not a minister. All Christians are ministers of the faith in some way and the best ministry of the church is often done by lay people rather than pastors. In fact, it is the laity which make the church and who are the church in the world and for the sake of the world, the world that *“God so loved...that he gave his Son, so that everyone who believes in him may not perish but may have eternal life”* (John 3:16).

Wesley Church has many reasons to celebrate our laity. We celebrate those who live as followers of Christ at their places of work, in their families, and in the community and who share God’s love for the world through the way they treat others. We celebrate those who serve specific ministries within the church, such as our Sunday school teachers or our Missional Outreach team. We celebrate those who financially support the church’s ministries and who work together to make our pasty sales a success. We celebrate those who share their musical talents during worship and we celebrate those who feed us and offer a cup of coffee on Sunday morning after worship. We are blessed with many gifted lay people at Wesley Church.

The most important ministry of the laity, indeed of all Christians, is the simplest yet sometimes the most difficult: **Love one another**. The apostle John wrote these words: *“Beloved, since God loved us so much, we also ought to love one another. No one has ever seen God; if we love one another, God lives in us, and his love is perfected in us”* (1 John 4:11-12).

The binding of love between us is the strength of the church and the brightest light that we have to shine into the world. For the love we have between us, let us give thanks to God who first loved us. For the ways in which we fail to love one another, let us gently hold each other accountable to these failings so that we can repent, forgive, and come together to renew our love.

God’s blessings!

Pastor Andy



PASTY DAYS ARE HERE AGAIN!

That’s right it’s time to get ready and come and volunteer to make the best pasties in town. **Sale day is Thursday, October 5th**. We need volunteers to help on Tuesday, Wednesday and Thursday. There is so much prep work in getting ready to make pasties we need all the volunteers we can get. Tuesday, they work on getting the dough ready. Wednesday is the day the dough comes together for the delicious crust our pasties are made in. Meatballs, onions, rutabagas and potatoes start at 8 AM, they are being prepared to go into the pasties. Workers are needed to weigh the dough balls and meatballs. Peeling the rutabagas and onions to mix together so they are ready for Thursday. Wednesday afternoon we have a group that sheets the dough into pie shape. They start in the afternoon and work to roll them all out. Help is needed to roll the dough as well as clean up. Thursday morning the oven come on at 3:30 AM, yes- that early, so they are preheated and ready to go. Early morning workers can come in as early as they want to help put together the pasties. We need people to operate the dicer, put the dough onto the plates, measure out the ingredients, plop the meatball into the potatoes, onions & rutabagas and seasonings and then mix with your hands and pass it onto the crimpers. Then off into the oven they go. We have great fellowship coffee breaks with bakery goodies. Now if any of you out there would like to lend a helping hand **PLEASE** come on any day of your choice.

Wesley, do you have any idea what a wonderful group of people you are? When I am out in the community I see you everywhere volunteering, at work or happily engaged with others I do not know. I look around in church and see people dedicated to serving at church or/ and in community. We have much to be proud of and much to work on.

Let's take a look at reasons to be proud. We have an active congregation that takes an active role in their community from volunteering at the hospital to leading PTA activities, from the senior center to visiting people we know who are ill (from church family or others), from guiding international companies to teaching our youngest children.

We are blest with gifts to share, each in their own best way.

So where does our work lie? As a faith community we have been hurt and maybe we need a ceremony of healing or a few pot lucks or time to pray together. I am not sure. We are not growing and healthy as a church. So, where do we start? Some say with those who have left and are not attending. Others say those who do not know us and need a faith family.

I ask can both of these fronts be approached at the same time? I do not know the people who are hurting or why (if I did I already approached them). If you know someone who is not attending anything at church and they are hurting for some reason, have you reached out to them in faith? Have you prayed for them? With them? Did they go somewhere else to attend church? If so what did they find there that we do not offer?

Recently at a meeting a presenter shared these questions that he challenged us to ask "de-churched" people:

1. How would you describe yourself religiously or spiritually?
 2. If you went to church before, what was the turning point? Why did you quit going regularly or attending altogether?
 3. What disappoints you about the church?
 4. When have you seen the church at its best?
 5. What would you wish to tell the church?
- I think these are good starting questions when asked with no criticism but gentle acceptance of where that person is. Until we ask we cannot understand.

What about those who do not know us ... The un-churched. My question is...What do we offer that they cannot get anywhere else? No it is not pasties, not fellowship, friends, good treats, **Sunday** school, or hand bells. We have to remember who we are. We are a Christian church family that is convinced that God is the most important thing in our lives and you can find him best here. OK now how do we get that message out to "de-churched" and "un-churched"? It has to be in our daily living, speech, behavior ("see how they love one another") and more. We need to be intentional about searching and doing ways that bring God into peoples lives.

Exactly what to do for our hurting church or the others we would like to invite....I am not sure. Gentle love to old and young? I do know the conversation must take place as person to person and in our church. I do know we need to pray. I do know we need each other in supportive love.

Connie

Youth Group News

In September, Kristina and I took the youth group to Grand Rapids for bowling and Culver's. We are planning another youth group outing on Sunday, October 22nd, at 1 pm. We haven't picked an activity yet, so if you have some suggestions of things you would like to do, let us know!

Looking ahead, the conference is hosting The Event on November 3rd-5th at Cragun's Resort in Brainerd for all Minnesota Methodist youth in 5th through 9th grades. The Event is what used to be known at UMYS and will be a weekend of fun that includes the Boiling Point band, a service project, a film festival, swimming, worship, games, and much more. Any youth who might be interested in attending should contact me or Kristina ASAP. The deadline to register is October 10th.

- Pastor Andy and Kristina Bloom, Youth Group Leaders

UMW

United Methodist Women have started up again. The good news is the cookbooks have arrived and will be up for sale in October. They look great! Thinking about doing a Sunday coffee time kick-off serving recipes in the new cookbook and having the books go on sale. One problem that we have is there were 5 recipes that had no names attached to them so we apologize now for that. If it happens to be one you submitted, please let us know so we can give credit to you. We will let everyone know whose name should have been listed by putting it in the newsletter and we can make labels to attach to the recipe in the book. We have a Holiday Tea set for November 11. UMW Sunday will be held November 12 when we present our Special Mission Recognition pin to a recipient of the church. Lot of things in the works so watch future articles to find out what they are.

Jeannie ~~~

~~~~~  
**!!! 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

~~~~~  
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.

Prayer Concerns:

- Renee (Bryan) Ridgeway, Peggy Kemp,
- 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) Naomi Jarrett (Virginia Rehab),
- Cornerstone Villa:** Jean Ruth
- Hillcrest Alice:** Georgie Haben
- Guardian Angels:** Orv Rittgers
- Lee Center:** Donna Hill, 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



~~~~~  
**Wednesday Night Ladies Bible Study**

Anyone interested in joining us is so very welcome!! We are studying Ephesians 4. It is an awesome study—no book required. Nancy Hautala 263-4538

## SUNDAY SCHOOL

### **\*\*Updated-**

*We're into the new curriculum and the kids are enjoying it. With change comes some bumps and learning opportunities. We're asking to prayerfully consider volunteering this year to help our teachers out- be it the nursery, as Sunday School fill-ins, with the after school program, or with the Trunk or Treat. Kindly let Brenda know about volunteering for the nursery or filling in for our dedicated Sunday School teachers. The sign up sheet for Trunk or Treat is located in the church, we'd love for you to help! See changes for DECEMBER and the Christmas Play!*

**October** food shelf donations- canned vegetables/fruit

10/1- Deep Blue- 1<sup>st</sup> Sunday Communion/Coffee/Goodies, TRUSTEES hosting

10/8- Class

10/15- Class- Craft- (Laity Sunday & serving others)\*\*

**\*\*Brief Meeting during fellowship- final coordinating Trunk or Treat Event**

10/22- Class- Music

**10/29- Cheer Baskets/TRUNK OR TREAT EVENT 3-5pm- sign up sheet in church**

**November** food shelf donations- pasta/sauce

11/5- Deep Blue Theme- 1<sup>st</sup> Sunday Communion/Coffee/Goodie

11/12- Class

11/19- Class- Craft

11/26- Thanksgiving weekend- Music

**December** food shelf donations- box potato, cranberries, stuffing

12/3- Deep Blue/Advent Theme- 1<sup>st</sup> Sunday Communion/Coffee/Goodies

**\*\*12/9- Christmas Play Practice- 9am-12**

**\*\*12/10- Christmas Play 9:30am worship service- Winter Bake Sale TBD**

**\*\*12/17- Class &/or Craft- Winter Bake Sale TBD**

**12/24- No Class**

**12/31- No Class**

\*\*\*\*\*

## SCOUT NEWS

Troop 1— We held a Court of Honor ceremony where the boys received their summer camp badges and patches and two of our scouts received their Scout Rank. Now we are getting prepared for fall camp which is in October and will be at Pfeifer Lake.

Crew 2— We are meeting weekly and getting ready for fall camp and preparing for the Klondike Derby. One of the scouts had built a cabinet for over the table storage that Pack 13 can use to store their items. Missy Larson did a great job.

Pack 13—They have been getting their den meetings going and have very enthusiastic Cubs who can't wait to get going on their scouting careers.

All of the groups above are in fall popcorn sales mode. Look for a scout in khaki, green or blue shirts and they can give you all the inf

~~~~~  
“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.

~~~~~  
**ACOLYTES FOR OCTOBER**

Youth at the service will be asked to assist

~~~~~  
VIDEOGRAPHERS FOR OCTOBER

- Oct1— Bruce Masteller
- Oct 8— Paul Hatch
- Oct 15— Charlie Whitney
- Oct 22— Tom Farrell
- Oct 29—Jeff Jones

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!

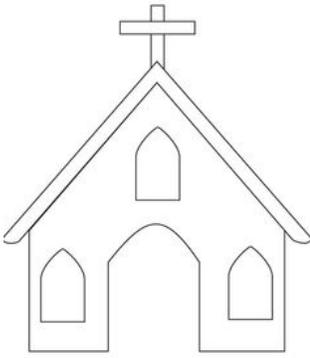
~~~~~  
**GREETERS FOR OCTOBER**

- Oct1—Youth & Jean & Bob Flynn
- Oct 8—Julie & Earl Jones
- Oct 15—Karen Sanders &
- Oct 22—Barb & Tom Farrell
- Oct 29—Sally & Tom Gaige

~~~~~  
COFFEE HOUR HOSTS/HOSTESSES FOR OCTOBER

- Oct1—Pancake Breakfast/Trustees
 - Oct 8—Katy Anderson & Marla Puhek
 - Oct 15—N Fimrite, M Yachwak, K Sanders, J Yahrmatter
 - Oct 22—Memorial Committee for Apportionments
 - Oct 29—Brain & Teri Anderson & Raylen & Alex Jacklen
- ~~~~~

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 9-24 --\$1950 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)

~~~~~

Missional Outreach

Communion offering will be going to “World Communion Sunday”. The offering funds graduate racial-ethnic World Communion Scholarships, with at least half of the annual amount reserved for ministries beyond the United States. Donations also provide for undergraduate U.S. Ethnic Scholarship and Ethnic In-Service Training programs.

For the month of October we will be collecting loose change for Range Respite. Range Respite helps reduce the stress of family caregivers, increases the length of time care be provided at home, improves the caregivers ability to cope. Two out of every five adults are family caregivers.

October Parish Health News

What is your Sleep Quality?

You are eating right, working out and making a little dent in the belly fat but it's not coming off as fast as you would like.

It is hard to get enough sleep time when you are juggling tons of chores or you want to relax after a long day. It is tempting to sacrifice an hour or two of sleep so you can meet a work deadline, do another load of laundry, or watch your favorite late-night show.

But... While a few days of shortened sleep won't do you permanent harm, constantly cutting down on your zzzz's can pack extra pounds on you and even raise your risk of Diabetes and heart disease.

Latest research shows:

- In 1600 Adults who slept 6 hrs./night had more belly fat than those who slept for 9 hr. They weighed more and had lower levels of HDL (healthy cholesterol) This was true even though the sleep-deprived people didn't eat healthier diets.
- An earlier study found that shorting sleep for just a few nights in a row can lead to immediate weight gain.
- A startling 2012 study revealed that restricting the sleep of healthy young people for just four nights decreased the sensitivity of their fat cells to insulin by 30% leading to levels typically seen in obese or diabetic people. " This is the equivalent of metabolically aging someone 10-20 years."
- A recent study of 4000 children found that kids who get too little sleep weigh more and have a higher percentage of fat mass. Worse yet, these children have higher blood sugars levels and greater insulin resistance—both risk factors for diabetes.

In short, if you want to keep that belly slim and lower your risk for diabetes and heart disease—and if you have a partner or kids whose health is important to you—then sleep needs to be a priority for your entire family.

12 strategies to try:

1. **Set a regular bedtime—for both kids and adults.** Fudge if you must on weekends but try to turn in at the same time each night. This alone can actually lower your body fat.
2. **Make an Epsom salt bath a habit.** The magnesium in it is one of Mother Nature's best "sleep medicines". Put a little lavender oil in the water to help mellow you out.
3. **Turn off devices at least an hour before bedtime.** The blue light can mess with your melatonin levels. If you can't turn them off—get blue blocker glasses or install an app on your device for same.
4. **Meditate.** 15-20 minutes of mindful meditation (deep slow breathing, prayer, writing in grateful journal, can ease your brain into a restful state.
5. **Darken your room.** Or use an eye mask to get rid of light pollution, turn your alarm clock away from the bed so the light doesn't shine in your face.
6. **Experiment with 'white noise'.** Can use a small fan or white noise machine, air purifier etc.
7. **Chill out.** Keep your room between 65 and 72 degrees.
8. **Do strenuous exercise in the morning or afternoon but not at night.** Exercising vigorously before bedtime can rev you up, making it hard to doze off. Instead try gently yoga stretches.
9. **Make a to-do list.** This will help clear your mind.
10. **Indulge in high quality bedding.** The right pillows, sheets, blankets—can make huge difference.
11. **Drink bone broth in the evening.** Bone broth is rich in calming, relaxing glycine and magnesium.
12. **Consider taking melatonin.** A little dose of this supplement before bed may help you fall asleep faster and sleep longer.

Judy Lightowler, MS, RN, CLM PN
North Star District Parish Nurse

Nsdpn2015@gmail.com (218)298-0786

cell

