

The New Spirit

January 2012

Vol. 4 Issue 1

Is This Year Truly New?

Happy New Year! We celebrate the coming of a new year on an annual basis. What does a new year really bring to us? From an objective point of view a new year only brings another 365 days on the calendar. A new year is just another list of days to check off as we move through the year.

But what if a new year could also bring new opportunities and possibilities to your life? The Bible is filled with stories, celebrations and illustrations how life can be renewed and restored with the movement of time. But the Bible has a different understanding of time than we may have. We tend to focus on Chronos time. Chronos time is the way we measure time by calendar and clock. While the Bible is filled with hundreds of references to chronos time, there is another time-frame I would like to share with you.

Kairos time in the Bible is God's time. The ancient Greeks saw Kairos time as a moment when something special happens. The Bible sees Kairos time as a moment when God makes something special and new happen in our lives. You will never find these special God moments on the calendar, but when they occur you will immediately know they happened.

So, you are all set for the New Year. You have the latest

2012 calendar. You have every birthday, anniversary, and special event marked off. But how do you prepare to recognize the times when God will break into your life in exciting and special ways? Anticipation is the best way to prepare for the serendipitous special activities of our lives that happen each and every year. Anticipation means that you wait, hope, and expect God to do great things in your life.

So what will 2012 bring to our lives? I don't know exactly what will happen, but I hope that some very special events will take place in the life of the members of Christ United Methodist Church. I also expect some very special things to happen in our church, because God has been active in our past creating our future in exciting and new ways.

Blessings.

Mike Wuehler

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Pastors

Michael Wuehler (ext. 207), Nancy Wheeler

Handlon (ext. 208), David Lieder (ext. 213)

Director of Operations Sarah Kinsman\Welch (ext. 209)

Services and radio broadcast times

Sun. 8 am—Worship and Communion in Chapel

Sun. 9 am—Worship in Sanctuary

Sun. 11:00 am— The Current in ECC

Sun. 11:30 am—Radio broadcast on KOLM (1520 AM)

Wed. 6:15 pm — Agape in Wesley Hall

Staff

Main Desk (ext. 200), Kent Jurgenson (ext. 212)

Erin Davis (ext 210), Lael Van Ert (ext 214), Admin.

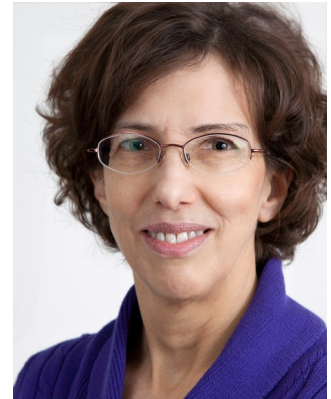
Support: Sheila Parker (ext. 202) and Jean Keefe (ext. 203), Parish Nurse: Pat Hrabe (ext. 215)

Welcome New Members

I was born & raised in Geneseo, IL. My father was a pastor at Grace Evangelical United Brethren Church there for 20 years and my mom was an elementary school teacher. I received my degree in Child Development & Early Childhood Education from Northern Illinois University in DeKalb.

My husband Bill and I met in Chicago and have been married 32 years. We moved to Oronoco in 1992 from Oak Park, IL when Bill was transferred here with IBM. We liked the Chicago area, but we love living in Minnesota. We have a daughter Jenna who, along with her husband David, has blessed us with two beautiful grandchildren: Madeleine, 5 and Henry, 4. They live in California which is much too far away, but a fun place to visit. We don't understand why we cannot convince them to move back to the Midwest with the wonderful variety of weather and beautiful snowy winters!

I have worked in Human Resources at Mayo Clinic for over 12 years. I enjoy learning to play the piano, music, singing in the choir, cooking, working in the yard, sailing and spending as much time as possible outdoors and especially on the water. I have attended Christ Church for over 7 years.



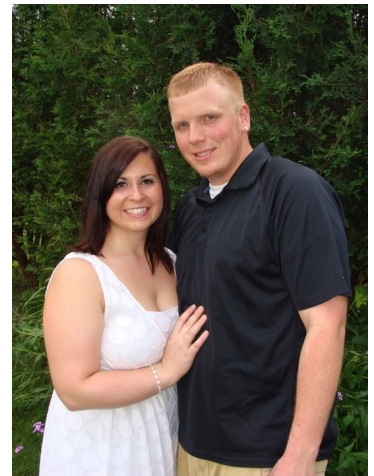
Mary Schmidt



Karen Hansen

Karen is a member from the 1990's. Since coming back to Christ UMC, Karen says, "I feel like I'm at home again."

Karen is retired.



Kristina Babcock and
Dustin Donahue

Wayne is from South Dakota and is a retired electrical engineer with IBM. He has two sons, Greg and Paul, who live in the Seattle area. Since his retirement, he is active in the IBM retiree's club, preparing taxes, and being an animal (pet) advocate. Jeanie is from Illinois and is a retired property manager. She has a son, Chad, who lives in the Dallas area. She stays busy as chairwoman of the Rochester Area Women's Connection and cooking for any occasion that presents itself. Wayne and Jeanie were married at CUMC on September 18, 2011 and spend a great deal of time just being newlyweds.



Wayne and Jeanie Harris

Dustin and Kristina are engaged to be married at Christ United Methodist Church in August 2012. Dustin works as a Pharmacy Technician at Mayo Clinic. Kristina is employed as the Client Care Coordinator/LSW at Home Instead Senior Care. Dustin and Kristina spend their free time playing/watching hockey and softball, snowmobiling, traveling and spending time with friends and family.

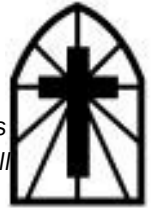
Remembering . . .

John P. Kern, son of Irene Kern, who died
December 1, 2011

Forrest "Forrie" Gardner, father of Nancy DeVinny, who died
December 15, 2011

Martha Luedtke, sister of Christy Olsen, who died
December 16, 2011

*"Praise be to the God and Father of our Lord Jesus
Christ, the Father of compassion and the God of all
comfort." II Corinthians 1:3*



Announcements

Congratulations Ken Bauman

Ken Bauman has been named River Valley District Chaplain. District chaplains provide support, spiritual help, and direction and spiritual care to pastors and their families in the district in which they serve.

Ken is the first lay person to serve in the role as District Chaplain in the Minnesota Annual Conference of the United Methodist Church. We are very proud of the accomplishments of Ken over the past few years. Ken has been our Lay Leader at Christ United Methodist Church. Ken is also serving on the Minnesota Annual Conference Board of Ordained Ministry. We are blessed to have Ken as a member of our congregation and Conference.

Lay Visitors Needed

Lay visitors call on homebound members once a month to provide a connection to Christ Church and spiritual support. We have one hundred members who are homebound and most of them want to have a lay visitor. Qualities needed: a good listener, a calm presence, and an enjoyment of people.

To join the ministry of lay visiting there will be two classes to attend. The first will be Wednesday, January 25 from 10:00–11:30 am in the Adult Library. If interested, but cannot attend that session, please contact Pastor Nancy or Gwen Mead.

From the CUMC Foundation

Did you know that CUMC has a Foundation which provides support for the people and programs of the church outside the annual operating budget? Some of the 2011 Foundation Grants include:

- \$3,600 to the operations budget of the church as designated by the donors of these funds
- \$1,400 for the Easter Music program
- \$ 800 to Boy Scout Troop 21
- \$ 500 to the Pastor's Discretionary Fund to help those in need
- \$1,000 for Caring Ministries to the elderly of the church
- \$ 595 for the Church Van
- \$ 440 for a single-parent support program

Contributors to this Issue

The Communications Committee would like to thank everyone who contributed to this issue of the NEW SPIRIT: Ken Bauman, Pat Hrabe, UMW, Pastor Mike Wuehler, Pastor Nancy Wheeler Handlon, Sarah Kinsman\Welch, Lael Van Ert and anyone we may have missed. Thank you for your contributions and continued support.

Contribution Deadline

Spirit articles are due in the church office by the 13th of each month. If the 13th falls on a weekend, they will be due in the office on the Monday after the 13th. To have your article included in the February Spirit, please send them to sheila@cumethodist.com by noon on January 15, 2012.



Agape Gathering

It's a small group...it's a Bible study...it's a concert... no, wait, it's the Agape Gathering! Have you had a chance to check out this new CUMC Wednesday night service? If you haven't, we would love to have you.

What is the Agape Gathering?

The Agape is one of the names commonly used to denote the "love feast" celebrated by early Christians. *The Agape* was distinguished from the *Eucharist* as a meal (comfortable, relaxed), not a sacrament (formal, such as baptism and communion). During *the Agape*, Christ's followers celebrated the community of each other's company. It was a place where people could share spiritual conversation, offer charity to others, and reach out to those in need. Our *Agape Gathering* is modeled after this historical *Agape*. We recline in comfortable seating, share ideas and conversation, and have an abundant meal of bread and juice together.

What's happening at the Agape Gathering?

We tackled some tough questions throughout the Advent season, looking at apocalyptic passages from Mark telling of Jesus' second coming. We kicked Advent off with a tricky question: if the Jewish people in Jesus' time were to look for the destruction of everything as a sign of Jesus' second coming, what does that suggest we should be looking for today? We also heard from Brad Brech about his work with Christmas Anonymous and the many ways that we, as a commu-

nity, can and do support their work.

We looked at John the Baptist in a new light – as a strange, even goofy man who looked at his work in ministry in a new way, and talked about the church's reluctance, even fear, of change. We considered what things we as a church are fearful of changing and how we can overcome those fears.

Mary sang her Magnificat for us in Luke, and we discussed it as one of the most revolutionary documents in existence – a document that outlines what Jesus' ministry will really be about – from the voice of a woman.

Throughout Advent, we had the opportunity to share a musical vespers service called Holden Evening Prayer. Marty Haugen composed this inspiring, prayerful setting for a community in the Colorado mountains called Holden Village. The music offers time for celebration and praise, prayer, and scripture. Thanks to Brenda Fyles, David Hayes, and Nick Gibbons for offering up their musical gifts.

Where can I find you?

The Agape Gathering happens every Wednesday at 6:15 pm in Wesley Hall. Come for food at 5, stay to share in community and communion with us at 6:15. We'll see you there.



Proposed Calendar of Events for 2012**January**

Sunday, Jan. 1 Communion at all three services
Friday, Jan. 6, 7:00 pm Documentary Movie Night
Friday, Jan. 13, 7:00 pm Family Movie Night
Saturday, Jan. 14, 7:30 pm Rochester Chamber Music Society Concert
Sunday, Jan. 15, 8 am, 9 am, and 11 am YAM Services
Monday, Jan. 16, 7:30 pm Women of Faith—Brianna Bly
Sunday, Jan. 22, 9:00 am UMW Sunday—Bishop Sally Dyck will be preaching.
Friday, Jan. 27, 7:00 pm Teen Movie Night and Parents of Teens
Saturday, Jan. 28, 10:00 am Widowed Persons Coffee

February

Friday, Feb. 3, 7:00 pm Documentary Movie Night
Sunday, Feb. 5 Communion at the 8 and 9:00 am services
Friday, Feb. 10, 7:00 pm Family Movie Night
Sunday, Feb. 12—Feb. 19, 4:00 pm—8:00 am Hosting Interfaith Hospitality Network
Monday, Feb. 13, 7:30 Women of Faith
Sunday, Feb. 19, 9:00 am Jazz Service
Wednesday, Feb. 22, 6:15 Ash Wednesday Service at the Agape Gathering
Friday, Feb. 24, 7:00 pm Teen Movie Night and Parents of Teens
Saturday, Feb. 25, 7:30 pm Rochester Chamber Music Society Concert

March

Friday, Mar. 2, 7:00 pm Documentary Movie Night
Sunday, Mar. 4 Communion at 8:00 am
Monday, Mar 12, 7:30 pm Women of Faith—Dawn Rundman
Friday, Mar 23, 6:00 pm Talent Show

April

Sunday, Apr. 1 Communion at 8 am only
Thursday, Apr. 5, 7:00 pm Holy Thursday Service
Friday, Apr. 6, 12:00 pm Ecumenical Good Friday Service
 7:00 pm Good Friday Service
Sunday, Apr. 8, Easter Sunday
 8:00 am Youth Led Easter Service
 9:00 am and 11:00 am Easter Service
 10:10 am Easter Egg Hunt
Monday, Apr. 9, 7:30 pm Women of Faith—Lisa VanGetson
Saturday, Apr. 14, 7:30 pm Rochester Chamber Music Society Concert
Wednesday, Apr. 18, UMW Rummage Sale Set-up
Thursday, Apr. 19, UMW Rummage Sale Set-up
Friday, Apr. 20, UMW Rummage Sale
Saturday, Apr. 21, UMW Rummage Bag Sale

May

Friday, May 4, 7:00 pm Documentary Movie Night
Saturday, May 5, Confirmation Brunch, Pictures, and Practice
Sunday, May 6, Confirmation Sunday
Friday, Jan. 11, 7:00 pm Family Movie Night
Sunday, May 13, Mother's Day, 9:00 am Children's Choirs and Bells Special
Wednesday, May 15, Last night of Fellowship Dinner
Sunday, May 20, 9:00 am Graduation Sunday

June

Friday, June 1, 7:00 pm Last Documentary Movie Night
Sunday, June 3 Communion at 8 and 9:00 am
Friday, June 8, 7:00 pm Family Movie Night
Sunday, June 24, 9:00 am ASP Commissioning
Saturday, June 30, 6:30 am ASP Send-Off

July

Sunday, July 1 Communion at all three services
Tuesday, July 10, ASP returns from Appalachia
Monday, July 16—Friday, July 20, or Monday, July 23,—Friday, July 27, Vacation Bible School
Sunday, July 22, or Sunday, July 29, Vacation Bible School Sunday
Sunday, July 29,—Sunday, Aug. 5, 4:00 pm—8:00 am
 —Hosting IHN

August

Sunday, Aug. 5 Communion at 8 and 9:00 am
Tuesday, Aug. 7, 6:00 pm National Night Out
Sunday, Aug. 12, 9:00 am—Special Service
Thursday, Aug. 23, 11:30 am 50-year Member Lunch

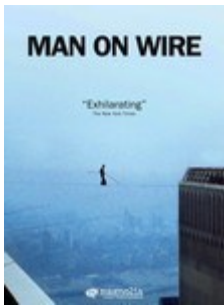
September

Sunday, Sept. 2 Communion at 8 and 9:00 am
Wednesday, Sept. 5 Chancel Choir Rehearsal Starts
Sunday, Sept. 9 Gathering Sunday
Wednesday, Sept. 12 Fellowship Dinner and Children's Music Programs start
Friday, Sept. 14, 7:00 pm Family Movie Night
Sunday, Sept. 30 Young Adult Mission (YAM) auction.

October

Sunday, Oct. 7 Communion at all three services
Friday, Oct. 12 Family Movie Night
Sunday, Oct. 14 Stewardship Sunday and 3rd Grade Bibles Presented
Wednesday, Oct. 17—Saturday, Oct. 20 Volunteers in Mission
Sunday, Oct. 28 All Saints Day 9:00 service
Wednesday, Oct. 31 Halloween (Trunk or Treat)

Documentary Series



MAN ON WIRE

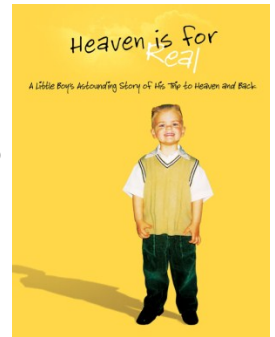
Friday January 6, 7pm

Join us in January when we will watch MAN ON WIRE, the true story of Philippe Petit, who captured the world's attention in 1974 when he successfully walked across a high wire between New York's Twin Towers. This Oscar winner for Best Documentary

explores the preparations that went into the stunt as well as the event and its aftermath. Obsessed with the Towers even before they were fully constructed, Petit sneaked into the buildings several times to determine the equipment he needed to accomplish his daring feat.

Small Groups

Looking for a small group on Sunday mornings? Starting January 8, two of our Sunday morning groups will be starting a study called Heaven Is for Real, and they want YOU to join them! Faithbook (a group for people in their 20s, 30s, and 40s) meets Sundays at 10:10 in Mettam. If you have kids in Sunday school during that time, this is a great group for you!



In addition, a second group of adults will meet in the Youth Room on Sunday mornings at 10:10. Kathy Lombardo will lead this study, along with a great group of adults. Check it out! Questions? Contact erin@cumethodist.com

Family Movie Night

Dolphin Tale

Friday, January 13, 7:00 pm

A badly maimed, juvenile dolphin is given a new tail, and a new life, through the efforts of the humans who save it in this true-life adventure saga. After losing it's tail to a crab trap, the dolphin is doomed until a young boy spots its plight.



Young Adult Mission Sunday



Join us Sunday, January 15 at the 8, 9, and 11 am services to hear about the Young Adult Mission Trip to Guatemala. Members of the 28-member team will share their stories and adventures helping Mayan people in

the rural mountain areas of Guatemala from December 30-January 8. You don't want to miss it!

Who Do You Say That I Am



You don't want to miss the next speaker in the Who Do You Say that I Am? Women of Faith speaker series. Breanna Bly is hugely involved in the Rochester community, serves as a member of the school board, and works to inspire youth.

WHO DO YOU SAY THAT I AM? Women of Faith on Finding their Calling and Themselves
 Monday, January 16, 2012
 7:30 pm, ECC

Breanna Bly, wife, mom, school board member, coach, youth speaker, daughter of God

Rotation Sunday School

Our next rotation will begin Sunday, Jan. 8. We will be studying the story of Elijah. Elijah, who was a prophet of God, trusted Him when all things seemed impossible. Our rotation will focus on hope, and how we can trust God in our lives.

Interested in volunteering? Contact Lael, lael@cumethodist.com

United Methodist Book Club and Movie



The United Methodist Women's Book Club will be reading *Water for Elephants* by Sara Gruen for their January 19th, 2012 meeting. We will be showing the movie at 9am in the ECC followed by discussion of the book. The movie is starring

Reese Witherspoon, Robert Pattinson and Christoph Waltz. The January meeting is open to anyone who would like to read the book and compare the movie. 9:00-11:45am



Friday, January 20 4:30-5:45pm

Zumbro Lutheran Church

Basketball returns at Zumbro Lutheran. Bring a friend, and shoot a friendly game of hoops with our church neighbors. All kids welcome!

Questions? Contact Lael – lael@cumethodist.com

Radio Ministry at Christ Church

The Radio Broadcast at Christ United Methodist Church is a very important ministry to those who are unable to attend church services. Many of our homebound people listen to our service on KOLM, 1520AM radio at 11:30 on Sunday mornings.

The cost to sponsor the Radio Broadcast is \$55.00. Broadcasts can be sponsored in memory of a loved one or friend, or in honor of a birthday, anniversary, marriage, etc. Sponsorship will be included in the Sunday bulletin and also announced on the radio broadcast.

Sponsors for January are:

January 1, Dr. Richard and Jo Ann Sheldon

January 8, Christy and Helen Olsen

January 15, Phyllis and Gordon Heath

January 22 OPEN

January 29 OPEN

If you would like to be a sponsor of this very important ministry, please call the church office at 289-4019, or sign up on the Ministry Board in the Commons area of the Church. There are still many open Sundays throughout the 2012 year.

United Methodist Women Sunday

The 2012 observance of "United Methodist Women Sunday" at Christ UMC will be January 22 at the 9:00 am worship service.

Minnesota Bishop, Sally Dyck, will be the guest preacher. Women of the church will participate in the service with greeting one and all for worship, a women's choir with special music and leading congregational singing, and ushering. There will be inspiring children and youth participating as well.

Displays portraying the life and mission of the United Methodist Women will be in the Commons area, with refreshments, after the service.

The congregation of Christ United Methodist Church are encouraged to worship on this special occasion, and to bring a guest. We will honor all women and honor Bishop Sally, as she completes her tenure as our Minnesota Resident Bishop.

Widowed Persons Coffee

Widowed persons will meet on January 28 at 10:00 am in the Fireside Room. Presenter will be Pastor Nancy Wheeler Handlon.



All are welcome.

Mission of the Month—Ministerial Discretion Fund

Have you ever been hungry? Not just a little hungry, but famished as if you hadn't eaten in several days. Have you ever been cold? You experience such cold that you feel the bitterness of the weather right down to your bones. Have you ever been worried, frightened to the point that you have no hope?

We often have people visit Christ United Methodist Church with the above symptoms. These people are usually people who have lost their jobs, traveled a long distance to attend one of our medical centers, or they are homeless. People trying to make it through some difficult times in their lives, but they don't seem to be making much head way. Where do you go when you fall between the cracks of life?

Many people come to Christ United Methodist Church to find temporary help. We usually give the people two bags of food. We include a prayer written by our clergy to help them with spiritual support. Most of all we try to send them away with a sense of hope and a feeling of self-worth and dignity.

The money for this ministry comes from the members of Christ United Methodist Church through their compassion to help people in desperate times of need. The Christ United Methodist Foundation also supports this valuable ministry. Last year the foundation gave the Ministry Discretionary Fund \$500.00.

We want to thank you for your support of this fund. You make our ministry to people in time of desperate need possible. Christ United Methodist Church is truly a beacon of hope for people in hopeless situations.

The ESL Mission at Mission, Texas Needs Dictionaries

Many Methodist Winter Texans have found a place to give service of time and talents during the winter months. The Mission (west of McAllen, Texas) First United Church Mission Board and UMW have established an English Second Language School in their Education Building. This continues through the months the Winter Texans are in the south.

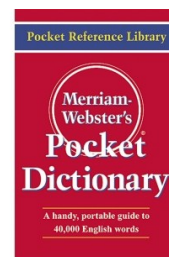
There are 50 young adults studying at 7 different levels of English with 15 teachers and assistants giving them guidance and encouragement. There is Nursery and Day Care for 16 children, too.

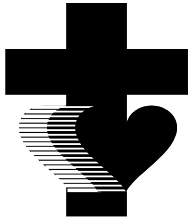
Dorothy Lund Nelson began assisting in January of 2011 by bringing her accordion and song books to the school, so students could learn English through music.

This fall Albert and Dorothy returned to the Rio Grande Valley early, so she could substitute teach until one of the lead teachers arrived. School, she has discovered, is a challenge!

One of the first items on Dorothy's Wish List is Dictionaries. She is asking the members of Christ Methodist to look in their homes for slightly used children's through middle school age English or English/Spanish Dictionaries. Please bring them to the church office by Sunday, January 22nd. Dorothy has agreed to pay the postage to Mission, TX. The dictionaries will be presented to the young parents to aid in growing their language skills faster.

Thank you for any assistance you can give!- Dorothy





Say No to Snow Tubes

Sledding-related injuries send about 20,000 kids to the ER each year, reports a study in Pediatrics, and snow tubes are the leading cause of traumatic brain injuries, since they can spin, obscuring the rider's vision. Stick to sleds so kids face forward, and consider a ski helmet.

taken from Good Housekeeping

provided by Olmsted County Public Health Services



(Not So) Diet Soda

Go figure: In a study spanning nearly a decade, older people who drank two or more diet sodas a day had gains in their girth that were six times greater than those who drank none. Is it something about the sweeteners, or do diet soda drinkers spend their "saved" calories elsewhere? Researchers aren't sure, but if you switch to water (plain or bubbly) you don't have to wait to find out.

University of Texas Health Science Center

provided by Olmsted County Public Health Services

Blues Chaser

An 11-year Spanish study of more than 12,000 people found that those who ate the most trans fats were 48% more likely to develop depression. While the participants' intake was low – 1.6 grams, on average – it's easy to reach that amount even if you choose "trans-fat free" products. Because of a labeling loophole, such items may still contain small amounts of the dangerous fats. Look for the term "partially hydrogenated" on the ingredient list; it's an indicator that trans fats lurk within.

Taken from Good Housekeeping

provided by Olmsted County Public Health Services

Short walk cuts chocolate consumption

A 15-minute walk can cut snacking on chocolate at work by half, according to research by the University of Exeter. The study showed that, even in stressful situations, workers eat only half as much chocolate as they normally would after this short burst of physical activity.

The research suggests that employees may find that short breaks away from their desks can help keep their minds off snacking.

Taken from Health24.com

provided by Olmsted County Public Health Services

How to Live 100 Healthy Years

It takes "guts and smarts" to live to 100 and still feel well, says Dr. Walter Bortz, a scientific researcher, author, geriatrician and octogenarian marathon runner.

By now most of us know what we should be doing to protect our health. And for a variety of reasons or excuses – lack of time, money, motivation, long commutes and the like – many of us still aren't getting enough physical activity. Here are four health tips from Stanford University.

1 MOVE MORE

Physical activity is paramount to a healthy, long life – and you can reap the benefits at any age. The opposite is also true: Inactivity can be deadly. After 50, you can't afford to be sedentary.

2 OWN YOUR SELF-CARE

Be persistent in improving your health behaviors and build your competence over time. Remove any psychological barriers you might have set up. And take advantage of any incentives your health plan offers to get and stay healthy.

3 STAY ENGAGED WITH LIFE

The old maxim "make yourself useful" applies to healthy aging. Maintain social activity and intellectual pursuits. Fight loneliness.

4 DON'T WASTE TIME ON ANTI-AGING HOAXES

Longevity "experts" who sell vitamins aimed at helping you live longer are in the snake-oil business.

taken from Star Tribune

provided by Olmsted County public Health



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