

The New Spirit

June 2011

Vol. 3 Issue 6

82%

I hope you enjoyed Easter Sunday. It seems like something that occurred so very long ago. I heard so many exciting comments about the wonderful Easter services that we held. There was truly an air of excitement Easter morning that seemed to last for days. Members of our church keep saying, "Did you see all the people! It must have been a record crowd!" It feels good when the church is filled with energy and excitement.

The very exciting part of this Easter is what you may not have seen. We had three full pages of visitors including 26 individuals or families from the Rochester and surrounding area. We also hosted several friends and family members from out of town and probably numerous people who did not sign the attendance pad or fill out the information card. The church was alive and filled with excitement!

That same feeling that we experienced on Easter Sunday must have been close to the same feelings the followers of Jesus had fifty days after the first Easter. It was the day of Pentecost, the birthday of the Christian church. The disciples finally come out of hiding, due to

their fear of being connected to Jesus who had been sentenced to death. The air around them becomes filled with excitement and energy as they preach to thousands of people about this Jesus who was crucified, dead, buried and now is alive. Many believe.

I would like to encourage you in your faith and continue to invite people to attend our wonderful church. Remember, there is an 82% chance that people will respond favorably to your invitation if you invite them to worship during the holidays or a special event. Be bold - be invitational.

Pentecost Blessings,

Mike Wuehler

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Church Information

Phone (507) 289-4019

Church Van (507) 285-9458

Address

400 5th Ave SW Rochester, MN 55902

Web address

www.cumethodist.com

Email address

email@cumethodist.com

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 — Wednesday Worship in ECC

Staff

Main Desk (ext. 201), David Shaffer (ext. 212), Erin Davis (ext 210), Lael Van Ert (ext 214), Admin. Support: Sheila Parker (ext 202), Financial Administrator, Cindy (ext. 211) Parish Nurse: Pat Hrabe (ext. 111)

Remembering . . .

Donald F. Schwanbeck , brother of Shirley (Bruce) Jeske, who died May 1, 2011

“Let not your hearts be troubled...neither let them be afraid.” John 14:1



Foundation

Become one of the perpetual supporters of CUMC; consider the Foundation as a beneficiary in your will or trust.

Celebrating 10 Years of Stabilizing Families

This year Interfaith Hospitality Network of Greater Rochester, or IHN, celebrates 10 years of ministering to homeless families in the Rochester area. In those 10 years 269 families have been served. This equates to 769 persons, 526 kids, 242 of those under the age of 5. There are 15 host/site churches in Rochester, Pine Island, Byron and the Plainview/Eyota area, 31 buddy churches and 2 which do not volunteer but provide financial support. The “host” church provides overnight shelter and food for a week at a time. IHN’s van transports the families to



work as van drivers, cooks, food coordinators, evening and overnight hosts, help in setting up and taking down of sleeping rooms four weeks of the year. We also support IHN with funds from the sale of hand-designed cards by volunteers from our congregation.



During the month of June, the mission focus will be IHN. So watch and listen for information given during worship, see display tables in the Commons with more information and opportunities to sign up to volunteer and to purchase cards.



a day center/home during the day. A transitional house, owned by IHN, provides a home for those families who take a longer time to stabilize. Staff consists of two persons, a director and a home stabilizer/social worker who help the families find employment, housing, training/schooling and then follows the family for a year after they are on their own. All other services are provided by volunteers.



On June 18th at 10:00 am, come to Central Park to watch a very unique fund raising event for IHN, a bed race. A sincere Thank You to Christ-Church community of faith from the coordinators, Kathy Davis, Fran

Field, and Aileen Williams, as this vital ministry could not be accomplished without all of you.

Our congregation also celebrates those 10 years of serving as we have been a part of IHN since its start up. We were also a part of the 2-year planning in the late 80’s. CUMC started as a buddy church with Homestead UMC and now serves as a host church along with Zumbro Lutheran. Our volunteers



IHN Annual Meeting

Let's celebrate!

Join us for the dedication ceremony of our
Habitat for Humanity Interfaith Home.

22 FAITH COMMUNITIES JOINED
TOGETHER TO BUILD A HOME,
HONOR GOD,
LIVE OUT THEIR FAITH,
DEMONSTRATE PEACE.

When: Sunday, June 26, 1 pm
Where: 3062 Eastwood Rd. SE, Rochester

The dream of owning a simple, decent, affordable home is now a reality for the Ahmed/Mohamed family. This is the 62nd family in the Rochester area living the Habitat for Humanity dream of homeownership. Let's celebrate!

Thank you

Many thanks to those who helped deliver Easter flowers to homebound and bereaved members and friends. A special thanks to Carolyn Chaapel and Rachel Mullenbach for organizing the delivery.

Peg Anderson	Ardy Bartel	Elaine & Ken Bauman	Jane Clark
Carolyn Chaapel	Bob Dunn	Roger Field	Kendall & Doris Heins
Pat Hrabec	Tanya Hoskin & George	Mary Humke	Jan Iverson
Rick Johnson	Jan Martin	Donis & Dick McCallum	Peggy Milbrandt & Julia
Rachel & Gene Mullenbach	Sue Steinke	Marlys & John Ostby	Jen & Chuck Schlotthauer
Jo Sheldon		Joanne Wayne	Joan Wilcox
Helen & Warren Zimmerman			

Thank you also goes out to Pat Feeser and Lois Marsh for making the pocket crosses for members and friends who are homebound or in the hospital.

Elder Network Information

It is well known that caring for a family member or close friend with a chronic illness, such as Parkinson's disease, Alzheimer's disease, or stroke is stressful and takes an enormous physical and emotional toll on caregivers. Elder Network has received training from Legacy, Inc. to conduct a six-part training program to enable caregivers to better care for themselves by improving their own self-confidence and problem solving skills. **POWERFUL TOOLS FOR CAREGIVER** classes are now being scheduled at **Elder Network's** office at 1130 ½ 7th St. NW, Suite 205, Rochester, MN. Classes begin Thursdays, June 16th - July 21st. To register, simply contact **Elder Network** at 507-285-5272. A donation of \$20 is suggested to defray the cost of the materials--not required to attend the class.

CARE CONVERSATIONS: Meets the 2nd Wednesday and 3rd Monday of each month from 7:00-8:00 p.m. The support group is open to caregivers of family members with cancer. Please join **Elder Network** and the **American Cancer Society** for sharing and a discussion focused on you, the caregiver. The group meets at Hope Lodge, 411 2nd St. NW, Rochester. For more information, 285-5272. Presenter: Holly Brown.

CAREGIVER SUPPORT GROUP: Meets the first Tuesday of every month from 1:30-2:30 p.m. Tips for coping, learning to feel satisfaction, meaning, and strength within your caregiving role. **Elder Network**, 1130 ½ 7th St. NW, Suite 205. For more information: 285-5272. Presenter: Holly Brown.

United Methodist Women at Christ UMC

United Methodist Women is a lay women's organization for Mission in each congregation. The General Conference of the United Methodist Church has declared that, "For every local church there shall be an organized unit of United Methodist Women."

The strength of United Methodist Women (UMW) depends on women to step forth, and use their unique gifts to serve others in witness to Jesus Christ. The unit of UMW here at Christ UMC fits the description exceptionally well.

The UMW Purpose—The organized unit of United Methodist Women shall be a community of women whose purpose is to honor God and to experience freedom as whole persons through Jesus Christ; to develop a creative, supportive fellowship, and to expand concepts of mission through participation in the global ministries of the church.

The CUMC UMW fulfill the PURPOSE of United Methodist Women with our fifteen mission opportunities including:

- ◇ A book group that meets each month for education and spiritual growth
- ◇ Quilters who meet to make and donate many quilts to local community charities
- ◇ UMW sales (baked goods, nuts, coffee, and craft items) for missions throughout the year
- ◇ The UMW Reading Program reading cart where books may be borrowed for study and enjoyment
- ◇ Brown Bag Noon Lunch Program, January through November each year
- ◇ Annual UMW Sunday is conducted
- ◇ UMW circles are small groups of women for spiritual growth study, enjoyment, and understanding

As a member of United Methodist Women we share in a community of 800,000 women, across the country, organized for mission. We are a part of a vast network of concerned Christian women involved in ministries with women, children, and youth in thousands of communities in the United States and in more than 80 countries around the world. Here at Christ UMC, the UM Women are an invitational group to the church and the community as a whole, involved in mission locally and globally, committed to inclusiveness and pledged to provide financial support for mission through mission giving.

We encourage all at Christ United Methodist Church and in the community to go to websites to learn about and participate in our activities at all times. Visit us at www.minnesotaumc.org, click on Missions and Ministries, scroll down to United Methodist Women.

On Thursday, June 2 at 7:00 pm, the Christ United Methodist Women invite all women (and men) of the congregation to be guests for their program; "Visiting 2010 National UMW Assembly", presented by unit women, Diane Hellie, Wailana Barker, Jan Iverson, Elene Pattinson, and Grace Swanson, who attended this quadrennial gathering; their program will be personal experiences shared, with beautiful visuals of the 10,000 women gathered in St. Louis, April 2010. Our special guests for this evening will be our UMW sisters of Bethany UMC, Evangel UMC, and Homestead UMC. Refreshments will be served.

For many years, historically, the Women's Division of the United Methodist General Board of Global Ministries provides mission education opportunities with regional and conference Schools of Christian Mission and Mission Education Events.

This year, 2011, the Minnesota Conference School of Christian Missions will be held at St. John's University, Collegeville MN. United Methodist Women members, laity, and clergy, women and men, youth and children, all who are interested in mission, are invited and encouraged to attend this summer. The dates are as follows: July 12-15—Weekday Session, July 14—Drive-in Day Session, July 15-17—Weekend Session. Each year, three studies are offered, two mission studies and one spiritual growth study. The 2011 Spiritual Growth Study will be "*The Journey: Forgiveness, Restorative Justice, and Reconciliation*". The Geographic Study will be "*Haiti: Challenges and Hope*", and the Mission Study "*Joy to the World: Missions in the Age of Global Christianity*".

Please contact UMW president, Diane Hellie or vice president, Darlene Miller for information and/or registration for the 2011 School of Christian Mission at St. John's.

CUMC Young Adult Mission (YAM)

Interested in participating in the 2011-2012 medical, dental, and construction mission trip to Guatemala? The trip will happen December 30, 2011–January 8, 2012. Nurses, doctors, and everyone who can swing a hammer or hold a paintbrush are welcome! . Informational meetings will be held on June 20 and 23 at 6:30 pm and June 26 at 10:15 am. Contact erin@cumethodist.com for more information

Music

Music Notes

Summer is on the way, and here are some new opportunities to worship through music!

Drop in Summer Choir in June! YOU are invited to drop into the chancel at 8:30 am on June 5, 12 or 19 to sing with the choir. We have some fun, easy-to-sing anthems that we will run through and then offer them in the 9:00 am worship service. No weekly rehearsals- just come and sing!

ASP Singers on June 26: ASP will offer the special music they will be singing in Louisville, KY, on their way to their service project.

Senior Singers and Ringers are rehearsing on Tuesday afternoons. Singers will meet at 3:00 p.m. in the choir room, and Ringers at 4:00 p.m. in the bell room. All seniors are welcome.

Praise Music? Are you interested in singing or playing praise or gospel music? We will be getting together in June to rehearse for some July worship services. If you would like to sing or play, please contact David Shaffer at 289-4019, extension 212 or email david.shaffer@cumethodist.com.

Contributors to this Issue

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

School of Christian Mission

Held annually in July, the UMW's School of Christian Mission is an educational experience that expands participants' ideas about what mission is in today's world. The schools include classes around chosen study themes, worship, large group gatherings, sharing faith stories, and other activities. You can attend the week session July 12-15, the weekend session July 15-17, or Drive-in Day, July 14, 2011.

WHO can come to School of Christian Mission? Anyone who wishes to learn more about the study topics is welcome! You don't have to be a UMW member or even a United Methodist! You can choose 1 of 2 studies: "Haiti" or "Joy to the World: Mission in the Age of Global Christianity."

This is an experience open to all women, as well as men. There is also a special program for moms with preschool children. There is scholarship money available for young women.

A registration form is available at www.minnesotaumc.org or Contact Diane Hellie (dhellie@juno.com), 507-398-6329.

Upcoming Events

HONORS CHOIRS and Think Music Center present

Annie

Book by THOMAS MEEHAN, Music by CHARLES STRAUSS, Lyrics by MARTIN CHARNIN

Four Fully-Staged Performances:

Thursday, June 23 at 7:30 p.m.
 Friday, June 24 at 7:30 p.m.
 Saturday, June 25 at 8:00 p.m.
 Sunday, June 26 at 2:30 p.m.

at Autumn Ridge Church,
 3611 Salem Road SW, Rochester

Tickets:
 Patrons: \$25
 Adults: \$18 & \$12
 Youth: \$10 & \$8

Opening Night Benefit Dinner on June 25th!
 See website for details.

Visit www.HonorsChoirs.org
 or call 507-252-0505!

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 July Spirit, please send them to sheila@cumethodist.com by noon on June 13, 2011.

June 5th is High School Graduation Sunday

Please plan to join us at the 9:00am service as we honor our high school graduating seniors Elizabeth Alness, Katie Anderson, Jake and John Andrist, Gabriel Bostwick, Alex and Toni Carlson, Tyler Chapman, Maria Dripps, Zach Ellefson, Isabella Garris, Haley Imming, Paul Leichty, Joe Manulik, Josh Meddock, Mitch Miller, Joseph Minear, Eric Nelson, Cole Puffer, Carlie Rasmusson, Jessica Round, Armand Thompson, and Kritofer Truax. (name of graduates). This will be a special day. Several of our graduates will be sharing during the sermon time and there will be a reception following the worship service. Hope to see you June 5th.

What are you up to this summer?

Children's Ministry is excited to announce our Vacation Bible School, BUILT 2 LAST.



July 18-22

9:00 am – 12:00 pm, Ages 3-5

9:00 am – 3:00 pm, Grades K-5

Family Program Thursday, July 21. All are welcome.

Fees:

\$10/child, \$30/family maximum

Scholarships available. Please contact

Lael@cumethodist.com

Registration:

You may register online or by mail. Printable registrations forms are available on our website, www.cumethodist.com, in our church office, and at our information table in the commons each Sunday.

In every case, please print out the waiver and mail with your payment by July 8, 2011 to:

Christ United Methodist Church/VBS

400 5th Ave. Southwest

Rochester, MN 55902

“Unless the Lord builds the house, its builders labor in vain” Psalm 127:1

Join us for a fun filled, inspirational week. Hope to see you there!

CUMC Widowed Persons Ministry Team

The Widowed Persons Ministry Team invites all interested widowed persons to join them on Saturday, June 4, 2011 at 10:00 am for **Coffee and Fellowship** in the Fireside Room.

Chaplain Phillis A. Bennett, will guide the participants in a discussion on the use of Christian Meditation in times of grief. Chaplain Bennett, a full-time Mayo Clinic Chaplain provides spiritual support in several divisions of the Clinic, i.e. Chaplain at Rochester Methodist Hospital; facilitator and spiritual mentor in the Women's Cancer Education Center, and Outpatient Chemotherapy Unit on Gonda 10. She will provide interested attendees with a copy of her CD entitled "Finding Peace in Difficult Times: A Christian Meditation using guided imagery and meditation".

Please mark your calendars.

Fitness for Faith Step Up Challenge



Join the Fitness for Faith Step Up Challenge this June. Let's see how far we can walk! Bring \$3 to buy a pedometer at church on Sunday, June 5 (or use your own). Track your steps from Monday, June 6—July 3. The top 4 walkers will receive a Customized Stainless Steel water bottle. Check out the map in the Commons to see how far we've gone!

Community Bike Fair—Zumbro Lutheran Church

Mark your calendars for June 5, 2011 1:00—2:30 pm. Join us as we dust off our bike skills and rules of the road. Bring your bike and some friends to our Kid's Community Bike Fair. There will be a bike safety obstacle course, bike washing, bike decorating, bike blessings, a wandering magician, root beer floats, popcorn, and more!

Love the Twins?

Methodist Day at Target Field! Join us to watch the Minnesota Twins vs. Detroit Tigers on Thursday, July 21 at 7:10 pm. Tickets are \$21 or \$25 each. Email erin@cumethodist.com for more information. Registrations due by July 12, 2011.



Family Movie Night



Friday, June 10, 7:00 pm Doors Open at 6:30 There will be *free popcorn, games, and light refreshments for sale.*

Gnomeo and Juliet (2011) Rated G

An edgy Shakespeare adaptation like no other, this animated musical transports the classic tale of forbidden romance between two star-crossed lovers from warring families to the unlikely yet hysterical world of garden gnomes. Featuring songs from legendary recording artist Elton John, this

movie features the vocal talents of Emily Blunt, James McAvoy, Jason Statham, Patrick Stewart, and Michael Caine

Ecumenical Worship Service—Rochesterfest

Christ United Methodist Church is the host church for the community worship service for Rochester Fest. The church service will be held in the court yard at 11:00 am on Sunday, June 19. Our own CUMC Church Band will be leading the worship service. Remember, 82%. 82% of the people we invite to a special worship service will respond if we personally ask them!

Also, look for the Christ United Methodist Church van in the Rochester Fest parade. We will invite people to our National Night Out Open House on Tuesday, August 2. We will also be inviting people to our Vacation Bible School program, and invite people to come to our Special "Elvis Worship" on Sunday, August 21 at 9:00 am. Who says things slow down during the summer time at Christ United Methodist Church?

Rochesterfest Parade

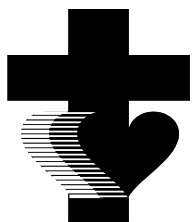
Join us as we take part in the ROCHESTERFEST PARADE on Friday, June 24. Come be a part of the action as a participant in the parade, or cheer us on from the sidelines—either way it will be a blast and a fun way to promote our Vacation Bible School "BUILT TO LAST". Contact Lael—lael@cumethodist.com for more information.



Brown Bag Lunch

There will be no Brown Bag Lunch in June, however watch for information for the July Brown Bag Lunch in the July edition of the Spirit.

Light Weights



You don't have to lift mega-pounds to get toned muscles, says a new study from McMaster University in Ontario. When 15 volunteers did leg extensions till were exhausted, those who worked with lighter weights actually stimulated their muscles 25 percent more than the heavy lifters. You build muscle by pushing to the point of fatigue, not by straining with heavier weights. Their advice: Choose a weight that you can lift for about a minute before you become too tired to continue. If it takes you much longer than that to reach fatigue, the weight is probably too light

and you should go up a bit.

taken from Good Housekeeping

provided by Olmsted County Public Health Services

In Pain? Try Meditation

Meditation is an art that has been practiced for centuries, a known stress reliever. Now experts say it's a pain reliever too. Researchers at Wake Forest University School of Medicine recruited 15 adults who never meditated before to a brief meditation training program. They had MRI scans of their brains before and after training. During the scans, doctors applied heat to participants' legs so they'd feel pain. "Pain intensity went down while subjects meditated 40%, and pain unpleasantness went down 57%," says Dr. Zeidan. Researchers say meditation could help patients after surgery, or cancer patients undergoing chemotherapy. What they're most excited about is it only took four 20 minute classes to teach the technique -- meaning you won't have wait centuries to reap the benefits.



taken from nbc-2.com

provided by Olmsted County Public Health Services

Meet Me at the Farmers Market!

It's time again to enjoy homegrown, quality farm products, while helping support local area family farms. See the table below to find a location near you to enjoy fresh produce, meet neighbors and new friends, and help build sustainable agriculture!

Byron	Eyota	Rochester	Stewartville
Saturdays 8:00-12:30pm June-October 3D's Sports Bar Parking Lot on frontage road	Wednesdays 4:00-8:00pm May 25-October West Side Park along Hwy 42	Saturdays, 8:00-Noon May-October One block east of the Gov't Center on 4 th Ave and 4 th St	Wednesdays from 5:00-8:00pm May 25-October Striker's Bowling Alley Parking Lot

Tea, Please.

A German study has found that drinking black tea has a significant effect on artery dilation. The ability of arteries to dilate, or expand, is important to the maintenance of normal blood pressure levels. How can the consumption of black tea protect against high blood pressure? The researchers found that molecular substances in black tea known as catechins help to expand arteries by producing nitric oxide. Interestingly enough, many British tea drinkers may be unknowingly giving up the heart health benefits of tea. The German study group found that adding milk to tea, the habit of most British tea drinkers, introduces caseins (caseins are proteins found in milk) that block the ability of catechins to dilate blood vessels.

taken from vitaminstuff.com

provided by Olmsted County Public Health Services

High Blood Pressure Information

About 74.5 million people in the United States have high blood pressure (hypertension). Hypertension increases the risk for heart disease and stroke, the first and third leading causes of death in the United States. It was also the primary or contributing cause of death for 326,000 Americans in 2006. You can maintain healthy blood pressure through changing your lifestyle or by combining lifestyle changes with prescribed medications. Key lifestyle changes include the following:

- Have your blood pressure checked regularly.
- Maintain a normal body weight (body mass index of 18.5-24.9)
- Keep up physical activity (2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity (i.e., brisk walking) every week and muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).
- Follow a healthy eating plan of a diet rich in fruits, vegetables, and low in sodium.
- Quit smoking.

taken from cdc.gov

provided by Olmsted County Public Health Services

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