

# The New Spirit

February 2012

Vol. 4 Issue 2

## Focusing on the Future

A lot of great and amazing things have happened at Christ United Methodist Church over the years. We can look back at our history with delight, celebration and maybe even a little amazement. How can a church with such a distinguished past have an even better future? One way is to focus on our Vision, Mission and Systems.

Vision is what we see ahead of us as ministry opportunities. We know that the downtown Rochester area will continue to grow and change over the next several years. The city planners expect the area around CUMC to increase by about 2,500 more living units through renovation and building. How does our church connect with the new families moving in around us?

Mission is how we are going to achieve our Vision. If we see Rochester as a growing area, what steps and goals are we going to implement to connect with the changing community? How do we connect with UMR, Mayo and new families? What ministries, programs and partnerships do we form to better reach out to the community around us?

Finally, paying attention to our church systems and aligning our systems with our vision and mission will help move us forward. Our church systems are: Marketing or Outreach System - How we attract people. And meet the needs of an ever changing community. Worship System - Our corporate connection to God. Worship is the main thing that identifies us as who we are. Assimilation System - Moving people from guests to active members. Small Group System - Get people into groups that birth new groups. Ministry System - Helping people care and support one another. Stewardship System - Develop Extravagant Spiritual Givers. Leadership System - Staff and lay system designed to move the church into the future.

I attended training at the Alban Institute to help us focus more clearly on the future of Christ United Methodist Church. Our hope and prayer is that we will continue to be a vital and relevant church into the next century. What hopes and dreams do you have for the future of CUMC?

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 — 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 Hrabec (ext. 215)

Kole Matthew DeVinny  
Son of Matt and Kelly DeVinny  
Born July 15, 2011



Gabriel James Wood  
Son of Jonathan and Ashley Wood  
Born December 13, 2011

Shahti & Dhabi Whatley  
Daughters of Todd & Chan Whatley  
Born August 9, 2010



**Remembering . . .**

Aldna "Al" Ufford, mother of Pat Horlocker (Paul Sodt), who died January 4, 2012

"The Lord is my Shepherd, I shall not want" Psalm 23:1

George Groves, husband of Margaret Groves, who died January 7, 2012

Luverne Lawrence, mother of Janet (Larry) Johnson, who died January 9, 2012

Claire Callen, wife of Rev. Don Callen, who died January 15, 2012



*Announcements*

**Appalachia Service Project and the Royal Neighbors of America Local Chapter #670**

The Royal Neighbors of America Local Chapter #670 members are working with Appalachian Service Project on a Matching Funds Lenten Brunch. It will be held on Sunday, March 25<sup>th</sup> with times to be announced later. Royal Neighbors will match up to \$1,000.00.

At the monthly meetings, the women would pay the insurance premium which was usually only 25 cents for each insured woman and child. Some of the present chapter members remember attending with their mothers. The company was built on moral values and encourages each Chapter to be involved in their community.

In 1895, Royal Neighbors was organized by a group of women who were concerned that only their husbands could be insured. They wanted a Fraternal Insurance Company for Women and Children. The idea spread and in 1897 the Rochester, MN Chapter (at that time called Camp) was formed.

In 2012, it is a large insurance company located in Rock Island, IL which offers many types of insurance and benefits. The local group is proud to sponsor such a special group of ASP youth and adults.

**Radio Ministry Supporters**

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 February**

- February 5—Pat Horlocker
- February 12—Open
- February 19—Open
- February 26—Open

**Sponsors for March**

- March 4 Char & Norm Hepper
- March 11—Steve Kiss
- March—Open
- March 25—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.

## 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

community, 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.

### **Contributors to this Issue**

The Communications Committee would like to thank everyone who contributed to this issue of the NEW SPIRIT: Kim Bisanz, Foundation, Diane Hellie, Darlene Miller, Pat Hrabe, Pastor Mike Wuehler, Pastor Nancy Wheeler Handlon, Sarah Kinsman\Welch, Lael Van Ert, Dave Lieder, Erin Davis, 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 March Spirit, please send them to [sheila@cumethodist.com](mailto:sheila@cumethodist.com) by noon on February 13, 2010.

**Documentary Series**



Coldplay, the Clash and Jimi Hendrix will never sound the same once you've heard the Young@Heart chorus, a group of Massachusetts senior citizens who thrill audiences worldwide with their unusual -- and unusually poignant -- covers of rock songs. Stephen Walker's humane and heartwarming documentary, which premiered at Sundance in 2008, follows the elderly ensemble as they prepare their latest show for public performances.

**Rotation Sunday School**

Our next rotation will begin Sunday, February 5. 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

**Pancake Breakfast**



In honor of Christ United Methodist Church  
a charter representative of

Boy Scout Troop 21 since 1912

February 5, 2012

8:00 am—11:00 am

Sponsored by

CUMC Men's Covenant Disciple Group

Free will offering is accepted for Scout camp scholarships.



**Free Family Movie Night**

Friday, February 10, 7pm

*Snowmen*(PG)

After a surprising discovery in the snow catapults three small-town boys into the spotlight, they hatch a plan to be remembered forever by setting a world record for building snowmen in this family drama.



**Who Do You Say That I Am?**



**Women of Faith on Finding their Calling and Themselves**

Monday, February 13, 7:30 pm, ECC

**Featured Speaker: Shirley Russo** adventuresome, caring, outdoorswoman, curious

**Ice Hawks**



CUMC Young Adults will be watching the Ice Hawks take on the Twin Cities Northern Lights on Friday, February 17 at the Rochester Rec Center. Meet at the game at

7:00pm behind the Visitors bench. Puck drops at 7:05pm. Tickets are \$7. If you need a ride or help with the cost of your ticket, contact Erin ([erin@cumethodist.com](mailto:erin@cumethodist.com)).



**Friday, February 24 Time: 4:30–5:30 pm**  
**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](mailto:lael@cumethodist.com)

**Teen Movie Night**



**Friday, February 24 7:00 pm**

**Hitchhikers Guide to the Galaxy**

After learning his house is about to be leveled to make way for a bypass and that Earth is about to be destroyed to clear the way for an interstellar thruway, jinxed Arthur Dent survives by hitching a ride on a passing spacecraft.

**Young Adults**

Don't forget to check out the Young Adult Small Group every Wednesday at 7:15 pm after the Agape Gathering in Wesley Hall.



**UMW**

Again, in 2012, the United Methodist Women are sponsoring the “Noon Brown Bag Programs”. The first program of the New Year is scheduled on Tuesday, February 28, from noon to 1:00 pm.

The program guest presenter will be Ms. Nora Dooley, the chair- person of the Olmsted County Human Rights Commission. The vision of this commission is: *A discrimination-free community.* Their mission: *To make our community, Olmsted County, free of discrimination and to promote equal opportunity for all our people*

At a time when increased population and changes are occurring in the county, it is fortunate there are those working with the changes who can keep us informed and advised of the affects and issues facing all of us.

The public, as a whole, is cordially invited to attend the 10 noon time programs at Christ United Methodist Church, the fourth Tuesday of each month, February through November. Charter Cable 10, Rochester Post Bulletin, Community Calendar, and the church website, as well as the church newsletter, have a list of the programs for all to view.

**Word from the CUMC Foundation**

Have you considered an annual gift to the Foundation, perhaps on a birthday or anniversary? Small gifts grow to become a significant source of support for our church.



**And What Does God Require? JRLC Day on the Hill**

Joint Religious Legislative Coalition (JRLC) Day on the Hill will be Tuesday March 20. Clergy and lay people from across the state attend Day on the Hill to show our interfaith commitment to social justice and to participate in the lawmaking process. **Registration is required at [www.jrlc.org](http://www.jrlc.org) by March 2 for the early registration fee.** Participants gather in the morning at RiverCentre in downtown St. Paul for inspiration and issue briefings. Buses then transport us to the Capitol for a short rally. Meetings are held with legislators in the afternoon. Buses shuttle between RiverCentre and the Capital until 4 p.m. Rev. Alika Galloway, Kwaanza Community Church, will be our keynote speaker. This year's theme, "And What Does God Require?", comes from Deuteronomy 10: 12-13, 17-18. Questions contact Diane Hellie ([dhellie@juno.com](mailto:dhellie@juno.com), 507-398-6329)

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**An Apron Parade**



Aprons are back! After more than 30 years in the attic, aprons are making a splashy comeback in a happy convergence of nostalgia, pop culture, and contemporary fashion. Vintage aprons and modern designs are turning up in movies, magazine spreads, upscale shops, and hip retail venues (The Apron Book by EllynAnne Geisel).

Join the United Methodist Women to celebrate with "An Apron Parade" on Sunday April 15 at 2:00PM in the ECC. There will be an apron parade, a celebration of graduating seniors, UMW Special Mission Recognition Awards, refreshments, and lots of fun.

Do you have a favorite apron and story you would like to share? If so, please contact Jan Iverson (289-0697) or Deedee Odell (281-2755).

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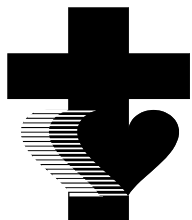
**Save the Date**

"Save the Date"

Vacation Bible School!

July 16–20, 2012





### 2012 Minnesota Food and Nutrition EXPO

CUMC Members...An invitation from Kim Bisanz, RD, LD and a member of our Health Cabinet

2012 Minnesota Food & Nutrition EXPO  
Minneapolis Convention Center-Hall A  
Saturday, February 25th, 2012 9:00 am-3pm

The 2012 Minnesota Food & Nutrition EXPO is the first of its kind. The EXPO is hosted by the Minnesota Dietetic Association (MDA) Registered Dietitians and Dietetic Technicians - your personal Nutrition Experts.

#### Why Come to the EXPO?

- See cooking demonstrations and hear about popular food topics
- Meet your Minnesota Registered Dietitians at the "Ask a Dietitian" booth and bring your questions on nutrition, a food allergy, or other food and health topics
- Visit with over 50 company's exhibiting their products or service that can help you live a healthier lifestyle
- Bring the children to the Kid Zone for extra special food fun

**Admission:** is free with a non-perishable food donation for [Second Harvest Heartland](#), the 2012 Helping Hungry Neighbors Honoree. Suggested donation is one food item per family member attending or:

- Family \$7.00
- Adults \$5.00
- Seniors & Children (6-18) \$3.00
- under 6 FREE

The Southeast District Dietetic Association is sponsoring a bus to provide Rochester-area residents an easy opportunity to attend. Cost of the bus is \$10 and you will receive a "goodie" bag for the day-long trip.

Email [eatrightfood2012@hotmail.com](mailto:eatrightfood2012@hotmail.com) for more details and to reserve your spot on the bus.

### Health Cabinet Classes

#### Heart Health Month



All the Health Cabinet classes will be on Sunday at 10:15 AM in the Hamline Room.

**Feb. 5** - Trystan Hansen- Fitness Coordinator at Charter House and Group Fitness instructor at the Dan Abrahams Healthy Living Center will lead the class in exercises which enhance our wellness.



**Feb. 12**- Kim Bisanz: Registered Dietitian and Ann Loth CNS, RN at Mayo Clinic will lead a discussion on lowering risks for heart disease and a stroke when you have diabetes or pre-diabetes.

**Feb. 19**- Pending- Dr. Pam McCabe RN, CNS Mayo Clinic will offer a presentation on Atrial Fibrillation

### Free Mammogram Program

#### Take advantage of the Minnesota Department of Health's free mammogram program.

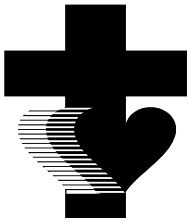


"If you have no insurance, we may cover all your costs. Or, if you are insured, there's a good chance we can cover your co-pay and deductible".

It's easy. To learn more or to schedule an appointment at a clinic near you, call

1-888-643-2584

Special offer for new participants! Get a free mammogram... and \$20!  
Call MDH toll-free at 1-888-643-2584, ext 5766



### Adding Physical Activity into your Life!

There are so many ways to incorporate physical activity into your life. You don't need to invest in an expensive gym membership or try to squeeze hours of exercise into your busy schedule. If you can't commit to 30 minutes at one time, try to break it up into three 10 minute sessions.

This can be as simple as going for a walk, sledding with your kids, snow shoveling, or even vacuuming! As long as the activity is done at a moderate intensity for at least 10 minutes at a time, you are on the right track. To ensure you stick with it, choose activities that you enjoy and match your abilities. Try working toward 150 minutes of aerobic activity during the week, with 2 strength-training sessions. This breaks down to only about 30 minutes a day!

*Taken from Centers for Disease Control and Prevention*



*Provided by Olmsted County Public Health Services*

### Multi-Grain VS Whole Grain – Which is healthier??



Multigrain and whole grain are not interchangeable terms. Whole grain means that all parts of the grain kernel – the bran, germ and endosperm – are used. In contrast, multi-grain means that a food contains more than one type of grain; it doesn't tell you whether they're whole or refined grains, or a mix of both.

Whole-grain foods are a healthy choice because they contain nutrients, fiber and other healthy plant compounds found naturally in the grain. Look for products that list the first ingredient as "whole grain," "whole wheat" or "whole oats." Healthy adults should eat at least three 1-ounce equivalents of whole grains a day as part of a balanced diet.

*Taken from Mayo Clinic*

*Provided by Olmsted County Public Health Services*

### Fire Safety and Prevention

Each year in the United States, home fires kill more than 2,500 people and injure 12,600. Home fires can be prevented! It is vitally important to learn about fires to protect you and your family. Fire spreads quickly and can completely engulf a home in less than 5 minutes. The heat from the flames can sear your lungs and fire can produce poisonous gasses that make you feel drowsy.

It is important to make a Fire and Escape Plan, and make sure everyone knows the drill. You should know two ways to get out of each room, and pick one location to meet after exiting the house. Remember to practice this plan twice a year. Also, make sure to have working fire alarms installed in your home. Test the batteries monthly, and replace the batteries twice per year. Lastly, you can ask your local fire department to check your home for fire safety and prevention.

*Taken from Ready.Gov*



*Provided by Olmsted County Public Health Services*

### **Antibiotics Aren't Always the Answer!**

Colds and many other upper respiratory infections, as well as some ear infections, are caused by viruses, not bacteria. If antibiotics are used too often for things they can't treat—like colds or other viral infections—they can stop working effectively against bacteria when you or your child really needs them. Widespread overuse and inappropriate use of antibiotics continues to fuel an increase in antibiotic-resistant bacteria. If your doctor prescribes an antibiotic for bacterial infection do **not** skip doses. And do **not** save any of the antibiotics for the next time you or your child gets sick.



Just because your doctor doesn't give you an antibiotic doesn't mean you aren't sick. Talk with your doctor about the best treatment for you or your child's illness, to feel better when you or your child has an upper respiratory infection:

- Ask your doctor or community pharmacist about over-the-counter treatment options that may help you or your child feel better;
- Increase fluid intake;
- Get plenty of rest;
- Use a cool-mist vaporizer or saline nasal spray to relieve congestion; and
- Soothe a throat with ice chips, sore throat spray, or lozenges (do not give lozenges to young children).

*Taken from Centers for Disease Control and Prevention*

*Provided by Olmsted County Public Health Services*

### *Mission of the Month*

#### **Boy Scout Troop 21—100 Years!**



This troop was first organized out of Dr. A.H. Sanford's Sunday school class at CUMC in November 1912. The charter for Troop 1, the first troop in Minnesota, was issued on December 23, 1912. There was a brief disbanding of the troop in early 1915 and in 1917-1919. However by 1925, the troop joined with another troop from Winona to become Gamehaven Council. At that time the Rochester troop became Troop 21 and chartered with CUMC, where it has thrived ever since!



The first Eagles in our troop were Frank Rosenow and Lyle Mosebrook. In 1931 Lyle Utzinger became the troop's scoutmaster. Lyle had 3 daughter and no sons but guided a total of 32 boys to the rank of Eagle. A memorial in his name provides funds so that scouts from Troop 21 can attend camp each summer. A total of 156 scouts have earned the rank of Eagle (with at least 3 more scouts anticipated to achieve the Eagle Scout honor this year). Other prominent individuals in Troop 21 include the Heins' family. Walter was committee chair and Kendal Heins became an Eagle in 1935. A memorial in Walter's name also supports scouts attending camp. George W. Gibbs was a troop committee chair in the 1960's. He helped in the exploration of Antarctica with Admiral Richard Byrd and lead a civil rights movement in this area. Gibbs Elementary School is named in his honor. Orville Kirkham was a scoutmaster from 1970-1982, taking scouts to Glacier National Park and Philmont, among many other outdoor activities. He went on to become the camping chairman for Gamehaven Council.

Troop 21 remains an active group in terms of outdoor activity, rank advancements and merit badges as well as service to the community. In the last several years our high adventures have taken us to the Appalachian Trail, the Big Horn Mountains, and the Boundary Waters Canoe Area. Our service projects include participation in Rochester's Litter Bit Better, Channel One food collection, ringing bells for Salvation Army, as well as services associated with the Eagle projects which have served CUMC, the Salvation Army, Quarry Hill, Camp Victory, Cascade Meadow Wetlands, among many others.



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