

400 5TH AVENUE SW
ROCHESTER, MN 55902
507 289 4019
EMAIL@CUMETHODIST.COM
WWW.CUMETHODIST.COM

February 2020

CHRIST
METHODIST CHURCH
UNITED
Grace, In The City

THE NEW

SPIRIT

VALENTINES PARTY
2020

PARTY • SNACKS • LINE DANCING

5:30-7:30PM ~ FEBRUARY 15 ~ WESLEY HALL

DON'T KNOW HOW TO SQUARE DANCE?

DON'T WORRY WE'LL TEACH YOU!

THIS EVENT IS FOR EVERYONE!!

WORSHIP DIRECTORY:

8AM BELOVED (CHAPEL)

9AM TRADITIONS (SANCTUARY)

11AM ARISE! (ECC)

www.facebook.com/cumethodist

www.twitter.com/cumethodist

11:30am Sunday Radio Broadcast on

KOLM (1520 AM)

www.youtube.com

"Christ United Methodist Church Rochester MN"

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Pastor's Pen

WITH ELIZABETH MACAULAY, LEAD PASTOR

28-30 "Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly." ~ Jesus



Matthew 11:28-30 The Message (MSG)

Well now.

Perhaps you are feeling weary in these days of impeachment trials, primary run-ups, mid-winter blahs and denominational wrangling.

It feels during such chaotic times that the notion of unforced rhythms of grace is all kinds of exotic.

And yet, Jesus promises renewal.

Learning to live freely and lightly means letting go the burdens we put on ourselves. Learning to walk in the rhythm of grace means paying attention to the things that ignite our fury and giving them over to Jesus. Real rest means giving up the sense that we ought be able to do it all and be it all.

Jesus knew what it was to be tired. He wouldn't have offered a counter-cultural vision of how to live freely and lightly if he hadn't known what it was to carry heavy burdens.

The United Methodist Church has been buffeted by conflict for decades. We will come together as United Methodists in Minneapolis for General Conference in May of 2020 and during that time of holy conferencing (pray that will be so) clarity about the future of our connection will be discerned. We live in an in-between time in these days, and in-between time is exhausting and anxiety-producing for many. We wait, we pray, and we remain engaged in the struggle for a fully inclusive Body of Christ.

"Are you tired? Worn out? Burned out on religion? Come to me." (Jesus)

Recently a sister church learned the power of media miss-speak run amok. The Grove in Woodbury is seeking to do a new thing. A few members felt jostled and angry and went to the press with their hurt and suddenly an internal church conversation became a national tsk session. It will take untold time for the Body of Christ at The Grove to find healing and ground. It is a cautionary tale for those of us who dare to practice the vulnerable power of being human in the way Jesus taught. Jesus taught in Matthew 18 that the way we deal with disagreements is directly with the person we feel has hurt us. Jesus knew what it was to be hurt or misunderstood by others. He wouldn't have offered a counter-cultural vision of how to unpack hurt in ways that enhance grace if he hadn't known what it was to experience conflict.

"Keep company with me and you'll learn to live freely and lightly." (Jesus)

My prayer for all is that we lean into the promises given.

Bishop Desmond Tutu witnessed to the power of yoking human heart to that of Jesus.

He said this: "Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world."

We do so much good, friends.

You do so much good, friends.

Give thanks for the ways you are constantly companioned by the immense power of the Holy.

Remember who you are and where it is you draw strength for the journey that is life.

Use your little bits of good to overwhelm the world with blessing.

It's what we get to do.

Pastor Elizabeth

Pastor Elizabeth



Lenten Devotional

Writers Wanted!

This Lent, we invite you to write about your personal experience for our daily devotional answering the question:

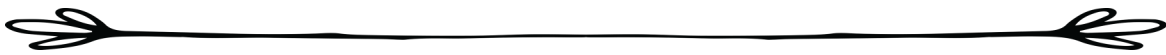
How does your faith intersect with your “everyday walking around life”?

Interpret that as you will and write in whatever style is compelling to you.

Entries will be published in a daily devotional series sent to the congregation and in a book with all of our submissions.

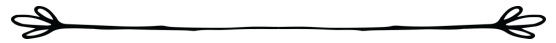
Please send entries to our Director of Communications, Oliver Books at oliver@cumethodist.com by February 12th.

Thank you!



Ash Wednesday Worship Service

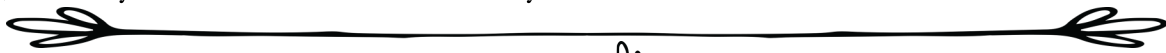
We are already knocking on the door of Lent! Join us as we welcome this season of self-analysis and reflection. We will join together for worship with the imposition of ashes at 7pm in the Sanctuary.



Valentine’s Party:

On February 15th we will have an all ages Valentine’s Day party with snacks, games, and line dancing. If you’ve never tried line dancing, you’re in luck because the steps will be taught at the beginning of the evening and a professional caller keeps you on track throughout the dance! The event is open to all, so rally your friends and put on your dancing shoes.

Saturday, February 15th from 5:30-7:30 in Wesley Hall.



Welcome New Leadership Board Members!



Diane Ilstrup
Trustees



Joel Ott
Communications

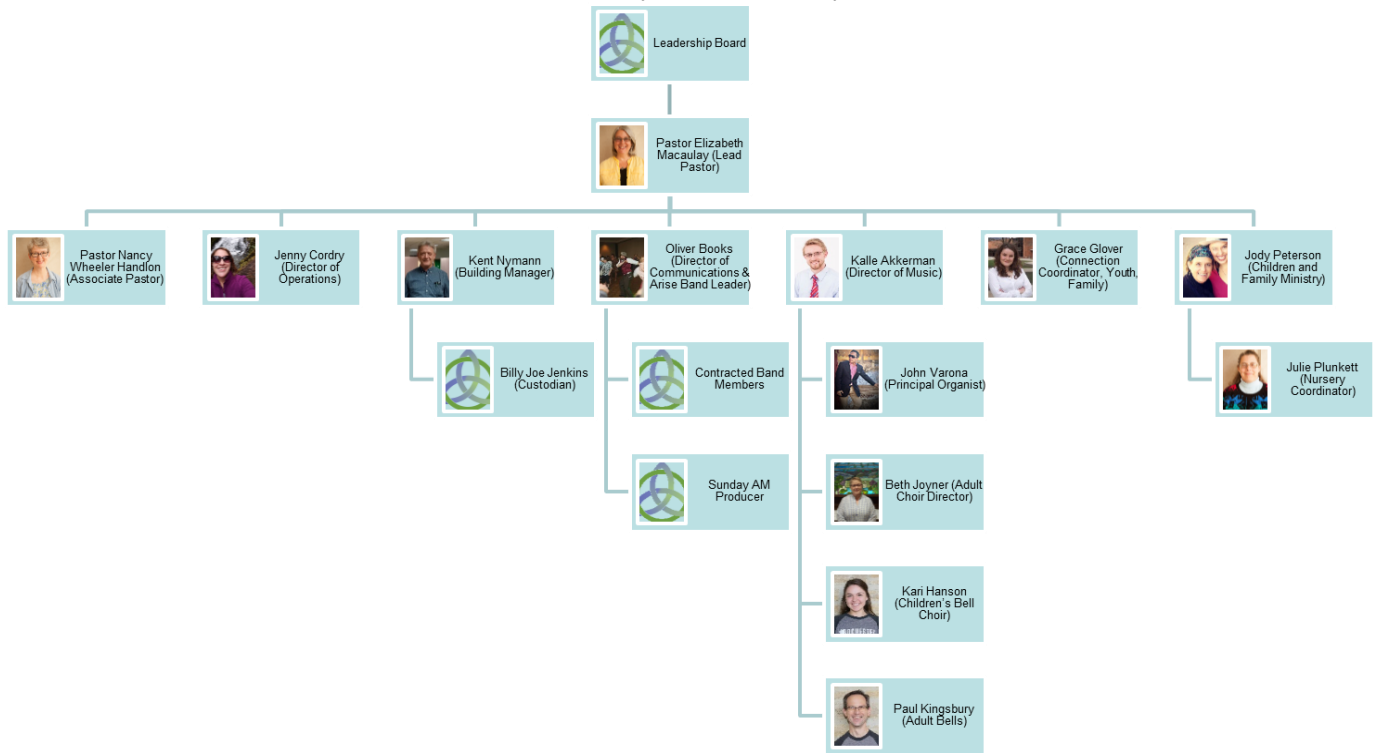


Angie White
Youth/ Children /Family

Thank You Dave Erickson!

Dave Erickson is our resident handyman and woodworker extraordinaire. You may have noticed some new things pop up around the church. We have Dave to thank for all the new safety windows, the drum riser in the ECC, the sanctuary’s new handrails, the livestreaming desk, and several other things that help make our space more functional, so we can better show up in the community! If you see him, thank him for all his incredible work!

How well do you know your staff?



Rev. Elizabeth Macaulay - Lead Pastor (full-time appointment)

- Worship (ushers, AV, Music), Staffing, Pastoral Care, Membership, Faith→Life, Finance, Stewardship, Foundation

Rev. Nancy Wheeler Handlon - Associate Pastor (.5 appointment)

- Parish Ministers, Crisis Counseling, Visitation Ministry, Prayer Chain, Memorials, Colleague for Lead Pastor

Jenny Cordry - Director of Operations

- Bookkeeping, Administrative Duties, Membership Reporting, Relationships, Event Management, IT/Phone/Printer, Volunteer Management, Lead Pastor Support, Wesley House Management

Oliver Books - Director of Communications & Arise Band Leader

- Print, Marketing, Branding, Newsletter, Website, Podcast, Social Media (facebook/youtube/other), AV Tech (AV Volunteer Coordinator, Sunday Morning Producer), IT, Arise Band Leader (managing musicians)

Kent Nymann - Building Manager

- Custodial Management (BJ Jenkins), Outside Vendors (Service Contracts), Parking, Hospitality and Property, Grounds, Event Support

Grace Glover - Connection Coordinator/Youth and Family Ministry

- Mission/Social Justice, Social Events and Networking, Community Outreach, Family and Youth, Young Adults, Faith → Life

Jody Peterson - Children and Family Ministry

- Family Ministry (Wednesday Dinner, Confirmation, ASP), Nursery Coordinator (Julie Plunkett), Sunday School, VBS, Community Outreach

Kalle Akkerman - Director of Music

- Adult Bells (Beth Joyner), Youth Choirs, Little Angels, Adult Bells (Paul Kingsbury), Children's Bells (Kari Hanson), Oliver Books (Arise Band Leader)

If you want to contact any of these wonderful staff members, it's easy! Just send an email to

[\(staff member's first name\)@cumethodist.com](mailto:(staff member's first name)@cumethodist.com) (exception being Jody) or call the office during regular business hours at 507-289-4019.



Faith → Life: Learn from Christ's Teachings

2 February Forums!

February 2, 10:10am Hamline Room

“The Falklands, South Georgia Island and Antarctica: A Lesson in Environmental Preservation” (Note this is the 1st Sunday) Dr. Lisa Kirkland and Dr. Warren Thompson
Dr. Lisa Kirkland and Dr. Warren Thompson will share their recent trip to the South Atlantic Ocean with pictures and insight in how climate is changing!

February 16, 10:10 AM Hamline Room

Hands Without Boundaries Foundation

Bernard Mpagazine, Catholic Charities

Mr. Mpagazine, who has assisted in the Yangya family (CUMC Members) with their resettlement in Rochester, started a nonprofit to first help his home parish church in his native country, the Congo. In the last 3 years Hands Without Boundaries Foundation (HWBF) has assisted 58 orphans with their school supplies, uniforms, fees and the widows who care for the children. This PowerPoint presentation will give show what the foundation does and their future plans.

Have You Met Job?: A Bible Study

Sundays, February 2 - 23 ~ 10:10am in the Mettam Conference Room

Rev. Cooper Wiggen will be leading a 4-week study of searching Job's laments, Job protests, and Job becomes. Eugene Peterson, in the introduction to the book of Job, says:

“It is not only because Job suffered that he is important to us. It is because he suffered in the same ways that we suffer – in the vital areas of family, personal health, and material things. Job is also important to us because he searchingly questioned and boldly protested his suffering. Indeed, he went “to the top” with his questions.

Breakfast Fellowship

Wednesday, February 12 ~ 8:30am at Charlie's Restaurant

You are always welcome to drop in - a great way to connect with old and new friends!

Connect Groups

There are many ways to CONNECT with others at Christ United Methodist Church.

A Connect Group is a small group of people who meet for fellowship and/or study to establish a sense of community and to help live out life in the way of Jesus on a day-to-day basis. . . in other words – “Growing in discipleship for the transformation of the world.”

The benefits of participating in a Connect Group are far-reaching. In this smaller “church family” you will be able to establish deeper relationships in a warm and safe environment. You are accepted as you are and encouraged to grow in discipleship, relationship with God and being grace to others.

For a complete listing of ways to CONNECT visit cumethodist.com/connect-groups. We will be offering a spring session of new groups starting March 1st so watch for more to come!

[Child Care is available every Sunday and for weekdays and Saturdays upon request](#)

Children's Ministry



Youth Ministry

Tweens: Beginning in February we will have programming for middle grades on Wednesday evenings after supper at 6pm. Youths in grades 5-7 can join Grace for games, conversation, and enrichment activities.

Sunday school and Nursery: A big thank you to all the volunteers who make each Sunday meaningful for our children. By being present with them, you provide. If you are interested in volunteering in a Sunday School Room or our Nursery please contact our church office. We love adding people to our Sunday school team.

"The children on Sunday nourish my soul for the week," ~ Jody

CU Wednesday: CU Wednesdays are fun for all. It is a great way to get involved in music and faith formation programs, meet the other families, and grow in the life of the church. We invite you to come Wednesday nights to our potluck supper (5:30-6:15 pm) for food, fellowship, and fun. See our website for a listing of our Wednesday night classes and rehearsals.

~ Grace Glover & Jody Peterson



We have good news to share at Thrive!

Parent Aware is the statewide Quality Rating and Improvement System (QRIS) for Minnesota. Every state in the country now has a QRIS. Parent Aware Ratings are focused on getting children ready to succeed in kindergarten and in life. Programs that volunteer to participate, go beyond basic health and safety requirements to demonstrate best practices in early education. Over the last year, Thrive has been working towards getting our Parent Aware rating. The process includes 6 months of quality coaching, months of data collection, submitting documentation to show that Thrive meets all of the criteria for high quality early education and a classroom observation. We are excited to share that Thrive received the highest possible rating, 4 stars! We are so proud of our staff who went above and beyond to help us achieve this awesome goal in our first year of operation!



Recycling Used Prescription Bottles

Christ United Methodist Church members have been participating in the program of recycling clean, clear brown prescription bottles for the past three years. Customs regulations prohibit opaque bottles and "over the counter" medication bottles. Labels must be removed (use Goo Gone Citrus Gel available at grocery stores). An estimated 15,000 bottles have been donated to the Rochester Medical Mission. These prescription bottles are sent to Haiti or to Operation Compassion, a mission warehouse in Tennessee. The bottles are processed and ready for use by pharmacies and clinics in the USA and worldwide, where ever there's a disaster. Many calls are received from pharmacies requesting clean prescription bottles to provide a safe, secure means of distributing medications. Your contribution is a vital support to Haiti and to agencies responding to disasters. Thank you for your participation in this effort to recycle plastic and reuse the prescription bottles. The labeled basket for your donated bottles is by the name tag boards.



In an effort to be good stewards of our earth we are moving away from disposable dishes. If it can't be served on a napkin, we ask that all congregation members join in caring for our environment by using church dishes.

Recipes from the UMW Tea

DROWN-IN-CHOCOLATE CHEESECAKE

Serves 12 to 16 sinfully

very good 8/2019

CRUST:

1 1/2 C. finely crushed creme filled chocolate sandwich cookies
2 T. butter or margarine, melted

FILLING:

1-12 oz. pkg. chocolate chips, melted and cooled
4-8 oz. pkgs. cream cheese, softened
1 1/2 C. granulated sugar
4 eggs, room temperature
1/3 C. almond flavored liqueur
1 C. sour cream
3 T. sifted flour

TOPPING:

1-12 oz. pkg. semi-sweet chocolate chips
3/4 C. heavy cream
2 T. almond flavored liqueur
Chocolate curls, if desired

Mix crust ingredients well and press into bottom of 10" springform pan. Bake in preheated 350° oven for 6 minutes. Set aside to cool. In large mixer bowl beat cream cheese and sugar until well blended, add eggs one at a time. When blended add liqueur and sour cream. Add flour last, and when well mixed blend in the cooled chocolate thoroughly. Bake in preheated 450° oven for 10 minutes, then lower temperature to 300°. Continue to bake for 1 hour and 20 minutes, or until firm. Turn off oven, open oven door and wait 20 minutes before removing cheesecake. Cool and refrigerate uncovered overnight. Prepare topping by melting chocolate chips slowly. Heat the cream separately, add warm cream to chocolate. Remove from heat and beat until shiny. Add liqueur and frost entire cheesecake. Decorate with chocolate curls.

High Tea Lemon Cookies

recipe from whatscookingamerica.net

Yield: 6 dozen

2 cups butter, room temperature*
2/3 cup powdered (confectioners') sugar
1 tsp. grated lemon zest
1/2 tsp. pure vanilla extract
2 cups all-purpose flour
1-1/2 cups cornstarch
Lemon Frosting

***Very important** – You must use room temperature butter (not softened or melted butter).

- Preheat oven to 350° F.
- In a large bowl, beat butter until creamy looking. Add powdered sugar, mix until light and fluffy. Add lemon zest and vanilla extract; beat well. Add flour and cornstarch into butter mixture and mix well until well combined. NOTE: At first the dough will look dry – but the dough slowly comes together as you mix it and the butter melts into the dry ingredients.
- Do not refrigerate this dough, as the butter will harden and make the dough unmanageable for rolling to a ball.
- Using your hands, roll cookie dough into 1-inch balls. Place onto ungreased cookie sheets and bake 15 minutes or until bottoms are light brown. Remove from oven, carefully remove from baking sheet, and cool on wire cooling racks (when warm the cookies are delicate).
- When cookies have cooled, spread Lemon Frosting onto top of cookies.

Lemon Frosting

Makes enough for a double batch of cookies.

1/3 cup butter, room temperature
1 tsp. grated lemon zest
1/3 – 1/2 cup freshly-squeezed lemon juice
4 cups powdered sugar

In a medium bowl, combine butter, lemon zest, lemon juice, and powdered sugar; stir until well mixed. Additional lemon juice may be needed to get the frosting thin enough.

You Are Invited

All are Welcome.

What: Fellowship Breakfast

When: 2nd Wednesday of
EVERY Month

Time: 8:30 A.M.

Where: Charlies Restaurant



We would love to give you a warm welcome

Do you know someone who may be interested in learning more about the church and how to connect with others? We offer monthly "Meeting Christ Church" coffees at which our pastors will meet with people and introduce them to CUMC and the United Methodist denomination. Join us the 2nd Sunday of each month in the Fireside Room following the 9:00 service. Childcare is available upon request! The next Coffee is February 9. Contact the church office at (507)289-4019 or (email@cumethodist.com) if you have questions or would like more information.

Have an article for the *New Spirit*? Please submit it to oliver@cumethodist.com by the 3rd Wednesday of the month. Late articles may be very tiny or invisible. Thank you and happy writing!

If you have a pastoral emergency, please call the church office and ask for the pastor on call. Let us know this is an urgent need. If you need a pastor after hours or on weekends, please call the church office and listen to the message on the machine for the phone number of the pastor on call. Then call them directly. Remember that we do not know you are in the hospital unless you contact us. Thank you.



The United Methodist
Women of Christ
United Methodist
Church

“Blooms in January”

The United Methodist Women would like to thank Christ United Methodist Church for their wonderful support this past year. **You supported:**

- Muffin Mania
- Spring Rummage Sale
- Housing needs for Emma Norton
- Fall Rummage Sale
- Nut Sale
- Christmas cookie/candy Sale
- Blooms in January Tea



These monetary gifts help us fulfil our mission statement, ie, turning faith, hope and love into action on behalf of women, children and youth around the world. Some of those missions are:

- Project Legacy-Rochester
- Dorothy Day House
- Quilt supplies for quilts made by UMW members for those in need in Rochester
- Emma Norton Services
- Mission Giving around the world, for example:
 - Conflict in Northern Ireland
 - War against the poor in the Philippines

Thank you again for supporting UMW at CUMC. As a gift to you, the tea committee is including two recipes from the tea for you to enjoy. These two, Lemon Drops and Drown-in-Chocolate Cheesecake, were the most asked for recipes from the event. Enjoy.

The Tea Committee
Marjie Blaisdell, Kathy Lawson, Deedee Odell, Daphne Soleil



Christ Church received a wonderful letter of thanks from the Rochester Warming Center.

We have supported this powerful work in our community by donating \$5,403.12 raised during the 2019 Christmas Eve offertory taken across the 4 services.

Your ministry is doing incredible things in our community, and we, as a church, can feel really good about that!

*Dear Christ United Methodist Family,
Heartfelt thanks for your compassionate generosity on behalf of the Rochester Community Warming Center. Because of your support you will empower hearts and hands to care for the vulnerable and marginalized in our community.
Because of you... each individual served at the RCWC has a safe and warm place to sleep, access to a shower, laundry facilities, healthy nourishment, fellowships, and referrals for additional help and assistance.*

But, most of all, you are an instrument of respect and dignity for those who are poor in body and spirit. God bless you for this amazing gift and for your life-changing support.



*Heartfelt Thanks
&
Joyous Blessings
in 2020!
Mary*

Serving all regardless of age, gender, ethnic background, faith tradition, or ability to pay.



We're sending out a variety of reminders/updates to everyone. Please take time to read these. If you have any questions please contact Tricia, or the CUMC office.

RETREAT:

This is a required event in order to go on the ASP trip.

When: Sunday Feb 16th beginning at 12:30pm and go till Monday, Feb 17th at 11am

Where: Christ United Methodist Church

What to bring:

- A parent/guardian - they need to notarize forms and need to attend a meeting from 12:30-1 and then have forms signed
- Parent/guardian needs to bring a picture ID for notary purposes
- Pillow/Blanket/Cot/Air Mattress for sleeping
- Snacks to share
- Payment for the trip - This is due at the retreat. I will send out the link for electronic payment in the coming week or you can bring cash/check to the retreat
- Completed Forms - The forms will be sent out in the coming weeks for completion

Addresses - bring at least 5 addresses of potential sponsors as we will be sending out sponsorship letters during the retreat

FUTURE EVENTS:

- Ticket sales for Brunch - March 7th, 15th, 22nd, 29th - teams will be assigned to these Sundays. Not all team members need to be there, but we need to have enough people there to assist with sales
- Hosanna Brunch - This is a required event and we prep during the day on Saturday, April 4th and the brunch itself is on Sunday, April 5th - we will need all hands on deck
- Sponsorship Sundays - May 3rd, 10th, 17th - Once again teams will be assigned to have youth and adults present to collect sponsorship dollars



For the last few years one of our members joins with Project Legacy to bake cookies with youths who have experienced great adversity. CUMC has space for goodness. We're so grateful we get to help facilitate community outreach and growth.

Thank you - Jeylan

IT WAS A VERY FUN EXPERIENCE
- Vick

Thank you for baking cookies with us and allowing us to use your kitchen space. We appreciate you!

Thank You! - Abola

Thank you - Angel Bola

Thank you for the cookies - Nimmo

Thank you - Maltrani

Thank you - Marcee - Abola

Thank you - Nimmo

Notes from Nancy

Your Parish Ministry Team is reading *Lay Pastoral Care Giving* by Rev. Timothy Farabaugh. He writes, "Lay pastoral care giving is based on the idea that the church wastes gifts of community when it does not encourage and empower to laity to use their gifts." Our caring ministry team members have the gifts of listening, of empathy, of discernment, of communication and compassion.

Rev. Farabaugh goes on to say that, "One of the important teachings of the Wesleyan tradition is that inward and spiritual growth is validated through outward and visible expressions of faith." All of us are called to grow spiritually and to demonstrate our faith in tangible ways.

The Caring Ministry teams express their faith in making prayer shawls for the visitor teams and pastors to distribute. They set up communion for services in our building and in care facilities and homes. They deliver flowers to the homebound and bereaved. They provide a luncheon and program for longtime members. They offer prayers for all who contact the church with prayer requests. They give rides on the church bus so that all can attend worship.

Let Pastor Nancy know if you would like more information about any of the caring ministry teams.

If you would like a visit from a Parish Minister or one of the pastors, please call the church office during business hours. After hours, on weekends and holidays one of the pastors is always on call. Please call the office and listen for the phone number of the pastor on call and call her directly.

Remember that we do not know if you are in a hospital or care facility unless you tell us.



Thank you!

Some of you may not even know that we have a small, intimate service every Sunday bright and early at 8am in our Chapel. It's a lovely offering for those who attend. With guest preachers and communion every week, this is a unique church experience. Those attending joined together in the Christmas spirit, and collected warm clothes for those in need.

There is ministry happening everywhere you look here at CUMC. It's a miracle that you help to create.



Thrift on Fifth is now open every Wednesday, Saturday, and Sunday. We are ready to accept clothing anytime, just bring them to the normal drop-off location. Thank you for your generosity. Together we can help this community thrive!

Store
Hours

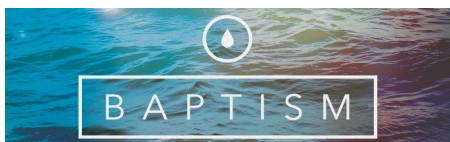
Wednesday: 4pm-7pm

Saturday: 9am-12pm

Sunday: 9am-12pm



The CUMC Tree of Life: Living, Celebrating, & Remembering With You



*Ethan Twedt was baptized
at the 9am Traditions Service January 19th*

Christ United Methodist Church
400 Fifth Avenue SW
Rochester, MN 55902
Phone: 507-289-4019
Fax: 507-289-3648
E-mail: email@cumethodist.com

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**ASH
WEDNESDAY**

Wednesday - February 26

7:00PM - Sanctuary