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September 2023  
**CHRIST**  
METHODIST CHURCH  
**UNITED**  
Grace In The City

# THE NEW

# SPIRIT

## KEN MEDEMA IN CONCERT

For four decades, Ken Medema has inspired people through storytelling and music. Though blind from birth, Ken sees and hears with heart and mind. His ability to capture spirit in word and song is unparalleled.



📅 September 10th, 3pm  
Doors Open at 2:30pm

📍 Christ United  
Methodist Church  
400 5th Ave SW,  
Rochester, MN 55902

Scan the QR code to  
purchase tickets



Purchase Tickets Here

Learn More

[www.kenmedema.com](http://www.kenmedema.com)

Ticket price \$5

**RALLY SUNDAY**  
**SUNDAY, SEPTEMBER 10**

**JOIN KEN MEDEMA IN**  
**WORSHIP AT 9AM & 11AM**

[WWW.KENMEDEMA.COM](http://WWW.KENMEDEMA.COM)

PURCHASE TICKETS AT [WWW.CUMETHODIST.COM](http://WWW.CUMETHODIST.COM)

*And*

**RALLY SUNDAY**  
**PROGRAM KICKOFF!**

**10AM-11AM IN THE COMMONS**

Join us for worship every Sunday at 9am & 11am In-Person or Online

[Facebook.com/cumethodist](https://Facebook.com/cumethodist)

[YouTube.com/ChristUnitedMethodistChurchRochesterMN](https://YouTube.com/ChristUnitedMethodistChurchRochesterMN)

Office Hours M-F 9am-5pm & Sunday 9am-12pm | 507-289-4019 | [cumethodist.com](http://cumethodist.com)

# Pastor's Pen

WITH PASTOR JENNY



The "choose your own adventure" novels were especially popular in the 80s and 90s and allowed readers to participate in the plot by choosing how they wanted the action to proceed at various points in the story. Based on your decision you would flip to a particular page and then keep reading until the next decision point and then eventually reach the end of the story. I suspect that most of us who read these books would ultimately flip back and forth between all the pages to see how the different scenarios turned out. Or was that just me?? It was so exciting to read along in all these different kinds of stories and feel like you were part of the action.

Starting with Rally Sunday on September 10th and throughout the month of September we'll be delving into the Book of Acts with a series called "Choose Your Own Adventure." Acts is a book of the Bible that is full of adventures such as conversion stories, prison breaks and shipwrecks. It tells the story of the early church and the growth of Christianity after the resurrection of Jesus. We'll have special ways for you to participate in shaping the worship service each week, and to share stories of your own faith journeys and pivotal moments.

As part of Rally Sunday we are delighted to welcome musician Ken Medema here for worship that morning. Ken is an extraordinarily gifted pianist, singer and composer and has some special ways that he'll be participating in our worship services that day. He'll also be offering an afternoon concert at 3pm and tickets are available both in the church office and online on our homepage, [www.cumethodist.com](http://www.cumethodist.com).

We're also excited to kick off this new program year with our Rally Sunday Ministry Fair at 10am. This is a way that you can be part of choosing the new adventures that you want to be part of here at CUMC. Whether joining a class or small group, serving on a ministry team or sharing your gifts of hospitality or prayer we want to know how we can support you in your faith journey.

It's a joy to be with you in this adventure of faith together. Let's discover the next possibilities that God has in store.

Peace,

*Pasta Jenny*





## Announcements

**A Disciple's Path** A Disciple's Path is a short-term class for people who are new to Christ UMC or who want to learn more about our local church and The United Methodist Church. It's a chance to connect with others and share stories and questions about our faith and lives. Our fall class will take place on October 1, 8 and 15 from 4:30-6:00 pm and will be led by the pastors. Contact the church office to sign up.

**Rally Sunday** Join us on Sunday, September 10 for Rally Sunday when we "kick-off" a new program year with worship, small groups, music groups, and Sunday school for adults, teens, and kids. And more!



Also on Rally Sunday we'll host Ken Medema to share music in our morning worship services, enjoy special treats for coffee break and celebrate a ministry fair from 10-11am in the Commons and Education Wing where you can learn more about our small groups, ministries and service opportunities.

**RALLY SUNDAY**  
**SUNDAY, SEPTEMBER 10**

**JOIN KEN MEDEMA IN**  
**WORSHIP AT 9AM & 11AM**  
WWW.KENMEDEMA.COM  
PURCHASE TICKETS AT WWW.CUMETHODIST.COM

**And**

**RALLY SUNDAY**  
**PROGRAM KICKOFF!**  
10AM-11AM IN THE COMMONS

Here are some of the many ministry teams and serving opportunities you may learn about at Rally Sunday:

Saturday Noon Meals, Thrift on Fifth, Thrive Childcare and Resource Center, Participating in Worship, Sunday Morning Ushers and Greeters, Sunday Morning Hospitality and Coffee Fellowship, Faith to Life Learning and Fellowship Groups for Adults, A Disciple's Path, Disciple Bible Study, Children's Ministry, Youth Ministry, Confirmation, CU Wednesdays, Caring Ministry and Visitation Teams and more!

**Community Hoedown** Join us on Sunday, September 24 from 4-6pm for a free Community Hoedown in our east parking lot, featuring live music from our Arise Praise Band, square dancing, games, food, beverages and more. Opportunities to volunteer are available. Contact the church office to express interest and for more information.

**CUMC'S**

*Community Hoedown*

**SUNDAY, SEPTEMBER 24 4-6PM**

Free & Open to the Public!

Music, Food, Dancing and More!  
www.cumethodist.com

**CU WEDNESDAYS**  
**23-24**

5:00PM	Jubilee Bells (1st-3rd Grade) Children's Choir (3rd Grade & up)
5:30pm	Dinner Begins in Wesley Hall Progressions Bells (3rd Grade & Up) Little Angels Choir (K-2nd grade)
6:00PM	Celebration Bells (Adults)
6:30PM	Club 6-7 (6th & 7th grade) Confirmation (8th grade) Kids with Purpose (2nd-5th grade) Disciples Bible Study (Adults) Dinner Ends
7:00pm	Chancel Choir Rehearsal

**CU Wednesdays Starting Sept 13** CU Wednesday is an intergenerational mid-week gathering of food, fellowship and connection. There are opportunities for all ages to be part of music ministries, learning and connection each week.

### Music Ministry & Children's Programming

**The kids handbell program** has been split into two groups. **Jubilee Ringers** is intended for younger kids (1st-4th grade) and/or kids who are just beginning to read music. **Progressions Ringers** is intended for older kids (4th-6th grade) and/or kids who are more confident readers of music. We have room for more ringers in both groups! Jubilee will meet at 5pm on Wednesdays and Progressions at 5:30pm. Contact Paul Kingsbury at [paul@cumethodist.com](mailto:paul@cumethodist.com) for more information.

**Celebration Ringers** is our handbell choir for adults. We are always looking for more people interested in ringing. No experience with bells is necessary, though the ability to read music makes things much easier. We rehearse Wednesdays at 6pm and play in church about one Sunday a month. Contact Paul Kingsbury at [paul@cumethodist.com](mailto:paul@cumethodist.com) for more information.

**Children Choir Opportunities** - Children's Choir (3rd grade and older) will meet at 5pm in the choir room, then at 5:30pm the younger group, Little Angels (K-2) will meet. For more information about children's choir opportunities contact [Karla@cumethodist.com](mailto:Karla@cumethodist.com)

**Confirmation** Our Confirmation program will be kicking off on September 6th at 6:30 pm with a welcome meeting for parents and students. Our Confirmation class will meet regularly on Wednesday night throughout the school year with Confirmation Sunday scheduled for May 19. Confirmation is a chance for students to explore their own faith and commitment and is open to 8th graders or older students who have not yet been confirmed. Contact Pastor Jenny [pastorjenny@cumethodist.com](mailto:pastorjenny@cumethodist.com) for more information.

**Club 6-7** is for 6th and 7th graders and combines learning, fellowship and games. We talk about ethics, build Biblical literacy and mostly, mainly, help youth find a place where they belong.

**Kids With Purpose** is a group for 2nd-5th grade children to learn more about how faith and life meet in our actions and the ways we serve. Contact Jody Peterson [jody@cumethodist.com](mailto:jody@cumethodist.com) with questions about "Kids With Purpose."

### Adult Programming

**Adult Choir (Chancel Choir)** meets at 7pm in the choir room and performs in worship on a fairly regular basis. For more details contact [beth@cumethodist.com](mailto:beth@cumethodist.com)

**Disciple Bible Study** Join Pastor Kirkland during CU Wednesdays for an engaging and easy-to-jump-into Bible Study. Using the BeADisciple app, you will have everything you need to participate. You may participate in-person (we will meet in Room 145) or by Zoom. Learn more about [BeADiscipleApp.com](http://BeADiscipleApp.com) & contact Pastor Kirkland [pastorkirkland@cumethodist.com](mailto:pastorkirkland@cumethodist.com) to RSVP or for more info.


**Children's Ministry**


**Youth Ministry**

### **CUMC Boundary Waters Trip Recap**

No rain, average mosquitos, delicious food and 18 people ready for adventure? What a perfect combination for our trip to Ko-Wa-Kan and the BWCA. Ko-Wa-Kan means “place of the Almighty” and like Moses and the burning bush, this time felt like sacred ground. Everybody had a chance to hike to waterfalls, help prepare meals in an outdoor kitchen, swim in Section 12 lake and canoe to an island in the BWCA for lunch. Each evening our campfires connected our experience with the bigger picture of what God is doing in our lives and world. The 2024 trip is already in the planning stages!

### **Mini-Mission Trip Recap**

Our mini mission trip took place August 11-12 and gave seven young people (plus Amanda and Jody) the opportunity to see what a mission trip can be like. We worked in Rochester and in Jefferson, Iowa with a 4-hour van ride each day! We learned more about Family Promise and their work to provide stable housing to families while cleaning a duplex for the next family to move in. We made s'mores cookies for Saturday Noon Meals. During our overnight at Wesley Center/Collegiate UMC in Ames we saw what radical hospitality can look like for young adults. The Midwest Mission Center in Jefferson was the highlight for everyone. In three hours we packed food (similar to Feed My Starving Children), verified the contents of personal dignity kits (and prayed for them with a Jesus loves you hug) and learned to weave plarn into sleeping mats. We enjoyed the weaving so much we brought a loom back to use in our church! While falling asleep was difficult for some people, the trip as a whole was a whirlwind of serving others with Christ's love.

### **Safe Gatherings and Hero Helper Training Recap**

Over the last year we have transitioned to a new way to verify that our volunteers are familiar with how we keep children, youth and vulnerable adults safer in our church community. Adult volunteers who are the “responsible adult” in our children/youth and family ministries, as well as our van drivers and congregational care members must take a Safe Gatherings training online. The church pays for the training and it includes a background check. Each ministry area offers specialized training for volunteers in addition to the Safe Gatherings training. Youth (6<sup>th</sup> grade and up) are encouraged to take the “Hero Helper” training to ensure they are familiar with safety and leadership practices in our church.

Please reach out to Kirkland, Amanda or Nancy for more information on Safe Gatherings training. We will have a Hero Helper training on September 24 at 10am for youth who would like to join our volunteer ministry.

### **Volunteer Opportunities in Children, Youth and Family Ministries**

***SG** indicates the volunteer must have Safe Gatherings training or work with an additional adult who has had the training.*

Ready to volunteer? Contact Amanda ([pastoramanda@cumethodist.com](mailto:pastoramanda@cumethodist.com)) or Jody ([jody@cumethodist.com](mailto:jody@cumethodist.com)) with questions or to sign up!

Continued on next page.

## Sunday Opportunities

### Preschool Lead Teacher (SG)

9:00-10:10 Following the children's message, help our youngest children learn about Bible stories and God's love in the preschool room. The lesson plan will be provided in advance and the room can be set up and ready to go.

### Preschool Helper

9:00-10:10 Provide an extra set of hands to the lead teacher in the preschool room. Youth must have the "Hero Helper" training for this opportunity.

### Elementary Helper

9:00-10:10 Provide an extra set of hands to the lead teacher in the elementary room. Youth must have the "Hero Helper" training for this opportunity.

### One Room Sunday School Helper

11:00-11:45 Provide an extra set of hands to the lead teacher in the Sunday school room. Youth must have the "Hero Helper" training for this opportunity.

### Youth Group Helper (SG)

4:15-6:15 Assist Pastor Amanda with offering a safe, welcoming and helpful space for our youth group.

The activities are different each week—Amanda works to match gifts with opportunities.

## Wednesday Opportunities

### Children's Vocal Music Helper

5:00-6:00 Provide an extra set of hands to the music teacher in the choir room. Youth must have the "Hero Helper" training for this opportunity.

### Kids With Purpose Helper (SG)

6:30-7:30pm Work with Jody and approximately 12 kids on connecting faith and every day life. We emphasize serving others and making a difference in the world. No prep work needed!

### Club 6-7 Helper (SG)

6:30-7:30pm Work with Amanda and approximately 6 middle schoolers on connecting faith and every day life. We emphasize building identity, a sense of belonging and discerning our purpose. No prep work needed!

### Confirmation Mentor (SG)

6:30-7:30pm Work with Pastor Jenny for a once a month meeting with a confirmation student. Mentors must be people who connect faith and life as well as have a passion for helping young people grow into faith.

## Wednesday Meal Opportunities

Our Wednesday Meal is served from 5:30-6:30 and relies on volunteers to ensure this intergenerational midweek gathering is successful. Numbers range from 40-60 people each week.

### Kitchen Captain

4:45-7:00 Kitchen Captains will know their way around the church kitchen. They help the serving groups find what they need and ensure the kitchen is ready for Thrive the next day. (continued on next page)

When not in the kitchen, captains will mingle and help newcomers find a friendly table.

### **CU Wednesday Dinner Serving Groups**

5:00-7:00 Our meal is provided and served by existing groups within our church. They work with Pastor Amanda and the Kitchen Captain to make sure that we are able to offer a simple meal each week to people in-between church activities, work and home.

### **Any Time Opportunities**

#### **Volunteer Caller**

Help Pastor Amanda and Jody recruit and contact volunteers with CYF ministries. Contact people by email, phone and text and help them identify dates to sign up to volunteer.

#### **Worship Activity Pack Ministry**

Work with Julie Plunkett to ensure our worship activities bags have safe, seasonal and interesting activities for young people in worship.

### **September-October Schedule for Children, Youth and Family Ministries**

#### **September**

**4:** 10:00am One worship service

**6:** 6:30-7:30 CU Wednesday Open House—stop by to learn more about Kids with Purpose, Club 6-7 and Confirmation

**10:** 9:00 and 11:00 Worship

10:00 Choose Your Own Adventure ministry fair

3:00pm Ken Medema Concert (\$5)

4:30-6:00 Youth Group! Passions and Planning for 2023-24

**13:** CU Wednesday (see schedule on page 3)

**17:** 9:00 and 11:00 Worship (3<sup>rd</sup> Grade Bibles) and Sunday School

4:30-6:00 Youth Group! Resin Pouring with friends from Faith UMC in West St. Paul

6:00-7:00 ASP 2024 information meeting

**20:** CU Wednesday (see schedule on page 3)

**24:** 9:00 and 11:00 Worship and Sunday School

10:00 Hero Helper Training (to volunteer as a youth—6<sup>th</sup> grade and up)

4:00-6:00 Church Hoedown!

**27:** CU Wednesday (see schedule)

(continued on next page)



**October Children Youth & Family Ministry Calendar****1:** 9:00 and 11:00 Worship and Sunday School

4:30-6:00 Youth Group!

**4:** CU Wednesday (see schedule on page 3)**8:** 9:00 and 11:00 Worship and Sunday School

3:00 Blessing of the Animals at Soldier's Field (Castle Park area)

4:30-6:00 Climate Change Solutions 101 movie and discussion with EarthKeepers

**11:** CU Wednesday (see schedule)**15:** 9:00 and 11:00 Worship and Sunday School

4:30-6:00 Youth Group! Make a Dragon

6:00-7:00 ASP 2024 planning meeting

**18: NO CU Wednesday (MEA)****19:** Day of Service (more info soon!)**22:** 9:00 and 11:00 Worship and Sunday School**No Youth Group (MEA)****25:** CU Wednesday (see schedule)**29:** 9:00 and 11:00 Worship and Sunday School

4:30-6:00 Youth Group! Cosplay Party!



## New Bible Study Starting September 13

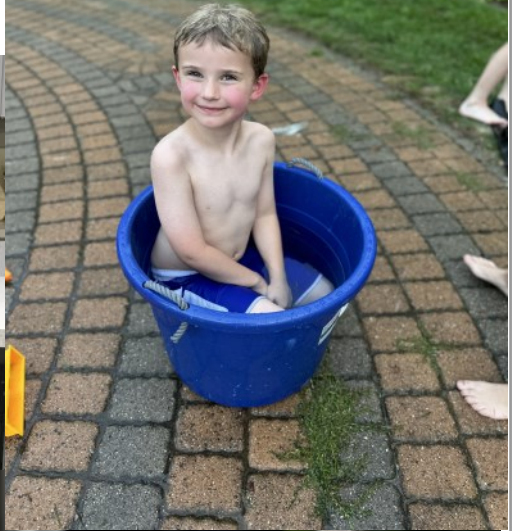
All materials on your phone, tablet, or computer.

Disciple Bible Study Fast Track 1 is being offered during CU Wednesdays in 2023 and 2024

Interested? Contact Pastor Kirkland















## Saturday Noon Meals

The Saturday Noon Meals program set an all-time record for the number of guests served during the month of July - we served 335 guests! Since November we have seen a gradual increase in the number of guests we serve each month.

We appreciate our dedicated volunteers who support this growing ministry program. We are in need of additional volunteers for a shift on Saturdays from 10:30 AM to 1:30 PM to assist with serving in Wesley Hall and clean-up. Thank you for considering participating with this ministry program.

We would like to thank our community partners for their ongoing support - People's Food Co-op, Red Lobster, Salvation Army, Community Food Response and Channel One for their donations or access to food resources. Thank you to Zumbro Valley Medical Society Foundation for the donation of socks for our guests.

Also - thank you to everyone who has been donating plastic bags, plastic containers and books/magazines. The SNM book cart has been replenished! We continue to utilize these items and donations can be placed in the blue container in the commons area at church near the west entrance.

If you are interested in supporting or volunteering with the SNMs program - please contact Kathy Lombardo at [kathryn.lombardo@gmail.com](mailto:kathryn.lombardo@gmail.com) or at 507-398-2686.

Thank you for your support of this ministry.



## CUMC Vegetable Garden



The vegetable garden has provided an abundance of fresh vegetables thanks to our beautiful summer weather. Thank you to everyone who has provided assistance with watering this summer.

We are harvesting tomatoes, kale, eggplant, green and red peppers, zucchini, mint and herbs. The squash, watermelon and pumpkin plants are producing a good harvest for this fall.

For the first time we have been able to serve fresh tomatoes to our Saturday Noon Meal guests. They enjoyed the fresh tomatoes and benefitted from the fresh garden vegetables in their meals. What a blessing to serve fresh food to our guests.

We have provided a fresh vegetable garden on Sunday mornings at church. Freewill offerings will go to the Saturday Noon Meal ministry program that supports the SNM and CUMC Vegetable Garden programs. Please feel free to cut your own kale or fresh mint directly from the garden. It is very plentiful!

If you are interested in watering this summer or fall - please contact Kathy Lombardo at [kathryn.lombardo@gmail.com](mailto:kathryn.lombardo@gmail.com) or at 507-398-2686.

Thank you for your support of this CUMC ministry.



**CUMC Dinner Club/Lunch Bunch** sign up begins Rally Sunday, September 10 in the Commons and will continue until September 17. The objective of Dinner Club is to foster Christian fellowship through small-group (usually 5-8), informal dinners/lunches and to provide an opportunity for CUMC adults to get acquainted. Groups can be hosted in homes or restaurants and during dinner hour or lunch. You may even want to try something new and go for breakfast or brunch one time. If you have questions, stop by the sign up table or contact Marjie Blaisdell @ 507-269-7637 or [mablaisdell@gmail.com](mailto:mablaisdell@gmail.com) or Mary Schmidt @ 507-254-5216 or [oronocombs@yahoo.com](mailto:oronocombs@yahoo.com). We would like to get new groups set up by the end of September so they can start in October if desired.

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## Garden Ministry News

### Fall Grounds Clean-up and Mulch Day – September 30

Please join us on Saturday, September 30 from 9:00 – 11:00am to clean up the flower gardens and mulch some areas for winter. We will meet on the east side of the church by the garage. We look forward to seeing you. Contact Mary Schmidt with any questions.



**Décor Wanted.** Help us decorate the window garden in front of one of the Thrive Preschooler classrooms. We have pollinator plants growing and now need some fun decorations and surprises to add to the garden and change out occasionally. We want to keep adding and/or changing items on a regular basis. Please consider what you may have to add to the collection. Please leave in church office with your name and phone number or contact Mary Schmidt at 507-254-5216.

### Prairie Walk with EarthKeepers Recap



On August 13, EarthKeepers sponsored a tour of the Manawa Prairie Farm in Lake City “where pollinators thrive, soil is healthy, carbon is sequestered, all rainwater runoff is absorbed into the ground, erosion is absent and birds, insects and wild life thrive.” The overcast day was perfect for hiking the prairie and enjoying the colors of the flora and fauna. One treat was watching a Fritillary butterfly (similar to photo) which was a first for most of us.

The caretaker Dag Knudsen shared with us that he required much advice in the first years, but has been able to more independently experiment in sections planted over the years. One surprise to him, that could help those of us looking to encourage native plants, was the recommendation to *not* churn up the dirt in the area with a rototiller. Instead, simply mow it very short, repeatedly, and in the second spring and summer, only the deep-rooted grasses



**Garden Ministry Cont.**

and native plants should start coming back. It was occasionally disappointing to realize that some carefully chosen native seeds he planted had not grown, even two years later. However, continuing to mow the area short and leaving it undisturbed otherwise, allowed native seeds like Coneflowers, Purple Prairie Clover, and Bergamot to burst into life 5-10 years later! The more insects, small critters, and birds we attract with native plants, the healthier the soil will become. To learn more about healthy soils, and a post-high-school scholarship fund Manawa Prairie Farm has started, go to [www.protectourresources.org](http://www.protectourresources.org).

**UNITED WOMEN IN FAITH**

**FALL RUMMAGE SALE  
SEPTEMBER 15-16**

THURSDAY, SEPTEMBER 14 8:30AM-4:30PM ITEM DROP OFF

FRIDAY, SEPTEMBER 15 8:30AM-4:30PM OPEN TO PUBLIC!

SATURDAY, SEPTEMBER 16 8:30AM-12PM OPEN TO PUBLIC!

\$5 BAG SALE

HELP NEEDED FOR SET UP, CLEAN UP, & SALE DAY WORKERS

THE UWF RUMMAGE SALE IS A VERY IMPORTANT MISSION PROJECT FOR OUR CHURCH - PROCEEDS HELP MEET THE UWF PLEDGE TO MISSIONS LOCALLY AND AROUND THE WORLD

**United Women in Faith Fall Rummage Sale**

Hoorah!! The United Women in Faith will hold their annual Fall Rummage Sale on September 15th and 16th. Check out your kitchens, closets, basements and holiday storage areas for no longer needed, gently used items and bring them to CUMC on Thursday, September 14th from 8:30am-4:30pm. Please use the West doors. We are only able to accept current fiction and gently used children's books. Please no magazines or reference books. Other items we cannot accept are: large electronics, upholstered furniture, large wooden furniture, CDs, tapes, videos and children/baby items with expiration dates (car seats, cribs, etc.). Please bring only items that YOU would want to purchase - clean, nice looking items in good working order. We can use men and women to set up on Wednesday and Thursday from 8:30am-4:30pm and clean up

on Saturday beginning at noon. Workers are also needed Friday from 8:30am-4:30pm and Saturday 8:30am - noon. Men are especially appreciated on the set up days and clean up on Saturday at noon. The sale is open to the public Friday 8:30am-4:30pm and Saturday \$5 bag sale is open from 8:30am to noon. If you have any questions, items to donate, or would like to help, please contact Kathy Lawson 507-951-4008.

**Thrive is Five** For their 5th birthday, Thrive Childcare and Family Resource Center is hosting a comfy and cozy night of fun. Pull out your best flannel wear and join us October 7th at 6:30pm for an evening of food, music, as well as a live auction to support the work of Thrive.

Join us for the  
Thrive Child Care  
and Family Resource Center

**CHANNEL**  
*the*  
**FLANNEL**

5th Anniversary Fundraising Gala

**OCTOBER 7TH, 2023--6:30 PM**  
CHRIST UNITED METHODIST CHURCH  
400 5TH AVE SW ROCHESTER, MN 55902

Scan Here:  
  
To purchase your tickets online!



# Caring Ministries

## Christ United Methodist Church

### *From The Ministry of Congregational Care*

A number of church members have taken part in the two training sessions for lay visitors.

Care Visitors receive more extensive training and call on people with a variety of care needs.

We plan to have a commissioning service of the Lay Visitors and Care Visitors in October.

We have a need for more Care Visitors and more Van Drivers. Please contact current ones or Pastor Nancy with questions or for more info.

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Fall is a time of change and a time of new beginnings. It is a time of letting go. We let go of the more relaxed schedule of summertime. We let go of staying up later and sleeping in. We let go of watching the stars at night and the clouds during the day. We let go of blowing puffy dandelions. We let go of taking a slow walk to nowhere in particular. We let go of making a big breakfast, because we have time to make blueberry pancakes with butter and syrup. And soon, very soon, the trees will let go of their leaves. The days are already getting shorter in terms of their light. We know what it means. Yes, it's still hot. Very hot indeed. But not for long. It's a time of change. Letting go.

On Facebook I see pictures of parents letting go of their children at college. Soon it will be time for school here in Rochester. Letting go. Life is one long version of letting go.

The good news of the gospel is that there is One who never lets us go, not in this life or the next. The One Creator God who called each of us into being never lets us go. The One who knows us each by name. Now that's GOOD NEWS. Everything else, we can let go.

In caring ministry with you,

*Pastor Nancy Wheeler Handlon*

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### Flu Clinic October 1st

We will once again be hosting a Flu Shot Clinic on Sunday, October 1st. More information to come!



## Faith → Life: Learn from Christ's Teachings



Christ has no body now, but yours. No hands, no feet on earth but yours. Yours are the eyes through which Christ looks compassion into the world. Yours are the feet with which Christ walks to do good. Yours are the hands with which Christ blesses the world.~ Inspired by Teresa of Avila (1515-1585)

### Meet the Faith-->Life Team

*Pastor Jenny Cannon, Joel Charlson, Kathy Estry, Marita Heller,  
Anna Hughes, Gary Lueck, Pam Lund, Keri Ostby,  
Eric Vanderheiden, Aileen Williams, and Connie Williams*

### September Third Sunday Forum

Every third Sunday (except December) we offer forums given by insightful guest speakers that cover a wide range of relevant topics. **Registration is not required.** You can join in-person or by clicking on the Zoom link provided in the **Sunday worship email reminder the day of the forum.**

**“Thrive Is Five!”**

**September 17, 2023, 10:00 am – In-person Wesley Hall and on Zoom**

**Presenter: Jennifer Hazelton, President, Board of Directors- Thrive Child care**

Thrive Child Care and Family Resource Center turns five this year. It started in the fall of 2018 to help fill the unmet child care needs in Rochester and Olmsted County. We'll learn about how these five years have gone and how Thrive has grown to support children and families in our community. You will also find out how you can celebrate their anniversary and help the center continue to *thrive* at the upcoming **Channel the Flannel** fundraiser!

Previous forums are archived at:

<https://youtube.com/christunitedmethodistchurchrochester/mn>

Click on our playlists tab, then, “Third Sunday Forum”

### Sunday Classes

#### Contemporary Issues

**Host:** Joel Charlson

**Time:** Sundays at 10:00 AM

**Place:** In-Person (Room 146) and on Zoom: [https://us02web.zoom.us/j/832924941?](https://us02web.zoom.us/j/832924941?pwd=VXFEK3I6UVRWeFR0bzRjeGR5VUlmQT09)

[pwd=VXFEK3I6UVRWeFR0bzRjeGR5VUlmQT09](https://us02web.zoom.us/j/832924941?pwd=VXFEK3I6UVRWeFR0bzRjeGR5VUlmQT09) If you are interested in joining the class, email Joel at [joel.charlson@gmail.com](mailto:joel.charlson@gmail.com) to receive the weekly *Wired Word* or join us on Zoom.



## Faith → Life: Cont. Connect Groups

View a complete listing of groups and classes with more information at [cumethodist.com/faith-life](https://cumethodist.com/faith-life)

### Inquiring Spirits

**Hosts:** Ed Shafer

**Time:** Sundays at 10:15 AM

**Place:** In-Person (Room 145) and on Zoom: <https://us02web.zoom.us/j/82253693720>. Passcode: 818744.

Discussion varies on books, videos, and other sources to investigate and challenge theological boundaries.

For further information contact Ed at [shaferchurch@hotmail.com](mailto:shaferchurch@hotmail.com).

### Breakfast Fellowship

**Hosts:** Amy Humphrey and Dean Swanson

**Time:** Wednesday, September 13th at 8:30 AM

**Place:** Charlie's Restaurant at Hillcrest Shopping Center

### Disciple Bible Study

**Hosts:** Pastors Jenny and Kirkland

**Time:** Wednesdays, September 6, 13, 20, 27 at 6:30 PM (after CU Wednesday dinner)

**Place:** Room 145

BeADisciple Bible Study, contact Pastor Kirkland [pastorkirkland@cumthodist.com](mailto:pastorkirkland@cumthodist.com) for more info.

### Dinner/Lunch Club

New groups are forming! Groups of 5-8 people share a meal and conversation 2 or 3 times in each other's homes or restaurants. A great way to build friendships within our CUMC family. Contact Marjie Blaisdell at [mablaisdell@gmail.com](mailto:mablaisdell@gmail.com) or Mary Schmidt at [oronocomb@yahoo.com](mailto:oronocomb@yahoo.com) if interested.

### Garden Ministry

**Host:** Mary Schmidt

**Time:** Thursdays, 8:30 – 10:30 AM

**Place:** CUMC Grounds

Help care for CUMC's piece of the earth! We will be doing fall clean up, mulching, trimming and planting. Bring your own gloves and gardening tools if you have them. Contact the church office for more info.

### Hand & Foot Card Group

**Hosts:** Brian and Millie Webb

**Time:** Starting October 15 at 4:00 – 6:30 PM

**Place:** Members' homes

Singles and couples are welcome. We chat, play cards (no experience necessary) and share light snacks.

Questions or interest contact Brian at [bkwebbus@gmail.com](mailto:bkwebbus@gmail.com) or text Millie at 608-212-9706.



## Faith → Life: Cont.

**Knit One Pray, Too****Host:** Marjie Blaisdell**Time:** Wednesdays 10:00 AM – 12:00 Noon**Place:** WebExContact Marjie at [mablaisdell@gmail.com](mailto:mablaisdell@gmail.com) to receive a link to the WebEx meeting.**Men's Coffee Group****Host:** Dick Estry**Time:** Thursdays at 8:00 AM**Place:** In person (Room 145) and on Zoom: <https://us02web.zoom.us/j/89503377386?pwd=czVQNzlxTTE1eHdvdmgzZlBXdmsxZz09>. Contact Dick at [rk.stry@gmail.com](mailto:rk.stry@gmail.com) for further info.**Tea and Tacos****Host:** Armanda Vanderheiden**Time:** Saturday, September 2, 9, 16, at 10:00 AM, Saturday, September 23 "Girls' Night Out"**Place:** Room 145A sacred and safe space for women of all generations, backgrounds and beliefs to do life together. No need to register; drop-ins welcomed and child care available. Contact Armanda at [justgot2havejesus@gmail.com](mailto:justgot2havejesus@gmail.com) for more info.**Theology on Brew at The Farm!****Hosts:** Pastors Jenny and Kirkland**Time:** Thursday, September 14th at 6:30 PM**Place:** Haven Valley Farm, 11361 105<sup>th</sup> Street, NW

Bring a lawn chair, BYOB - your own beverage, and park by the barn. Brats, burgers, vegetarian options, condiments, chips and s'mores provided! Contact Pastors Jenny and Kirkland if you have questions.

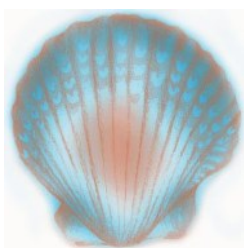
Speakers include Krista Tippet, Dante Stewart, Nadia Bolz-Weber, Rev. Will Gafney, Ph.D., Barbara Brown Taylor and Dr. Paula Stone Williams. To register or find more information: <https://evolvingfaith.com/conference>.

Welcome  
New Members



Brad and Susan Duncanson  
Joined August 27th

Brad & Susan are retired and enjoy country life in Mantorville. They enjoy vegetable and flower gardening, reading, traveling, going to concerts and working on projects. Their joy is to watch their grandkids participating in sports and school performances. They are honored to be members of CUMC.



**Celebrating the Sacrament of Baptism**

Gavin Joseph Twedt  
Son of Logan Twedt & Molly Twedt  
on August 6th



**Mitchell Edward Tweed**  
*June 19, 1969 - August 10, 2023*

*In Memoriam*



**Hollis Dale Feeser**  
*April 7, 1919- July 20 2023*



**LeeAnne Spencer Ramaker**  
*January 18, 1954 - July 29, 2023*



**Robert Lyngholm**  
*February 21, 1939-August 3, 2023*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>3 Communion Sunday</b></p> <p>8:30am Sunday Nursery Open 10am Combined Worship 11am Contemporary Issues &amp; Inquiring Spirits</p>	<p><b>4 Labor Day (Church Office Closed)</b></p>	<p><b>5</b></p> <p>11:30am Brothers in Christ 1pm Covenant Group 7pm Thrive Board Meeting</p>	<p><b>6</b></p> <p>10am Knit One Pray, Too 4pm Thrift on Fifth Open (till 7pm) 6:30pm CU Wednesday Open House 6pm Celebration Bells Rehearsal 7pm Chancel Choir Rehearsal</p>	<p><b>7</b></p> <p>8am Thursday Men's Group 8:30am Covenant Group 1pm Women's Book Group 4pm Arise Band rehearsal 7:00pm UWF Circle 4 (Skype)</p>	<p><b>1</b></p> <p>10am Rug Hooking Group 10am Coffee &amp; Conversation Lorraine Charinda</p>	<p><b>2</b></p> <p>7:30am Saturday Noon Meals (Serve @ 11am) 9am Thrift on Fifth Open 10am Tea &amp; Tacos Room 145</p>
<p><b>10 Rally Sunday</b></p> <p>8:30am Sunday Nursery Opens 9am Traditions Worship 10am Thrift on Fifth Open 11am Contemporary Issues &amp; Inquiring Spirits 11am Arise Worship 3pm Ken Medema Concert 4:30pm Youth Group</p>	<p><b>11</b></p> <p>1:00pm Women's Study Group</p>	<p><b>12</b></p> <p>10:30am Staff Meeting 11:30am Brothers in Christ 1pm Covenant Group 1pm UWF Quilters (Wesley Hall)</p>	<p><b>13</b></p> <p>8:30am Breakfast Fellowship 10am Knit One Pray, Too 4pm Thrift on Fifth Open (till 7pm) 5pm CU Wednesday Starts 6pm Celebration Bells Rehearsal 6:30pm Disciple Bible Study 7pm Chancel Choir Rehearsal</p>	<p><b>14 UWF Rummage Set Up</b></p> <p>8am Thursday Men's Group 8:30am Covenant Group 9:15am Care Visitors 1pm Women's Book Group 4pm Arise Band rehearsal 6pm Christmas Anonymous Board Meeting 6:30pm Theology on Brew 7:00pm UWF Circle 4 (Fireaside)</p>	<p><b>15 UWF Rummage Sale</b></p> <p>8:30am-4:30pm 9:30am UWF Book Group</p>	<p><b>16 UWF Rummage Sale 8:30am-12pm</b></p> <p>7:30am Saturday Noon Meals (Serve @ 11am) Hamline 9am Thrift on Fifth Open 10am Tea &amp; Tacos Room 145</p>
<p><b>17</b></p> <p>8:30am Sunday Nursery Opens 9am Traditions Worship 9:15am Children's Sunday School 10am Thrift on Fifth Open 10am Third Sunday Forum 11am Arise Worship 11:15am Children's Sunday School 4:30pm Youth Group 6pm ASP 2024 Info Session</p>	<p><b>18</b></p> <p>1:00pm Women's Study Group</p>	<p><b>19</b></p> <p>11:30am Brothers in Christ 1pm Covenant Group 4:30pm EarthKeepers</p>	<p><b>20</b></p> <p>10am Knit One Pray, Too 4pm Thrift on Fifth Open (till 7pm) 5pm CU Wednesday Starts 6pm Celebration Bells Rehearsal 6:30pm Disciple Bible Study 7pm Chancel Choir Rehearsal</p>	<p><b>21</b></p> <p>8am Thursday Men's Group 8:30am Covenant Group 8:30am UWF Circle 2 9am Hollis Feeser Visitation 10am Hollis Feeser Memorial Service 10:30am UWF Circle 8 11am Hollis Feeser Luncheon 1pm Women's Book Group 4pm Arise Band rehearsal 7pm UWF Circle 4 (Skype)</p>	<p><b>22</b></p> <p>10am Rug Hooking Group 10am Women &amp; the Sacred 1pm UWF District Meeting Setup</p>	<p><b>23</b></p> <p>7:30am Saturday Noon Meals (Serve @ 11am) 8am UWF District Meeting 9am Thrift on Fifth Open 10am Tea &amp; Tacos Girl's Night Out</p>
<p><b>24</b></p> <p>8:30am Sunday Nursery Opens 9am Traditions Worship 9:15am Children's Sunday School 10am Thrift on Fifth Open 11am Contemporary Issues &amp; Inquiring Spirits 10am Hero Helper Training 11am Arise Worship 11:15am Children's Sunday School 4pm Community Hoedown</p>	<p><b>25</b></p> <p>1:00pm Women's Study Group</p>	<p><b>26</b></p> <p>10:30am Staff Meeting 11:30am Brothers in Christ 1pm Covenant Group 1pm UWF Quilters (Wesley Hall)</p>	<p><b>27</b></p> <p>10am Knit One Pray, Too 4pm Thrift on Fifth Open (till 7pm) 5pm CU Wednesday Starts 6pm Celebration Bells Rehearsal 6:30pm Disciple Bible Study 7pm Chancel Choir Rehearsal</p>	<p><b>28</b></p> <p>8am Thursday Men's Group 8:30am Covenant Group 8:30am Garden Ministry 1pm Women's Book Group 4pm Arise Band rehearsal 7pm UWF Circle 4(Skype)</p>	<p><b>29</b></p>	<p><b>30</b></p> <p>7:30am Saturday Noon Meals (Serve @ 11am) 8am UWF District Meeting 9am Thrift on Fifth Open</p>

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