

# SPIRIT



Join us for online worship every Sunday at 9am facebook.com/cumethodist

Archived on YouTube & on our website

https://cumethodist.com

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"

## Pastor's Pen with elizabeth macaulay, lead pastor

Life is wildly different because of the pandemic.

And, generosity is a constant.

This past December we collected a Christmas offering. Given that so many are experiencing food insecurity during these COVID days, it was determined that all of the offering collected would be given to Channel One food shelf.

Friends, you gave \$8,795 dollars to feed the hungry. Your generosity is amazing grace.

Giving the money directly to Channel One increases its reach. Thank you.

We bring faith to life and we bring faith into the sharing of daily bread.

On February 17th we will begin the season of Lent together.

Worship leaders will gather in the sanctuary and we will live-stream worship at 7:00 PM.

It is hard to imagine who we were a year ago as we gathered for this reminder of our finitude.

We are a different people.

Last year on Ash Wednesday we gathered in our sanctuary. As we traced the sign of the cross on foreheads we were mindful of impending flu season but we were not afraid to touch each other with blessing and with the powerful words of our faith:

"You are dust, and to dust you shall return."

How powerfully those words live in our bodies.

With over 400,000 of our neighbors returned to dust over this pandemic season, we are more powerfully acquainted with our mortality.

Join us for worship on Ash Wednesday, February 17th at 7:00 PM. If you cannot make it at that time, we will have the service on our YouTube channel for you to participate in whenever your life allows.

You will receive a Lenten Devotional in the mail. Attached to the devotional will be a small bit of ashes for you to trace on your bodies.

Somehow, anointing our own flesh with the words of our faith and the reminder of Holy constancy is a fitting way to remember that yes, we are separated.

We are also never apart.

Throughout the season of Lent we will read together "How to Live: What the Rule of St. Benedict Teaches Us About Happiness, Meaning, and Community."

Together during worship and in small groups, we will consider the wisdom of the ancient mothers and fathers of our faith.

The question of "how then shall we live?" (Ezekiel 33: 10) is as old as human being.

During the season of Lent we will consider our answer.

I pray God's blessings on you during these months of waiting for vaccines and hugs.

I cannot wait until we can be physically present together.

Our sanctuaries are hungry to once again soak in the power of your bodies and souls.

In the meantime, in the midst of so much that has changed, generosity is constant.

Our God continues to pour out grace.

We are in this together.

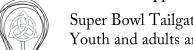
Pastor Elizabeth



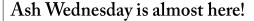


#### Volunteer Opportunities:

## Super Bowl Tailgate:



Youth and adults are invited to serve as fire tenders, hot chocolate makers, and game referees at our parking lot party on February 7th. Volunteers can arrive at 1pm and the event will run 2-4pm. No sports knowledge or experience required!



We will be live-streaming an Ash Wednesday service at 7pm on February 17 from our sanctuary. There will be scripture, music, and meditations as we enter together into the season of Lent. The live stream will be available at facebook.com/ cumethodist then available afterward on our facebook and youtube channels.



Christ UMC will be sending out a Lenten devotional filled with meditations from staff and members of the congregation of Christ UMC. You can expect it in your mail box around February 10th!



Thank you to Pat Feeser for her bountiful masks! Since March, Pat has been busy making masks for those in need, including delivering to medical professionals across town and her own neighbors. Pat recently reached over 2,000 masks produced! She recently brought a load of masks to share with The Landing Shelter here in Rochester. Her masks come in all sizes, and even include filter pockets.

## Meeting Christ - February 14th at 10am on Zoom

Meeting Christ Zoom is a monthly gathering for folks who are new to the CUMC community. You will meet clergy, church staff and church members. We will give a brief introduction to our faith, history and reconciling values. You will have the change to ask your questions while we get to know you and welcome you to our church! This is also an opportunity to learn about discipleship and joining our church. https://us02web.zoom.us/j/82461401269



#### The Bells are back in town.

The children's and adult bell choirs have returned to the church! They practice in the sanctuary with masks, gloves, and social distancing. If you are interested in participating contact:

Adult Bells: Paul@cumethodist.com

Children Bells: Kari@cumethodist.com

#### Zoom Coffee Hour

Join us every week immediately following worship as we share a cup of coffee and discuss topics around the service that just concluded. You can find the zoom link in the weekly Sunday Reminder email right near the top of the page. See you over coffee! (right: photo from one of our recent coffee hours!)



## **Children's Ministry**



### Wonderful Wednesdays in February

Join us each week on Zoom as we read a bible story together and explore faith through, I wonder questions, conversation, and connections to life. We welcome, embrace, and celebrate all children and the ways they are spiritual children of God.

• 5:00-5:30 pm Ages PreK-Second Grade

• 5:30-6:00 pm Ages Third-Fifth Grade

Zoom: https://zoom.us/j/91492399465



## POLO Parents of Little Ones in February

We will be meeting February 1st and 15th at 8:00 pm over Zoom.

https://us02web.zoom.us/j/86572641556

A time for parents to connect and share their parenting celebrations and challenges.





## Youth Ministry

## Super Bowl Tailgate Party February 7th 2-4pm in the East Lot

Wear your team's colors and a mask! There will be snacks and beverages available.

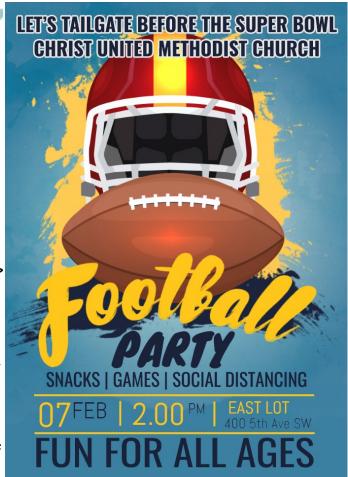
If you're interested in helping out, please email <a href="mailto:grace@cumethodist.com">grace@cumethodist.com</a>



#### Youth Connect!

High school is participating in Financial Peace University where they learn to manage debts, save money, and invest in the future. This class has helped millions of people become financially savvy and own their financial futures.

Middle Schoolers are working their way through the Chronicles of Narnia. *Prince Caspian* is giving us the opportunity to talk about leadership, justice and why fantasy novels are important to us.



Part 2!

#### How to Talk to Your Kids About Sex Pt 2

Join Lois and Amanda and learn how to help your kids craft a sexual ethic and how our modern age is shaping 'the talk'.

February 18th at 8pm on Zoom: https://zoom.us/j/98581189642

#### The Event

Youth across Minnesota are invited to Zoom into the Event on

February 7th to learn about the story of Joshua and John Wesley's understanding of grace.



February 9 at 6:30pm on Zoom with Pastor Elizabeth and Grace Glover

Help us to realize the future of CUMC's Youth Program and answer the questions

- What are the things you hope for your youth?
- What can and should the church provide?
- How much is enough and how much is too much?

What are core values that will guide us into the future?

## Rochester Service Project

July 11-18, 2021

This summer's high school mission trip will call Christ UMC homebase. There will still be teams, service projects, and a fabulous retreat at the end. We will work

with people whose lives look very different from ours right here in Rochester, MN.

We anticipate that high school students will return to the Appalachia Service Project in 2022 when conditions allow.



How to talk to your

kids about sex

## **CUMC EarthKeepers**

With God's leading, Joseph used the seven years of plenty to store up food, preparing for the coming years of drought and famine (Genesis 40–43). His action served not only the Egyptians but also the surrounding foreigners, including his own family. How might you be a "Joseph," working now for a better future for all? What are you doing now to address issues around climate change?

There are many on-line learning opportunities and advocacy groups from which you can learn. The next UMC/MNIPL EarthKeepers/Be the Spark Training for Feb. 4, 11, 25 & March 4 from 6:30 – 8:30pm. CUMC EarthKeepers are hosting the Feb. 3rd Sunday Forum at 10am with speaker Kevin Bright, Energy and Sustainability Director for Rochester and DMC discussing Sustainable Living in Rochester. UMW's Just Energy for All Webinar 3-session series starts on Monday, Feb. 22 at 2pm and Park Avenue UMC Creation Care team is starting a 4-week series also on Feb. 22 at 7pm on Environmental Justice. Information on these opportunities and more can be found by clicking on 2021 Environmental Learning Opportunities or go to <a href="https://tinyurl.com/2021EnvironmentalOpportunities">https://tinyurl.com/2021EnvironmentalOpportunities</a>

Please feel free to contact Mary Schmidt at 507-258-7460 for paper version.

Watch next month for information on how you can advocate for this wonderful universe God gave us.



"Whatever affects one directly, affects all indirectly. I can never be what I ought to be until you are what you ought to be. This is the interrelated structure of reality." ~ Martin Luther King Jr.

The Faith—Life Team always welcomes ideas/topics that are of interest as ways to stay connected. Contact Kathy Estry at <u>rk.estry@gmail.com</u> or Grace Glover at <u>grace@cumethodist.com</u>. If you have an idea or would like to host a Connect Group.

Third Sunday Faith→Life Forum

We are offering forums that cover a wide range of relevant topics and are given by insightful guest speakers. There will be a 30 minute presentation followed by an interactive Q & A. No registration required. Join by clicking on the Zoom link provided in the Sunday worship reminder the day of the forum.

"Sustainable Living in Rochester" February 21, 2021, 10:00 am (following the coffee time)

Presenter: Kevin Bright, Energy and Sustainability Director for Rochester and DMC Are you interested in living more sustainably but don't quite know where to start? This forum will help provide a way to better understand the means and methods to a sustainable life starting with your home and diet and covering ideas for earth-friendly transportation, cleaning, and purchasing. You will also receive an overview of tools that are available online and some that are specific to Rochester to help make environmentally friendly decisions.

Previous Forums are archived at: youtube.com/christunitedmethodistchurchrochestermn

Part 3 of Pastor Elizabeth's Covenant Bible Study - Wednesdays, 7:00 – 8:30 pm

Part 3 (Trusting) looks at the crises that sometimes call Covenant life into question, and how we are restored to trust in God when troubling things happen. Registration is required. Please call the church office at 507-289-4019 or email <u>jenny@cumethodist.com</u> to register. Books are available for \$18 in the church office.

## Ongoing Sunday Classes

Contemporary Issues

Host: Joel Charlson ~ Time: Sundays at 10:00 AM ~ Place: Zoom

Each Thursday Joel emails participants the week's topic from *Wired Word*. Scripture verses and critical questions related to the topic lead to in-depth discussions that apply to how we live our daily lives. If you are interested in joining the class email Joel Charlson at <u>joel.charlson@gmail.com</u> to receive the weekly *Wired Word* or just join via this zoom link <a href="https://us02web.zoom.us/j/832924941">https://us02web.zoom.us/j/832924941</a> on Sunday morning at 10:00!

**Inquiring Spirits** 

Hosts: Ed Shafer and Hank Kliewer ~ Time: Sundays at 11:00 AM ~ Place: Zoom

Group members suggest theological topics or books of interest to study. The group is currently reading "To Life! A Celebration of Jewish Being and Thinking" by Harold Kushner.

New participants are always welcome. For further information contact Ed at <a href="mailto:shaferchurch@hotmail.com">shaferchurch@hotmail.com</a>.

## Connect Groups ~ View a complete listing and register at cumethodist.com/faith-life

Knit One Pray, Too

Host: Marjie Blaisdell Time: Wednesday 10:00 AM – 12:00 Noon Place: WebEx

Contact Marjie at <u>mablaisdell@gmail.com</u> to receive a link to the WebEx meeting. The group is knitting prayer shawls and scarves and hats for winter.

Men's Coffee Group

Host: Dick Estry Time: Thursdays at 8:00 AM Place: On Zoom

Whether you are a long-time member, new to CUMC or looking for a men's fellowship group, you are invited to join for coffee and conversation. To receive a Zoom invite email Dick Estry at <a href="mailto:rk.estry@gmail.com">rk.estry@gmail.com</a>.

America's Unholy Ghost

Hosts: Bobbi Nichols and Nicholas Wysocki ~ Time: Sundays at 10:30 AM (after zoom coffee hour),

February 7, 14, 28, March 7, 14 ~ Place: Zoom <a href="https://zoom.us/j/99802430293">https://zoom.us/j/99802430293</a>

This is a 5-session film and discussion series that includes 8 conversations with Joel Edward Goza, author of the book, "America's Unholy Ghost."

5

The films examine the DNA of the ideologies that shape our nation, ideologies that are as American as apple pie but too often justify and perpetuate racist ideas and racial inequalities. MLK challenged us to investigate the "ideational roots of race hate" and this series does that.

As time passed, America's racial imagination evolved to form people incapable of recognizing their addiction to racist ideas. If our nation's racist instincts still haunt our land, so too do our hopes and desires for a faith and politics marked by mercy, justice, and equity, there is no better guide to that land than the Prophetic Black Church and the one who saw such a land from the mountaintop.

#### Financial Peace

Hosts: Grace Glover and Ray Hansen ~ Time: Wednesday evenings, January 27 – March 17 at 7:30 PM ~

Place: Zoom

Financial Peace is open to high school and older. Dave Ramsey's curriculum teaches financial responsibility to help people manage debt, savings, and investment. This course will offer a weekly video segment and then a discussion about the content while participants work through in a workbook. The course costs \$130.00, but your money will be returned to you upon completion of the course. Registration required at <a href="mailto:grace@cumethodist.com">grace@cumethodist.com</a> or at cumethodist.com/faith-life.

#### Giving During a Time of Crisis

Hosts: Leah Olm(Pastor Elizabeth's Daughter!) and Stephanie Kilen ~ Time: Thursday, February 11 at 7:00 PM ~ Place: Zoom <a href="https://zoom.us/j/97527152050">https://zoom.us/j/97527152050</a>

One of the most powerful actions folks can take in a time of crisis is to pool financial resources together to make big change. But how do you know where to give? Where does all of this money go? Does your donation make an actual difference, and how do you know? This session will cover some of the basics of where we are: how funding moves within the nonprofit sector, trends in current giving, and structural dynamics. It'll also give you a backstage look at how money works within nonprofit organizations and what professional fundraisers wish donors knew about their giving.

#### What's it all About? Methodism 101

Hosts: Clergy and laity affiliated with Christ UMC ~ Time: Saturdays at 10:00 AM throughout Lent (February 20, 27, March 6, 13, 20) ~ Place: Zoom <a href="https://zoom.us/j/99566614830?">https://zoom.us/j/99566614830?</a> <a href="https://zoom.us/j/99566614830?">pwd=aHBxVk9pZ1JLUFo1M1BLeGxZSG1Ndz09</a>

For newcomers or long-time members alike, join us for a 5-week review of the United Methodist Church history. Watch for further details. You can take in all or some of the sessions.

## **Ongoing Faith Formation Groups**

#### Because the church is closed all groups are meeting by Zoom

10:00 am – Monday – Women's Book Discussion Group || 11:15 am – Monday – Men's Book Discussion Group || 1:00 pm – Tuesday – Covenant Discipleship Group || 8:30 am – Thursday – Covenant Discipleship Group || 4:00 pm – Thursday – Women's Group || 10:00 am – 2<sup>nd</sup> & 4<sup>th</sup> Friday – Women and the Sacred

## Congregational Read

This is a book selected by clergy that everyone is invited to read individually or in small groups. You can register online at cumethodist.com (Get Involved, Faith→Life) if you are looking for a group to discuss this book via Zoom starting the week of <u>February 21st</u>. Books will be available to purchase in the church office February 1<sup>st</sup> for \$16.00, or you can order from Amazon a used book or Kindle e-book for less.

## CUMC Lenten Study Book: *How to Live* by Judith Valente

Similar to the anxieties and frustrations of the 6<sup>th</sup> century, we are living in a time where societies need to stress community over competition, consensus over conflict, simplicity over self-gain, and silence over the constant chatter and distractions of our lives. Judith Valente explores the key elements of the Rule of St. Benedict and clearly demonstrates how incorporating this ancient wisdom can change the quality and texture of our lives.

(Available for curbside pickup \$16 by appointment)

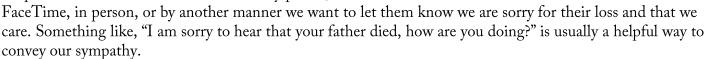
Watch the Wednesday Connections email and the New Spirit newsletters and the Sunday worship reminder for updates on offerings as they become available! Also check out cumethodist.com/get involved/connect groups for a complete listing and registration information.

## From the Ministry of Congregational Care Talking with a Friend Who Is Grieving

Some of us don't know what to say to a friend who is grieving. We may feel awkward bringing up the subject. We want to say something, but don't want to say the wrong thing or make the situation worse.

We live in a culture that shies away from death and grief. Now, with the pandemic, it becomes even more difficult. We don't have the usual gatherings that give us the opportunity to express our sympathy.

In my experience, it is best to keep our communication simple and sincere. Whether we connect by phone,



It does not need to be long, in fact it is better if it is not. We want the focus to be on the one who is mourning, not on ourselves. We don't want to give advice, we want to listen to the person and let them express themselves, if they wish. If there is silence, that's okay too. Sharing silence can be very helpful to the other person. Some things are too deep for words.

I also recommend avoiding saying certain things, such as, "I know exactly how you feel." Let them tell you how they feel. No loss, even if it is the same type of loss, is exactly the same, as we all have different personalities, different life experiences and different understandings of faith.

Another practice to avoid is to compare losses. Some people will start to say something like, "Well, you think that's bad, let me tell you about when my loved one died and they....". This is another example in which the attention is drawn away from the person who is suffering from a loss.

When my mother died thirty some years ago, a woman came up to me after the memorial service and asked me to guess who she was. I hadn't seen her for twenty years and I was deeply grieving my loss. I was very tired and emotional. That question put all the attention on her. This is another example of what is not a helpful response.

I also recommend being careful about how you talk about God and the death of a loved one. It is common for some people to say that a death has happened because of God's will or God's plan. This can convey that God caused this death and the suffering that results. In turn, this can lead to a person feeling alienated from a God who acts that way.

It would be better to let them know you care about them and that you will be praying for God's comfort to be with them.

Here is a recommendation for what can be helpful if you have a close relationship with the bereaved person, if there is time, and some privacy for a deeper conversation. You might ask them if they would like to tell you about the person who died. What were some of their favorite memories of their loved one? What were some of their best qualities? What did you learn from them?

We want to share God's love and hope by showing up and caring for those who are grieving.

For further resources, know that Mayo Hospice and Seasons' Hospice offer grief groups virtually and online as well as grief counseling. You do not need to have had a loved one in hospice to join. CareNotes.com has faith-based grief resources. Your Pastors and Parish Ministers are also here to help with grief support also.

~ Rev. Nancy Wheeler Handlon

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

## Welcome New Intentional Disciples!

Chip and Sherry Swenson

We have been residents of Rochester for 50 plus years. Sherry retired from Mayo Clinic after 38 years. Chip recently retired from real estate after 50 plus years in the business. They have two grown children, Brie and Adam, and two grandsons. We chose CUMC because of the welcoming and friendly attitude of the church staff and members, the mission of the church, community outreach, and social justice.



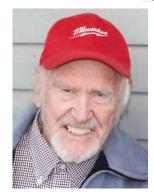
Baptism January 10, 2021 Adaline Elise Van Kirk baptized 1/10/21 daughter of Kayla and Chris Van Kirk



## IJ In Memoriam IJ



Lucille R. Kimball 12/11/1929 ~ 1/6/2021



Dick McCallum 11/23/1928 ~ 1/13/2021



Pauline Walle 1/23/1936 ~ 1/16/2021







## Meet Interim Bishop David Bard

"I'm with you on this joyful journey along well-traveled roads that are also ever new." - Interim Bishop David Bard

<u>Bishop David Bard</u> is interim bishop for the Minnesota Conference, a role he began Jan. 1, 2021. He also serves as resident bishop for the Michigan Conference.

https://www.minnesotaumc.org/blogdetail/you-say-goodbye-and-i-say-hello-14930225



#### From our United Methodist Women

The Purpose statement of UMW states that United Methodist Women shall be a community of women whose purpose is to know 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.

UMW Circle 4 has always actively worked to support this purpose, but we have had to become even more creative about providing supportive fellowship since the pandemic started. When it became unsafe for us to meet in person, we moved to on-line meetings using Web-Ex. For most members this meant learning new tools and new ways to connect with each other through our computers and phones.

As the pandemic continued we decided to meet weekly, rather than monthly, to provide ongoing support and fellowship to each other. During this time we have read Michelle Obama's book, "Becoming", and discussed how it relates to our current political environment. Throughout the Advent Season we read the all-church-read book, "All Earth is Waiting", and enjoyed discussing things we are doing to support our environment and some of the ways staying home has had a positive effect on nature.

Because we were all missing the wonderful UMW Nuts that have become such a favorite tradition at CUMC, we searched for another way to supply our holiday baking needs. This led us to find a Fair Trade farm cooperative that has worked for over 40 years to empower African American families in Southwest Georgia and to advocate for social justice.

But most importantly, what has resulted from this is a close-knit group of friends who have supported each other throughout this pandemic, and through the trials of life, with our prayers, presence, love and compassion. For now, we will continue to meet on-line, but we look forward to the day when in-person hugs can once again be shared.



## Saturday Noon Meals Update (January 16, 2021)

The Saturday Noon Meals program continues to serve the Saturday noon meal at The Landing – which is located at the refurbished Silver Lake Fire Station. On December 5, 2020, The Landing was temporarily closed and services were relocated to

the Rochester Civic Center. On January 9, 2021, services were reopened at The Landing. We will continue to provide a warm meal on Saturdays for The Landing throughout the pandemic.



We have served over 2,500 meals since March 2020! On January 9, 2021 we changed our volunteer process and currently are allowing volunteers from two different households to work together in the kitchen to prepare our SNMs. This decision was made to reduce the potential spread of COVID-19 to volunteers.



We appreciate the ongoing support of our community partners who have provided food support during the pandemic:

- Channel One
- People's Food Co-op
- Thrive Childcare and Family Resource Center

We would appreciate additional volunteers to assist with the preparation of the meal on Saturday mornings. Garrison and Kris Lloyd have been faithful volunteers throughout the past year and we appreciate their work within this ministry.

If you would consider volunteering with the SNMs program – please contact Kathy Lombardo at 507-398-2686 or at Kathryn.lombardo@gmail.com. We will assist with training and guarantee that you would find this an enjoyable experience. All meal planning and shopping would be completed for you.

#### Poinsettia Delivery Thanks!

Christ United Methodist Church wasn't stopped by the pandemic. With the help of MANY we were able to share the beauty of these plants with our members who are experiencing grief, are homebound, or living in senior facilities. Many enjoyed seeing the Sanctuary bursting with color with the display set up by our Church Arts Committee via streamed Sunday Services. 65 plants were distributed throughout our community. I extend my thanks to these people who were instrumental in getting this done so smoothly:

CUMC Staff: Jenny C., Julie P., Kent N.

Callers: Jan Bolton, Elaine Bauman, Karen and Stan Hewitson

· 111 8111 -

Boxers: George Berg, Daniel Penick

Delivery Team: Deedee Odell, Larry Krob, George Berg, Ken and Elaine Bauman, Dave and Darlene Lucas, Rick and Sue Johnson, Mary Schmidt, Gwen Scilley, Linda Youlden, Kathy Davis, Rick and Kathy Jones, Diane Houdek, Gerald and Marjie Blaisdell

Thank you!

~ Judi Berg



## **Evening Prayer and Praise**

We're all too familiar with how to worship online these days, but did you know we're doing more than just Sunday worship? Every single night of the week at 8pm (holidays included) one of the amazing clergy associated with Christ UMC goes live on facebook.com to share a short devotional and prayer time. We hope you join us in this time of meditation and praise. Any questions? Call the church office (507) 289 - 4019







Evening Devotional - Every Night at 8pm!







www.facebook.com/cumethodist

Christ United Methodist Church 400 Fifth Avenue SW Rochester, MN 55902

Phone: 507-289-4019 Fax: 507-289-3648

E-mail: email@cumethodist.com

Non Profit Organization

U S. POSTAGE
PAID
Rochester, Minnesota
Permit No. 5

Return Service Requested



# America's Unholy Ghost

This is a 5-session film and discussion series that includes 8 conversations with Joel Goza, author of the book, "America's Unholy Ghost." Martin Luther King Jr. challenged us to investigate the "ideational roots of race hate," and this series does that. If our nation's racist instincts still haunt our land, so too do our hopes and desires for a faith and politics marked by mercy, justice, and equity; there is no better guide to that land than the Prophetic Black Church and the one who saw such a land from the mountaintop.

February 7, 14, 28, March 7, 14 at 10:30 am (after zoom coffee hour) On Zoom https://zoom.us/j/99802430293