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February 2019
CHRIST
METHODIST CHURCH
UNITED
Grace, In The City


THE NEW SPIRIT



February 9
2019
10-11:30 am
Christ UMC



Donuts
Dancing
Family Valentine Fun

What donut you love?? 



Feed hungry people

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"

Pastor's Pen

WITH KATY LEE, ASSOCIATE PASTOR



While we were gearing up to say “see you later” to Pastor Elizabeth as she embarked on a three month adventure mid-January, I took a few days to head into the wilderness myself.

I got to be in Utah, Nevada and Arizona for a few days to experience immense silence, massive cliffs, and to practice just being in that energetic, ancient land. It’s the kind of land where the layers of dirt soaring over your head are thousands of years newer than the rusty red dust you are standing in, full of dinosaur footprints. If you have not been out there I recommend it, but I would warn you: it is no small experience. It is intense. Do not go to just kick back, relax and enjoy the show of tumbleweeds, yelling out “meep meep!” to your friends like the roadrunner. It seems counterintuitive, that such wide open space would be a more mind-blowing and extreme experience than the bright schizophrenic flashing lights of a big city, but I promise you, if you are open to it, it is much more stimulating and transformative.

I have been thinking of the desert and mulling over its impact on me through the lens of what else I know about desert places. Did you know that many fruits, especially grapes (in case you are a wine-enthusiast) prefer desert to rainforest? You would think that a deep abundance of water would create the best fruit. “Wet” and “moist” certainly do grow more leafy greens, moss, mold, mosquitoes. But no, this is not the ideal. Peaches like hot and clear temperatures: it is actually high and dry Colorado and California, not the hot and humid Georgia that we stereotype, which are the most ideal growing conditions. Wine country is not in the tropical rainforest either. This is because grapes taste best and make the best wine when they have to work for water, perfectly saturated.

I felt like these grapes in the desert, working for water. When there was less to look at, less to distract me, just open space and natural beauty, there were no barriers to keep me from looking at myself and encountering who I was in the midst of this immensity. The stones and ground were there to hold me and ask me curiously, like a giant friendly ogre holding me in its palm, “who are you, young friend? What are you doing here?” and I had to reach inside myself for an answer.

We are in mid-winter, a time that can feel like tundra, a special kind of desert. We are gearing up for Lent, a time when we practice the power of deserted places and spaces with Jesus. This month there is a special General Conference, with the Commission on a Way Forward, that will mean changes for the United Methodist church. We could easily get down, cold, anxious. When there is trouble, and trial, and winter, how can we keep paying attention to what God is teaching? How can you be more intentional in these days to find the community and connection you need, with others, with God? How can these troubles turn into mysterious blessings, fruit in the desert, growing your one wild and precious soul?

Peace,

Pastor Katy



Pastor Update!

Pastors Elizabeth and Cooper have arrived safely in Australia.

Pastor Elizabeth is leaving us for a time, but will be back come April. If you wish to keep up with our lead pastor on her adventures you can stay tuned to “Living Waters” Pastor Elizabeth’s blog, which can be found online at: emacaulay.blog



We had a fantastic group of 30 or so who watched Selma together and had a great discussion, led by Dr. Nicholas Wysocki, Nicole Nfonoyim-Hara and two guest panelists, Kathy Ashton who shared a Buddhist perspective and Laura Oakgrove, a local Native American woman. Thank you to all who helped make a meaningful experience: have another justice-oriented movie you'd like to screen here at Christ UMC? Contact the church.



Snow Closing info

Tis the season for winter weather, and with that we want all of you to remain safe! We no longer follow the public school closing schedule, but if the snow or ice is too fierce we will close the building. To find out if we're closed, keep an eye on the local news stations, or head over to our facebook page (www.facebook.com/cumethodist). We will ALWAYS make sure you know what's happening. If you have any questions concerning closings don't hesitate to give us a call (507-289-4019) or send an email to email@cumethodist.com

ROAM Book Release: did you see that C.H. Armstrong was inspired by Linda Curtis and Saturday Noon Meals to write a book about homelessness and Rochester?

There's an excellent opportunity at Peace UCC about living as “Compassionate Activists”, Feb 8-10. Sign up at www.peacechurchucc.org and check it out!



Faith → Life: Learn from Christ's Teachings

February Brings New Faith→Life Offerings Classes

Frustrated with Technology? - Sunday, February 3
 Financial Peace University - Mondays, February 4 – April 8
 Dialogues on the Refugee Crisis - Wednesdays, February 6 – March 13

Congregational Read

An Altar in the World by Barbara Brown Taylor

Worship in February will follow the topics found in this book. A limited number of books are available for purchase in the church office.

Connect Groups

Decluttering, Downsizing, Etc. - Tuesdays, February 12 – March 19

Dinner Club - Groups decide time and place of meeting.

Explore Drumming - Wednesdays, January 16 – February 24

Exploration of Racial Issues - Sundays, Starting February 3

Gardening Ministry - Meetings announced as needed.

Lydia Project - Wednesdays, February 27 – April 3

Pie Night - 3rd Mondays, February, March and April

Find times, meeting locations, and descriptions of these groups and register on the church website:
www.cumethodist.com/connect-groups or in the church office.

Third Sunday Forum

Pathways Toward Prosperity & Well-being

February 17, 10:15 AM – Hamline

Paul Fleissner, Deputy County Administrator

Olmsted County Health, Housing & Human Services Division

Paul Fleissner will give us an update on the Pathways to Prosperity program that aims to identify root causes of poverty for individual families and create programs to address the entire family, rather than continuing efforts that frequently focus on parents and children separately. The new approach will aim to ensure families have housing, child care, health care, education, food and other support needed for a path out of poverty.

More Meeting Spaces for Connect Groups

Since the books in the children's library are being dispersed throughout the building for more accessibility, we are refurbishing Rooms 135, former children's library, and Room 136 on the education wing to provide more spaces for Connect Groups. The number of adult group offerings have increased, so more space is needed on Sunday mornings and throughout the week. The rooms are being painted, equipped with screens and projectors for AV needs, and space made for resources that groups can use for study. We are in need of comfortable chairs/love seats, end tables and lamps, so if you would like to donate any items you can contact the church office or Kathy Estry (507-288-5938).

Child Care is available every Sunday and for weekday and
 Saturday Small Groups and Classes Upon Request



Our numbers of youth on Sunday mornings is increasing! So thankful to all the volunteers who help support our amazing kids.

We are starting to have the kids practice more leadership within the church: with Families First Sundays, kids get to practice ushering, greeting, serving communion, and staying present throughout worship. On the first Sundays of the month, our youth are going to teach their expertise to the congregation and work to serve. Got trouble



with technology? Our first “Youth Service” Sunday will be February 3rd, where we will help you with you technology questions! Bring your phone or laptop: we can help you set up a blog or navigate Youtube. Got a tech question you want us ready to answer? [email katy@cumethodist.com](mailto:katy@cumethodist.com)

Two Youth Retreats coming up!

6-10 grade retreat: sign up by contacting Pastor Katy!



ASP RETREAT

High school mission trip preparation retreat for students and leaders

12pm-12pm, Feb 17-18

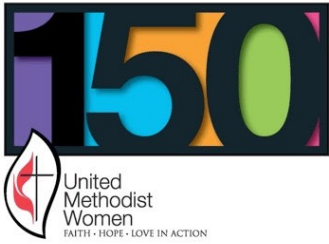
Sign up through
Cumethodist.com/missions



Appalachia Service Project is a Christian ministry, open to all people, that inspires hope and service through volunteer home repair and replacement in Central Appalachia.

Mission and Justice updates:

- **Voted to match up to \$1,000 raised through Pentecost towards supporting legal aide for Immigrants through the Diversity Council, from the Mission and Social Justice funds. Stay tuned on that fundraiser!**
- **Affirmed and supported Thrift on Fifth**, which raised over \$12,000 for Thrive last year. (See the news story by going online! <https://tinyurl.com/ThriftOnFifth>)
- Sent Pastor Katy to attend the **Interfaith Immigration Prayer Service at Lourdes Chapel, Assisi Heights.**
- **Chose to give \$500 to Minnesota Interfaith Power and Light to become a sustaining congregation:** “Sustaining congregations help to make the great work of MNIPL possible. We want to build a network of resources and support for congregations to be inspired by and to connect with what others are doing in their faith communities. Through yearly financial contributions of \$500-\$5,000, sustaining congregations ensure our Be the Spark, Climate Conversations, and Youth Be the Spark programs will empower leaders and strengthen the interfaith climate movement statewide. We would love to have your support in addition to the burgeoning group of sustaining congregations already taking action.” **check out more about that here** <https://mnipl.org/who-we-are/sustaining-congregations/>
- **Want to get involved with social justice at this church? Come to our next quarterly meeting, April 1 at 6pm, or contact** email@cumethodist.com **for more info!**



UMW News

Did you know that the Methodist Women organization is 150 years old in 2019? What began in Boston with 6 women is now over 800,000 women world wide. CUMC UMW will begin celebrating on February 3rd, UMW Sunday. Aileen Williams will be the speaker for worship followed by our second annual Souper Soup Luncheon. Plan to stay for soup before the Super Bowl!

During United Methodist Women's 150 years Celebration we have been known by many names. Some are "home missions" & "Woman's Society of Christian Service & Wesleyan Service Guild" These women have all been bold in furthering our mission with women, children, and youth.

Poinsettia Delivery – 2018

Thank you to the persons who graciously delivered the many beautiful poinsettias on December 26th to congregational members who are bereaved, homebound, or are living in assisted living facilities and in care centers. Also, thank you to the persons who made the phone calls to the recipients of the plants.

You all are appreciated!

We are also grateful for the help we received from Jenny, Director of Operations and Kent the Building Manager. - *The Flower Ministry Team*

Greetings from Guatemala!

February 10th will mark our 4th Anniversary as Mission Volunteers with Salud y Paz. The time has flown. We continue to be so thankful for your support and for the opportunity to serve God and the people of Guatemala in this way. Last month, I shared with you some of the defining moments of 2018 for us but I now need to include one more. Our year ended in sadness as the Founder of Salud y Paz (the organization we volunteer with) passed away while visiting his brother in Texas on December 28th. Although he had been retired for several years, he was still an inspiration to us and many others. His legacy will live on in Project Salud y Paz as well as in all the hearts of those he touched.

It was a blessing to be able to welcome our own CUMC church team once again on January 4th after virtually attending Phil's Memorial service by livestream. As the team prepared for their workweek, we were given a special gift from one of the team members' who had spent some time in England and visited John Wesley's gravesite. They had come on a previous mission trip. It was a refrigerator magnet of John Wesley with one of his most famous quotes. God's hand touched me in that moment. The quote was the identical one that Phil Plunk had carried in his wallet during his lifetime, a fact that we had learned only the day before while watching the memorial service.

"Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as you ever can."

- With love, *Jan & John Lage*, Missioners to Guatemala.



Founder Dr Phil Plunk
International Hands in Service
-Project Salud y Paz

Planning for a Funeral or Memorial Service at Christ United Methodist is now available as a helpful guide for members and friends of CUMC. It covers practical matters as well as the theological basis for the service itself. We also have a planning form to record your specific requests and memories to be shared. These forms are kept in a file in the office.

The guide is available at the office and online.

We encourage everyone to read the new Planning Guide. Please use the suggestions for pre-planning a service, completing an advance directive and discussing these plans with your loved ones. Consider using it for a discussion with your connect group, circle, or study class.

Your Pastors are available to meet with you to talk about it and answer questions.

You Are Invited

All are Welcome.

What: Fellowship Coffee

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 10. Please contact the church office at 289-4019 or by email to email@cumethodist.com if you have questions or would like more information.



Giving tours to prospective families is a frequent occurrence at Thrive. Families who are expecting a baby, returning to work, starting school, or looking for a preschool experience for their child all come through the Thrive doors. One tour I gave a few weeks ago has stuck with me, and reaffirmed what an amazing place Thrive is for children and families.

In December, a tour was scheduled with a very pregnant mom looking for care for her new baby in March. After welcoming the family to Thrive, I always tell them about how Thrive came to be and a little bit about our history. It's important for our families to know this part of our story because it's so unique. I love sharing it! The infant room was our first stop. I shared with them the typical information about the infant room and then asked one of the teachers to share a bit about how the infant room works. I love that prospective parents get a chance to talk with my teachers when they tour the center. It begins to build that relationship immediately. As we made our way down the hallway, we stopped at the Family Resource Center room and I shared all of the amazing things that the group of volunteers do for the children and families at Thrive. To say this family was impressed with this piece of our program was an understatement. We toured the other classrooms and made our way back to my office. The tour lasted an hour and, in that hour, this mom decided that Thrive was the right place for her and her family. She loved everything about our program and was excited to hear that we would have room for her baby in March. The next day I received an email from this mom and her words put a big smile on my face!

"Yesterday I had a tour of the center and met some of the most wonderful people. Yesterday Thrive won my heart. It wasn't the fact that everything was brand new and shiny (although that is a plus) but because of how much it felt like a community more than a child care center. To hear about the resources and the volunteers that donate time for mothers and families was overwhelming. What an awesome place."

Every day, I get to see what a great place Thrive is for children and their families. It warms my heart that this mom saw that after just a 1-hour tour. Each of our families and staff play an important part in the Thrive community. We are a growing community and with each new family comes another opportunity to provide an amazing experience and welcome them to this awesome place called Thrive!

- Tanya Goretzki, Executive Director of Thrive



Letters from Guatemala

My name is Nikki Gensmer. I currently work as Team Coordinator for Project Salud y Paz here in Camanchaj, Guatemala. In a couple of weeks, I will already be celebrating my one year with Salud y Paz and my one year anniversary of moving abroad to live in Guatemala.

The leap has been the scariest and hardest and also the most wonderful and beneficial experience of my life. I have a personal connection to your church. Before moving here, I worked at CUMC in communications and design for 3 years. I am forever grateful to my CUMC family and friends that inspired me, moved me, and supported me while in the states and also now in my move and life in Guatemala. Without CUMC, without my friend Pastor Katy stopping by my office every now and again to say, "Hey, you should come to Guatemala with us next time! Planning meetings are starting!" I'm not sure I ever would have ended up here in Guatemala.

To say I felt called is sort of accurate, and I like thinking that. People refer to their mission experiences abroad as such. But, honestly, more so, I like to think that something larger than myself had this beautiful adventure in place for my life. This path. I just had to let myself surrender to the possibility.

I used to serve on teams myself. Now, each year, Jose Hernandez, myself, and the rest of the amazing Salud y Paz crew, plan and host 20-40 medical, dental, optical, surgical, and construction mission teams in rural Guatemalan villages. We have three clinics staffed by Guatemalan doctors, dentists, nurse, lab technician, social worker, and many other staff members. We have a full time pre-school, kindergarten, and first grade that helps children bridge the gap between speaking the Mayan language of Quiche ("Key-chay") to speaking Spanish in the public schools they will hopefully someday attend.

Salud y Paz is making a difference and it's important for you to understand that we couldn't do it without you.

Your team just returned home to you in Rochester from a week long mission in Guatemala with me as the host. They worked hard. We saw nearly SIX HUNDRED, patients in a matter of 4.5 days. And I'd like to say that we didn't turn anyone away. But the truth is that we had to turn quite a few people away.

The need in Guatemala is great. Everyone served fully. And I am SO proud of my home team.

Your church has been supporting and sending medical and optical missions to Guatemala through Salud y Paz for 16 years now. Your church has given birth to six full-time volunteers moving their lives to Guatemala to





work for Salud y Paz because they believe so much in the organization in the mission. Currently it is myself and John and Jan Lage who also send you their love. You've supported the mission in thought, prayer, monetary donations, and many other ways. you should be proud. If you've served on or lead a team yourself, thank you! If you haven't, I'd highly suggest you give it a go. I can say from first-hand experience that you truly make a difference. you make the world a better place.

Your church is also currently the only medical mission that also includes an inventory of distance or prescription glasses to bring to Guatemala. I write to you today for many reasons—to say hello to old friends, to thank you for your years of support, but also to instill the importance that your optical mission has on the people of Guatemala.



Sometimes we are helping a patient see their weaving piece, their craft, their artwork, their WELL BEING, clearly for the first time in their entire life. Sometimes we are helping the farmer protect their eyes with their first ever pair of glasses or sunglasses. I write to you today to tell you how very important your entire mission is, but specifically to tell you how rare your optical work with your Guatemalan brothers and sisters is. You are changing their lives one seemingly simple pair of glasses at a time.

Please do what you can to keep Guatemala in your mind and on your hearts this time of the year and always. And know that I personally wouldn't have been able to do what I do, nor would the whole Salud y Paz organization, without your continued support.

If you'd like to read more about the organization, visit www.saludypaz.org. If you'd like to see some of my photos and read about some of my personal experiences, you can visit my blog site at www.elementalperspective.com Sending you the utmost Salud (Health) and Paz (Peace) from Guatemala as you make your way into 2019 and beyond.

Thank you!!

- Nikki Gensmer



New LED Lighting

We hope you have noticed the new LED lighting in the Commons, ECC, office, Fireside Room, restrooms and the hallway going to the children's wing. One hundred and sixty bulbs, spot and flood lights have been replaced. We feel it definitely makes those areas much brighter. CUMC will have lower maintenance costs with the LEDs and they are more energy efficient. When you see Jerry Blaisdell, Mary Schmidt, Roy Schroeder, Diane Ilstrup, Deb Jensen, and Kent Nymann, our Building Manager, thank them for climbing up and down the ladders to put in the new LEDs.

The outside fluorescent lights over the front doors have also been replaced with LEDs. The lights in the chapel and the neon lights in the Commons will be replaced with LEDs next.

- Diane Ilstrup



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!



Thrift on Fifth is now open every Wednesday, Saturday, and Sunday. We are ready and able to accept them, 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



In Memoriam

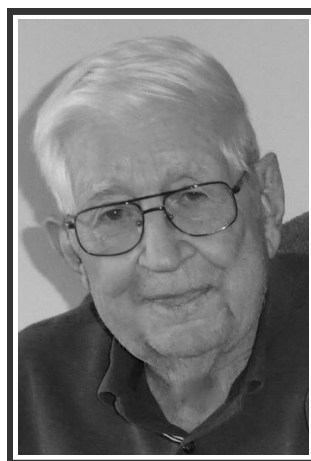


Delores Johnson

October 16, 1936

~

December 26, 2018

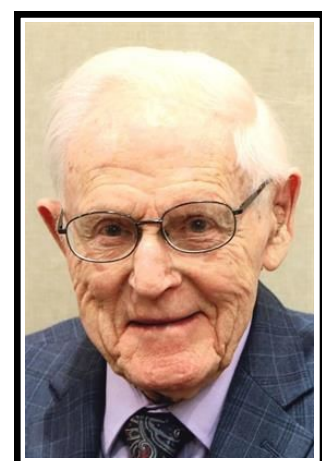


Thomas Simmons

October 1, 1928

~

December 21, 2018



Warren Zimmerman

March 13, 1922

~

January 3, 2013

Volunteers Needed - Audio Technician

We need your help in running the 9:00 AM worship service. We are looking for volunteers who want to learn how to run the sound system in the CUMC sanctuary. All training is provided. Volunteers will learn how to set up microphones for vocal and instrumental performances, how to run the sound system during the 9:00 AM service, and how to edit the 30 minute radio broadcast that runs on 1520 AM at 11:30 AM each Sunday. Please call Joel Ott at 507-226-1115 or email joelott@outlook.com if you are interested.

Sanctuary Church Update

The Isaiah Organization has been very helpful in the Sanctuary Church Movement. It was established in Minnesota as a vehicle for congregations, clergy and people of faith to act collectively towards racial and economic equity. In 2000 three independent congregation based community organizations came together to form this organization. It now helps train individuals in churches that provide sanctuary for immigrants. CUMC is a support church to the Unitarian Universalist Church and the Peace United Church of Christ. Many members of CUMC have volunteered to support these two Rochester churches. Isaiah will do a training session at 6 pm on February 4 for all Rochester sanctuary church volunteers at Peace United Church of Christ. This training is for the accompaniment of immigrants.

A legal defense fund for immigrants has now been officially established. The Interfaith Coalition subcommittee SMILD (SE Minnesota Immigrant Legal Defense) has set up this fund through the Diversity Council and has received donations of around \$4,000. Members can donate through CUMC by indicating that the donation is for the Immigrant Legal Defense Fund.

The March 17th Sunday Forum at CUMC will host Habibo Haji who will tell her compelling story of determination; Conquering the Odds: The Journey of a Shepherd Girl. She makes us realize that the American Dream still exists.

Notes from Pastor Nancy

The MCI group for persons with mild cognitive impairment or early stage dementia and for their support person(s) will meet again Wed. Feb. 20 at 10 am in the family room. Pastor Nancy facilitates a discussion of a topic. People are welcome to bring in a topic to discuss. Participants find it a safe place to talk about their experiences and to learn from each other. It offers one path of healing for those who come. Participation is confidential.

Save the date: April 4 from 6-7:30pm we have the privilege of having Victor Vieth come to Christ UMC to talk with us about child abuse and church life. He is a nationally known speaker on this topic and serves on several national boards. He served as a prosecutor in child abuse cases and then went on to earn a degree from Wartburg Seminary.

One of our connect groups is meeting at Shorewood to enable a member to attend more easily. What a great way to extend caring for each other in our community of faith!

In January our Parish Ministers and Lay Visitors attended an education event led by Dr. Ed Creagan on his book Vital End of Life Questions with Candid Answers. We welcome Rev. Kitty Burbo as a new Parish Minister and Paul Ray and Rick and Kathy Jones as new lay visitors.

Pastor Nancy continues to serve on the Community Advisory Board of the Mayo biobank. We look at ethical and moral issues raised by the ever expanding science surrounding research and the human genome.

Soon our congregational care notes from clergy and lay visitors and parish ministers will be recorded in our new data base and then clergy and Parish Ministers will be able to enter their own notes. This will improve the coordination of congregational care.

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. Thank you.

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Exploration of Racial Justice Issues: Part 2

Sundays 10:10am - Room 135
February 3, 17, March 3, 17, 31, & April 7

The discussion will help participants learn how people of European descent can engage in their own racial understandings before doing effective work in the area of racial equity.