

SPIRIT



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

Pastor's Pen with Pastor Kirkland



Are you sitting down? I hope so because I have a question that may well strike at the very core of your personal philosophy. Ready? Here it is:

What if the Hokey Pokey is what it's all about?

Seriously. Think about it.

Alright, maybe the Hokey Pokey doesn't pose the searing philosophical question I made it out to be. But hopefully you now have a smile on your face, or maybe you even laughed out loud at the absurdity of the question. But if you think about a group of kids singing and dancing to the Hokey Pokey, it really makes a great metaphor for focusing on what matters most:

You put your whole self in. You put your whole self out. You put your whole self in and you shake it all about. You do the Hokey Pokey and you turn yourself around. That's what it's all about!

The Hokey Pokey asks us to put our hands, feet, head and eventually our whole selves in because, as the song goes, that's what it's all about. God's call is all about that as well: inviting us to give generously, joyfully, even sacrificially, for sharing hope and building beloved community.

This month we are exploring what it means to be "All In" as we consider what truly matters in our practice of faith and stewardship as a church. "All In" is the name of our 2024 stewardship campaign throughout October we'll hear from witnesses and reflect on scripture stories about what it means to give our whole selves to the work of God.

We'll use our hands to reach out and invite new people and to engage in life changing service. We'll use our feet to cross barriers and step out to the margins. We'll use our heads and hearts to take control of our relationship to money, rather than let money take control of us. And we'll find ways to offer our whole selves for growing in our love of God and our love of neighbors.

I believe this will be a joyful and joy-filled month as we explore God's call for our church, why we give, and what it's all about. I promise we won't make you do the Hokey Pokey every week in worship, but I encourage you to be prepared for a little dancing and shaking all about.

On October 29, at both the 9am and 11am worship services, we'll culminate our exploration of being "All In" on Commitment Sunday. This will be an opportunity to make a commitment of your gifts for the coming year and a time to celebrate ministries that are already at work.

I hope as we dance, sing, pray, and worship together that you'll consider how God is calling you to share your gifts with Christ UMC in the coming year. There are new ministries bubbling up both within and beyond our church. And I believe that we together possess the hands, feet, heads and hearts needed to bring those to life.

So put your dancing shoes on, friends, and let's offer our whole selves to what God is doing in our lives. After all, that really is what it's all about!

Be well and stay encouraged,

Pastor Kirkland

<u>World Communion Sunday Special Offering on October 1, 2023</u> Holy Communion joins us in Christian unity. This sacrament invites us to focus on the holiness of communion with God and one another. Special Gifts for the United Methodist World Communion Sunday Special Offering fund ministries that support racial and ethnic students in achieving their educational goals while also transforming communities.

In 2021, World Communion Sunday offerings awarded 242 scholarships and grants. Your generosity continues to provide scholarships, grants, mentoring and training for leadership development. The needs exceed what the UMC can fund and your gifts can further growth and success.

Fifty percent of the offering provides scholarships for graduate students from the U.S. and other countries. Thirty-five percent supports racial and ethnic scholarships for students pursuing ordained ministry (deacon or elder) and includes a mentoring program. Fifteen percent funds Ethnic-In-Service Training Grant for leadership development, recruitment, training, and retention of ethnic United Methodist persons in leadership positions in every level of the church and its ministry.

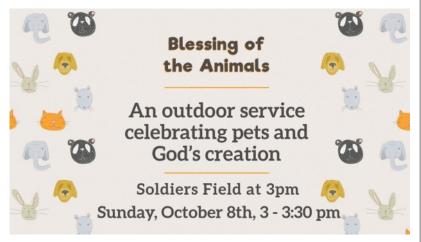
Through our gifts and support, we can invest in talented, qualified students from around the globe to transform the world as witnesses for Christ. Make your special gift in worship on October 1 or online at cumethodist.com/give.

Advent Devotional Out of the Blue For the Advent season this year, the blues musical tradition will be our guide through scriptural stories of resilience and hope as we prepare for the coming of Christ. We'd love to hear your reflections on the Advent season and the blues for our Advent devotional. If you have a submission in writing (approximately 150 words) in prose, poetry or musical lyrics, or visual art or photography please contact Pastor Jenny at pastorienny@cumethodist.com to sign up. The deadline for submissions for the Advent Devotional will be November 5th.

<u>Blessing of the Animals</u> Join us to celebrate pets and God's creation. All pets are welcome! We will also take time to give thanks for beloved companions who are no longer with us. Contact Pastor Jenny at <u>pastorjenny@cumethodist.com</u> for more information.

Save the Date- All Saints Service, Sunday November 5th We will celebrate All Saints Sunday on November 5. We will remember Christ UMC members and participants who have died in the past year.

2023 Foundation Giving Curious about your options? Check out our 2023 Foundation brochure at for all your giving needs. Head to cumethodist.com/foundation and click on 'Foundation Brochure.'



<u>RPS Referendum Info Session</u> Oct. 8, 10:15 am Wesley Hall Superintendent Dr. Kent Pekel will join us for an information session on the upcoming RPS referendum and proposed technology levy. Dr. Pekel will take questions and share information about the purpose of the levy as well as the financial impact for Rochester homeowners and businesses.

Children's Ministry



Youth Ministry

Sunday School, CU Wednesday, Confirmation and Youth Group have all resumed! All of our groups are excited to welcome new members—including 4 new bell ringers, bringing our total to 16 young ringers! Jody, Karla, Paul and Amanda have enjoyed getting to know new kids and kids who are trying new things. We need volunteers to make these ministries happen. To sign up talk to Jody or Amanda or sign up at https://tinyurl.com/cumcvols

In October we have a number of special events, including a Day of Service over the MEA break. On Thursday, October 19 a group from our church will work on projects with our Thrive and Thrift on 5th ministries and then head up to the Cities for Feed My Starving Children. We have 10 remaining spots for kids 3rd grade and up. (Parents are not required to attend, and drop off is flexible—we plan to be back around 5:00pm.) To sign up email pastoramanda@cumethodist.com.

October

1 9:00 and 11:00 Worship and Sunday School

4:30-6:00 Youth Group! Tonight we will be playing board games and planning for future events.

- 4 CU Wednesday
- 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 Short Film Festival on climate change solutions. What is actually working to help slow (or even repair) climate change? How can everybody advocate for change? Join our EarthKeepers, the Sierra Club and other guests to view a Climate Change 101 movie and discussion.

- 11 CU Wednesday
- 15 9:00 and 11:00 Worship and Sunday School

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

6:00-7:00 ASP 2024 planning meeting

18 NO CU Wednesday (MEA)

- 19 Day of Service
- 22 9:00 and 11:00 Worship and Sunday School

No Youth Group (MEA)



Children & Youth Cont.

25 CU Wednesday

29 9:00 and 11:00 Worship and Sunday School

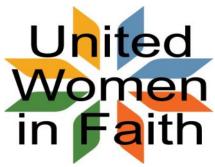
4:30-6:00 Youth Group! Cosplay Party! Dress up in your best Cosplays (or costumes) for a photo shoot around the neighborhood.

Save the Date: Growing Faith in Our Homes for the Holidays

Sunday, November 12, 4:30-6:00pm

How can we all create opportunities for faith to grow in our homes? Join the Congregational Care and Children, Youth and Family ministry teams for a workshop on Faith at Home for the Holidays. You will leave this intergenerational event with ideas to creatively grow your faith (and even share it with your guests) in your home over the Thanksgiving---New Years holidays.





Thank you, thank you, to all who made the United Women in Faith Rummage Sale a great success. Each of you who volunteered to unload cars, arrange the sale, help with advertising, worked with the shoppers, fed us, shopped the sale, helped clear away the left overs and load and unload the trailer, and so many other efforts which made the sale run smoothly and successfully. We appreciate each and every one of you.

> We raised close to \$2800 this year. These funds will go towards our annual Pledge to Mission. With these funds the United Women in Faith work for justice through compassionate service and advocacy to change

unfair policies and systems that harm women, children and youth.



Flu Shot Clinic Sunday, October 1st





Hy-Vee will be offering on-site flu shots at Christ United Methodist on

SUNDAY | OCTOBER 1 | 8:30AM - 11AM

Please bring proof of insurance to the event.



Cash price is approximately \$42.99 for the standard dose quadrivalent flu shot without insurance.

Why should I get vaccinated?

Influenza is a serious disease that can lead to hospitalization and sometimes even death. An annual flu vaccine is the best way to reduce the chances that you will get the flu and lessen the chance that you will spread it to others.

Who should get vaccinated?

Although everyone who is at least 6 months of age should get a flu vaccination, at this clinic Hy-Vee is offering the vaccine to those over the age of 3 years

Which vaccine is offered?

Hy-Vee is offering a quadrivalent injectable vaccine (ages 3 and over). The FluMist intranasal vaccine, if available, (ages 3-49), and a high-dose quadrivalent injectable vaccine recommended for those over the age of 65, if available.

ource: Centers for Disease Control and Preventi http://www.cdc.gov/flu/protect/keyfacts.htm

Vaccine is FREE of charge for Medicare patients and is fully covered by most insurances.

This year we are partnering with Family Promise for their 3rd Annual Trunk or Treat! This is a free event for all ages and this year they are recommending an in kind donation: toilet paper, paper towels, baby wipes or a non perishable food item.

This event is held in the United Way Parking lot at 903 W Center St, Rochester, MN 55902.

If you'd like to decorate a trunk please sign up here: https://www.signupgenius.com/ go/30e0c4fa4aa22a3f94-3rdannual









Saturday Noon Meals

The Saturday Noon Meal program has again set a new record in August - serving an average of 75 guests each Saturday! Since November 2022 - we continue to see a growth of guests each month.

We appreciate our dedicated volunteers who support this growing ministry program. With the large number of guests - 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 of food resources. Thank you to Thrift on Fifth and Zumbro Valley Medical Society Foundation for the donation of clothing and socks. Thank you to our new donor - 125 LIVE - for donation of food resources.

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

Individuals have asked if the SNMs program has any needs at this time. We are always in need of paper napkins and blocks of cheese (used for appetizers). We appreciate any support provided to the SNM program.

If you are interested in supporting or volunteering with the SNM program, please contact Kathy Lombardo at kathryn.lombardo@gmail.com or at 507-398-2686.

Thank you for your support of this ministry program.



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CUMC Vegetable Garden

The vegetable garden has continued to provide an abundance of fresh vegetables during the month of September. As of September 21st - the garden continues to provide a large number of tomatoes every 2 to 3 days which has allowed us to serve fresh tomatoes many Saturdays to our guests at our Saturday Noon Meal program. Thank you to everyone who has provided assistance with watering this summer.

We continue to harvest tomatoes, kale, eggplant, green and red peppers, mint and herbs. We have many squash and pumpkins plants that will be harvested this fall.

We provide fresh vegetables 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! Thank you for your support! We have also been able to make salsa with our plentiful tomatoes and pepper jelly with our wonderful pepper crop. These are being sold on Sunday mornings to support the Saturday Noon Meal Program. If you are interested in either of these products and miss us on Sundays - please contact Kathy Lombardo. The St. Francis girl scout troop will again be assisting with clean-up of the garden this fall.

From The Ministry of Congregational Care

Mayo Clinic 2023 Conference on Brain Health and Dementia

Saturday November 4, Mayo Civic Center, In person or livestream. In conjunction with AARP Minnesota and the Alzheimer's Association.

To learn more and to register: ce.mayo.edu/bhd23

If you want to livestream or attend in person with others from CUMC, please sign up in the office by Oct. 26, with your name, contact info and which option you prefer.

<u>Congratulations to our new 50 year members</u> Delphine Holtz, Pete Schuller, Deborah DeWeese, Paul Kirkham, Delphine Nelson, Merle and Jane Thompson and William and Ruth Van Vugt.

One of the ways we offer care to church members, frequent participants and guests is through Care Notes. These are pamphlets that cover topics such as grief for all ages and many kinds of losses, as well as dealing with emotional health, all from a Christian faith perspective. You will find them on plastic racks on the wall in the Commons by the doors to the ECC (Education Conference Center). Look for the doors closest to the coffee machine.

<u>Calling all lay visitors, callers and care visitors</u> We will have a time of gathering on Saturday Oct. 14 from 10 -11 am in Room 145. Those who may be interested in joining either ministry team are welcome.



New lay visitors Rebecca Harrington & Gay Stephan



New lay visitor George Hagge

Paster Mancy Whale Handler

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Faith → Life: Learn from Christ's Teachings

"God speaks to us in three places: in scripture, in our deepest selves, and in the voice of the stranger." Thomas Merton

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

October Faith-->Life 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.

No One Dies Alone (NODA) Program

And Other Volunteer Opportunities with Mayo Clinic

October 15, 2023, 10:00 am In-person Wesley Hall and on Zoom

Presenter: Maria D. Baer

Manager of Volunteer Programs at Mayo Clinic

Mayo Clinic offers many volunteer opportunities to make a difference in a person's life. The No One Dies Alone (NODA) program is an opportunity to also give comfort and bear witness to someone's passing when friends and family are not able to be at their bedside. Learn more about this special program that offers compassionate care at the end of life and how you can become a volunteer for NODA or another volunteer program with Mayo Clinic.

Previous forums are archived at:

https://youtube.com/christunitedmethodistchurchrochestermn

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) or on Zoom: https://us02web.zoom.us/j/832924941?

pwd=VXFEK3I6UVRWeFRObzRjeGR5VUImQT09 If you are interested in joining the class,

email Joel at joel.charlson@gmail.com to receive the weekly Wired Word.



Faith → Life: Cont. Connect Groups

View a complete listing of groups and classes with more information at 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.

Short Term Class

A Disciple's Path

Hosts: Pastors Jenny and Kirkland

Time: Sundays, October 1, 8 and 15, 4:30 – 6:00 PM

Place: Fireside Room

If you are new to church or simply looking for a way to grow in your faith and connection to CUMC, join us for a 3-week study of *A Disciple's Path* by James Harnish led by our pastors. The companion reader is available for \$7.00 through the church. Contact Pastors Jenny or Kirkland with any questions

or to RSVP (507-289-4019).

Connect Groups

Breakfast Fellowship

Hosts: Amy Humphrey and Dean Swanson **Time:** Wednesday, October 11th at 8:30 AM

Place: Charlie's Restaurant at Hillcrest Shopping Center

CU Wednesdays Crossroads

Hosts: Pastors Jenny and Kirkland

Time: Wednesdays, October 4, 11, 25 at 6:30 PM (after CU Wednesday dinner)

Place: Room 145

BeADisciple Bible Study

Dinner/Lunch Club

It's not too late; 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 <a href="mailto:m

Faith \rightarrow Life: Cont.

Garden Ministry

Host: Mary Schmidt

Time: Thursdays, 8:30 – 10:30 AM and a Fall Workday

Place: CUMC Grounds

We will be doing fall clean up, mulching, trimming and planting. Bring your own gloves and

gardening tools if you have them. Contact Mary at oronocombs@yahoo.com

Hand & Foot Card Group

Hosts: Brian and Millie Webb

Time: October 15, 4:00 - 6:30 PM

Place: Member's 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 or text Millie at 608-212-9706

Knit One Pray, Too

Host: Marjie Blaisdell

Time: Wednesdays 10:00 AM – 12:00 Noon

Place: WebEx

Contact Marjie at <a href="mailto:mai

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=czVQNzIxTTE1eHdvdmgzZIBXdmsxZz09

Contact Dick at rk.estry@gmail.com for further information.

Tea and Tacos

Host: Armanda Vanderheiden

Time: Saturday, October 14th, 21st at 10am, Saturday, October 28th "Girls' Night Out"

Place: Room 145

A sacred and safe space for women of all generations, backgrounds and beliefs to do life together. No need to register; drop-ins welcomed. Childcare available.

Theology on Brew

Hosts: Pastors Jenny and Kirkland

Time: Thursday, October 12th at 6:30 PM **Place:** LTS Brewery, 2001 32nd Avenue NW

Young and young-at-heart adults are welcome. Join others to connect and discuss life, theology and everything! Contact Pastors Jenny and Kirkland with any questions.

Dear CUMC members,

We are members of Isaiah, a multi-faith, nonpartisan organization that seeks to enact social justice through legislative and political means. 2023 was a banner year for legislation to support Minnesotans and their families - but a lot of work remains to be done.

To develop our future program, we have turned to our neighbors. This summer we have had hundreds of conversations with Rochester citizens about the social issues that keep them awake at night, and about their hopes for Rochester in the future. On October 22, we will host The Agenda Summit, inviting people of faith/faith leaders such as yourself, the people we have heard during our listening campaign, and key elected officials accountable for the future of Rochester, to meet and review our findings and respond to their challenge.

With your input and support, we will refine a legislative agenda for the coming year.

Please join us -

October 22, 2023

2:30 - 4:30 pm

Rochester Math and Science Academy

415 16th St. SW

Please let us know if we can help with any additional questions or comments.

Toni Kay Mangskau (612-227-9585)

George Romano (507-358-4614)

Nick Miller (504-214-5544)

World-class schools.
The greenest city in the country.
A home for every neighbor.
An end to medical debt.



What can you imagine for Rochester?

How could we make it possible together?

Rochester \

A new path for our community.

Agenda Summit

Scan to register:

Sunday, October 22 | 2:30-4:30pm Rochester Math & Science Academy 415 16th St SW



This year, ISAIAH and Muslim Coalition leaders have held hundreds of deep listening conversations to write an agenda for the Rochester we deserve. The Rochester we want to organize for.

This summit is a declaration of that draft agenda to neighbors, community leaders, and elected officials. Come learn what we heard, make your mark on this path, and decide how we'll win it together.





Elijah Gunter January 24, 2004- August 14, 2023

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Sunday	Wonday	luesday	Wednesday	Inursday	Friday	Saturday
18 World Communion Sunday 8:30am Sunday Nursery Opens	2	3	4	5 UWF Circle 4 7pm	6	7
8:30am Flu Shot Clinic	Study Group	Christ	Too	Group		Meals
9am Traditions Worship	טימטן טיטידי	1pm Covenant Group	4pm Thrift on Fifth	8:30am Covenant		(Serve @ 11am)
9:15am Children's Sunday School			Open (till 7pm)	Group		9am Thrift on Fifth Open
10am Thrift on Fifth Open			5pm CU Wednesday	8:30am Garden Ministry		2pm Thrive Gala Set Up
10am Third Sunday Forum 11am Arise Worship			6:00pm Celebration	1pm Women's Book		6:30pm Thrive Gala
11:15am Children's Sunday School			Bells Rehearsal	Group		_
11:15am Children's Sunday School 4:30am A Disciple's Path			7pm Chancel Choir	4pm Arise Band		
4:30pm A Disciple S Path			Rehearsal	rehearsal		
4:30pm Youth Group						
Opens	1:00pm Women's	10:30am Staff	8:30am Breakfast	8am Thursday Men's	10am Women & the	7:30am Saturday Noon
9am Traditions Worship	Study Group	Meeting	Fellowship	Group	Sacred	Meals
9:15am Children's Sunday School		11:30am Brothers in	10am Knit One Pray,	8:30am Covenant	10am Rug Hooking	(Serve @ 11am)
10:15am RPS Referendum Info Session		Christ	Too	Group	Group	9am Thrift on Fifth Open
11am Arise Worship		1pm Covenant Group	Open (till 7pm)	8:30am Garden Ministry		2005 File Contact Colobration
11:15am Children's Sunday School		(Wesley Hall)	5pm CU Wednesday	1pm Women's Book		of Life & Reception
3pm Blessing of The Animals		7pm Thrive Board	6:00pm Celebration	Group		_
4:30pm A Disciple's Path 4:30pm Climate Change 101 Film & Discussion		Meeting	Bells Rehearsal	4pm Arise Band		
C			7pm Chancel Choir	rehearsal		
				Brew		
15	16	17	18	19 UWF Circle Day	20	21
Oam Sunday Nursery Opens	1:00pm Women's	11:30am Brothers in	10am Knit One Prav.	8am Thursday Men's		7:30am Saturday Noon
9am Traditions Worship	Study Group	Christ	Too	Group		Meals
10am Thrift on Fifth Open		1pm Covenant Group	4pm Thrift on Fifth	8:30am Covenant		(Serve @ 11am)
10am Third Sunday Forum			6:00pm Celebration	8:30am Garden Ministry		10am Tea & Tacos
11am Arise Worship			Bells Rehearsal	1pm Women's Book		
4:30pm Youth Group			7pm Chancel Choir	Group		_
4:30pm A Disciple's Path			Rehearsal	4pm Arise Band		
6pm ASP Planning Meeting				6pm Leadership Board		
				Meeting		
22	23	24	25	26 UWF Circle 4 7pm	27	28
8:30am Sunday Nursery Opens	1:00pm Women's	10:30am Staff	10am Knit One Pray,	8am Thursday Men's	10am Rug Hooking	7:30am Saturday Noon
9am Traditions Worship 10am Thrift on Eifth Onen	Study Group	Meeting	Too	Group	Group	Meals
10am Inritt on Hitth Open 10am Third Sunday Forum		11:30am Brothers in Christ	4pm Thrift on Fifth Open (till 7pm)	8:30am Covenant Group	10am Women & the Sacred	(Serve @ 11am) 9am Thrift on Fifth Open
11am Arise Worship		1pm UWF Quilters	5pm CU Wednesday	8:30am Garden Ministry		11am Tea & Tacos Offsite
		(Wesley Hall)	6:00pm Celebration	1pm Women's Book		4:30pm Family Promise
		4:30pm EarthKeepers	Bells Rehearsal	Group		Trunk or Treat
		Flower Moon Book	/pm Chancel Choir Rehearsal	rehearsal		
		Group				
29 8:30am Sundav Nursery Opens 9am Traditions Worship	30 1:00pm Women's	31 11:30am Brothers in				
9:15am Children's Sunday School 10am Thrift on Fifth Open	Study Group	Christ				
10am Third Sunday Forum						
11:15am Children's Sunday School						

Christ United Methodist Church 400 Fifth Avenue SW Rochester, MN 55902 507-289-4019 email@cumethodist.com

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