

Office Hours
Tuesday-Friday
9:00 a.m.—3:00 pm
754-4247

Staff
Rev. Dr. Russell
Anderson

Church Secretary
Carrie Hancock

Custodian
Integrated Life Choices
Call Office

Committee Chairs
Admin Council
Joe Swanson
750-6063

Board of Trustees
Buzz Todd
Brenda Starkey

Finance
Dave Harrington
750-2551

Staff/Parish Relations
Bob Rasmussen
750-0151

Worship
Lynda Berggren
750-2324
Becky Schwenk
687-6483

Mission-Outreach
Nancy Harrington
754-4247

UMM
Dave Snow
Tom Knutson

UMW
Carol Tjernagel
750-2830

Education
Nancy Harrington
754-4247

VBS
Vacant

Auditor
Larry Hurlburt

United Methodist Church Newsletter



December

2019



stpaulneunitedmethodistchurch.com

The lights are successfully hung on the house. The tree is up, and most of the pre-lit bulbs actually work. The ornaments from days gone by, handmade when the girls were young, have been carefully hung from the branches. Wreaths, Ivy and snowpeople have all been placed in their perfectly selected locations inside and out. And the nativity set, handmade in Bethlehem, has carefully been placed upon the library table for all to see. Soon there will be packages wrapped in colorful paper and adorned with ribbons and bows placed neatly under the tree, all in anticipation of the child who appears. These are the things we do to point the way to the coming Christ child – Emmanuel, God with us, the one who came to save us from ourselves – signs and symbols Christmas is drawing near. The prophets of old foretold it. The sages watched and waited for the day. Devotees longed for it. And year-after-year we decorate our homes to celebrate his coming.

In an insignificant place, known for the growing of the wheat used in baking of bread, and the herding of sheep by lonely shepherds out in the fields by day and night, the light of the world broke into our darkness and pitched his tent among us. In a place thought to be too lowly for the birth of a king, the bread of life, the gentle shepherd of our souls, the king of the world, come. It does not matter who you are, where you come from, rich or poor, the Christ child comes again and again, year after year, into our homes and into our hearts bringing light and hope into our gloomy world. This in-breaking of God's presence into our world brings healing to that which is broken, inclusion of that which has been forsaken, hope to that which seems forlorn; and we celebrate it with brightly lit evergreen trees, nativity scenes, cheery decorations and Christmas packages.

This Christmas, as you rush about in the franticness of this holiday season – parties, school programs, shopping for that perfect gift, baking Christmas goodies – remember to pause, to look to the star, to ponder the nativity and listen for the cry of a tiny baby shattering the darkness piercing it with peace, joy, love and hope. Pause long enough to remember God did this just for you. God came to be with you. God came so that you will know him and his great love for all people.

Wishing each of you a very blessed Christmas. May you find, and experience, the joy of Emmanuel.

Grace and peace,
Pastor Russ

December Worship Services

December Worship

December 1st: First Sunday of Advent with Holy Communion.

Service of the Chrismons

Liturgical Color: White

Isaiah 2:1-5

December 8th: Second Sunday of Advent

Liturgical Color: Purple/Blue

Isaiah 61:1-3

“Christmas Past”

1st in the A Christmas Carol worship series.

December 15th: Third Sunday of Advent

Liturgical Color: Purple/Blue

Luke 1:46-53

“Christmas Present”

2nd in the A Christmas Carol worship series.

December Worship

December 22nd: Fourth Sunday of Advent

Liturgical Color: Purple/Blue

Isaiah 53:1, 4-6

“Christmas Yet to Come”

3rd in the A Christmas Carol worship series.

Care home services: Brookefield 1:30 pm; Mate-lyn 3:00 pm.

December 24th: Christmas Eve candlelight service with Holy Communion at 5:00 pm.

Liturgical color: White

Luke 2:1-20

“No Vacancy”

December 29th: First Sunday after Christmas

Liturgical Color: White

Youth Sunday

Service of Lessons and Carols

Join us December 11th from 5-7pm!
Live Nativity, Soup Supper and Bake Sale

The kids will put on a live Nativity on the Church lawn (weather permitting). After you see the live Nativity and hear the Christmas story move inside to enjoy a warm bowl of soup and homemade bread! Don't leave without your favorite baked good!



Christmas Eve Service

Please join us for Christmas Eve service, December 24th, at 5:00 pm. This will be a candlelight service with Holy Communion.

October Offering Totals

Oct. 6th:	\$2,748
Oct. 13th:	\$2,693
Oct. 20th:	\$1,961
Oct. 27th:	\$1,491

October Attendance

Oct. 6th:	84
Oct. 13th:	91
Oct. 20th:	69
Oct. 27th:	111

(27th total including 26 from Nursing Home services)



Holy Land pilgrimage: Lands of the Bible Cruise.

Pastors Russ and Trudy invite you to join them on a 12-day pilgrimage, October 24 – November 6, 2020, exploring the very places where Christianity began and flourished. We will walk in the land Jesus called home and step foot in the places Paul traveled on his missionary journeys.

This all-inclusive (round-trip airfare, transfers, cruise, most excursions, fees and taxes) pilgrimage begins and ends in Rome aboard Royal Caribbean's Explorer of the Seas as it sails to ports in Greece, Turkey, Italy and Israel. While aboard the ship you can take in Broadway style shows and Ice-skating extravaganzas. When docked in port we will visit such places as Bethlehem, the place of Jesus birth; Jerusalem where Jesus gathered his disciples in the Upper Room, the Garden of Gethsemane where Jesus prayed, Caia-phas' house where Jesus faced trial, and the Church of the Holy Sepulcher built over the site of his crucifixion. We'll also travel to the Sea of Galilee for a boat ride; visit Capernaum where Peter lived; the Mount of Beatitudes and Tabgha where the feeding of the 5,000 occurred. Plus, we will sail to some of the places Paul visited on his journeys such as Corinth, Ephesus, Athens and Cyprus.

This pilgrimage to the Holy Land and ancient ports will undoubtedly enrich the way you read and experience the Bible. So, we invite you to come sail with us on this faith adventure for spiritual renewal and awakening. We are hosting several informational meetings so you can learn more with several dates and locations to choose from for your convenience, The next two available dates for these informational meetings are Sunday, December 8th at 1:00 pm here at the St. Paul UMC, and also on Sunday, December 15th at 3:00 pm at First Faith in Grand Island. Register early and save.



Dec 2	Lory Thomsen	Dec 17	Joe Swanson
Dec 3	Don Lukasiewicz	Dec 18	Wilbert Potter
	Brittni Meyer	Dec 19	Susan Ross
Dec 4	Deborah Rasmussen	Dec 20	Mac Killinger
	Ursula Sorlie		Bobby McCann
Dec 5	Brenda Starkey	Dec 21	Jon Meyer
	Lou Tjernagel	Dec 22	Wade Berggren
Dec 9	Ryley Schulte		Dawson Fox
Dec 10	Carrie Thomas	Dec 24	Vincent Christensen
Dec 11	Zachary Rasmussen	Dec 29	Deb Wells
Dec 13	Rick Peters	Dec 30	Ethan Coslor
Dec 14	Charlene Craig		
Dec 15	Keith Gydesen		
Dec 16	Dave Harrington		

Happy Anniversary

Dec 4	Ray and Joy Risor
Dec 14	Mike and Liz Rawlings
Dec 21	Mark and Angela Feeny
Dec 24	Josh and Jannea Rudolf
Dec 26	John and Kelly Gebhardt
Dec 27	Chris and Ashley Meyer
Dec 28	Arlan and Kori Johnson
Dec 29	Jerry and Bonita Hawley



December at a Glance

1	9:00 am Adult Sunday School 10:00 am Worship Service 11:00am (After Worship service) Sunday School-kids Jacobsen-Greenway-Dietz Memorial service 3:00
2	UMM Meeting 8:00am Sweet Shoppe
4	Disciple Study with Pastor Russ 6:00 pm Youth Group Gr. 5-12 6:30 pm Choir 7:30 pm
8	9:00 am Adult Sunday School 10:00 am Worship Service 11:00am (After Worship service) Sunday School-kids
10	UMW meeting 1:30 pm Finance meeting 7:00 pm
11	Live Nativity/ Soup Supper/Bake Sale 5-7 pm
15	9:00 am Adult Sunday School 10:00 am Worship Service UMM Sunday 11:00am (After Worship service) Sunday School-kids
17	Ad Council Meeting 7:00 pm
18	Disciple Study with Pastor Russ 6:00 pm Youth Group Gr. 5-12 6:30 pm Choir 7:30 pm
20	Christmas Cheer items distributed 9-3
21	UMC helps with Food Pantry 9-11 am Blue Christmas service at St. Marks 6:30 pm
22	9:00 am Adult Sunday School 10:00 am Worship Service 11:00am (After Worship service) Sunday School-kids Nursing home services- Brookefield 1:30 & 2:00 Matelyn 3:00 pm
24	Christmas Eve Service- 5:00 pm
25	Christmas Day
29	9:00 am Adult Sunday School 10:00 am Worship Service (Youth Sunday) 11:00am (After Worship service) Sunday School-kids

We are starting a new prayer request list. If you would like your name added to this list, please let the church office know.

Thank you



Note: We can only publish prayer concerns with the permission of the people involved. Also, Pastor Russ often does not find out about hospitalizations. HIPPA regulations do not allow the hospital to call unless they are requested to do so. Please give him a call (Church 754-4247). if you or someone you know is in the hospital or desires a call. Thank you for your help.

Sunday



Worship time 10:00 a.m.

Fellowship 9:30 and 11:00 a.m.

Adult Bible Study

Sunday morning 9:00 am

Children's Education

Sunday School 11:00 am.

*New time –after Worship

Youth Group

Wednesday evenings 6:30 pm during school year

Thursday

Come 'n Go Coffee 10:00-11:00 a.m.

**Come, meet your church family.
You will like us!**

MISSION STATEMENT

'Making and Nurturing Disciples'

UNITED METHODIST CHURCH OF ST. PAUL

CIRCLE MEETINGS

No Circle Meetings this month



December

Epworth Village Needs:

Monetary gifts
Gift Cards to Walmart, Walgreens
Bosselman's or Casey's gas purchase cards
Menard's gift cards for maintenance needs
Reams of plain white copy paper
Antibacterial soap, hand pump or refillables
Alcohol-free hand sanitizer
Hand lotion-unscented
Generic hygiene products-hair products, body wash, feminine hygiene products
Infant-toddler hygiene products
Infant-toddler baby wipes and disposable diapers
Paper towels, toilet tissue, napkins
Medium laundry baskets
Large duffle bags for foster care belongings
Basic cleaning supplies for a home
Letter/brochure folding machine
Manila folders and label stickers





Blue Christmas: A night of Remembrance and Hope

December 21st at 6:30 PM at St Mark's Lutheran Church.

Christmastime is not always joyful for everyone. The longest and darkest nights of the year come just before Christmas. So, on the longest and darkest night of the year we pause to honor and remember the grief and pain some feel through the death of a loved one, a divorce, job loss, illness, or a whole host of other situations the human heart can journey through. As the calendar begins to make the shift from long dark nights to the growing light of hope, a Blue Christmas service offers a sacred space to reflect, and accept where we are, all the while holding out healing and hope for better days. All are welcome to come. Invite your friends and neighbors who you know are struggling this time of the year to join you at this service.



Christmas Cheer



Christmas is here! Well....almost here. By the time you are reading this, the deadline will have passed to submit an application for the 2019 Christmas Cheer program. That deadline was November 22nd. As of this writing we have received six application with more yet to be returned. Once we receive these applications, the Christmas Cheer committee (Snows, Phillips, Barb Lepper, and Linda McKnight from St. Marks) will meet and start reviewing them. Beginning December 1, there will be a tree in our Fellowship Hall that will be for your donation of hats and mittens/gloves. We will also have gift tags on the tree so if you would like to help purchase gifts you are welcome to do so. There will be trees with gift tags at St. Marks and the Howard County Hospital also. Please return purchased items to the place where you picked up the gift tag or to our church by Tuesday, December 17th. There are two ways to make a monetary donation, either put your check in our offering plate on Sunday morning, making it payable to Christmas Cheer or take it directly to Citizens Bank for deposit. This Sunday (Dec. 1st) St. Mark's will also be collecting donations during their regular service. Distribution of the packages will be Friday, December 20th at the United Methodist Church from 9:00-3:00. In the January newsletter we will give you can update on the number of families that were helped by the Christmas Cheer program as well as a summary of the work of the committee.

Thank you for supporting this community outreach.

Dave and Connie Snow
Mike and Carol Phillips

“Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God”.

Hebrews 13:16

Usher-Greeter Monthly list

These duties have been assigned to those who have shown interest in volunteering to do these things.

If you would, at any time, be interested in being added to this list, please let Carrie in the office know and she can add you! You can either be added in the regular monthly calendar as an Usher or Greeter, or you may choose to be added to the Alternates list. Remember, it is your responsibility to find a replacement from the alternates list if you are unable to help at the times listed below. We truly appreciate all the hard work that our volunteers are willing to do!

Don't forget, the clipboards to sign up for Fellowship, Candle lighters and Scripture are still located in the Narthex. Please continue to volunteer, we need your help. There are opportunities to usher, greet, and light candles as well as host fellowship. Also pastor could use your help in reading scripture, and if you are musically blessed, we have a sign up sheet for that too!

There is money available to help purchase food items for fellowship. Please contact the church office.

<u>Month</u>	<u>Greeters</u>	<u>Ushers</u>
August 2019	Bob and Francine Rasmussen	Connie Snow/Carol Phillips
September 2019	Harold and Mary Ann Rickertsen Sept 29th – Youth Sunday	Doug and Darla Voigt
October 2019	Dave and Connie Snow	Mike and Carol Phillips
November 2019	Martha Voigt/Karen Killion	Larry and Deirdre Hurlburt
December 2019	Lefty and Jolene Wolfe Dec. 29th – Youth Sunday	Bob and Francine Rasmussen
January 2020	Mike and Carol Phillips	Dave and Connie Snow
February 2020	Gary and Charlene Craig	Diane Johnson/ Mary Ann Rickertsen

Note: The United Methodist Men will be ushers and greeters **every 3rd Sunday** of every month. On **Youth Sundays**, the Youth Group will be ushers, greeters, and scripture readers.

See next page for list of Alternates for Ushers and Greeters.



Alternates list: (for Ushers and Greeters)



Greeters Only:

Martha Voigt	754-4666	mevoigt@hotmail.com
Karen Killion	754-2070	
Lefty and Jolene Wolfe-	308-687-6175	jolene.killinger@gmail.com
Harold Rickertsen	754-4038	rick@hamilton.net
Gary Craig (Feb-May only)	754-5503	ccflowers.craig8@gmail.com

Greeters or Ushers:

Charlene Craig (Feb-May only)	754-5503	ccflowers.craig8@gmail.com
Dave and Connie Snow	754-4023	dpclsnow@charter.net
Diane Johnson	308-379-8716	djohnson27@msn.com
Mary Ann Rickertsen	754-4038	hrick@hamilton.net
Larry and Deidre Hurlburt-	750-0995	titanic.hurlburt@yahoo.com
Doug and Darla Voigt	750-3973	dvoigt00@gmail.com(Darla) dvoigt332@gmail.com(Doug)
Carol and Mike Phillips	308-380-9127	cjmphillips4@gmail.com
Bob and Francine Rasmussen	750-2594	rasfamily2011@hotmail.com
Theda Van Horn	754-4541	



An exciting engagement opportunity for laity is officially happening for our conference. The Laity Summit will take place on Saturday, March 21, 2020 from 9 a.m. to 4 p.m. at First UMC in Kearney, NE. This is for all lay persons, lay servants, lay leaders, and laity discerning a call for more of a leadership role. It will be a one-stop leadership gathering with worship, workshops, childcare, and food! We are aiming for all in attendance to network and obtain learning and resources for leadership. Keynote speaker:



David C. Teel is the director of laity and spiritual leadership at Discipleship Ministries in Nashville, Tennessee. A writer, editor, and Christian educator, David is a graduate of Vanderbilt Divinity School and served United Methodist Churches for 15 years before joining Abingdon Press as the Covenant Bible Study project manager and senior academic book editor. David also serves on the board of the Vanderbilt Wesley Foundation.

Enthusiastic about creatively equipping lay leaders for engaged ministry within and beyond the local church, David is driven by a passion for intentional and relational discipleship. His vocation as a Christian educator is expressed in a longing to help all people connect with sacred power by interpreting the significance of faith for everyday life. Last year he contributed a short piece to the 2018 Fall Yale Reflections Magazine. A fan of the Tennessee Titans, eclectic Spotify playlists, and indie filmmaking, David is married to Alecia Krisle Teel and has two daughters, Anastasia and Eliana (and a yellow Labrador Retriever named Digby).

Register by going to the Great Plains website, greatplainsumc.org. The cost is \$15 per person and that includes lunch, materials from workshops and walk-away resources for opportunity. Registration closes March 7, 2020. Child care is available on-site, but you must register by February 21, 2020. There will be no child care registration at the event.



This and That

We still have a couple jackets, coats and sweaters that have been with us for awhile. If you are missing something, please check to see if one of these is yours. The Lost and Found is located in the office. Please ask Carrie to see the items we have located around the church. **Please take note that Carrie from the office will be taking things to the Goodwill/ Thrift store in the next month. If you think you may be missing something, please come and check out our lost and found!**

Box Tops for Education

Even though we are no longer collecting these for Epworth Village, please continue to bring these coupons to church. We will donate them to the school.

School Children Milk Money

Our church is committed to the St. Paul Public Schools for those children who otherwise would not have it available. Please keep this mission in your prayers and consider donating to this wonderful cause. Make sure and note it on your check. Thank you!



Goodwill Industries will be having a donation drive in St. Paul beginning on Thursday, December 8th and continuing daily from 8:00-5:00 until Thursday, December 12th. This drop off trailer will be located in the City Lot, 6th and Grand.



The Food Pantry here in St. Paul is always looking for food donations. Please help us stock the shelves. Any food or paper item is accepted but these items are in high demand every month.

- | | |
|-----------------------|--------------|
| Cake or Brownie Mixes | Dish Soap |
| Puddings | Laundry Soap |
| Jello | Pie Fillings |
| Toilet Tissue | Ketchup |
| Mustard | Cereal |
| Fruit | |

Food Pantry hours

Saturday	Tuesday
9:00-11:00 am	4:00-6:00 pm

Beginning in 2018, February will be the month for United Methodist Church to donate to the Food Pantry.

Food Pantry

The United Methodist Church is responsible for operating the Food Pantry every third Saturday from 9-11 am. If you could volunteer to help any one of these Saturdays, it would be greatly appreciated.

December 21st is our next work date.

Thank you, Theda Van Horn



Rekindle the Fire, Reclaim the Call Prairie Rivers District

Laity and clergy are invited to this annual gathering on February 7-8, 2020 at York, NE First UMC to reflect on mentorship and leadership. Come enjoy an informal time of preliminary conversations on ministry, mentorship and connections. The keynote speaker is Kay Kotan, director of the Center for Multiplying Disciples for the Arkansas UMC Conference. Gather your network teams—you don't want to miss this!

Cost is \$25, which includes lunch and the book, "Impact! Reclaiming the Call of Lay Ministry." (For scholarship inquiries, contact Tonja Read, Prairie Rivers administrative assistant.)

Questions? Please contact: Jeanie Leeper: 308-380-7223 or Mary Plock: 402-366-5473

Schedule: Friday, February 7, 6:30-8:30 p.m. – informal time of preliminary conversations on ministry, mentorship and connections. Saturday, February 8, 9:00 a.m.-4 p.m. – welcome and training

Event Lodging:

Hampton Inn by Hilton, 309 West David Drive, York, NE 68467 - 402-362-0222

- Room Type : 2 Queen, Rate \$99
- Room Type 1 Queen, Rate \$89

Attendees can book directly on line: <https://hamptoninn3.hilton.com> York NE using special rate code: LCG



United Methodist Church Prayer Chain

The purpose of the prayer chain is to offer special prayers for individuals in critical need. The chain cannot be activated without the permission of the family in need. Call prayer requests to the church office 754-4247. The prayer request will be called to the first person on these lists. Each caller then calls the next person on the list. If that person is unavailable, a call should be placed to the following name and contact made with the first party later in the day. Last name on list does not call anyone. We are in need of more people joining the prayer chain. Praying for each other is an important ministry that we can do for our church family. If you would be interested in becoming part of this mission, please contact the church office.

Marilyn Wall	754-5100	Rae Lee	754-5209	Jackie Cook	754-9115
Deb Wells	754-5620	Marlene Kremlacek	754-4876	Charlene Craig	754-5503
Nancy Harrington	754-5136	Martha Voigt	754-4666	Mary Ann Rickertsen	754-4038
Theda Van Horn	754-4541	Rose Ross	754-4993	DeEtte Lukasiewicz	750-0246
Cleo Edwards	754-4853	Lory Thomsen	754-4286	Brenda Starkey	750-7967
Ashley Meyer	308-627-2808	Charlotte Rasmussen	308-863-2281	LuAnn Todd	308-380-5022
		Vanice Bahensky	754-7873	Carol Tjernagel	750-2830
				Dorothy Jorgensen	754-4126

A Nutrition Message from the Healthy Congregations Program

SOME SIMPLE WAYS TO STOP EATING LOTS OF SUGAR

An article in the Oct. newsletter listed several reasons why too much sugar is bad for you as it can have many negative effects on your body and your health. While sugar is naturally found in foods like fruits and vegetables, this type has little effect on your blood sugar and is considered healthy; plus fruits and veggies contain many healthy vitamins and minerals. The danger is from added sugars in processed foods. Let's take a look at a few simple ways to reduce the sugar in our diets:

1. Cut back on Sugar-Filled Drinks

Sodas, energy drinks, sports drinks and fruit drinks contribute an astounding 44% of the added sugar in the American diet. So called "healthy drinks" such as smoothies and some fruit juices, can still contain eye-watering amounts of sugar. For example, 8 ounces of 100% apple juice contains about 6 teaspoons of sugar or 2 tablespoons. Most 12 ounce cans of regular soda contain about 3.3 tablespoons (almost $\frac{1}{4}$ c) of sugar or more depending on the brand. Here are some better, lower sugar drink options:

- Plain water or water with added slice of lemon, lime or cucumber, very refreshing in warm weather.
- Sparkling water with a squeeze of fresh lemon or lime
- Unsweetened tea or coffee
- Unsweetened herbal or fruit teas
- Instead of mochas or lattes, use whole milk in your coffee

Avoiding sugary drinks will drastically reduce your sugar intake and could help you lose weight.

2. Avoid Sugar Loaded Desserts

Most desserts provide very little nutritional value and are loaded with sugar which causes blood sugar spikes and can leave you feeling tired, hungry and craving more sugar. Grain and dairy-based desserts such as cakes, pies, cookies, doughnuts and ice cream, account for over 18% of added sugar intake in our diets. For something sweet, try these alternatives:

*Fresh Fruit: Naturally sweet, and full of fiber, vitamins, minerals and antioxidants

*Baked fruit with cream: try pears, apples, or plums

*Dark Chocolate: In general, the higher the cocoa content, the lower the sugar.

*Greek Yogurt or plain, light yogurt with added fruit, nuts or small amounts of granola
(remember granola cereals are high in sugars)

*If you are craving sweet desserts, try reducing the sugar in recipes by $\frac{1}{3}$ to $\frac{1}{2}$ and in many cases, you will hardly notice the difference. (this suggestion, not a part of the original article)

(Cont'd onto next page)



(Cont'd from previous page)



3. Avoid Sauces with Lots of Sugar

Many common table sauces found in the kitchen such as ketchup, barbecue sauce and sweet chili sauce contain surprising amounts of sugar. A single tablespoon serving of ketchup may contain 1 teaspoon of sugar. Doesn't sound like much but if one uses 1-2 tablespoons or more per serving of several sauces every day, it can add up. Try these options for flavoring your food:

- Fresh or dried herbs and spices, yellow mustard, vinegar or vinegar-oil dressings, Pesto, mayonnaise

4. Check for sugar in canned foods

Avoid canned foods that are packed in syrup or have sugar in the ingredients list. Fruit is usually sweet enough, so look for versions that are labeled packed "in own juice" or "no added sugar". If you do buy fruits with added sugar, you can remove some of it by rinsing them in cold water before eating. Moms, watch for the sugar in the packages of single, 4 ounce servings of fruit.

Healthline.com Written by Alexandra Rowles, RD on May 22, 2017





The people of The United Methodist Church™

1320 Baxter Street - Saint Paul, NE 68873
308-754-4247 or stpaulumc@qwestoffice.net

Address Service Requested

December

