

Inside this issue:

Living Out the Season of Lent

1

Announcements, Thank You's & Prayer Requests

2-5

Nurse's' Notes

6

Word Puzzle

7

Special Points of Interest:

- Monthly Meet-Ups, Back Page
- April Birthdays and Anniversaries included with Calendar



**APRIL
2015**

Faith United Methodist Church
"Engage, Equip, and Empower!"

**Volume 2015,
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Living Out the Season of Lent

Lent began on Ash Wednesday February the 18th and began the 40-day journey of Lent culminating with the celebration of Easter on April the 5th. Here is a brief history of this important season in the life of the church.

The name comes from the custom dating back over 1,000 years of dabbing ashes on one's head as a public sign of penitence. Ash Wednesday marks the beginning of the season of Lent, which is the forty-day period prior to Easter where the Church is invited to enter into the Lord's discipline of forty days in the wilderness. This wilderness time recorded in Luke 4:1-13 tells us that "Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the desert, where for forty days he was tempted by the devil. He ate nothing during those days, and at the end of them he was hungry." This wilderness experience for Jesus was a time of personal preparation for ministry. Jesus fasted before God, prayed, meditated on God's Word and engaged in spiritual battle with the Devil.

The season of Lent reminds us of Christ's battle with the forces of evil. For Christ's church it is a period of solemn reflection, prayer, self-denial and self-examination which ends with the celebration of the Resurrection at Easter.

Over the years the church has practiced the following spiritual disciplines during Lent.

1. Repentance
2. Prayer and Fasting
3. Personal Reflection And Thanksgiving
4. The Practice of Reconciliation with God and our Brothers and Sisters

We are now in the fourth week of Lent. Over the next two weeks I'd ask each of us to take the time to reflect on these three questions as we seek renewal and clarity for the direction of our lives and the life of our church:

- What is Jesus calling you to do?
- Where do you need to deny yourself to humble your soul before God?
- Where is God refining you, testing you, pruning you from sin so you can live in the holy presence of the living God.

May God grant each of us new life and hope as we walk together towards the hope of Easter and the Resurrection.

Pastor Victor

Prayer Requests

Remember our church members & friends who are less mobile and are unable to join us as often as they would like, including:

Colony Court Memory & Care Suites: Ann Swenson, Rosalind Peterson, Gerri Peterson

Colony Court: Millie Groh , Ardella Draheim, Nina Youngberg, Leona Quast, Muriel Jenkins

Lakeshore Inn: Florence Gutknecht, Hazel Henkensiefken, Don Lohse

Latham Place: Liz Corchran

Morrow Home, Sparta, WI: Marlene Rietfort

New Richland Care Center: Paul Krause

Oaklawn Health Care Center: Jim Keller

Tower Light, St. Louis Park: Darlene Lynch

Those who also need our prayers: Willie Mahler [Home Hospice]

Prayer Requests from Sunday Worship: Vada Dahnert and family, Bruce and Deb Hering, Leona Quast, Barber Family, Dave and Joann Egeness, Kookie Kukacka, Deloris Asmus, Peter Fog, Jim Keller, Floyd Lamont, Marilyn Possin, Linda Lohse and her mother Betty, Pastor David Crow, Marlin Olson (Patrice's Dad), Paul Krause.



Special Prayer Request

In Romans 13:6-7 Paul says, "This is also why you pay taxes, for the authorities are God's servants who give their full time in governing. Give everyone what you owe him. If you owe taxes, pay taxes; if revenue, then revenue; if respect, then respect; if honor, then honor. Please pray God's peace for all who struggle financially. According to Philippians 4:19, "And my God will meet all your needs according to His glorious riches in Christ Jesus."

Thank You

My heartfelt thanks to my Faith Family; you have been a blessing to me with all the support you've given me and my family since Jim's passing. Jim also felt your love during these last days; you mean more to us than we can tell you. God is good! All the time! God bless you all!

Edy

Life Line Screening

Life Line Screening will host health screenings on **4/24/2015**. In order to register for this event and to receive a \$10 discount off any package priced above \$129, please call 1-888-653-6441 or visit www.lifelinescreening.com/community-partners.

Men of Faith Meeting Minutes

At 6:35 p.m., Les called the meeting with a prayer. Roger Walker led the group in a time of devotion on Easter Sunday and why we try to live like Christ. It was brought out that the ashes for Ash Wednesday were from the old palms which were burnt. He brought up about the 40 days ritual; how we are to give something up or add something like reading another chapter from the Bible. Dave Baldini was to discuss the Easter sunrise breakfast. He said that he needed someone with a Sam's Club card to go and purchase items for the breakfast as this would help save on expenses. After much discussion as to who had one, Roger Walker said that he had one so he and Roberta would do this. He said that the net profit from it would go towards the WWW program which HCI is part of. We will be having another breakfast later on this year which will be discussed at a later date. We discussed about greeters and other items within the Church. We felt that the ushers should be a greeting team by taking the people to their seat and welcoming them to Church. It was then discussed about our crowd. Ron Terrell brought up we should keep it going as we do try to help where we can, and by disbanding we would be letting the church down. We then decided to continue as the snowbirds should be returning. In April, we will gather at the cross after the meeting to help redistribute the cross lights for better lighting purposes. Next meeting Peter Fog will bring the snack and Roger Walker will have a devotion on Easter. People in attendance were Leslie Wells, Roger Walker, Ron Terrell, Dave Baldini, Peter Fog, Clair Voshell, and Paster Victor Waters.

WANTED

Two volunteers are urgently needed. We need a volunteer to find greeters each month and a volunteer to find nursery attendants. Both voluntary positions are open and need to be filled ***immediately***. Thank you.

Former Members of the Military

For all current members of Faith, men and women, who are past/or present members of the Armed Forces (veterans), I am constructing a bulletin board for all to see. What I need is any military snapshot of yourself (no larger than 4 x 6 or smaller), the branch you served in, your name, and the dates you served. Please bring your photo to the church office or mail it to the church. When all photos are received, I will begin the project. We can add "snow birds" pictures when they return to Waseca. Many thanks, Bob Stephan.



Springtime is a' Comin' - Yeah

The United Methodist Women are preparing for the Springtime Sandwich Luncheon. Put **Wednesday, April 8 11:00 to 1:00** on your calendars. Ladies, bring your husbands (you won't have to fix lunch.) Invite your family, friends, and neighbors. Take-outs will be available and the public is cordially invited. Sloppy Joes, Egg Salad Sandwiches, Macaroni Salad, Chips, Pickles, Cake and Coffee will be served. Don't miss this event.



We need some **volunteers** from our Faith Church family to help with cakes, set-up, serving, and cleanup. Please sign-up on the clipboard. The clipboard will be available in the church office during the week or on Sunday mornings at fellowship.

UMW News

UMW Southern Prairie District Spring Gathering is **April 25 at LeSueur UMC**. There are several ladies who have expressed a desire to attend. **Registration should be in by April 18th**. Please contact Barbara Friedl (833-6095, leave message) or Shirley Hansen . We will carpool from the church, leaving at 8:00 a.m. It will take about an hour to drive to LeSueur UMC. The Gathering will end about 2:30, home about 3:00 to 4:00 p.m.

Recap on our Collectors' Showcase: We had many new people with new and interesting collections. Exhibitors displayed tremendous talent and passion in their collections. Each year it is interesting to see what people share with our congregation. And the food was delicious. Thanks to everyone who brought their collectibles to display and to everyone who brought delicious food. Thanks to those who helped with set-up and cleanup.

Hats

Easter is **April 5th**. Guess what?

I am going to wear an Easter bonnet on Easter Sunday. I'm going to find one with frills upon it. This would be a great opportunity for the women at Faith to wear their Easter bonnets.

I've decided I am going to wear a hat on May 10th too, for Mother's day. This is another opportunity for the women at Faith to wear a favorite hat.



Faith Crafters and Stitchers

Faith Crafters and Stitchers will meet on **Thursday, April 9** from **1:00-3:00 p.m.** in the **Fellowship Hall**. You may bring your own project to work on or bring ideas of crafts the group could work on together. Coffee and treats will be provided. If you have questions please call Sandy Voshell at 835-4122.

Easter Dinner

The Waseca Ministerium will again sponsor an Easter Dinner for elderly persons and others who will be alone on the Holiday. It will be held at **12:00 noon** on **Easter, April 5, 2015**, at the **Waseca Senior Citizens' Center**. The meal will be hosted by Christ the King Lutheran Church. Reservations may be made by calling the Center at 835-4552, or by signing up at the Center in person by noon on Wednesday, April 1st. Rides, delivery, and take out are available upon request. There is no set charge for this dinner. A free will thank offering donation will be gratefully accepted.

Meals on Wheels



Meals On Wheels
LSS Senior Nutrition meeting the
Nutritional needs of MN seniors

Give the gift of warm, caring kindness by delivering hot, nutritious meals to seniors and disabled individuals in our community. Consider volunteering with Lutheran Social Services Meals on Wheels Program in Waseca. By participating in our program you, a relative, friend or co-worker could come together and help put a smile on the faces of our local neighbors in need. It only takes 45 minutes to 1 hour for each day you volunteer. You can choose once a week or once a month, and this would mean so much to the recipient. Please contact Norm or Harold at 835-4160 between 9:00-1:00 at the Senior Citizens Center for more information. We look forward to hearing from you!

May 7th (Thursday) 8:30 a.m. –12:00 p.m.

Ladies please put it on your calendar



Leslee Jaeger, M.D. is coming down to teach us how to make **feminine hygiene kits**. We will spend the morning cutting, assembling, and sewing. These kits will be given to school girls in Haiti. Leslee is on our medical team that goes to Haiti.

We need 25 women for this project. Please sign up with Sherry by calling 835-4304 or the church. You don't need to sew to participate.

A bonus is, we can enter our project in the UMW Challenge of sharing projects that UMW Women are doing.

Nurse's Notes: Habits of Happy People**Mindfulness**

"We define mindfulness as a moment-to-moment awareness of one's experience without judgment. In this sense, mindfulness is a state and not a trait. Where it might be promoted by certain practices or activities, such as meditation, it is not equivalent or synonymous with them." vid

Today was a beautiful warm day. Many of us got out and enjoyed it. Our neighborhood was full of sounds of kids playing, adults playing yard games, and barbecuing supper. To me, that is mindfulness. Tomorrow is supposed to be cold and windy. Are we dwelling on that today? No, we are enjoying the first warm day this year. When we live in "today" we can let go of past hurts and future worries.

"The Benefits of Mindfulness"

- Helps relieve stress
- Treats heart disease
- Lowers blood pressure
- Reduces chronic pain
- Improves sleep
- Alleviates gastrointestinal difficulties

"Happiness is when what you think, what you say, and what you do are in harmony."

"Fear not for I am always with you to the end of time." Matthew 28:20

²⁵ "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?"

²⁶ Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?"

²⁷ Can any one of you by worrying add a single hour to your life^[a] ?" Matthew 6:25-27

Look to Jesus' examples. He knew He would have a cruel and painful death. Yet Jesus was in the present each day; teaching and preaching. He knew His Father was present with Him. The Holy Spirit is also present with each one of us day by day.

Peace and Grace,

Sherry Scholljegerdes, RN

Your Parish Nurse

Excerpts: "The Habits of Healthy People" Presented by Dennis A. Marikis, Ph.D.

The Apostles

Find the name of all the apostles hidden in the puzzle below.

	Q	G	T	H	A	D	D	E	U	S	D				
	J	A	M	E	S	A	L	P	H	E	U	S	S		
G	M	A	T	T	H	I	A	S	T	H	O	M	A	S	
Y	P	I	K	J	U	D	A	S	Q	D	P	U	F	T	
Z	L	G	G						H	Q	X	P			
G	T	M	Z						I	K	I	W			
G	W	M	Q						L	F	G	J			
B	T	Q	Y						I	V	L	A			
J	U	C	B						P	W	K	M			
E	S	I	M	O	N	P	E	T	E	R	V	L	S	E	
S	P	C	D	C	Q	T			A	N	D	R	E	W	S
V	A	U	L	V	R				Y	C	V	I	V	Z	
I	Q	Q	J	V	H	Z			G	T	D	A	D	G	M
E	X	R	W	P	F	C			P	R	C	Z	I	F	A
E	D	I	B	A	R	T	H	O	L	O	M	E	W	T	
M	H	G	G						S	I	J	T			
E	H	W	Y						I	B	O	H			
Q	P	N	S						M	V	H	E			
P	H	H	I						O	T	N	W			
Q	I	J	W						N	W	B	Y			

- Andrew
- Bartholomew
- James
- James Alpheus
- John
- Judas
- Matthew
- Matthias
- Philip
- Simon
- Simon Peter
- Thaddeus
- Thomas

This includes the 12 original apostles and the one selected to take Judas' place.



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Change Service Requested

MONTHLY MEET-UPS:

Elizabeth Circle

UMW Elizabeth Circle will meet **Wednesday, April 15**, from **3:00 -4:30 p.m.** at the **home of Sherry Scholljegerdes**. Janice Kaupa will serve as hostess with Shirley Hansen leading devotions. Guests and visitors are welcome.

Mary Circle

UMW Mary Circle will meet **Tuesday, April 21**, at **1:00 p.m.** Hostess is Lorraine Wick.

Ruth Circle

UMW Ruth Circle **will not meet** during Winter months.

Men of Faith

Men of Faith will meet **Thursday, April 9**, at **6:30 p.m.** in the **Fellowship Hall**.