

**Inside this issue:**

The Courage to Laugh at Ourselves

1,3

Announcements, Prayer Requests

2-3

Haiti Trip

2

Men of Faith Meeting Minutes

3

**Special Points of Interest**

- August Birthdays and Anniversaries, Included with Calendar
- Monthly Meet-Ups, Back Page



# Faith Messenger

**AUGUST  
2014**

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

**Volume 2014,  
Issue 8**

## The Courage to Laugh At Ourselves

Laughter can be a sign of great joy or we can find ourselves the butt of a joke and embarrassed. Healthy laughter is giggles, chuckles, outbursts that we simply cannot contain. We sometimes feel silly when we laugh ourselves to the point of tears, but if we are honest laughter is head clearing, tension releasing; and we all need and enjoy a good laugh.

Here is a quote that started me thinking about laughter in a different light:

*"God, we believe, accepts us, accepts all people, unconditionally, warts and all. Laughter is the purest form of our response to God's acceptance of us. For when I laugh at myself and in genuine joyfulness with others who do equally silly things I accept them. They are my equal. Laughter at myself is a sign of self-acceptance; the very opposite of self-satisfaction or pride. For in laughter I accept myself as I really am faults and all, not as some superior being that is always right, mistake-free, and a step above those around me. Superior people are not at all funny. There is everything funny about some who purport themselves as one. In laughing at my own claims to importance or regard I accept myself and extend to myself that same forgiveness which is an echo of God's forgiveness of me." Tensions by H.A. Williams*

When we believe we are superior, we either blame others for our failings or we beat up on ourselves for failing to live up to unreal expectations of our own perfection. We get wrapped up in protecting our egos and casting blame on others for every conflict in our lives.

We hold on to our injuries and refuse to extend forgiveness to our offender.  
We become anxious, angry and agitated.

There is no joy in our lives or laughter around our table. Life has become a serious and stern affair. We lack the joy of laughter and the peace of being at ease around others.

*Jesus said in Matthew 11: 28 "Come to me, all who labor and are heavy laden, and I will give you rest. 29 Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. 30 For my yoke is easy, and my burden is light."*

(Continued on page 3).

## Thank You

Thank you to church friends for your cards and prayers. Wally Ruedy

## Prayer Requests

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

**Koda Living Community, Owatonna:** Elaine Flathers

**Colony Court Memory & Care Suites:** Ann Swenson,

Rosalind Peterson, Gerri Peterson

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

**Lakeshore Inn:** Florence Gutknecht, Hazel Henkensiefken, Don Lohse

**Latham Place:** Liz Corchran

**Laurel's Peak:** Paul Krause

**Morrow Home, Sparta, WI:** Marlene Rietfort

**Oaklawn Health Care Center:** Jim Keller

**Tower Light, St. Louis Park:** Darlene Lynch

**Those who also need our prayers:** Willie Mahler

**Prayer Requests from Sunday Worship:** Rodger and Vada Dahnert, Dick and Elaine Westrum, Bruce and Deb Hering, Leona Quast, Dan Possin, Patrice Waters



## Faith Crafters and Stitchers



Faith Crafters and Stitchers will meet on **Thursday, August 14**, from **1:00-3:00 p.m.** in the **Fellowship Hall**. You are welcome to bring your own project to work on. We will also try to have some Bazaar 2014 projects to work on if you wish. Bring a friend and join us for work time, fellowship, coffee and snacks! If you have questions, please call Sandy Voshell at 835-4122.

## Haiti Trip a Go

In November, I'll be going back to Haiti to do cervical cancer screens and treatment. This will be the last time, unless God has other plans.

The cost runs about \$1200. If you would like to support this mission trip, you can donate financially. Be sure to make out the check to Faith UMC-Haiti Trip.

A couple of weeks ago we had a post estate sale. Thank you to all of you who participated. \$149.00 was raised. Your support makes these trips possible. I am truly grateful.

Your Parish Nurse,  
Sherry Scholljegerdes, RN

“May the Lord bless you and keep you”-Numbers: 6:24

## Courage to Laugh At Ourselves Continued...

(Continued from page 1.)

**Jesus invites us to lay down our stresses, struggles and failures. We can drop our guard and accept that in Jesus we are forgiven, renewed and remade. Join me in holy laughter and the joy of Jesus' yoke.**

**Pastor Victor**

## UMW Guest Night Speaker

Coming soon! On **Tuesday, September 9th**, UMW Guest Night speaker **Beth Crosby** will share a message entitled "Hearts and Hands for God." Beth is one of the on-air ministers at KJLY Christian Radio station in Blue Earth, MN. Everyone is invited to attend this fun evening. Dessert will be served.

## Men of Faith Meeting Minutes

The Men of Faith Meeting was held at 6:30 pm on Thursday, July 10, 2014 in the Fellowship Hall at Faith United Methodist Church. Those present were Peter Fog, Neil Fruechte, Paul Lohse, Clair Voshell,

Ron Terrell, Roger Walker, and Victor Waters.

Ron Terrell and Peter Fog provided treats.

Peter Fog led us in prayer and Roger Walker led the devotion.

Paul Lohse reported on the outdoor sanctuary project. He indicated that the committee met on Tuesday, July 8 and determined preliminary costs for placing a plain 'rugged' cross by the lake shore. The next step is to bring it to the Trustees and also to the next meeting of the UMW for their input. It was suggested that we use old oak barn timbers for the cross construction instead of new pressure treated timbers. Roger Walker will look into this.

Peter Fog reported on our possible volunteering activities with the Neighborhood Service Center. The activities included stocking shelves and delivering product to outlying areas of the county. Roger Walker said he was contacted and told that the only area available for us to volunteer for right now was in stocking shelves. He suggested we go individually to the NSC and see where we can volunteer.

Roger Walker provided the program for the evening. He showed some of his hat collection and explained where and how he acquired them.

Fellowship servers for July 27 will be Ron Terrell and Peter Fog.

The program for the August meeting will be China slides shown by Neil Fruechte.

Pastor Victor led us in a closing prayer and the meeting was adjourned at 7:40 pm. The next meeting will be August 14, 2014.

Submitted by Roger Walker



Faith United Methodist Church

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**Change Service Requested**

**MONTHLY MEET-UPS**

**Elizabeth Circle**

UMW Elizabeth Circle will not meet in August.

**Mary Circle**

Mary Circle **will not meet** in August. They **will** meet in September.

**Ruth Circle**

UMW Ruth Circle will meet **Wednesday, August 20th, at 9:30 a.m.** The location is to be determined.

**Men of Faith**

Our next Men of Faith Meeting will be on **Thursday, August 14th, at 6:30 p.m.** in the **Fellowship Hall** of Faith United Methodist Church. The meeting is open to all men. Bring a friend!



*Roger Walker*