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### Special Points of Interest:

- December Monthly Meetings, Back Page
- December Birthdays and Anniversaries included with Calendar

Administrative Assistant

Office Hours:

Monday,  
Wednesday and  
Thursday:  
9:00 am - 12:30 pm



# Faith Messenger

**DECEMBER**

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

**Volume 2021.**  
**Issue 9**

## From the Pastor's Desk

Dear Ones,

Are you ready for Christmas? You have no doubt been asked this question and you will be asked this question 100 times more. Are you ready for Christmas? Everyone you meet – at the grocery store, at work, when you are out for coffee, when you are walking your dog – everyone you meet will ask you this question. What they are asking is; is your tree up? Did you find all your ornaments? Are your outside decorations up? What kind of food are you fixing? Have you gotten all your gifts? Are they wrapped? Are you hosting this year or traveling to gather with family or maybe a friend? And of course, that leads to a conversation about the weather. So, preparing yourself for Christmas in the way of the world, means all of that. And that's a good thing.

The church asks the same question. Are you ready for Christmas? And what that question means is different. That question means, is your heart ready? Have you repented? Is your heart softening to allow the savior in.

So, we have these two things we do during Advent, and they are both good. But we run this risk, and we talk about it every year, the busyness of our world during Advent can overshadow the heart work of waiting for our savior.

This Advent season our theme is "Keeping Watch" I pray that our advent worship and study will help us to be present in a time of waiting. We will be keeping watch for:

### **The messiah Isaiah 61:1-2**

The spirit of the Lord God is upon me,  
because the Lord has anointed me;  
he has sent me to bring good news to the oppressed,  
to bind up the brokenhearted,  
to proclaim liberty to the captives,  
and release to the prisoners;  
to proclaim the year of the Lord's favor,  
and the day of vengeance of our God;  
to comfort all who mourn;

*Continued on page 4*

## Prayer Requests

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

**Colony Court:** Joe Tollefson, Janice Kaupa

**Janesville Nursing Home:** Nina Youngberg

**Traditions Assisted Living Owatonna:** Ardella Draheim

**Foxdale:** Elaine Westrum

**Koda Living Community:** Chuck Youngberg

**Lakeshore Inn:** Leona Quast

**Latham Place:** Lucille Kubista

**Prayer Requests from Sunday Worship:** Government officials, health care workers, first responders, and those who are most at risk and vulnerable to Covid-19, those who battle chronic illness and pain.



## Administrative Assistant Hours

Stacy's hours will typically be Monday, Wednesday and Thursday from 9:00 am to 12:30 pm. Please note that Stacy will be out of the office December 13 through 17 and December 20 and 29.

## The End of the Year is Fast Approaching

It's hard to believe that the summer is gone and fall is on the way out. A year ago we had a significant balance in the checking account, and our church has been living off of that in order to keep the bills paid. But that time is soon running out. Even so, we are grateful that we will be able to pay 100% of our apportionments for the third year in a row.

Many of you have diligently continued to give to the work of Faith Church during this year when our Sunday services have been interrupted or modified. But it is easy to let that giving slip and fall behind. To help you see where your 2021 giving stands, we will be sending out a special statement of your giving through the end of November. Please review it carefully and use December to make up any shortfall from what you had originally planned for the year. Thank you!

## Lost UMW Book

We have lost track of the UMW Activity book from the kitchen, which was kept in the lower cupboard by the kitchen door. It contained information about many of our activities such as the Bazaar, Spring Luncheon, and Lenten Luncheons. It had many of the amounts of ingredients used, number of workers, and layouts of the events so, it is important for our future activities. If you find it, please let Stacy in the office know. Thanks for your help.

## UMW (United Methodist Women) Autumn Fest Sale

The UMW Autumn Fest sale was a great success. We received a large number of comments on the great selection and quality of items at the sale. The items consisted of gardens items, great selection of toys, Christmas, home décor, kitchen items, hats, scarves, linen, furniture and a couple of tables geared to the men.

People also stated they liked how the sale was set which was similar to a flea market sale. In fact, a couple of ladies said 'Classy'.

The women again came through with their talents. Homemade items sold out pretty fast at the sale. The famous cookie sale also sold out, selling around 94 dozen cookies. The bake sale also was a big hit.

We are so happy we collected over \$3,000 that will go to the missions that UMW supports. We also were happy to help nonprofit agencies in the area. Shepherd's Robe was very thankful and appreciative of what they received. We were able to put a big smile on a young man's face, who received a bicycle that did not sell. Some items were given to people in the community and the small number of items that were left were taken to Salvation Army. They do not take exercise equipment, oven hoods or cribs. We put them out on the street at a garage sale and they were taken right away.

It is always difficult to find the words to express to everyone involved in the sale how grateful UMW is for the things that people donated to the sale, to those who advertized the sale, helped set up the sale, price the items, helped at the sale and then help with the clean up afterwards. It does take a **village!** **Thank You, Thank You, Thank you!** It truly was the **BIGGEST AND BEST** UMW Autumn Fest Sale!

## Ruth Circle

Ruth circle meets on the second Tuesday of the month. We generally have devotion and a program. In November the program was Music. In Scripture, we see that music is used for glorifying and worshipping God, telling of his great deeds. We started our program listening and singing along with the Statler Brothers singing 'How Great Thou Art'.

At the end of the program some of the members shared their love and experiences with music. It was a fun gathering.

Ruth circle will meet on Tuesday, December 14<sup>th</sup> at 10:30 at the Tasty House. Each member is asked to bring a small gift for our Christmas exchange.

## Blue Christmas Service

**Blue Christmas/Longest Night Worship**  
**Tuesday, December 21, 2021 7PM**  
**Faith UMC**

Blue? Yes, blue as in the blues. As in "I am feeling blue." Not everyone is up and cheery for the Christmas holidays. Dealing with the death of a loved one, facing life after divorce or separation, coping with the loss of a job, living with cancer or some other disease that puts a question mark over the future, and a number of other human situations make parties and joviality painful for many of us. Join Faith UMC for a special service that will help us navigate the "blues" during the season of Advent.

**From the Pastor's Desk**

*(Cont. from page 1)*

**The Child Isaiah 7:10-16**

Again the Lord spoke to Ahaz, saying, Ask a sign of the Lord your God; let it be deep as Sheol or high as heaven. But Ahaz said, I will not ask, and I will not put the Lord to the test. Then Isaiah said: "Hear then, O house of David! Is it too little for you to weary mortals, that you weary my God also? Therefore the Lord himself will give you a sign. Look, the young woman is with child and shall bear a son, and shall name him Immanuel. He shall eat curds and honey by the time he knows how to refuse the evil and choose the good. For before the child knows how to refuse the evil and choose the good, the land before whose two kings you are in dread will be deserted.

**The Lamb Mathew 3:1-12**

In those days John the Baptist appeared in the wilderness of Judea, proclaiming, "Repent, for the kingdom of heaven has come near." This is the one of whom the prophet Isaiah spoke when he said,

"The voice of one crying out in the wilderness:  
'Prepare the way of the Lord,  
make his paths straight.'"

Now John wore clothing of camel's hair with a leather belt around his waist, and his food was locusts and wild honey. Then the people of Jerusalem and all Judea were going out to him, and all the region along the Jordan, and they were baptized by him in the river Jordan, confessing their sins.

But when he saw many Pharisees and Sadducees coming for baptism, he said to them, "You brood of vipers! Who warned you to flee from the wrath to come? Bear fruit worthy of repentance. Do not presume to say to yourselves, 'We have Abraham as our ancestor'; for I tell you, God is able from these stones to raise up children to Abraham. Even now the ax is lying at the root of the trees; every tree therefore that does not bear good fruit is cut down and thrown into the fire.

"I baptize you with water for repentance, but one who is more powerful than I is coming after me; I am not worthy to carry his sandals. He will baptize you with the Holy Spirit and fire. His winnowing fork is in his hand, and he will clear his threshing floor and will gather his wheat into the granary; but the chaff he will burn with unquenchable fire."

**The savior Luke 21:25-28**

"There will be signs in the sun, the moon, and the stars, and on the earth distress among nations confused by the roaring of the sea and the waves. People will faint from fear and foreboding of what is coming upon the world, for the powers of the heavens will be shaken. Then they will see 'the Son of Man coming in a cloud' with power and great glory. Now when these things begin to take place, stand up and raise your heads, because your redemption is drawing near."

I look forward to our time of watching together as we wait for the birth of Jesus!

Blessings

Pastor Carolyn

## We Go Back a Long Time At Faith UMC

Recently, Mary Jane Stauffer and I, Sherry Scholljegerdes received a Special Recognition Pin from UMW, a real honor. Looking back, we were confirmed together at the old church. We each got married in this church, Gary and I were the first and Mary Jane and Bruce were second. Mary and I chose helping professions. She, a social worker and I became a RN. We are both married to our original husband. Here we are at 75 receiving a Pin together. A journey of faith, for both of us.

Faith at Faith!!

## UMW Sunday

Sunday, November 14, our Faith UMW Unit recognized three of our Christian Sisters during the worship service. It was our privilege to honor Mary Jane Stauffer and Sherry Scholljegerdes as Women of the Year for 2020 — and, yes, this was long-overdue, as we typically present their gold UMW pins and Certificates of Recognition in January or February of each year ... It is our hope to be able to present the Honorees for the year 2021 in the early months of this next new year. Vada Dahnert was also recognized and thanked for her tireless efforts in organizing and facilitating several very successful garage sales in the recent past. Funds raised in these sales benefited and supported women with serious health issues. Our local Unit strives to not just carry on, but go forward with energy, enthusiasm, and a heartfelt commitment to serve our Lord Jesus as He enable us to do so. It's a blessing beyond words to give our best, and we heartily encourage all women of Faith to consider becoming a part of this vital ministry.



**ADVENT—a time of stress and anxiety or a time of peace and joy? YOU CHOOSE.**

Christmas time is coming. For you, is it a time of joy and expectation? For some, it's a difficult time, a reminder of losses, a loved one, a tradition, a relationship, an inability to provide a "perfect" Christmas for our loved ones... Advent signals a flurry of activity, with all the associated stress.

How, then, do we control our stress and our response to stressful situations, things and people? I've enclosed in this newsletter ways to handle stress. But realize that not all stress is bad. Stress can help us direct energy toward action, change and growth. Stress of course can have a negative influence. It can lead to feelings of frustration, anger and tension. It can turn sadness into depression.

Negative stress may lead to health problems or make them worse. Here are some: headaches, migraines, insomnia, high blood pressure, heart disease. Stress takes a toll on relationships and makes us cranky.

So, what are we to do?? We will always be put in potentially stressful situations. We do have a choice in how we react.

One of the things I have found to be helpful is to start each day by jotting down a couple of things or people I'm grateful for and saying a short prayer of thanks. Often we forget to acknowledge the good in our lives. We can exaggerate the importance of pressures put on us. My mother used to ask, "Are you making a mountain out of a mole hill?" I picked up along the, "If it won't make a dif-

ference one way or the other in five years, don't worry about it." If things don't turn out just so, it's ok. In five years, will others even remember their Christmas gift? Probably not. But, they may remember what a joy it was to be with you during the holidays.

Let's turn to the Gospel to put things in perspective, the familiar story of Mary and Martha (Luke 10:40-42). "But Martha was distracted by all the preparations that had to be made. She came to him and asked, 'Lord don't you care that my sister has left me to do the work by myself? Tell her to help me!'" "Martha, Martha" the Lord answered, "you are worried and upset about many things, but only one thing is needed. Mary has chosen what is better and it will not be taken away from her."

Lets fill our hearts and minds with the spirit of peace, joy and faith this Christmas season and focus on the one thing that is needed.

Peace be with you!

Your Parish Nurse ,  
*Sherry Scholljegerdes, RN*

# Stress and Our Response To It

## Are You Doing:

- Too Much?
- For Too Many?
- With Too Little?

## Categorize

### Important

- Can I control or not control?

### Not Important

- Can I control or not control?

## Prioritize

- Is it important?

## Plan

- What can I do about it?

## Pace

- What do I need to do today?
- What is most important? (Do it first.)
- What can I let go of today?

**Let go of  
things you  
can not  
change.**

## Healthy Responses to Stressors:

- Take time for exercise
- Learn & use relaxation techniques
- Get adequate sleep
- Learn to prioritize
- Set realistic goals
- Care for yourself first
- Eat healthy

Selected text taken from:  
Stress Management—Mayo Clinic

**Let God.**



## Sunday Worship Viewing Schedule

Just a reminder, if you are unable to attend in person worship, our Sunday service airs on the local PEG channel on the following schedule:

Sunday 12:30 PM

Tuesday 8:30 AM

Thursday 4:30 PM

Saturday 6:00 PM

If you are not able to find the PEG channel, you may contact your cable provider. Channel numbers vary depending on provider and modem used.

If you do not have access to the local PEG channel, Sunday services can be viewed via a link on our Facebook page, Faith United Methodist Church, or our website at [www.wasecafaithumc.com](http://www.wasecafaithumc.com).



Faith United Methodist Church

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**Change Service Requested**

**Come Worship with Us**  
**We have room.**

**MONTHLY MEET-UPS:**

**Elizabeth Circle**

UMW Elizabeth Circle will meet **Wednesday, December 15 at 2:30 pm** in the Lakeview Room. Guests and visitors are welcome.

**Ruth Circle**

UMW Ruth Circle will meet **Tuesday, December 14 at 10:30 am** at the Tasty House.

**Conversation, Bible & Friends**

Conversation, Bible & Friends will meet every Monday in December.