

**Inside this issue:**

**Living Expansively** 1, 5

**Prayer Requests and Announcements** 2-4

**Men of Faith Meeting Minutes** 3

**Parish Nurse Notes** 6-7

**Special Points of Interest**

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



# Faith Messenger

**FEBRUARY 2014**

Faith United Methodist Church  
*"Faith by the lake and beyond!"*

**Volume 2014, Issue 2**

## Living Expansively

Israel has been in the desert for 40 years preparing for this day: the day they will cross over into the land God has promised them and hear His final instructions before they begin this great journey into a new land.

*And now, O Israel, what does the Lord your God ask of you but to fear the Lord your God, to walk in all his ways, to love him, to serve the Lord your God with all your heart and with all your soul, and to observe the Lord's commands and decrees that I am giving you today for your own good? To the Lord your God belong the heavens, even the highest heavens, the earth and everything in it. Yet the Lord set his affection on your forefathers and loved them, and he chose you, their descendants, above all the nations, as it is today. Circumcise your hearts, therefore, and do not be stiff-necked any longer. For the Lord your God is God of gods and Lord of lords, the great God, mighty and awesome, who shows no partiality and accepts no bribes. He defends the cause of the fatherless and the widow, and loves the alien, giving him food and clothing. And you are to love those who are aliens, for you yourselves were aliens in Egypt. Fear the Lord your God and serve him. Hold fast to him and take your oaths in his name. He is your praise; he is your God, who performed for you those great and awesome wonders you saw with your own eyes. Your forefathers who went down into Egypt were seventy in all, and now the Lord your God has made you as numerous as the stars in the sky. Deuteronomy 10: 12 – 22*

The text answers the greatest question of our lives, "What does God require of us as we marry, work, live, grow old or raise our kids?" "How are we to live a life that pleases God in all we do and honors Him in all we say?"

**Deuteronomy's threefold answer to this vital question is captured by three profound words— fear, act, love.**

**Fear.** What is this "fear of the Lord" about anyway? In our comfortable, meet-my-needs, God's-my-best-buddy form of Christianity, this is a very timely

(Continued on page 5.)

## UMW Meeting

UMW will meet **Monday, February 17 at 6 p.m.** in the **Fellowship Hall** for a Unit Meeting. Members of the Elizabeth Circle will provide a light supper . Sherry Scholljegerdes will speak about her and Katelyn Madigan's November trip to Haiti. We will have Prayer & Self Denial and the Pledge Service. We will be discussing future events.

## Fun at Faith

On February 23, the Men of Faith will be hosting "Celebrate the Presidents" (Lincoln and Washington) Potluck at Fellowship.

Families are asked to bring a hot dish or a red dessert or cherry pie to share. Invite a friend!!

*Roger Walker*

## Monthly 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

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

**Latham Place:** Liz Corchran

**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, Jerry Krause, and Clair Voshell, who had hip surgery this past week. Please pray For Dan Possin; he recently had his hip replaced.

## Prayer Chain Update

We are revising the telephone prayer chain for people who do not have access to email or Facebook. Currently people wishing to ask for prayers have to call the church office, and then the request is sent to everyone electronically and this leaves out many people who have no computer access.

Sandy Voshell has offered to coordinate a prayer chain that would use the telephone rather than the computer to ask for prayers. If you do not have computer access and would like to be included in a telephone chain, please call me or the church office with your name and the number where you can be reached. Thank you.

*Janet Welch, 835-4678*

## Men of Faith Meeting Minutes

The Men of Faith Meeting was held at 6:30 pm on Thursday, January 9, 2014 in the Fellowship Hall at Faith United Methodist Church. Those present were Roger Walker, Paul Lohse, Peter Fog, George Hagge, Clair Voshell, Rodger Dahnert, Keith Smith, Dick Westrum, Neil Fruechte, and Victor Waters.

The meeting was hosted by George Hagge and Peter Fog. George provided two delicious desserts which he made!

Peter Fog led us in prayer. He then read a devotional and a passage from Matthew:25 where Jesus said 'Whatever you have done for the least of my brethren, you have done for me.' This led to a discussion about what the MOF can do for the less fortunate in our community. Many ideas were talked about, and also, who we might partner with for this mission. It was decided to call the mission the Matthew:25 Project. Peter Fog will talk to Cindy Coy, Director of the Neighborhood Service Center, about the possibility of addressing our group to tell us where the need is in Waseca.

The second draft of the 'Men of Faith Purpose' was read and approved by the group. It reads as follows.

*The Men of Faith are committed to support the vision and mission of Faith United Methodist Church. Our purpose is to assist the ministries of the church through our prayers, our hands, our hearts and our heads. We will Engage our community as an auxiliary to Faith United Methodist Church and with acts of service through our Men of Faith projects. We will Equip the Men of Faith to be disciples of Jesus Christ as we promote spiritual and social camaraderie among the men of Faith United Methodist Church. We will also Empower others to partner with God for the healing of the world.*

For some future meeting, Neil Fruechte volunteered to show slides of his China trip. The next meeting of MOF will be February 13, 2014. Neil Fruechte and Paul Lohse will host. The meeting was adjourned at 7:20 pm.

*Submitted by Roger Walker*

## Men of Faith Meeting Announcement

Our February Men of Faith Meeting will be on **February 13, 2014** at **6:30 p.m.** in the **Fellowship Hall** of Faith United Methodist Church. Our special guest will be Cindy Coy, Director of the Waseca Area Neighborhood Service Center. Cindy will educate us about the needy of the Waseca area and how our Matthew:25 Project could help. All men at Faith United Methodist Church should be sure to attend this important meeting. And bring a friend!

*Roger Walker*

## 3rd Annual Chili Cook Off

Save the date of Sunday, March 9th for the 3rd Annual Chili Cook-Off. Something new this year will be the addition of soups to the cook-off. So start planning which favorite recipe you will make, and we will have tasters - the congregation - to determine with their cash which chili/soup will win. This is a mission project for Emma Norton Services so please remember to bring paper products for them and money to fill up the "vote" jar for your favorite chili/soup!

## Sayings of the Month

- "Don't let your worries get the best of you: Remember, Moses started out as a basket case."
- "Some people are kind, polite, and sweet-spirited, until you try to sit in their pews."
- "Many folks want to serve God, but only as advisers."
- "It is easier to preach ten sermons than it is to live one."

## Powerful Tools for Caregivers

We will be starting the Powerful Tools for Caregivers program in the beginning of March. Please call Sherry Scholljegerdes at 835-4304 for more information.

## LOST:

Missing- a photo of a "Haiti Boy Taking a Bath." The size is 16 x 20. It may have been left at the church. Please contact Sherry Scholljegerdes at 835-4304 if you find it.

Thanks,

*Sherry Scholljegerdes*

## Faith Crafters and Stitchers

ATTENTION Crafters and Stitchers! Beginning in February our group meeting is moving to a new day and time. We will meet on **the second Thursday** of each month from **1:00-3:00 p.m.** You may bring your own project to work on, or there are Bazaar 2014 projects you may work on if you wish. Come join us on **Thursday, February 13**, from **1:00-3:00 p.m.** for work time, fellowship, coffee and snacks!

*Sandy Voshell*

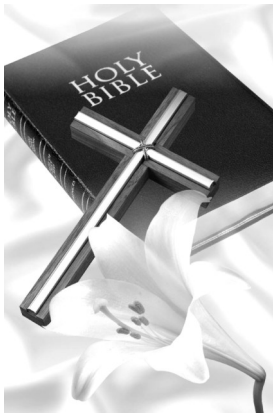
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## Living Expansively Continued

(Continued from page 1.)

call. **Fear of the Lord means that I carry around with me such a deep awareness, awe, and reverence for the power, holiness, wisdom, and grace of God that I would not think of doing anything other than living for his glory.** Fearing the Lord means that this worshipful awe is the single and unchallenged motivator of everything I think, desire, say, and do.

It is this healthy fear that keeps us from being driven by all the fearful things we read in the paper or hear in the media. This healthy fear keeps us from trusting in our resources or our ability to control our lives, and put all we have and all we are back into the hands of God who is worthy of our trust and able to provide for our deepest needs.



**Act.** God has precisely revealed his will for our daily living in his Word. Our principal job in life is not to uncover mystery. **Our principal job is to obey what has already been revealed.** Our job as we awake each morning is not to figure out how we would **like** to respond to what is on our plate, but how the commands, directives, and principles of God's Word are meant to guide us in how we live to serve him and others.

Trusting God is not just passively waiting to see what God is going to do. Trusting God means we actively obey His word and commands and as we do so we partner with Him for the healing of the world.

**Love.** If we love God more than anything else, we will be pulled way beyond the borders of our own wants and needs to the spaciousness of God's kingdom, where redemption and restoration of all things is the order of the day, every day. Big kingdom-and little kingdom-living are all about who or what owns our love.

The two great commands are to love God with all our heart, soul, strength and mind and to love our neighbor as ourselves. Love sets us free. Love empowers and emboldens us to live beyond the borders of our lives and to live expansively in the Kingdom of God.

*From Tripp, Paul David . A Quest for More: Living for Something Bigger than You . This book has both encouraged me and challenged me and I would encourage each of you to read it and let it soak into your lives.*

*Pastor Victor*

## “Think Your Drink”- Parish Nurse Notes

Our bones depend on it! Calcium-rich drinks build and maintain healthy bones. Milk, and fortified juices, and other dairy products are our main source of calcium. Yes, there are supplements but the absorption is much better with food. Did you know that at age 30 the body's maximum bone mass is reached? After that there is gradual bone loss the rest of one's life.

There are ways to maintain and build bones. Kids and young adults need three-four (8 oz. glasses) of low-fat milk or the equivalent each day. If milk is too expensive, try dry milk served cold or in cooking.

The best drinks for kids are low-fat milk, low-fat chocolate milk, water, fortified 100% juice. Soda should be saved for a special treat and not served at meals. Soda not only has no nutritional value but also decreases absorption of calcium. Spending time outside also increases Vitamin D which is needed for absorption of calcium. Most calcium-rich drinks have Vitamin D added.

Kids who drink soda instead of milk and water are at a higher risk of bone loss later in life, tooth decay and obesity.

Be a good example to kids, if you're not drinking soda and you don't have it in your house, chances are high your kids will not consume as much.

### **Here are some suggestions for adults to keep your bones strong.**

1. Eat a well-balanced diet with 3-4 servings of dairy products (low-fat).
2. Exercise regularly-weight bearing such as walking.
3. Avoid smoking.
4. Limit alcohol. Limit caffeine (3 cups per day or less).
5. Stand tall-good posture.
6. Maintain normal weight.
7. Avoid falls- wear sensible shoes and boots.
8. Get regular check-ups and asked to be measured.
9. Ask about a bone-density test after age 60.
10. Be a good example to family and friends.

*“Bless the Lord, O my soul, and forget not all his benefits: who forgiveth all thine inequities; who healeth all thy diseases; who redeemeth thy life from destruction; who crowneth thee with loving kindness and tender mercies; who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle’s.”*

*-Psalms 103: 2-5*

Have a good month—white mustaches and all.

Peace and Grace,

*Sherry Scholljegerdes, RN, Parish Nurse*

**Calcium Choices**  
Milk Group Foods are the best source of calcium!

Courtesy of Midland Dairy Council

14



**Are You CALCIUM Smart?**

- Your body needs CALCIUM for strong bones and teeth.
- The best way to get CALCIUM is from MILK and other MILK Group foods.
- To get enough CALCIUM you need at least 3 servings of MILK each and every day!!

Can you name 10 foods made from milk? (Hint: Foods made with dairy products, like pizza, count)



- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
- 7 \_\_\_\_\_
- 8 \_\_\_\_\_
- 9 \_\_\_\_\_
- 10 \_\_\_\_\_

**How Much MILK Does it Take?**

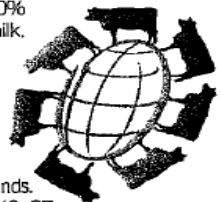
Milk is made into many different dairy foods.

Guess how many cups of milk it takes to make each of the products listed below. Draw a line from the food to your guess.

- |                            |                       |
|----------------------------|-----------------------|
| a. 1 pound of butter       | 12 cups of milk       |
| b. 8 oz of yogurt          | 11 cups of milk       |
| c. 1/2 gallon ice cream    | 0 Not a dairy product |
| d. A dozen eggs            | 39 cups of milk       |
| e. 1 pound cottage cheese  | 19 cups of milk       |
| f. 1 pound American cheese | 4 cups of milk        |
| g. 2 cups evaporated milk  | 1 cup of milk         |

**Incredible COW Facts...**

- All cows are females. (The males are called bulls)
- Cows have four stomachs. (You have just one!)
- Cows often have their ears pierced—with I.D. tags.
- A cow can't give milk until she's given birth to a calf.
- The average cow produces 90 glasses of milk each day. That's enough for 30 children to have 3 glasses of milk a day.
- Cows provide 90% of the world's milk. Water buffalo, camels, goats, sheep, horses, and reindeer are also milked.
- A cow weighs about 1400 pounds. That's probably 10-25 times what you weigh!
- A cow's udder can hold 25-50 pounds of milk. No wonder she's so eager to be milked!
- A Holstein's spots are like a fingerprint or snowflake. No two cows have exactly the same pattern of spots.
- A cow gives nearly 200,000 glasses of milk in her lifetime.



**Orange Cow**

An "udderly" delicious drink!  
 1 cup milk  
 1 scoop vanilla ice cream or frozen yogurt  
 1/2 cup orange juice  
 Mix together until smooth.  
 Share with a friend or two.



Faith United Methodist Church

*"Faith by the lake ~ and beyond!"*

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**Change Service Requested**

## MONTHLY MEET-UPS

### Elizabeth Circle

UMW Elizabeth Circle will meet **Wednesday, February 19 at 3:30 p.m.** in the **Lakeview Room**. The hostess is Karen Ferch and devotions will be lead by Sherry Scholljegerdes. Guests and visitors will be welcome.

### Mary Circle

Mary Circle will meet on **Monday, February 17 at 5:00 p.m.** in the **Lakeview room**. We are meeting before the Unit meeting that night.

### Ruth Circle

UMW Ruth Circle will meet **Wednesday, February 19 at 9:30 a.m.**  
The location is to be determined.

### Men of Faith

The next meeting will be **Thursday, February 13** in the **Fellowship Hall**. Neil Fruechte and Paul Lohse will host.