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Faith Messenger

MARCH 2014 Business Name: *"Faith by the lake and beyond!"* Volume 2014, Issue 3

Hope for Weary Hearts

- Special Points of Interest**
- *Correction, please note "Younger Women's Dinner Out" on page 10. This is missing from the calendar.
 - Sayings of the Month and Crossword Puzzle, Page 11
 - March Birthdays and Anniversaries, Included with Calendar
 - Monthly Meet-Ups, Back Page

As the snow piles up and the temperatures hover just above zero we all HOPE for an early spring. We HOPE that warmer temperatures are just around the corner. We close our eyes and picture sunny days, warm beaches and wearing shorts and t-shirts instead of Parkas.

Then we open our eyes and go out and shovel the latest nuisance snow fall.

All our hoping and dreaming and wishing and thinking, "Wouldn't it be nice if the weather warmed up?" doesn't move the mercury up one degree.

Hope is more than wishful thinking.

Hope is more than praying for God to guarantee more warm days than cold days.

Hope is rooted in a deep and abiding trust in God. That God in His wisdom and love will always act for our good even if winter lasts into April or May.

In the prayer of hope, there are no guarantees asked, no conditions posed, and no proofs demanded. You expect everything from the other without binding the other in any way. Hope is based on the premise that the other gives only what is good. Hope includes an openness by which you wait for the promise to come through, even though you never know when, where, or how this might happen.

Nouwen, Henri J. M. With Open Hands (p. 73). Ave Maria Press

Can you trust God fully with a future that guarantees you nothing but God Himself?

(Continued on page 7.)

About Emma Norton Services

In 1917, the Women's Home Missionary Society of the Methodist Episcopal Church purchased a house in which to provide safe, secure, affordable housing in a wholesome environment for women coming from rural Minnesota to the Twin Cities for work or school. It was called The Methodist Girls' Club and housed up to 25 women. Due to costly repairs of the original facility and with the proceeds of a monetary gift from Mrs. Emma Hayes Norton, the Emma Norton Residence was opened at its current location on June 1, 1967, nearly tripling the number of women served. Throughout its history, Emma Norton Services has aimed to provide safe, secure, affordable housing for women in transition regardless of race, religious preference, national origin, age, disability, or sexual orientation. Emma Norton Services (ENS) serves women regardless of their place of origin; however most are residents of the seven county metropolitan areas of Minneapolis and Saint Paul, Minnesota.

ENS fosters stability and personal growth for women and families who are homeless, or at risk of becoming homeless, by providing affordable, secure housing along with a sense of community and innovative support services. In working with women and families, ENS is committed to:

- Providing safe, secure, affordable housing for women and families in transition.
- Providing support, advocacy and referrals to community services for individuals and families to stabilize their lives, build confidence and become self-sufficient.
- Keeping rents affordable despite rising costs of services by seeking funds to serve those with the greatest need.
- Involving corporate, civic, private and faith based communities in our programs.

ENS is comprised of two facilities, The Emma Norton Residence Transitional Housing Program in St. Paul and 13 townhomes at Emma's Place in Maplewood.

ENS provides a safe and mutually respectful environment where residents discover their innate power and problem solving abilities and learn to use them to become self-sufficient. Every aspect of Emma Norton's housing and supportive services is designed to promote self-sufficiency. All participants receive a mental health and chemical dependence review and based on its result, an individualized plan is created by the resident or family with assistance from their case manager. Disabilities are addressed by professional assessments from physicians, drug/alcohol counselors and/or mental health professionals.

At ENS, residents are equipped and inspired to increase not only their financial resources but also their emotional and educational resources. In each facility, a Program Director and two Case Managers work with residents one-on-one to repair credit histories and provide referrals to agencies that assist with past unlawful detainers and issues of unpaid rent.

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About Emma Norton Services Continued

(Continued from page 2.)

They work in deliberate, creative ways to help these women and families act on their own behalf, encouraging interaction among family members, and helping to build leadership skills that encourage collective action. Residents act on their own behalf by setting short and long term goals, contacting community services and accessing healthcare. Events and celebrations, such as monthly birthday parties and craft nights provide needed social opportunities for women and families, some of whom have been isolated for many years. Through these opportunities for interaction, women find the tools within themselves to improve their situations, support others dealing with similar situations and act together to improve their community. In addition to these services, ENS offers cutting edge programs such as Getting Ahead and the Circles initiative to support the women as they eventually go out into the community to live and to reach their goals. Mentors support the residents in such areas as education, parenting, family dynamics, role modeling. This is all part of the program's non-stop mission of ending the cycle of poverty for the residents and within the community.

EMS Wish List

Thank you for supporting ENS with your in-kind gifts. In-Kind giving is so very helpful because it allows us to direct more of our dollars to direct service and programming and not to everyday living supplies. There are some things that we need specifically at the holidays and other times of the year, and some that are ongoing. Items that ENS is in constant critical need of include:

- All paper goods, like paper towels, and toilet paper (septic friendly), napkins and facial tissue.
- Personal items such as bars of soap, deodorant and toothpaste, body wash, bath scrubbies and sponges.
- We can always use alarm clocks, notebooks, pens, board games, new t-shirts –all sizes.
- All-purpose cleaning spray, tub, and tile cleaner, toilet bowl cleaner, Windex, Pine-Sol, Soft scrub, bleach, garbage bags (all sizes).

Faith Crafters and Stitchers

Faith Crafters and Stitchers will meet **March 13** (the second Thursday) from **1:00-3:00 p.m.** in the **Fellowship Hall**. You may bring your own project to work on or there will be Bazaar 2014 projects you may work on if you wish. Come join us for work time, fellowship, coffee, and snacks. Bring a friend too!

Sandy Voshell 835-4122



3rd Annual Chili Cook /Soup Cook Off

This is our third year of having a fund raiser for a mission project, Emma Norton Services. So how can you participate? Simple:

- By calling 507-676-3544 and reserving your spot for your favorite home-made chili or soup. Bring it March 9th to church before services.
- During Fellowship you will have the opportunity to taste a few or all of the chilies and/or soups.
- Vote for the one that you liked the best by putting coins or paper money in the jar by the chili/soup of your choice.
- The winner is the one who has the most money in their jar.



So come, enjoy great fellowship and some good home cooked chili and soup and support a great mission!

Lions Pancake Breakfast

The next **LIONS PANCAKE BREAKFAST** will be held **Sunday, March 30** at the **American Legion** from **7:30 a.m. to noon**. Proceeds support Waseca Boy and Girl Scouts, college scholarships and the Lions Eye Bank. (Bring your old eyeglasses and hearing aids) Adults: \$6:00. Children age 12 and under: \$2.00. Toddlers: Free.

Thank you so much.

Sincerely, *Robert Hunter*

Monthly Prayer Requests

Remember our church members, military families, & 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

Janesville Nursing Home: Nina Youngberg

Tower Light, St. Louis Park: Darlene Lynch

Those who also need our prayers: Willie Mahler, Jerry Krause

Prayer Requests from Sunday Worship: Leona Quast, Harry McClune, Jerry and Eunice Hansen, Morgan and Justin; Melissa Toot, Rodger Dahnert, Peter and Verna Fog, Dick and Elaine Westrum



UMW Update

We started the year off with UMW Sunday on January 26. Thanks to everyone who braved the cold weather to attend service. The Officers for 2014 were installed, plus we heard about three women of the Bible who were empowered, equipped and engaged by the Holy Spirit. Pastor Victor installed 2014 UMW Officers; President: Barbara Friedl, Vice President: Sherry Scholljegerdes, Secretary: Shirley Hansen, Treasurer: Sandy Voshell, Nomination: Linda Lohse (chair), Edy Barber, Karen Ferch, and Char Frankenberry.

Linda Lohse was awarded with Special Mission Recognition on UMW Sunday. Margaret Hasslen was unable to attend UMW Sunday service and was awarded with Special Mission Recognition at the February 9th church service.

Our first UMW unit meeting for this year was scheduled for February 17th but was cancelled due to the weather. It was rescheduled for February 24th. We will have a report on that meeting in the next newsletter. Our unit meetings are held quarterly on the third Monday of the month. All ladies are invited to attend. We have a light supper followed by the business meeting. The meal is hosted by one of the Circles.

Sherry Scholljegerdes is scheduled to share her trip to Haiti with the group. Some of the items on the agenda to discuss are the upcoming March Mission Sunday, which is a Chili/Soup Cook-off scheduled for March 9th. Monies donated at the cook-off will be given to Emma Norton Services. They are really in need of donations. We are also collecting paper donations for Emma Norton.

World Day of Prayer which is March 7th will be held at Faith United Methodist Church.

Our Spring Salad Luncheon is on April 22. We will be having it on Tuesday this year.

Some upcoming events in the Southern Prairie District are the UMW Spring Gathering on March 21 at Trimont United Methodist Church and March 22 at Waterville United Methodist Church. I encourage each of you to attend. Many ladies from the southeastern and western area of the state gather to sing and praise the Lord. Good music. It is amazing how beautiful all the voices sound, giving glory to the Lord. The ladies endeavor to bring a special program to all who attend.

Barbara Friedl

Sunday School News

For the 3rd-6th graders, the Spring Session will begin on **March 2nd**. Some familiar stories will be explored including more teachings about a blind man, Zaccaheus, and Jesus with his disciples around a supper table. We will be building a "Road to Easter", and reviewing events of that special season. The "star" of our last unit will be the disciple named Peter. Our final Sunday will be May 25th. There's lots of fun and much to learn, so be sure to be there!

Linda Lohse

Parish Nurse Notes— “Happiness - A Journey, Not a Destination”

I received in the mail a continuing education article for nurses. After reading it, I wanted to share the main points with you.

Enduring Happiness manifests as a deep satisfaction with how you live your life. A study showed that positive emotions and sustained happiness are often associated with altruism, energy, optimism, originality, and sociability.

Are People Born Happy? Fifty-percent of happiness and satisfaction in life comes from our genes. Life circumstances account for 10%. Intentional activities (such as keeping a journal of what makes us grateful) account for 40%.



What Makes Us Happy? Age makes a difference. A Gallop survey of 340,847 people age 18-85 years old “found that happiness decreased gradually until 50 then trended upward, while worry after this age declines. At about 70, happiness leveled off or declined slightly.”

Religiousness and Spirituality both increase happiness. (Don't we know?)

Money Overall life satisfaction (but not daily happiness) is increased by an annual income of \$75,000 but the effect dissipates once that income is reached.

Marriage Married people tend to be happier. “Certainly divorced people may be happier than those who are in unhappy marriages.”

(Continued on next page.)

Parish Nurse Notes— Continued

(Continued from page 8.)

Strategies for Happiness ‘Rather than pursue happiness, it’s better to engage in behaviors associated with happiness.’”

Connect Socially “The single most important strategy in creating an environment where happiness can thrive is to spend time with family and friends.”

Keep a Positive Attitude “Optimism has been linked not only to better subjective well-being but also to better health.”

Be Grateful Writing down 3 things that went well each day (and their causes) every night for one week increased happiness and reduced depressive symptoms for 6 months!

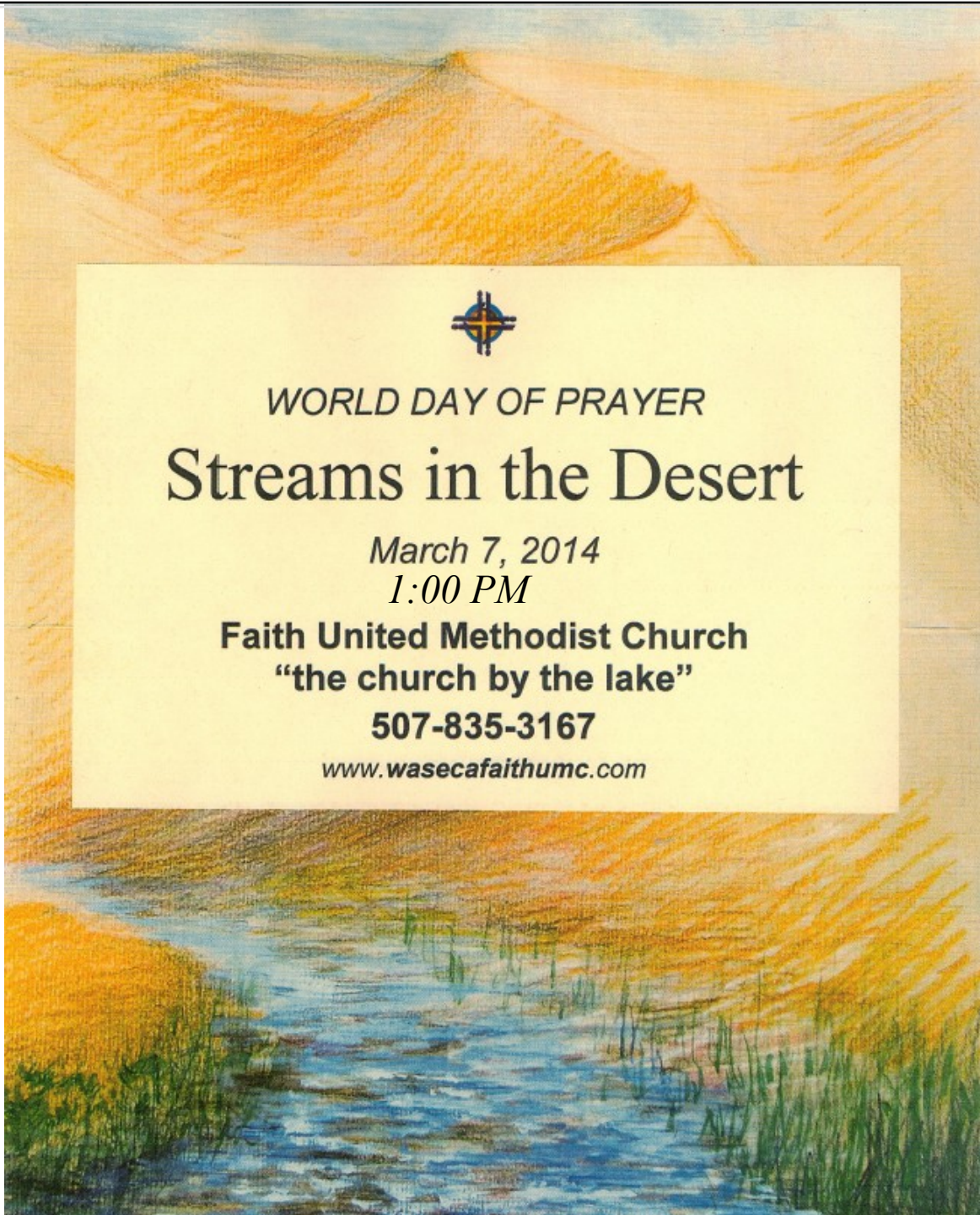


Tend to Your Body Use exercise to improve mood and fight depression

Leave Baggage Behind Reduce negative thoughts, forgive others. “Forgiveness is the feeling of peace that emerges as we take our hurt less personally, take responsibility for how we feel, and become a hero instead of a victim in the story we tell.”

Be Kind to Your Mind One way to do this is to meditate. I’m adding prayer to this list.

(Continued on page 10.)



Church Bus

Our church is responsible for having a rider on the Sunday Bus the month of April. We meet down at the Fairgrounds at 8:00 a.m. and finish at 12:00 p.m., helping people on and off the bus. Sometimes we walk to their door to escort them, others hop on and off. We assist where we are needed. It's a rewarding service, meeting people, visiting as we ride along. Please volunteer to ride the Sunday Bus. If you would like to volunteer please call Kim at the church office 835-3167.

Hope for Weary Hearts Continued

(Continued from page 1.)

Romans 5:1-2

5 Therefore, because we have been declared righteous by faith, we have peace with God through our Lord Jesus Christ, 2 through whom also we have obtained access by faith into this grace in which we stand, and we boast in the afflictions, because we* know that affliction produces patient endurance, 4 and patient endurance, proven character, and proven character, hope, 5 and hope does not disappoint, because the love of God has been poured out in our hearts through the Holy Spirit who was given to us.*



Hope that does not disappoint is rooted in the love of God.

Hope springs from knowing that no matter what comes our way we are loved by God. God's love cannot be earned nor can it be lost. God's love carries us through the tough times, the times we struggle with others, with ourselves, with our faith.

God's love give us the ability to endure whatever life brings our way. God's love builds our character and brings us life changing hope. Hope that brings us courage and boldness and indescribable, irrepressible, indestructible Joy.

Hopefully you will join me in this prayer of hope.

Dear God,

I am full of wishes, full of desires, full of expectations. Some of them may be realized, many may not, but in the midst of all my satisfactions and disappointments, I hope in you. I know that you will never leave me alone and will fulfill your divine promises. Even when it seems that things are not going my way, I know that they are going your way and that, in the end, your way is the best way for me. O Lord, strengthen my hope, especially when my many wishes are not fulfilled. Let me never forget that your name is Love. Amen. *Nouwen, Henri J. M. (2006-04-01). With Open Hands*

May The God of All Hope Fill You with All Joy Romans 15:13

Pastor Victor

Thank You!

Thank you to our Faith Church family for your prayers, cards, and calls during the time of my hip replacement surgery and recovery.

Clair Voshell

Parish Nurse Notes— Continued

Pursue Goals Benefits include a sense of purpose, increased self-esteem, addition of structure and meaning to our daily lives.

Live a Meaningful Life Identify character strengths and virtues, focus on our strengths, not weaknesses. Also, focus on “courage, humanity, justice, temperance, transcendence, and wisdom.”



Again, “Happiness is a journey, not a destination.”

Your Happy Parish Nurse,
Sherry Scholljegerdes, RN

Rosalinda Alfaro-Le Fure
RN, MSN, ANEF
Nurses.com January 2014

Younger Women’s Dinner Out

Please attend on **Wednesday, March 26 at 6:00 p.m.** Come and enjoy a nice meal with friends and make new friends.

This is sponsored by UMW. The nursery will be provided.

Deno Shower

All women and girls of Faith are invited to a shower for Peggy Deno on **Sunday, March 2 following the fellowship time.** We will be celebrating the joy of the Deno's moving into their new home following a fire last spring. We will have a light lunch, a little fun and a devotional time as we gather to shower God's blessings on our sister in Christ, Peggy. Please call Patrice Waters with any questions at 835-2535.

Crossword Puzzle

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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Sayings of the Month

- "The good Lord didn't create anything without a purpose, but mosquitoes come close."
- "When you get to your wit's end, you'll find God lives there."
- "People are funny; they want the front of the bus, middle of the road, and back of the church."
- "Opportunity may knock once, but temptation bangs on the door forever."
- "We're called to be witnesses, not lawyers or judges."



Business Name

"Faith by the lake ~ and beyond!"

Primary Business Address

Your Address Line 2

Phone: 555-555-5555

Fax: 555-555-5555

E-mail: someone@example.com

Non-profit Org
Postage Paid
Permit 30
Waseca, MN
56093

Change Service Requested

MONTHLY MEET-UPS

Elizabeth Circle

UMW Elizabeth Circle **will not** conduct their regular March meeting.

Mary Circle

UMW Mary Circle will meet on **March 18 at 2:00 pm** in the **Lakeview room**. The hostess is Loraine Wick.

Ruth Circle

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

Men of Faith

There was no meeting in February due to weather.

The next Men of Faith meeting will be **March 13, 2014 at 6:30 p.m.** in the **Fellowship Hall** at Faith United Methodist Church. All men at FUMC are welcome to attend, and bring a friend!

