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Immanuel News



From the Pastor

I remember a Christmas Eve from when I was seven or eight years old. It was one of those winter nights that was not too cold, yet had enough chill to clearly state winter's presence. The stars were bright in the sky. As I looked to the small town near our farm where the church was located, the twinkling of the street lights caused me to picture another little town in a distant land, in an ancient time, in the midst of a silent night.

Upon arriving at church, I noticed excitement from the other children gathering for the Christmas program; an excitement I shared. There was

laughing and giggling. Everyone's costumes and clothes were especially vivid and colorful. When we practiced our singing, voices were loud and robust. It was in just about every way, a nearly perfect Christmas Eve.

While that Christmas Eve stands out, every Christmas Eve carries with it an extra bit of enchantment. There is expectancy in the air that is unique to the night before Christmas; we sense that something special is about to happen. So once again this year we will gather at Immanuel to give thanks for that anticipation and result

- the birth of a baby born among us, for us, and for all creation. And even though Christmas Eve will never be perfect, the love of God embodied by a baby called Jesus is perfect. That perfection is always worth celebrating and I hope you will join us at Immanuel Christmas Eve for such a celebration. Oh Holy night!



Inside this issue:

Pastor's Report	2
Council Minutes	3-4
Parish Nurse News	5
Prayer Concerns	6
Sunday School	6
View from Open Door	7
Helpers	Back of Cal

Worship –

Service of Holy Communion will be Sunday December 14.
Christmas Eve services will be December 24 at 7 p.m. and 11 p.m.
Funeral service and burial for Jim Bremer held on November 17.
Graveside services for Beatrice Arnold held November 8.

Pastoral Care -

Pastoral care calls continue as needed. Please contact me if you would like a visit or know of someone who would. There have been five hospitalizations since the last council meeting.

Community Activity -

Immanuel will be hosting Sedalia pastor's Bible study on Wednesday December 10.
I am leading Bible study at Stoney Ridge December 16, 23, and 30.

Committee Meetings -

Worship, evangelism, and Christian education have all met since the last council meeting.

Congregational Activity Review -

Children's Christmas program was December 7.
Hanging of the Greens on November 23.
Congregational Budget meeting was November 16 after worship.
Safe church policy training was held on October 28.
Stroke Detection Plus has requested to use our facility on January 7 (council approval).

Congregational Goals for 2009 -

Prayerfully seek to know where God is calling us to be and increase attendance (goal 155/week)

UCC Update –

General Synod will be June 26-30, 2009 in Grand Rapids, MI. Are you interested in attending?

Personal –

Thanks to Reverend Julie Pigg for her willingness to lead worship on November 30 even though she didn't make it because of a car accident (I am thankful she and her grandson were not hurt).

News from the Church Council (Unapproved Minutes)

Leora Bremer, Council President, called the meeting to order at 7:00 PM. Those present were Leora Bremer, Gary Case, John Kritos, Steve Barnes, Tim Harster, Julie Bales and Pastor Brady Abel. New Council members for 2009 present were Kevin Bogert, David Moore, Carol Knight and Carole Weiss.

Leora welcomed our new Council members to the meeting. Pastor Brady read from Mark 1:1-8. He talked about Advent and that it is a time of change and noted that the Council, our congregation, and the nation are all in transition and change. Transitions and changes are a constant in our lives. He concluded with a prayer.

John moved to accept the October 27 minutes as written. Steve seconded and the motion passed. John moved to accept the minutes of the Special Council meeting held on November 9. Steve seconded and the motion passed.

Financial Reports:

OCWM: Pastor Brady reported Immanuel's giving as of the end of November was \$3931, which was a 2% increase over November 2007. He noted that in 2007 part of the Christmas offering had gone to OCWM and that is not scheduled this year.

Treasurer's report: Gary reported there had been an additional \$9.00 come in for proceeds to the German Dinner. The total of the German Dinner was \$6,040.35 with total expenses of \$1,110.97. He had renewed the CD for the organ fund. There are 2 CDs for Improvement and Maintenance that would need to be renewed by 12/12/08 and he was looking into the best interest for them. Immanuel has received some income from the Stroke Detection being held at the church. Gary reviewed the benevolence report. John gave the Memorial report. Gary reported for Improvement and Maintenance and they had spent \$274.27 for the fall organ inspection. David made

the motion to accept the financial reports, Carol K. seconded and the motion passed.

Pastor's Report

Pastor Brady shared the Sedalia pastor's Bible study would be at Immanuel on December 10. He will be leading Bible study at Stoney Ridge in December. He reported the Stroke Detection Plus had requested to use the church again on January 7, 2009. Gary moved to approve Stroke Detection Plus using Immanuel on January 7, 2009, John seconded and the motion passed. Immanuel receives \$175 for the use of the building and \$15 for each church member that goes through the screening.

Committee Reports

Fellowship: Leora moved to purchase two new roasters at the cost of \$154.66 with funds coming from the bereavement fund, Gary seconded and the motion passed. Leora noted that her and Dee Cain had been watching ads for specials and had used some of the \$1,000 for Open Door. They have taken in sweet potatoes and vegetables.

Improvement and Maintenance:

Pastor Brady reported he had gotten two carbon monoxide detectors for the parsonage. No work has been done on the list of repairs or remodeling to the church or parsonage updates. Gary reported the filter for the ice machine had not been changed for 2 years and the machine had been working slowly during the German Dinner. Gary moved to replace the filter for \$77.33, John seconded and the motion passed. Gary reported the changes to Charter at the church and the parsonage had been made. He got two new phones for the church for \$37.76. He said Minerva Taylor would like to have the one used phone for personal use. Gary

moved to let Minerva make a donation for the phone, Steve seconded and the motion passed. The phone was going to be placed in the spring garage sale otherwise.

Gary reviewed information about the covering of some of the stained glass windows. The ¼ inch plate glass should not change in color over time. Gary thought we would need to spend \$16,500 to \$17,000 for the windows and the Jesus window. Gary moved to go with the bid of Willet Hauser and their bid of \$15,190.00 and up to possibly \$17,000 to cover the Jesus window with a skylight with the project to be financed by pledges from the congregation. This would be presented to the congregation at the Annual meeting in January 2009. John seconded the motion and the motion passed. There was discussion of a new fireproof safe/file cabinet for the church and Gary presented some information on prices. Gary made the motion to purchase a new fireproof safe for \$157.84 from Wal-Mart with funds coming from Improvement and Maintenance, John seconded and the motion passed.

Evangelism: The committee had met on November 10. Friendship Extravaganza was held on Sunday December 7 in conjunction with the children's Christmas program. The committee is working on plans for 2009.

Outreach: No report

Worship & Music: The committee met November 3 and discussed Advent and the Christmas Eve services. Wilma Baslee will be getting ushers and communion preparers for 2009.

Stewardship: No report

Christian Education: The Children's program had been held on Sunday December 7. There will be a craft night on December 12. There will be caroling to shut ins on December 14 with a light lunch after worship and cookies and hot chocolate upon returning to

(continued)

church. The committee has been talking about a possible trip to Kansas City on the train in January or February.

Health & Wellness: Leora reported the CPR and use of AED class had been cancelled due to illness and it will be rescheduled after Christmas. Julie noted the Sedalia fitness challenge would be starting in January. She made the motion for \$5.00 of the entry fee to be paid from the Parish Nurse budget for those participating. Steve seconded the motion and the motion passed.

Technology: Tim reported the screen and projector were up and running. He used them during the meeting to show financial reports, minutes and the agenda. This should help to save paper costs. He is looking into an offsite backup system.

Pastoral Relations: No report

Executive Committee: No meeting had been held. There will be an upcoming meeting to discuss the Eden scholarship.

Old Business: No additional old business was presented.

New Business:

Betty Guth has been serving on the Open Door Board of Directors and we are needing a new representative. There should be a recommendation at the next Council meeting. Let Betty or Pastor Brady know if you are interested.

The renewal of the Chamber of Commerce membership was discussed. The dues are \$130 per year. Currently we are getting information about Immanuel put in the Welcome to Sedalia bags the Chamber provides. David moved to renew the membership with the Chamber of Commerce with the funds coming from the advertising budget. Carol K. seconded and the motion passed with 1 abstained vote.

Leora reported that Rex Jefferies was interested in using the church for Tai Kwon classes on Tuesday evenings from 6-8 for those ages 6-60 years old. There was discussion on liability and insurance issues and fees to use the facility. It was questioned if he would provide some insurance of his own. Leora is going to check on Immanuel's liability and insurance. It was discussed to charge \$50.00 per month for use of facility. The issue was tabled to the next meeting.

Election of officers for 2009 was held. Those nominated were: President- Leora Bremer; Vice President -Tim Harster; Secretary- John Kritos; Treasurer-Gary Case; Wayne Baslee- Improvement and Maintenance and Carol Knight- Memorial Fund. The nominations were ceased and voted in by acclamation.

The executive committee will be meeting to select committee members for 2009.

The meeting was adjourned with Pastor Brady leading the Council in the Lord's Prayer.

Respectfully submitted, Julie Bales

Special Council Meeting

November 9, 2008

11:40 AM

(Unapproved)

There was a special meeting of the Council held following worship on November 9 at 11:40. Leora called the meeting to order. Those present were Leora Bremer, Dee Cain, Sam Mehan, Gary Case, John Kritos, Phil Gerlt, Letitia Gerlt, Julie Bales and Pastor Brady Abel.

Pastor Brady opened with a prayer for the gathering.

The proceeds of the German Dinner were discussed. Gary reported that Don Barbour had donated the cost of the advertising and the Knights had donated the ice. Gary reported there was \$4,920.38 in proceeds from the dinner. Gary moved to have \$3,000 go to the General Fund of IUCC, \$1,000 to Open Door for food and \$920.38 to the Youth Fund. John seconded and the motion passed.

There was discussion about the phone service at the church and parsonage. The AT&T service is currently \$43.38 at the parsonage. At Charter Pastor Brady can bundle his services together and the church can reimburse him monthly for the extra expenses. The Charter phone cost would be \$39.25. Gary moved to change the parsonage phone to Charter with Pastor Brady bundling his services and he will be reimbursed each month for the extra expenses. Dee seconded and the motion passed. More discussion was held on the church phone and Internet services. The AT&T services are currently \$92.23 and the Internet is 1.5 mb. The Charter services would be \$83.22 a month and the Internet would be 5mb. Gary moved to switch the church to the Basic Charter Long distance services and the Internet. John seconded and the motion passed. Gary is going to try and get the installation charge of \$148 reduced to \$98.00 based on discussion with some representatives he had talked to at Charter.

Leora reported that Larry Whipple is willing to do the snow removal. John moved to hire Larry for \$25 per snow removal. Dee seconded and the motion passed.

Don Barbour had mentioned to Leora that the gutters needed to be cleaned on the church and the parsonage. Gary noted that Wayne Baslee had also mentioned that and they were waiting for the leaves to fall before starting the job.

Mission and Outreach: The project of adopting 3 families for Christmas was discussed. Leticia volunteered to organize the project. The Council approved by consensus to do this project again this year at Immanuel.

The meeting was adjourned at 12:05.

Respectfully submitted, Julie Bales

Parish nurse news

Living on a tight budget requires sacrifices, but health shouldn't be one of them.

If you, or someone you love, has limited income and Medicare, find out about "Medicare Part D Extra Help." Those who qualify can save 75% or more. Thousands are eligible, but don't even know it!

Ask about "Extra Help for Part D" at the local Social Security office, senior center, or call Care Connection for Aging Services at 1-800-748-7826.

Beat the Winter Blahs

All the activities of Christmas will soon be over; the winter

Wash your hands frequently to avoid colds & flu

blahs can set in. When winter arrives our bodies seem to want to slow down and because we spend more time

indoors our physical activity usually slows down also. When more of the day is dark and some days the sun doesn't seem to shine at all it can be rather depressing. Some people experience Seasonal Affective Disorder (SAD). Keeping the lights on in the house can help. For persistent symptoms see your health care professional for other treatment methods.

Go for a winter walk, it helps

to keep your mood stable and keeps you physically fit. Be sure to layer your clothing so they will whisk away the perspiration and keep you warm. Enjoy nature. When you return from that walk have a cup of herbal tea rather than hot chocolate for a warm drink. You not only save calories but you avoid the caffeine. Green tea is high in antioxidants.

Some other suggestions:

- Think you need some warm fuzzies, snuggle up with your dog or cat.
- Bake something – this is a fun activity you can share with children or a friend. The scent of baking brownies or cookies can be comforting.
- Lift your spirits with a warm bath using some scented oils. Just smelling the scents can affect your mood.
- Curl up with a good book and enjoy.
- Have a fire in the fireplace or light a candle.
- Spend some special time with one of your children; do something with them that they would enjoy.
- Have a leisurely lunch with a friend and that may be your spouse.
- Join the "Let's Get Moving!" Sedalia Fitness Challenge by being a member of an Immanuel Team. It all begins January 13, 2009. See Julie Bales for details and to sign up. The Fitness Challenge offers seminars on nutrition, fitness,

cholesterol and diabetes as well as cooking classes and group fitness activities.

How about a cup of herbal tea, a cookie or two, a lighted candle and a good book for a relaxing time?

Cold Weather Warning!

The incidence of heart attacks and strokes increases by more than 50% in the winter. Even short periods of exposure to cold weather can cause blood pressure to rise. What happens when your body gets cold is that the arteries constrict, thereby reducing the amount of blood flow and oxygen to the heart. The heart tries to work harder to compensate and in doing so blood pressure rises. If you do go out to shovel the driveway do some warm-up stretches before going out. Wear layered clothing, remember to cover your head, you can lose a lot of warmth through your scalp.

Hand washing Reminder

The first line of defense in avoiding colds and the flu is frequent, thorough hand washing.

Leora Bremer, R.N.
Parish Nurse

Information written in Parish Nurse News is not intended as a substitute for Professional Medical advice. Consult your health care provider concerning your individual health care needs or in an emergency situation seek medical assistance immediately.



Ralph Linhardt has been in and out of the hospital this past month. He is now home recuperating. George Hunter had cataract surgery this past month. He has been hospitalized again. Bob Haggard has been ill this past month also. It was good to see him in church and feeling well.

Remember Tim Harster's family following the death of his great-niece.

Please remember our service men and women and also our home bound members with a Christmas card, call, or visit. They would be happy to hear from you.

Sunshine Gerlt is now at Stoney Ridge Village. Her new address is: Stoney Ridge Village, 25023 Bothwell Pk Rd., Sedalia, Mo. 65301.



Michael and Donna Gawedzinski and their family moved from Sedalia last summer and have a new address. It is 704 Cattail Circle, Harker Heights, TX 76548. We wish them well in their new home and if they are ever this way, stop in for a visit.

ALERT!!!

The church has a new email address: **iuccsedalia@charterinternet.com**

Pastor Brady also has a new email address:

pastoriuccsedalia@charterinternet.com



Children's Sunday School

During January the children will continue

to celebrate the birth of Jesus and learn about it through the eyes of the magi. They will be exploring how God does something new for Jesus and for us. They will be assured that God knows each one and loves each one. The teachers for January are Kris and Carol Knight. The children will decide where the Sunday school offering will go for the next few months. The fall offering was designated for the hurricane relief.

A big **THANK YOU** to **ALL** who helped to make the children's Christmas program a success on December 7. The children had a Craft & pizza night on December 12.

They made some crafts, which they delivered to some of Immanuel's shut ins in Sedalia on Sunday December 14 as they went caroling.

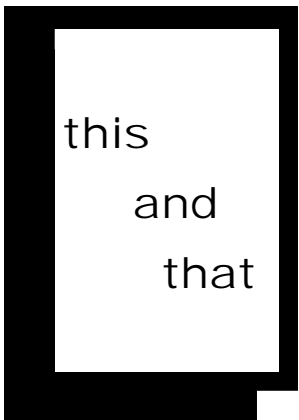
A date to mark on the calendar, March 28 will be the next Lock In at Immanuel.

Julie Bales

Fitness Challenge 2009

Want to have a little fun and competition in 2009 and treat yourself to some exercise? The Sedalia area fitness challenge will be starting in January. Immanuel has had 3 teams participating the past 2 years. There will be a sign up sheet in the Red Room for those wishing to participate. At this point in time we do not have details of how the challenge will be run, but as soon as we know, we will let you know. The Council has approved that \$5.00 of the entry fee be paid by the church. So get your walking shoes ready!

Henrietta "Skip" Bremer and family wish to thank everyone for cards, calls and prayers during Jim's illness and at his passing.



Brady was a big help for all of us. He is a very caring person. God bless you all.

Skip and Family

Attend Christmas
Eve Services at
7:00, 11:00 p.m.
or both

10:30 a.m. Sunday Worship
and Children's Sunday School



CHRISTMAS BAGS DISTRIBUTED TO OPEN DOOR

The Food Pantry - This period we donated 1,745 pounds of food, bringing our annual total to 7,754 pounds. (The final 2008 total will be given in the Annual Report - to be written in late December).

The 100 Holiday food packs Immanuel gathered were distributed December 8 by "Santa" Brady. The clients' faces light up when they realize their entire Christmas dinner is contained in the

bag and red envelope. Sincere thanks to everyone who donated to this special project.

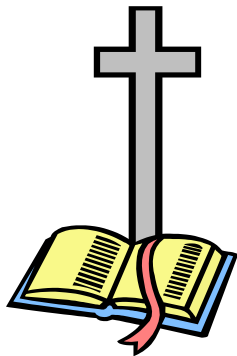
We worked 39 hours this month. Our annual total is 590 hours. The new repack room is taking shape in the warehouse. When that room is available, we will again get the large containers of pasta, pretzels, rice, etc., to pack into zip lock bags. That will give us more opportunities to donate our hands

to the pantry.

Thank you, Immanuel, for your generosity to the Open Door Thrift Shop and Food Pantry during 2008. God Bless your efforts. We will need you even more in 2009.

Betty Guth





January 18:

1 Samuel 3:1-10
(11-20)
Psalm 139:1-6, 13-18
1 Corinthians 6:1-20
John 1:43-51

January 25:

Jonah 3:1-5, 10
Psalm 62:5-12
1 Corinthians 7:29-31
Mark 1:14-20

January 4:

Jeremiah 31:7-14
Psalm 147:12-20
Ephesians 1:3-14
John 1:(1-9), 10-18

January 11:

Genesis 1:1-5
Psalm 29
Acts 19:1-7
Mark 1:4-11

Church Women United will collect dues for membership in January 2009. Please renew your membership or if not a member, consider joining. The dues for a Sustaining Membership is \$6.00. Joyce Williams will take the dues to the Board Meeting January 26, 2009.

REMINDER ALERT

Have you informed the church office of your email address?

As of January 2009 our Newsletters will be sent electronically by email. If you have an email address and have not let the church office know, please do so ASAP so we can get your name on the list. This is a good way to get the news quickly and efficiently and also it will cut down on the number of newsletter that will need to be mailed out.

If you don't have an email address, you can pick up your newsletter at church on Sunday mornings. If you are not able to come to church we will mail it to you..

**SHARING OUR TALENTS
FOR JANUARY 2009**

USHERS AND COMMUNION

Don and Carolyn Barbour

LITURGISTS

January 4 - Steve Cain
January 11 - Dee Cain
January 18 - Betty Guth
January 25 - John Kritos

ACOLYTES

January 4 - Paige Staus
January 11 - Madison Knight
January 18 - Ashley Grotzinger
January 25 - Kylie Bales

GREETERS

January 4 - Julie & Kylie Bales
January 11 - Steve & Dee Cain
January 18 - Eldon & Eleanora Leiter
January 25 - Eric Weese Family

FLOWERS

January 4 - Durward & Betty Guth
January 11 - Joan Allen
January 18 - Sam & Diane Mehan
January 25 - Don & Carolyn Barbour

NURSERY

CAN YOU HELP IF NEEDED?