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Immanuel News



From the Pastor

“You are going to have to wait.” Those aren’t words I like to hear. I have had a couple of situations occur in the last few weeks where I was told I would need to wait. What a challenging time that can be especially if I am waiting on something I really anticipate or if I am awaiting information I need to have or want to have in order to go about my life. For me, the recent situations weren’t too drastic, but still I felt a familiar uneasiness settle in while I prepared to wait.

Waiting is a part of life. When I’m not in the middle of waiting and I reflect on my ability to wait, I fool myself into believing that I am better at waiting than I really am. Then, when the circumstances develop where I have to wait, I realize that I have not become much better at waiting, even though I

have had years of practice.

On the other hand, there are some things that I am perfectly content to wait on. I will gladly wait on winter to arrive. I want to wait as long as I can for tax day to show up on the calendar. I am all for waiting as the next visit to the dentist is made.

Strangely enough, those days come around in a fairly rapid fashion and I don’t have to wait near enough. Yet, my wait on vacation can seem endless. It’s all a matter of perspective.

What is it that you are waiting on and how is it going? Many of us wait together for the financial crisis to end. While we would like for the markets to get back to some sort of normalcy right now, we also must accept the fact that so much is out of our control and we have to wait to

see what will happen next. For me, prayer helps, and I am reminded that God waits on all of us to be the people God created us to be. Being able to answer God’s call and serve God right now, rather than just waiting on what I want, makes a positive difference in my life. I hope this might be of help to you. I am willing to wait and see. Let me know. God Bless.

Pastor Brady



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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, Wilma Baslee, Dee Cain, Sam Mehan, John Kritos, Gary Case, Letitia Gerlt, Phil Gerlt, Tim Harster, Julie Bales and Pastor Brady Abel.

Pastor Brady opened with scripture from Ecclesiastes 3:1-8. He shared a story by Ken Rummer of Corning, Iowa that centered on whether it was a time for gathering or time for spreading. He followed with a prayer.

Gary moved to accept the minutes of the September meeting and John seconded and the motion passed.

Financial Reports

Pastor Brady shared the OCWM report, which was \$3,368 at the end of September, which was a 3% increase over the same time in 2007. Total benevolence from Immanuel at the end of September was \$14,112.57 and he thanked Immanuel for their generosity.

Gary gave the treasurer's report and the benevolence report. He clarified information on where Immanuel was with the 2008 budget in relationship to the current time and the end of the year. John gave the Memorial report. There was a donation of \$300 towards the new Christmas tree. The cost of the new tree was \$381.74 for the 12-foot tree.

The Improvement and Maintenance report was presented which included the new water fountain and security light in the basement. Gary gave the Preschool report noting that a bonus was given to Kathy Smith and Tiffany Mullins and the balance had gone to the General Fund to cover the upcoming taxes that need to be paid. John moved to accept the financial reports, Phil seconded and the motion passed.

The Food 4 Kids committee made the recommendation that the cost of the water fountain, approximately \$400, be

paid for from the Food 4 Kids account and that \$200 be sent to Taylor Chapel United Methodist Church who participated in the Food 4 Kids program this year. Phil moved to accept the recommendation from the Food 4 Kids committee, Dee seconded. There was some discussion. The motion passed.

Pastor's Report

Pastor Brady shared about the United Way and their current campaign and his participation. He shared there would be youth staying at Immanuel on the night of October 17. These youth will be participating in the Festival of Sharing. He shared about attending the Persons in Ministry Retreat in September and the good benefits he gained from attending this workshop. Pastor Brady thanked Immanuel for the opportunity to attend the retreat.

Preschool Board Report

Leora read the preschool board minutes. The minutes reflected a resolution. Kathy Smith was paid a salary bonus of \$444.76 and Tiffany Mullins a salary bonus of \$190.61 and the balance to be paid to the General Fund of Immanuel to cover the upcoming taxes. All records belonging to the Immanuel UCC Preschool were transferred to IUCC. The Board gave a "Big Thanks" to all the previous teachers and Board members for their time and services to Immanuel UCC preschool. Wilma made the motion to accept the Preschool Board resolution for the Immanuel UCC Preschool and Board be dissolved and Sam seconded the motion. The motion passed. The Immanuel United Church of Christ Preschool and Board were formally dissolved as of October 6, 2008.

Committee Reports

Fellowship: Leora reported there had been an error in the bid presented for the silverware in September. The re-

vised costs for the silverware is as follows: teaspoons \$3.50 per dozen, forks \$4.70 per dozen and knives \$7.60 per dozen. The total cost of the silverware will be \$98.80 and the total for the 4 dozen glasses will be \$51.20 with a grand total of \$150.00. The committee is working on the German Dinner, which will be October 24.

Improvement & Maintenance:

There was no parsonage update. The drinking fountain and the security light in the basement have been installed. There was no update on the priority list for repairs or remodeling. Gary reported on the covering of some of the stained glass windows. There was a bid received from a company in Overland Park, Kansas but it did not cover as much the other bids that have been received. He is going to see if he can get another bid from this company that will include things the other bids include. It is hoped the information can be gathered and a recommendation go before the congregation in January 2009. The committee is still looking into a fireproof file cabinet or a new safe for the office.

Evangelism: No report.

Outreach: No report

Worship & Music: Meeting November 3

Stewardship: Gary reported Immanuel had 3 Sundays of Stewardship in September and the stewardship dinner was held September 28th. He will give a financial update in the near future to the congregation. On Monday the 13th, the second letter on stewardship will be going out and it will explain the importance of the pledge cards. Members who have responded by completing their pledge cards will also be thanked.

Christian Education: Julie reported there was a good turn out of 30-35 people at the wiener roast and hayride hosted at Sam and Diane Mehan's. There was a Safe Church workshop and there will be another one coming (cont'd back of Pastor's Report)

Parish nurse news

Cardiovascular health:

Recently Larry King, Sr. wrote a "Dear Annie" letter that you may have read in the Sedalia Democrat. He was urging everyone to remember to take care of their heart. In 1987 Larry King had quintuple coronary bypass surgery. He considered it a life-changing experience and he wanted to help others so he established the Larry King Cardiac Foundation with the goal to "Save a Heart a Day."

Larry King goes on listing the things you should do to take care of your heart, all things I have covered in previous articles I have written but it never hurts to have a reminder now and then. One of the things he points out is that high blood pressure and

"Develop an attitude of gratitude"

atherosclerosis, the buildup of plaque on artery walls silently affect the heart. High blood pressure doesn't really have any symp-

toms you can identify so it is a good idea to have your blood pressure checked periodically. This is really a simple thing to do; you can always ask the parish nurse to take your blood pressure. Even teenagers can have elevated blood pressures. As well as life style changes, there are a number of medications that can control blood pressure and keep it from causing potentially dangerous situations.

Especially, if you are over 50 years of age, talk with your health

care provider about having your cholesterol levels checked. Again, as well as life style changes there are medications that can improve the blood cholesterol levels and decrease the risk of heart disease.

Discuss your personal concerns about the health of your heart with your health care provider. Every adult should be making needed life style changes like exercise, eating healthful foods, losing weight and quit smoking. Some heart diseases do have symptoms, don't ignore them, tell your health care provider.

For more information about the Larry King Cardiac Foundation, check out the website at www.lkcf.org.

Make everyday Thanksgiving:

Develop an attitude of gratitude, the ability to focus on what's good and right in life. Being grateful increases happiness, so by having a "gratitude attitude" you have the potential to be happy and healthy.

Stephen Post, PhD, has done studies that have shown that love-related qualities like gratitude actually make us physically healthier. Five discoveries he made are:

Spending 15 minutes a day focusing on things you are grateful for will significantly increase your body's natural antibodies.

A grateful state of mind induces a physiological state called resonance that is associated with healthier blood pressure and heart rate.

Naturally grateful people are more focused mentally

and measurably less vulnerable to clinical depression.

Caring for others is draining.

But grateful caregivers are healthier and more capable than less grateful ones.

Recipients of donated organs who have the most grateful attitude heal faster.

Practice daily, giving thanks for the things you are grateful for; look for the hidden blessings in challenges. When stressed, start thinking of the things you are grateful for and feel the release of the stress tension. Recently, I couldn't get to sleep so I started to list the things I am grateful for, it worked to put me to sleep and was better than counting sheep.

Leora Bremer, RN
Parish Nurse

"Gratitude is not only the greatest of virtues, but the parent of all the others"

--Cicero

Sources: *The Power of Gratitude* by Stephen Post, PhD,

www.guidepostsmag.com

Healthy Body & Mind, Health, December 2007, pp 74

Any 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 emergency situations seek medical assistance immediately.



" JUST SUPPOSE "

Just suppose that your church membership was only good for one year at a time, and that its renewal depended upon your faithfulness in attendance, giving, and service. Would you retain your membership?

Just suppose that church membership was limited to those who could give a valid written excuse for absences.

Would your absences be acceptable?

Just suppose people were as enthusiastic about church events as they are about sporting events. Would there not be a difference in the life of the church?

Just suppose that you were called on to explain why your church should keep your name on its membership roll. What would you say?

Just suppose that every member of the church attended as often as you. Would we need more seating, or would the building be closed and put up for sale?

Suppose that we stop supposing and renew our dedication to the high calling of Jesus Christ. Our attendance and stewardship would increase sharply.

JUST SUPPOSE!

The view from the OPEN DOOR

The Food Pantry. Our work day (October 13) saw fewer families served (81) than last month. However, since we have been blessed with more FOOD from Columbia Food Bank, the work load was heavier this month. We are praying the "Mother Hubbard Syndrome" is over for this year. It has been a very long dry spell.

Several Immanuel families are still taking melons, apples, etc. to the Pantry. Many Thanks. For the month, Immanuel donated 669 pounds of food, bringing the annual total to 5,503 pounds. We worked 40 hours this period (annual total is 517

hours.)

Since the Church Council voted to again prepare bags of Christmas-dinner food, you might be watching for items on sale - - - - - corn, green beans, mushroom soup, French fried onions, stuffing mix, pie crust and filling, yams, marshmallows, etc. etc. Sale items can save you a real chunk of change. However you participate, - - - - - food, Best Choice UPC labels, hours worked. **THANK YOU** for your generosity.

Betty Guth

P.S. See Holiday Food Pack list on Worship page.

Kathy Smith is still recuperating from double knee surgery but she is progressing very well. David Moore had a slight motorcycle accident and hurt his ankle. Thankfully, it was not serious and he is healing nicely. Helga Treuner, Alverda Hill and B. J. Tegtmeier spent a few days in Bothwell Regional Health Center but are home doing well. Dorris Morris, aunt of Don and Carolyn Barbour, spent several days in Bothwell and is back at Good Samaritan N/H in Cole Camp. Mary Bottoms, who has been attending Immanuel, had knee replacement surgery recently. She is recovering at home.

Mary Talley, grandmother of Robert Hartman and great-grandmother of Josh and Meghann, passed away on Saturday, October 4. She was given Christian burial on October 8th.



CONGRATULATIONS to Jason and Julie Reno on the birth of a baby boy, Jacob Benjamin. He was born on September 23, 2008 at Bothwell and weighed 8 lbs. 3 oz. He has a big brother, Mychael. Proud grandparents are Tom and Kathy Smith. Jacob recently spent a few days at Children’s Mercy Hospital in K. C., Mo. but is home doing well.

CONGRATULATIONS to Marlin & B. J. Tegtmeier on the birth of a new grandson, Landon Matthew Berry. He was born on October 2, 2008. His parents are Craig & Cindy Berry (daughter of Marlin & B. J.).



Children’s Sunday School

In November the children in Sunday School will be learning to be partners in service in God. They will hear about tending to God’s light and seizing the opportunities to be disciples. The Sunday school teachers in November will be Carolyn Barbour and Betty Holman. Sunday school will be held November 2, 9, 16 and 30. The Sunday School offering will be going to hurricane relief.

A wonderful fall evening was enjoyed October 5 as about 35 folks gathered at Sam and Diane

Mehan’s for a hayride and weiner roast. **THANKS** Sam and Diane!!

There will be a Lock-In at the church for the children and youth through 8th grade beginning at 6:30 on November 7 and concluding at 8 AM on November 8.

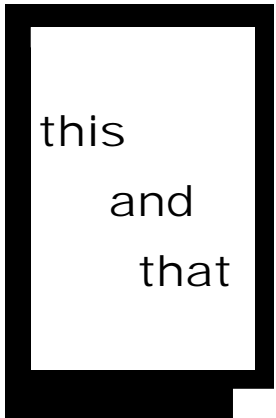
The Christmas program will be held on December 7 during the morning worship service. There will be a craft night on December 12 from 6:00-8:00 PM. We will be going Christmas caroling on December 14 to some of the shut-ins. All members are invited to come and join us for any or all the activities.

Julie Bales

A NOTE OF THANKS
My family would like to thank Leora Bremer, RN, Parish Nurse, for arranging to give flu

shots to the congregation. We appreciate the convenience AND the smooth needle work.

Durward, Betty, and Joan



Worship God
every Sunday
at 10:30 a.m.

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



PLANS FOR GERMAN DINNER OCTOBER 25

HELP! HELP!HELP!

We need lots of helpers to help with the German Dinner on October 25. Sign-up posters are in the Red Room. Also, if you can spare a few hours on Thursday or Friday (October 23 and October 24) for preparation work, please contact Carol Case or Ardean Rulfs.

We need members to donate at least one large salad and one large dessert. We serve about 500 people.

Cost of tickets have increased due to the increased cost of food. Advance tickets are \$9.00 or \$10.00 at the door for adults, \$4.00

for children 6–12 and children under 6 are free. Tickets are available at the church office (660-826-3553) or Sundays in the Red Room.

Proceeds from the dinner will go to the church's general fund and youth fund with a portion to be given to the Open Door Food Pantry.

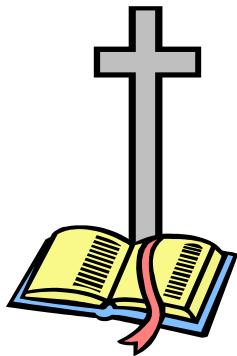
Our raffle items this year are a handmade quilt donated by Karen Smith and Bob Haggard, a quilt rack made by Tom Smith, oak side table donated by McLaughlin's Furniture Store, afghan made by Betty Holman, (4) \$25.00 gift certificates donated by Moore's Greenhouse, \$25.00 gift certificate

from White's Cleaners, (2) \$10.00 gift certificates from Papa Murphy's Pizza, gift certificate for 2 pound beef log donated by Burger's Smokehouse, Adco products donated by Adco, Inc., electric art picture donated by Dennis & Loretta Edwards, \$20.00 gift certificate from Kehde's Barbeque.

We have several theme basket ideas, but are looking for more. If you have an idea, please call Minerva at the church and give her your ideas. We also need donated items for the Country Store.

Thanking you in advance for all your help.

The German Dinner Committee



November 2:

Joshua 3:7-18
 Psalm 107:1-7, 33-37
 1 Thessalonians 2:9-13
 Matthew 23:1-12

November 9:

Joshua 24:1-3a, 14-25
 Psalm 78:1-7
 1 Thessalonians 4:13-18
 Matthew 25:1-13

November 16:

Judges 4:1-7
 Psalm 123
 1 Thessalonians 5:1-11
 Matthew 25:14-30

November 23:

Ezekiel 34:11-16, 20-24
 Psalm 100
 Ephesians 1:15-23
 Matthew 25:31-46

November 30:

Isaiah 64:1-9
 Psalm 80:1-7, 17-19
 1 Corinthians 1:3-9
 Mark 13:24-37

HOLIDAY FOOD PACKS

- 2 CANS GREEN BEANS
- 2 CANS YAMS
- 2 CANS CORN
- 2 CANS PIE FILLING
- 1 GRAHAM CRACKER PIE CRUST
- 1 CAN CREAM OF MUSH ROOM SOUP
- 1 PACKAGE MARSHMAL LOWS
- 1 CAN FRENCH FRIED ONIONS
- 1 BOX STUFFING MIX

Leave food in bags in Red Room. Have food packs to church no later than Sunday, November 30, so we can place in holidays bags, add the gift certificates and distribute the food packs on December 8 at Open Door. Our goal is to have 100 food packs. Thank you for your holiday generosity.

SHARING OUR TALENTS FOR NOVEMBER

USHERS AND COMMUNION

Tom and Kathy Smith

LITURGISTS

- November 2 - Steve Cain
- November 9 - Dee Cain
- November 16 - Lynda Hartman
- November 23 - John Kritos
- November 30 - Wilma Baslee

ACOLYTES

- November 2 - Ashley Grotzinger
- November 9 - Madison Knight
- November 16 - Kylie Bales
- November 23 - Paige Staus
- November 30 - Allie & Megan Wilbanks

GREETERS

- November 2 - Don & Carolyn Barbour
- November 9 - Kris & Carol Knight
- November 16 - Joyce Williams
- November 23 - Steve & Dee Cain
- November 30 - Minerva Taylor

FLOWERS

- November 2 - Joan Allen
- November 9 - Don & Betty Carpenter
- November 16 - Steve & Dee Cain
- November 23 - Charles & Delta Murphy
- November 30 - Tom & Kathy Smith

NURSERY

Can You Help If Needed???