

PHONE NUMBERS

Church Office: 826-3553

Parsonage: 827-2416

E-mail: iuccseda-
lia@charterinternet.com

Immanuel Staff Office Hours: 8:00—11:00am

- Reverend Brady E. Abel
- Minerva Taylor, Office Manager & Editor
- John Kritos, Organist
- Larry Whipple, Sexton

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Immanuel News



From the Pastor

We live in challenging and changing times. Financial uncertainties continue to be discussed in the news and occurring in our lives. War rages on in many places around the world. We face various individual issues.

At the same time, in a much more positive light, we are having an inauguration for a new President of the United States. This is, in itself, a historic occasion and this time it is a particularly momentous event as the first African-American becomes President of the United States. This happens as we move from an old year to a new year. Change happens all around us.

In the midst of these challenges and changes, it is natural to long for the familiar. When things are difficult or new, we cling to the normalcy of our routines and the old way things have always been. Whenever we move towards a differ-

ent way of living in the world, we are reminded that some things (and probably most things) are out of our control.

Where do we turn to at times of challenge, change, and out of control realizations? In the church, we are reminded that God is always with us. The psalmist shares that God's throne "endures forever and ever" (45:6). Together we worship and praise God **every** Sunday. We always have the power of prayer connecting us with God. We have the ability to reason and to discern God's presence in our lives. As we experience in these and other ways, God is eternal.

I recently shared at a council meeting, and we have sung in worship, a hymn that captures a message of God's consistency in the middle of challenge and change. [In The Midst of New Dimensions](#) (New Century Hymnal, 391) is a beautiful song

offering assurance of God's ongoing interest in our lives. The refrain says it best:

*"God of rainbow,
fiery pillar, leading where the
eagles soar, we you people,
ours the journey, now and
ever, now and ever, now and
ever more."*

As people of faith, we can confidently face challenge and change – and at times even celebrate it - for we always have God's steadfast guidance and blessing. That never changes! Thanks be to God, now and evermore.

Pastor Brady

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	8
Helpers	Back of Cal

Worship –

There was a service of Holy Communion was January 4, 2009. Two Christmas Eve services were held at 7 and 11 p.m. and communion was served at both services.

Pastoral Care –

Pastoral care calls continue as needed. I have been seeing all of our homebound members during the month of December to share holiday greetings and offer communion.

Community Activity –

We are hosting Stroke Detection Plus for the community January 7. I led Sedalia area pastor's Bible study on December 10. I led Bible study at Stony Ridge during December. I am scheduled to have an article for Ministerial Association in January.

Committee Meetings –

Since the last council meeting the Food 4 Kids committee has met and the executive committee.

Congregational Activity Review –

Currently in the process of getting annual reports ready for the annual meeting on January 18.

Congregational Goals for 2009 –

Prayerfully seek where God is calling us to be as a faith community. Worship attendance at 155.

UCC Update –

I have been invited to participate in a tour of Israel April 28 – May 7. Of course, current conditions may factor into the trip. However, Christians for Fair Witness on the Middle East, an organization associated with the National Council of Churches and headed by Sister Ruth Lutt, takes representatives from denominations on tour of Israel with the intent of bringing more awareness to issues between Israel and its Arab neighbors. There will be time for some sightseeing. This tour is for UCC representatives and I have been invited based on my involvement in calling for the UCC to review Middle East policy at the last General Synod. While the trip is fully funded, I request the use of 7 continuing education days. Visiting Israel is a hope I have and feel increasingly strong about as I grow in my ministry.

Personal –

I teach two classes at State Fair this semester – Public Speaking (online/Tuesday nights) and Living Religions (online).

News from the Church Council (Unapproved Minutes)

Leora Bremer, Council President, called the meeting to order at 7:00 PM. Those present were Pastor Brady Abel, Leora Bremer, Wayne Baslee, Kevin Bogert, Gary Case, Dee Cain, Tim Harster, Carol Knight, John Kritos, and Carole Weese.

Pastor Brady opened the meeting with a reading from Psalm 51:10-12. The devotional reading was from the Upper Room dated Saturday, January 3rd, 2009, entitled "Taking out the Garbage" with reference to creating a clean heart. Pastor Brady found this topic especially appropriate for this time of year as we change from old to new.

Kevin moved to accept the minutes of the December 8, 2008 meeting, seconded by Gary, the motion carried.

Financial Reports:

OCWM – Pastor Brady reported that the church's overall giving to OCWM for 2008 was \$5699.00 which was a 15% increase over 2007. Eight out of twelve months we showed an increase in giving and our giving was strong in December. Pastor Brady thanked the Immanuel congregation for the generous contributions to OCWM.

Treasurer's Report – Gary reported that the Improvement and Maintenance fund and the Organ Fund Certificates of Deposit have been renewed. Gary noted that the Youth Fund money market account had been omitted previously and has been added to the balance sheet to show a more accurate representation of the assets. Gary reported that the

allocated balances from the bequests by Charles Nutt and Viola Rhodes were listed under future allocation in bequests and divided as follows: General Fund \$2,737.15, Benevolence (outreach) \$27,371.54, Improvement and Maintenance \$50,637.36, and Pastor's Education \$6,842.89. Gary presented the profit and loss report and noted the positive bottom line of \$3261.41 in profit for 2008. Gary reminded the council of Pastor Brady's commitment to sing. In 2008 Immanuel saved \$5,651.32 in proposed spending, was \$5,395.85 over-budget in committed giving and \$2,783.88 over-budget from regular givers. Gary reported that since tracking began in May the loose change collection effort was \$720.00. Gary reported that total income for the church was \$13,316.58 over-budget for 2008 and noted that it was "an unbelievable accomplishment." Pastor Brady stated that he planned on singing the Sunday following Easter, which has become known as "Humor Sunday". Pastor Brady added that he is thankful for the generosity of the congregation. Gary stated that we had not shown a positive flow since before 2003 and couldn't speak for anything prior to that as those were the earliest records at his disposal.

Benevolence – Leora asked Gary where the money was paid from to pay for the holiday food packs. Gary reported that the \$500.00 for food packs plus an additional \$121.45 for the remaining 6 food packs was paid from the Christmas offering. The balance of the Christmas offering was \$649.45 and was given to the United Way. Gary added that \$1,075.00 of the Christmas offering was designated to general fund by givers and the remain-

ing Christmas offering was divided as shown above between the holiday food packs and the United Way.

Memorial Fund– John presented the memorial year-end report and reported that disbursements this year had included the final payment of the new sign, a new laptop computer, and the Christmas tree. There were no changes to the fund in December.

Improvement & Maintenance – Gary reported that \$433.00 was received from envelopes in December. Disbursements included the purchase of a safe for the office at a cost of \$157.84, carbon monoxide detectors for parsonage for approx \$38.00, the purchase of 2 snow shovels, paper towels, and a spit-guard for the microphone on the lectern. Both Certificates of Deposit for improvement and maintenance have been renewed.

Dee Cain made a motion to accept the financial reports as presented, Carol Knight seconded and the motion carried.

Pastor's Report: Pastor Brady reported that the worship attendance goal has been set at 155, which would fill the sanctuary. Pastor Brady has been invited to participate in a tour of Israel from April 18th through May 7th. He requested that the council approve the use of seven continuing education days to complete this endeavor. Leora expressed concern about the safety of traveling in that region of the world. Pastor Brady said he was fairly certain that they would not be in any danger. (See complete report for additional notes)

(continued from page 2)

Outreach: Pastor Brady reported that this committee will meet in early part of year.

Worship & Music: No report

Stewardship: No report

Christian Education: Pastor Brady reported that there will be a meeting on January 12. There will be discussion about events coming up for the children for January and February and there will be preliminary discussion about the confirmation class starting in the fall.

Health and Wellness: Leora reported that she will be rescheduling the class on CPR and use of the AED soon and that there are several people signed up. The community fitness challenge is coming up and the sign-up sheet is on the bulletin board in the red room. Julie Bales has volunteered to coordinate the event again this year. The cost is \$10.00 for participant and the church will pay \$5.00 of that expense. Leora reported that the committee will be meeting regarding the pizza party.

Technology: No Report

Pastoral Relations: No Report

Executive Committee: Leora reported that the executive committee met in December to select committee members for 2009. John reported that the committee also reviewed 4 applications and selected the recipient of the \$750 book scholarship for a student at Eden Seminary.

Old Business: No additional old business was presented.

New Business:

Leora reported that we have received an explanation of a martial arts type of insurance from Rex Jefferies, who wants to use the fellowship hall for Tae Kwon Do classes, but the document provided does not include the necessary information. Leora informed him that he needs to provide specific proof of insurance before we can proceed. This item of business was postponed pending additional information.

There was discussion regarding a few discrepancies on the list of committee members from the executive committee meeting. John noted that Steve Cain was interested in serving on Food 4 Kids and his name was added to that committee. Leora provided the council representatives to each committee with a printed copy of council representative responsibilities. Dee requested information regarding the job duties of treasurers and financial secretaries and Leora provided a brief explanation of their responsibilities. Dee moved to accept the list of proposed committee members for 2009, Kevin seconded and the motion carried.

Leora stated that the by-laws require the executive committee to review the church membership rolls annually and that the committee would be meeting soon to complete this task.

Brady stated that the purchase of a stand for the new projector would be a good idea. Tim suggested that a laptop stand would work well for this purpose. Tim will purchase this at a cost of approximately \$25.

Wayne requested some direction as to what the improvement and maintenance committee should be looking at in its next meeting. Gary stated that a list of needed repairs and maintenance had been made some time ago that might be used as a reference. Gary noted that the old list was not prioritized. Leora suggested asking around to see what people feel should be done. Gary stated that we need to anchor the new safe.

Prayer: Pastor Brady led the council in the Lord's Prayer.

The meeting was adjourned at 7:59 pm.

Parish nurse news

Fitness Challenge:

We are off to another "Sedalia Fitness Challenge." Immanuel has three teams of eight members each. Let's hope every member is a winner in achieving their goals for weight loss and or improved health.

If you have been sitting on the couch for a while you need to take it easy and gradually work into your exercise routine. Don't jump up and try to make-up for lost time. Those who have committed to the challenge plan to do some serious walking but everyone else can resolve to increase their level of activity also. Any exercise is better than none at all. Increased flexibility and balance are two of the rewards you can see when sticking to an exercise routine.

Ease into cardio workouts; start with light intensity and move gradually until your body becomes accustomed to the workout.

Most healthy people can engage in moderate physical activity without seeking medical advice but if you have any concerns about your current health status or risk for heart disease by all means discuss with your healthcare provider before planning anything more than your usual exercise.

If one of your goals is to lose weight, remember that cutting 3500 calories will equal one pound of weight loss. Cutting your daily

intake of calories by 500 will result in one pound of weight loss in a week. Sixty minutes of brisk walking and you lose 300 calories. Walking helps keep the calories off.

Are you really ready to walk? How about your shoes? Invest in a good pair of walking shoes to prevent injury and keep your feet walking in comfort.

If you walk outside during the winter remember to layer your clothing, wear a shirt next to the skin that wicks away moisture. Don't forget a cap or hat that keeps your ears warm and prevents heat loss through the top of your head. Mittens work really well because your fingers can keep each other warm. Wool socks will help keep the feet warm.

How many miles do you think our teams will walk and how many pounds do you think they will lose in the next ten weeks? Whether a team member or not, how many miles will you walk and how many pounds will you lose in the next ten weeks?

Stroke:

Any of the following symptoms can be a warning sign of stroke. If you or someone you are with experiences one or more of these symptoms call 911 or go to an emergency room immediately.

Weakness in an arm or leg

Numbness on one side of the body

Sudden vision changes in one eye particularly

Sudden confusion, difficulty speaking, or understanding speech

Dizziness or loss of balance

Sudden excruciating headache

Stroke injures the brain and you may not realize you are having a stroke. You will have to rely on someone around you to recognize the signs of stroke and know to act fast. Seeking immediate medical attention is important. Don't wait to see if the symptom(s) go away or get worse. Even if the symptom(s) go away you still need to seek medical attention as this may be a warning sign of an impending stroke.

The goal of treatment is to restore blood flow in the brain when the stroke is a result of a blocked artery. Treatment has to begin soon after the stroke symptoms appear to limit the damage to brain cells and resultant disability.

Make sure your family and friends know the signs of a stroke and what to do.

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 seeks medical assistance immediately.

Leora Bremer, R.N.
Parish Nurse

Bonnie Lou Brauer Galloway of Slater, Mo. sister-in-law of Aileen Brauer, passed away December 15, 2008. Burial was Friday, December 19, 2008 in Slater, Mo. Julie Haley, sister-in-law of Cindy and Phil Gerlt, passed away on December 27, 2008. Memorial services were held in St. Louis on Wednesday, December 30, 2008. Burial and funeral services will be held in Wisconsin. Elliott Schupp, long time member of Immanuel, passed away on December 10, 2008. Funeral services were held in Sedalia on December 13. Please offer a prayer of thanks for the life of Katherine Volk. Pastor Brady officiated at Katherine's graveside service on Friday, January 9.

We have had several members in and out of the hospital during the month of December and January. Julie Reno had outpatient surgery at Bothwell Regional Health Center. Ralph Linhardt has been in and out of the hospital, but is presently at home and doing better. Wilma Baslee had cataract surgery recently and is doing well. George Hunter had an extended stay at Bothwell Regional Hospital, but is now home doing much better.

To all at Immanuel United Church of Christ:

Thank you all for the Christmas sack of groceries and the \$10.00 voucher for meat. I was able to get a nice ham and I fixed the cheese cake, green beans, corn and sweet potatoes. It was all very good and very much appreciated. I got the sack of groceries at Open Door Pantry. I hope every one had a wonderful Christmas and again thank you all very much. May God Bless each and every one. A grateful recipient of the Holiday Food Pack

Children's Sunday School

In February the children will focus on several topics. They will work to recognize the power and authority of Jesus as he teaches and heals. They will look at how Jesus is a source of strength as they join in his ministry of service and prayer. The children will learn about his compassion and how to show it to others and to listen to Jesus. The teachers in February will be Loretta Langkrahr and Joyce Williams. The offering during January through May will be going to St. Jude's Children's Hospital. The fall offering went to help with hurricane relief.

Upcoming Events to mark on the Calendar: February 8 Following the worship service the children will stay for lunch and have a Valentine's Party. There will be a valentine exchange and the children will make sacks during the party.

The children will get a list of names for the Valentine exchange. There will be several activities and games. The party will conclude around 2:30.

March 27 6:30 PM to March 28 8:00AM **Lock In** Plan to bring a friend or two.

April 12 Easter Egg Hunt 9:30.

The **2nd Annual Chili/Soup Challenge and Dessert Auction** will be held **February 21**. The dinner will begin at 5:30 and the dessert auction at 6:30. There will be a sign up sheet for chili and soups for the challenge and list for desserts to be auctioned. We will take up a freewill offering with proceeds going to the General Fund and Open Door.

Fitness Challenge: Immanuel has three teams/24 folks involved in the 2009 challenge. The teams began counting their miles walked and weight loss on January 14. The challenge will run for 10 weeks.

The teams and members are:
IUCC BRADY BUNCH- Julie Bales, Brady Abel, Loretta Langkrahr, Gary

Dee Cain, Steve Cain and McKenzie Cain. The **IUCC GLORY WALKERS-** Kris Knight, Carol Knight, Lynda Hartman, Leora Bremer, Kevin Bogert, Rebecca Bogert, Ruby Christian and Shelley Wuellner. The **IUCC GOD SQUAD-** Tom Smith, Kathy Smith, Julie Reno, Carole Weese, Eric Weese, Tim Harster, Nancy Harster and Clancey Leiter. For a little fun, there will be a big red heart in the red room January 18 and 25 for church members to guess what the total miles and total weight loss will be for the three teams. There just might be a prize or surprise for the person that gets the closest! The competition will be fun among us and lets encourage all those on the teams to keep moving and to encourage members not participating to also keep moving. This year's theme is "Let's get moving."

Julie Bales

FOR OUR GREATER WELL-BEING

IF WE COULD ONLY DO THIS.

Take a 10-30 minute walk every day. And while you walk, smile. It is the ultimate anti-depressant.

Sit in silence for at least 10 minutes each day. Buy a lock if you have to.

When you wake up in the morning, complete the following statement, 'My purpose is to _____ today.'

Don't waste your precious energy on gossip, issues of the past, negative thoughts or things you cannot control. Instead invest your energy in the positive present moment.

Try to make at least three people smile each day.

Don't take yourself so seriously. No one else does.


No one is in charge of your happiness except you.

Forgive everyone for everything.

What other people think of you is none of your business.

GOD heals everything.

Immanuel United Church of
Christ
418 West 4th Street



Remember to
bring soup by
Sunday, Feb. 1
It's mmm good

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

The view from the Open Door

The Food Pantry—Our first workday of 2009 was busy -- 108 families served (351 individuals). During the first 2 weeks of the new year we donated 379 lbs of food. We also donated 47 hours worth of hands. Off to a roaring start.

Please remember the Souper Bowl Sunday drive. Bring your cans of soup by February 1 and place them in the Red Room.

The Pantry needs:

Any kind of pasta
Spaghetti sauce
Canned veggies and fruit
Jello or pudding mix
Jam or jelly

Peanut butter

Pancake flour or syrup

We are starting a new drive to collect Best Choice labels. The last drive gathered 4,000 labels - that translated into \$150 for the Thrift Shop. There are already 200-300 labels toward our next drive. Keep those scissors handy!

The Thrift Shop - Books and magazines are always welcome. Bric-a-brac and small appliances sell well.

Overflowing closet?? Take your gently used apparel to the Thrift Shop. You'll gain badly needed space. Someone else will gain warm clothing for winter.

Donating hands - Your hands are **ALWAYS NEEDED** at both Open Door Centers. You don't need an appointment - - just show up. You will be warmly welcomed.

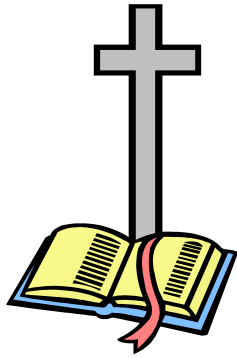
Betty Guth

SOUPER BOWL SOUP COLLECTION

During the month of January IUCC will be collecting soup for the Souper Bowl Soup Drive. All soup will benefit Open Door. This is a drive that is supported by Pettis County Ministerial Association. Our goal for Pettis County is 12,000 cans.

Immanuel's goal is 1000

Last day to bring soup will be Sunday, February 1, 2009



February 1:

Deuteronomy 18:15-20
 Psalm 111
 1 Corinthians 8:1-13
 Mark 1:21-28

February 8:

Isaiah 40:21-31
 Psalm 147:1-11, 20c
 1 Corinthians 9:16-23
 Mark 1:29-39

February 15:

2 Kings 5:1-14
 Psalm 30
 1 Corinthians 9:24-27
 Mark 1:40-45

February 22:

2 Kings 2:1-12
 Psalm 50:1-6
 2 Corinthians 4:3-6
 Mark 9:2-9

I want to thank you for the Snowman and note pad. I put the Snowman on my front door and I use note pads every day to remind me of some-

Plan to attend a special **Adult**

Lenten study group - "**Unbinding the Gospel.**" This study group will meet for eight weeks starting Sunday, February 15 after worship (bring a brown bag lunch) and we will discuss chapters out of the book called "Unbinding the Gospel." We can also talk about the best time for the group to meet. This will be an exciting journey in evangelism. See Pastor Brady for details.

Thank you for all the gifts, goodies, cards and kind words at Christmas. As I said in my Christmas card to the church, I am grateful for the opportunity to pastor this congregation. Your thoughtfulness, as always, is appreciated. Pastor Brady

SHARING OUR TALENTS FOR FEBRUARY 2009

USHERS AND COMMUNION

GREETERS

Durward and Betty Guth

February 1 - Lynda Hartman
 February 8 - Kevin & Rebecca Bogert
 February 15 - Henrietta & Jeff Bremer
 February 22 - Don & Carolyn Barbour

LITURGISTS

FLOWERS

February 1 - John Kritos
 February 8 - Julie Bales
 February 15 - Karen Smith
 February 22 - Joyce Williams

February 1 - Phil & Cindy Gerlt
 February 8 - Sam & Diane Mehan
 February 15 - Durward & Betty Guth
 February 22 - Dick & Leora Bremer

ACOLYTES

NURSERY

February 1 - Kylie Bales
 February 8 - Madison Knight
 February 15 - Paige Staus
 February 22 - Madison Knight

Can you help if needed??