

IMMANUEL UNITED CHURCH OF CHRIST NEWS

January 2010

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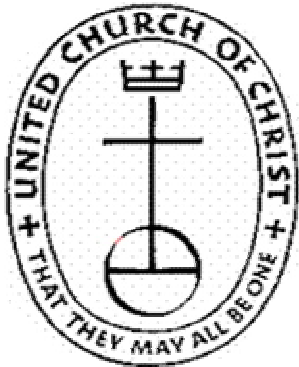
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Reverend Brady E. Abel, Pastor

Minerva Taylor, Office Manager & Editor

John Kritos, Organist

Larry Whipple, Sexton



FROM YOUR PASTOR

2010 is well underway. Did you set any new year's resolutions? If so, how are they holding up? Personally, I haven't had a new year's resolution for many years. My resolutions usually develop throughout the year and I use the beginning of the year to review how I did at achieving the goals. But I know that setting New Year's resolutions is a big deal for folks. On About.com, I found ten of the top resolutions people make. Here they are in no particular order:

More time with family and friends

Fit in fitness

Tame the bulge

Quit Smoking

Enjoy life more

Quit drinking

Get out of debt

Learn something new

Help others

Get organized

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These all sound like good resolutions. What do you think of that isn't on the list? I noticed that there is no mention of attending church as in, "I will attend church more this year." Attending church is a good thing and we might even accomplish some of the other ten resolutions when we attend church more often, especially #'s 1, 5, 8, and 9. Here at Immanuel, #'s 2 and 3 come into play (think fitness challenge).

But on the other hand, since New Year's resolutions get broken so often and early, it's just as well that attending church is not a resolution. Still, I hope you will attend worship more this year than last. Try to attend just two more times. For some of you, that means attending church just twice (wink, wink). Others will be attending fifty two times! Our worship and praise of God is enhanced every time YOU are here. I look forward to seeing you more in 2010. Best wishes for this new-year.

Pastor Brady

Immanuel United Church of Christ - Council Meeting – January 4, 2010.

Worship – Service of Holy Communion was January 3. Funeral service for Ruth Bremer was December 28 at Immanuel. Two Christmas Eve Services were held at 7 and 11 p.m.

Pastoral Care – Calls continue as needed. At the beginning of 2010 we have 9 members and two friends of the church unable to attend worship regularly.

Community Activity – We are currently collecting soup for the annual “Souper Bowl” Soup Drive benefiting Open Door. We are also donating cookies for the Pettis County Jail ministry. The cookies will be picked up at Immanuel on February 2 and 9. We need 12 dozen each week. Holiday food packs and Santa Campaign gifts and food were all distributed in December.

Committee Meetings – Health and Wellness (1-5); Christian Education (1-11); and Outreach (1-26) all meet before the next council meeting. 2010 committee assignments are now available.

Congregational Activity Review – Bible Study continues to meet on Tuesday nights at 6:30. There will be a bowling party on January 9 at 2:00 p.m. Our annual meeting is January 17.

Congregational Goals for 2010 - Prayerfully continue to discern where God is calling us to be as a faith community and go to that place with focus and flexibility. Have guest musicians throughout the year, hoping for at least four guest performances (this was far surpassed in 2010).

UCC Update – The Missouri Mid-South Conference Faithworks and business meeting is June 11-13 at Drury College in Springfield, MO. We need delegates. The search is beginning for the next associate conference minister in the Missouri Mid-South. I chair the search committee.

Personal – Reverend Ken Zindle will preach and provide pastoral care during my vacation, January 28 – February 7 (I suggest the council meeting be on Feb. 8 and communion Feb. 14).

COUNCIL MINUTES (unapproved)

Council President Julie Bales called the meeting to order at 7 pm. Those in attendance were Julie Bales, Don Barbour, Wayne Baslee, Gary Case, Cindy Gerlt, Tim Harster, Carol Knight, John Kritos, David Moore, Kathy Smith, and Carole Weese.

Pastor Brady opened the meeting with a prayer and shared scripture from Isaiah 43:18-19 and a devotional from The Upper Room.

Doug Dischinger, C.W. Rea Insurance Agency – Doug Dischinger gave a presentation regarding the UCCIB insurance plan that is being considered for the church insurance. Discussion was held following the presentation and question and answer period. It was decided that Gary would collect additional information from Becky regarding our current insurance policy and how it would compare to the UCCIB plan. Gary will invite Becky to provide a presentation to the council at the next council meeting when the issue will be further discussed.

The minutes of the last meeting were presented and Carol Knight moved to accept them, seconded by Kathy Smith and the motion carried.

Financial Reports-

Pastor Brady reported for OCWM. Our total giving to OCWM for 2009 was \$4541.50 vs. \$5699.00 in 2008. Giving was off \$1158.00 but Pastor Brady noted

that was still a very generous contribution.

Gary presented the treasurer's report. The bottom line for Immanuel in 2009 showed a profit of \$145.29 for the year. Total Benevolence giving was \$25000 dollars above budget. Income for 2009 indexed at 103.27% of budget. Total expenses indexed at 96.86% of budget. Total church assets are \$241,278.42.

Gary reported for benevolence. The total OCWM giving in December was \$965.00 and \$50.00 went to Eden. \$98.00 was paid out for the Christmas fund-Vets of Cross. The remaining balance of \$110.22 includes Sunday school donations of \$68.32 and the carryover of \$41.90.

Carol Knight reported for the Memorial Fund. Receipts in December totaled \$545.00 from memorials. Total available funds were \$20,772.01.

Wayne reported for Improvement and Maintenance. Income in December was \$428.00. Disbursements totaled \$527.98. This included charges of \$42.98 for water-seal, and \$485.00 for the tree service. Gary transferred money from a certificate of deposit to money market should additional liquid funds be necessary. Total funds available were \$19655.56.

John moved to accept the financial reports, Don seconded and the motion carried.

Pastor's Report- Pastor Brady presented the Pastor's Report.

The council agreed to move the February council meeting to February 8th and the Service of Holy Communion to February 14th at Pastor Brady's request due to his vacation that is scheduled at the beginning of the month. For additional information – see the Pastor's Report.

Committee Reports-

Fellowship- Kathy Smith reported that Fellowship held the bereavement dinner for Ruth Bremer, serving approximately 30 people.

Improvement & Maintenance –

Wayne Baslee reported for Improvement and Maintenance. Discussion was held regarding the completion of the lounge project and Julie will prepare a thank you note for Mary McLaughlin on behalf of the church. Discussion was held regarding the naming of the room honoring Mary, but it was decided that this would be revisited at a later date. Wayne moved to spend up to \$200.00 for glass for the table tops, Dave Moore seconded and the motion carried. Regarding the kitchen water issue, the sump pump has been installed. Work is to begin on the kitchen cabinets following the congregational meeting. Don received another bid from a Kansas City company of \$40,960 for the gutter replacement project. The original bid from Turner was \$10,457. The one from the Kansas City company is a painted gutter and they add board and

(cont'd on page 4)

metal facing behind the guttering. Discussion was held regarding the possibility of contracting out work and purchasing materials ourselves. The Committee recommended putting the matter on hold until further research can be completed. The tree trimming in front of the church has been completed. Bids are still being collected for the work in the parsonage. Discussion will be held at the next meeting regarding the priority list of repairs and improvements.

Evangelism – No report

Outreach – Cindy reported for Outreach regarding the cookies for the jail and reported that the garage sale will be held in March.

Worship & Music –No Report – Meeting Feb 14th

Stewardship –No Report

Christian Education – Carole Weese reported for Christian Education. There will be a bowling event on Saturday, January 9.

Health & Wellness – No Report- Meeting January 5th

Technology - Tim Harster reported that the computer security setup is complete for 2 years and online backup is in place for 1 year.
Pastoral Relations –No Report

Food 4 Kids –Pastor Brady reported that the committee will be meeting February 15th and discussion will be held regarding the possible addition of a 4th church to the program.

Executive Committee – No Report

Old Business:

The Annual Congregational Meeting will be held January 17. Annual Reports are due from all committees for the IUCC Annual Report.

New Business:

Discussion was held regarding the renewal of the Sedalia Chamber of Commerce membership at \$140/year. John moved to renew the membership, Carol Knight seconded and the motion carried. Pastor Brady will renew the membership with Gary's assistance.

The Council reviewed the worship cancellation policy – and set forth the following guidelines until an official policy can be penned. Church will be available for anyone who chooses to attend regardless of weather – due to the fact that the Parsonage is next door and Pastor Brady has easy access during inclement weather. In the absence of the Pastor, due to vacation, illness, or other unforeseen circumstance, the decision regarding cancellation of Worship Services will be determined by the Executive Committee and reported to local radio stations.

Discussion was held regarding the purchase of the New Century Hymnal on CD in order to provide music in the unforeseen absence of the Organist, and to aid the Pastor in hymn selection. Gary moved to make the purchase spending \$438.00 from the memorial fund, John seconded and the motion carried.

Discussion was held regarding the Notification of Agenda Items for Congregational Meetings. John moved to reduce the number of days needed to notify members of congregational meeting agenda items from 10 to 7. Cindy seconded and the motion carried with one abstention.

Pastor Brady led the Council in the Lord's Prayer.

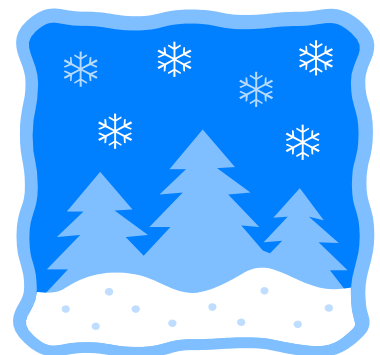
The meeting was adjourned at 8:57 pm.

John Kritos,
Secretary

PLEASE NOTE:

**Immanuel UCC's
Cancellation Policy**

Our cancellation policy for bad weather - Since Pastor Brady lives so close to the church, the church council does not anticipate canceling worship services due to inclement weather. However, the council and Pastor Brady stress that no one should risk accident or injury to be at worship if the weather is bad.



6th ANNUAL GARAGE SALE

**It's that time of year again,
GARAGE SALE TIME!!!**

Saturday, March 6th -7:00 a.m. – 2:00 p.m. Bring your unwanted items to the church by Thursday, March 4th so we can price and put them out for display.

We will be selling biscuits and gravy, along with coffee and juice from 7:00 a.m. to noon. A good time to come and visit with fellow church members and friends.

Again this year we will have a baked goods sale, so get out those recipes and use your imagination and donate to the bake sale. Please price what you bring.

There are sign-up sheets in the Red Room, as we will need cashiers, floor workers and kitchen help. Also, starting Monday, March 1 we will start setting up the basement and any help would be appreciated. Any questions, please call Kathy Smith, 660-826-9233.



PARRISH NURSE NEWS

Fitness Challenge

The fitness challenge has begun! For those of you who have signed up to be a team member for Immanuel remember to turn in your miles to Julie Bales each week. Compete against yourself, improve or increase your fitness program and see the results in a healthier you.

You don't need to sign up to be a team member to start working on your own fitness program. Even if you spend a rather sedentary life there are exercises you can do while sitting in a chair. Need more information, let me know.

Information from the American Heart Association on walking, exercise and healthful eating can be found at www.startwalkingnow.org.

Healthy Teeth Reflect a Healthy Body

According to the American Dental Association in some cases there is a connection between gum disease and other diseases such as diabetes, heart disease, respiratory disease, blood clots and strokes.

Bacterial infections develop when food, bacteria or tarter are left on the teeth. Initially the infection forms along the gum line, then progresses to spaces between the teeth and gum tissue. The bacteria may then enter the blood stream through small ulcers and spread

throughout the body.

The first stage of the disease is called gingivitis, this is where the gums may be red or puffy and bleed when brushed or flossed. Having a dentist or hygienist clean the teeth and then follow up with regular brushing and flossing at home can reverse the disease.

If gingivitis is left untreated periodontitis may develop. The gums will pull away from the teeth letting plaque spread to the roots of the teeth where infection can cause damage to the bone and fibers that hold the teeth in place. Proper dental care can help stop further damage.

Plaque forms on the teeth when starches and sugars in food interact with bacteria normally found in the mouth. Brushing can remove the plaque but it will quickly form again. Use a soft toothbrush and change at least every 3 months. An electric toothbrush may be more effective in removing plaque and tarter from the teeth. Brush at least twice a day, better yet after every meal or snack and floss daily. Regular professional dental cleaning helps remove any buildup of plaque.

Research continues as to why there seems to be a relationship between the incidence of periodontal disease and cardiovascular disease as well as some other diseases.

For further information here are a

few web sites I found:

www.perio.org

www.perioheart.com

www.oramd.com/heart-attacks.htm

Leora Bremer, R.N.
Parish Nurse

Sources: www.mayoclinic.com,
www.perioprotect.com

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.



Following is also a note from Julie Bales regarding the **FITNESS CHALLENGE**:

The 2010 Sedalia Fitness Challenge is under way. We have 22 folks from Immanuel signed up to participate in the challenge this year. It is time to **MOVE IT MOVE IT!!** The focus this year is on aerobic exercise and getting the heart pumping. We will be logging in weekly miles walked. How many miles do you think will be walked by these folks in the next 10 weeks??

Julie

2010 Council & Committees

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Fellowship

*Kathy Smith - 1
Ardean Rulfs - 3
Ruby Christian - 3
Carol Case - 7
Diane Mehan - 2

Improve. & Maint.

*Wayne Baslee - 7
Don Barbour - 6
Tom Smith - 5
William Gerlt - 1
Dave Moore - 2

Evangelism

*Carol Knight - 2
Leora Bremer - 1
Joyce Williams - 3
Julie Bales - 3

Outreach

*Cindy Gerlt - 1
Clancy Leiter - 5
Steve Cain - 3
Betty Guth - 3

Worship & Music

Carolyn Barbour - 1
*John Kritos - 4
Phil Gerlt - 1
Diane Mehan - 5
Joyce Williams - 2

Stewardship

*Gary Case - 4
Minerva Taylor - 7
Don Barbour - 3
Tim Harster - 2

Christian Ed.

*Carole Weese - 3
Julie Bales - 6
William Gerlt - 2
Kris Knight - 1
Loretta Langkrah - 7

Health & Wellness

*Julie Bales - 6
Leora Bremer - 7
Tammy Manuel - 1
B.J. Tegtmeyer - 1
Ruby Christian - 2
Karen Smith - 3

Food 4 Kids

*Dee Cain - 2
Steve Cain - 2
Carolyn Barbour - 4
Lynda Hartman - 4
Cindy Gerlt - 4
Loretta Langkrah - 2

Technology

*Tim Harster - 3
Dustin Bales - 4
Gary Case - 2
Kris Knight - 2

Pastoral Relations

*Dee Cain (council rep) - 2
Kendle Leiter
(pastor's rep) - 2
Phil Gerlt - 1
(congregation rep)

Treasurers

Rhoda Moore
Helga Treuner

Financial Secretaries

Ardean Rulfs
Eleanor Leiter
Don Barbour

Council

Wayne Baslee- I & M
Kathy Smith
Don Barbour
Dee Cain
Gary Case - Treasurer
Cindy Gerlt
Julie Bales - President
Tim Harster - V. Pres.
Carol; Knight - Memorial
John Kritos- Secretary
Dave Moore
Carole Weese

NOTE:

Please check this list to see if your name is listed. Thanks to all those serving on these committees.

Note: The number by each name denotes the number of years serving on the committee including 2010.

Our year of assisting Open Door got off to a fast start on Monday January 11. Gary and Carol Case and Pastor Brady each worked 5 hours and 15 minutes (for a total of 15 hour and 45 minutes of Immanuel volunteer time) serving the 130 families that came to Open Door that day for food. We give thanks that there was some food and drink to distribute including bottles and bottles of tea and Gatorade. Besides our boxing up the food and drink to share with the Open Door clients all three of the Immanuel volunteers pitched in to help keep shelves stocked.

With the Open Door warehouse full, it appears that there

In February the children in Sunday School will learn about Jesus' invitation to come and learn about discipleship. They will talk and wonder about seeing the glory of God shining in Jesus. The middle of the month will find them entering the season of Lent and being assured of God's presence in wilderness times. The month will end learning of God's tender love for us through Jesus' words and emotions. The teachers in February are Kathy Smith and Letitia Gerlt.

The 3rd Annual Chili/Soup Challenge and Dessert Auction

will be a need for more help in the future. If you find yourself with some availability, Immanuel's day to volunteer is the second Monday of every month. This is a fulfilling and rewarding way to spend part of your day and we have been known to share a few laughs, too.

Remember, we are collecting **soup** throughout **January** for Open Door. Also, here is a list of foods the Pettis County Ministerial Association suggests that area churches focus on for Open Door donation throughout 2010:

Food for Open Door for 2010

January—Souper Bowl—Soup
 February—Peanut Butter & Jelly
 March—Canned vegetables
 April—Canned fruits
 May—Box dinners (mac & cheese, etc.)
 June—Pasta & Pasta sauce
 August—Canned meats
 September—Pancake mix & syrup
 October—Canned fruits
 November—Canned vegetables
 December—Soup & Chili

SUNDAY SCHOOL ACTIVITIES

will be at **5:30 on Feb. 20** with soup and chili. At 6:30 Sam Tre-low will auction some delicious desserts!! A delicious homemade chicken dinner for 4 will be auctioned off to be served at the home of Gary & Carol Case. There is a sign up sheet in the Red Room for the Chili/Soup Challenge **and** bringing desserts. There will be a freewill offering collected and proceeds will benefit the church and Open Door.

UPCOMING EVENTS:

February 6- Movie- about 2:00
 March 12- Lock In
 March 28-Confirmation Sunday
 April 4- Easter egg hunt
 May 1- Roller Skating
 May 23- Sunday School picnic
 June 5- Light supper and Ice Cream social
 July 12-18 - **VBS** Praise Party!!
Worshiping God with our Whole Beings. Julie Bales

THIS AND THAT

Thank you everyone for all the Christmas cards, goodies, gifts, and well wishes during the Christmas holiday. I appreciate all your kindness and thoughtfulness.

Pastor Brady

The following notes were received from recipients of the Holiday Food packs:
 Thank you all for the Christmas food and gift certificate for the meat. **AND** Thank you ALL. Your thoughtfulness is appreciated. Sure thank you for the food pack. It came

in handy. .

 Dear Immanuel UCC,
 We gratefully acknowledge your donation of \$500.00
 Thank you for your generous support to the Open door.

YOU ARE INVITED

Nedra and Carl Zimmer-schied will celebrate **50** years of marriage at a reception in their honor on Sunday, February 14, 2010 at **2:00 P.M.** at the Fox Theater Event Center, 5th and Ohio St., Sedalia, Mo.

BIRTHDAYS

- | | | |
|---------------------|----------------------|----------------------|
| 1 - Betty Holman | 11 - Richard Bremer | 24 - Karen Smith |
| 3 - Letitia Gerlt | 13 - B. J. Tegtmeyer | 25 - Jo Ann Albright |
| 5 - Joshua Hartman | 17 - Steve Barnes | Ryan Bremer |
| Connie Grotzinger | 18 - Marie Ahn | Drake Stetzenbach |
| Trint Grotzinger | 21 - Ellie Leiter | 27 - Nancy Capps |
| 5 - Steve Cain | Kevin Bogert | 28 - Joshua Lewis |
| 8 - Steve Collier | 22 - Justin Wyne | Robert Treuner |
| 9 - Charles Hopkins | 23 - John Moore | |

EVENTS FOR FEBRUARY

COLLECTING Peanut Butter and Jelly for Open Door ALL MONTH.

- | | |
|-------------------------------|--|
| 1 - Cookies for Jail Ministry | 14 - 1:30 p.m. - Worship/Music Comm. Meet. |
| 6 - Movie time | 15 - President's Day |
| 8 - 7:00 p.m.—Council Meeting | 17 - 7:00 a.m. - Ash Wednesday Breakfast |
| Cookies for Jail Ministry | 7:00 p.m. - Ash Wednesday Services |
| 14 - Communion Sunday | 20 - 5:30 p.m. - Chili/Soup Challenge |
| Blood Pressure Sunday | and Dessert Auction |

FEBRUARY 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

Lectionary Readings

February 7:

Isaiah 6:1-8, (9-13)
 Psalm 138
 1 Corinthians 15:1-11
 Luke 5:1-11

February 21:

Deuteronomy 26:1-11
 Psalm 91:1-2, 9-16
 Romans 10:8b-13
 Luke 4:1-13

PLEASE NOTE:

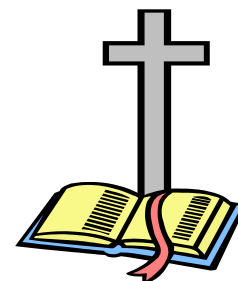
If you unable to pick up your **newsletter** from church, please let Minerva know and one can be mailed to you.

February 14:

Exodus 34:29-35
 Psalm 99
 2 Corinthians 3:12-4:2
 Luke 9:28-36 (37-43)

February 28:

Genesis 15:1-12, 17-18
 Psalm 27
 Philippians 3:17-4:1
 Luke 13:31-35



SHARING OUR TALENTS FOR FEBRUARY 2010

USHERS AND COMMUNION

Durward & Betty Guth

LITURGISTS

February 7 - Steve Cain

February 14 - Letitia Gerlt

February 21 - Leora Bremer

February 28 - Austin Bullerd

ACOLYTES

February 7 - Kylie Bales

February 14 - Allie & Megan Wilbanks

February 21 - Madison Knight

February 28 - Paige Staus

NURSERY

CAN YOU HELP IF NEEDED???

GREETERS

February 7 - Steve & Dee Cain

February 14 - Ken & Tammy Manuel

February 21 - Jeff & Henrietta Bremer

February 28 - Laurie Staus

FLOWERS

February 7 - Durward & Betty Guth

February 14 - Sam & Diane Mehan

February 21 - Dick & Leora Bremer

February 28 - Robert & Helga Treuner

FELLOWSHIP TIME

February 7 - Phil & Cindy Gerlt

February 14 - Loretta Langkrohr Edwards

February 21 - Cathy Lewis, Brenda Simon & Henrietta Bremer

February 28 - Ken & Tammy Manuel

Ruth Bremer, a long time member of Immanuel UCC, passed away on December 22, 2009. She was given Christian burial on December 28, officiated by Rev. Brady Abel. Ruth is survived by one son, Richard and his wife, Leora, and a grandson, Ryan. Ruth will be missed by her many friends and family.

George Hunter passed away Saturday, January 16 at Bothwell Regional Hospital. He was given Christian burial Monday, January 18 at McLaughlin Funeral Chapel officiated by Rev. Brady Abel. George is survived by Marie, his wife of 60 years, one daughter, Kathy Smith & her husband Tom, two sons, Rick and Joe and his wife, Lynette. Also survived by three granddaughters, Suzie, Jennifer, and Julie, eight great grandchildren, 2 step-grandchildren and three step-great grandchildren.

Joyce Williams took a fall in the middle of December, dislocated her shoulder and fractured her arm. She had surgery the next week and spent a night in the hospital. She is home recuperating and is staying close to home because of the cold and snow. She is being well taken care of by Melody and Scott. Joyce would like to thank everyone for their cards, calls, and prayers and especially Pastor Brady, Kris, Carol, Maddie, and Jones Knight, Don & Carolyn Barbour, and her daughter, Melody, who has been taking care of Joyce, especially at the beginning of her ordeal.

Aileen Brauer is currently undergoing radiation for cancer. Please remember her and her family in your prayers and with calls, cards, and visits.

Please remember the families devastated by the earthquake in Haiti and the volunteers who are there helping with your prayers and donations. Make checks payable to Immanuel UCC and mark memo line "Haiti Earthquake Relief" or go to www.ucc.org.



Sedalia Community Soup Drive - Jan. 1- Feb. 7, 2010

BUY SOUP and take it to your church, or drop it by the **Open Door Food Pantry**, 111 West Sixth Street. Open Door will keep a running total of all soup collected. This is one more way we can serve our neighbors in the Sedalia Community. A benefit for the Open Door Food Pantry~ Sponsored by the Pettis County Ministerial Association ~Help us reach our goal of **12,000 cans!**

