

IMMANUEL UNITED CHURCH OF CHRIST NEWS

June 2009

418 W. 4TH STREET, SEDALIA, MO. 65301 Church Office: 660-826-3553 Parsonage: 660-827-2416

E-mail: iuccsedalia@charterinternet.com

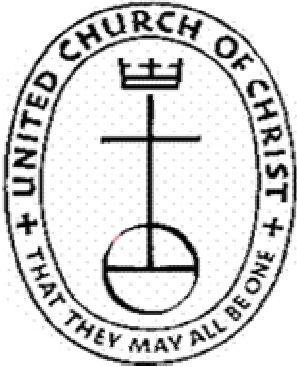
Website: www.iuccsedalia.com

Reverend Brady E. Abel, Pastor

Minerva Taylor, Office Manager & Editor

John Kritos, Organist

Larry Whipple, Sexton



FROM YOUR PASTOR

At a recent worship service we talked about planting seeds and the results from those seeds that perhaps only God can see. Every time I think about planting seeds I am drawn to our Food 4 Kids program. We are off to a fast start in 2009 with over 900 meals being served at all three Food 4 Kids locations (IUCC, Wesley Methodist, and Taylor Chapel). I ran across a note recently from Sharon Harding of All Saints Anglican Church in Athabasca, Alberta, Canada that perfectly illustrates the power of planting seeds. Sharon writes:

About 25 years ago I was involved in a church outreach program to children who lived locally. It was a midweek program that involved games and crafts . . . We strived to provide a safe and caring place for the children to come and have fun. We hoped that somehow the children would experience God's love through our care and friendship.

After about four years I left . . . A few years back I had the opportunity to attend a service at the church that had sponsored the outreach program. To my joy I discovered that many of the children who had attended that outreach program were now participating in the life of the church. They are not passive pew sitters either. Many are actively involved in ministry and are a vibrant Christian presence in their community . . . That outreach program is still going.

Does that sound familiar? We are only in the 4th year of planting seeds through the Food 4 Kids program, so the difference our ministry makes in the lives of others is not fully known. As I often ask, are we willing to plant the seeds of trees whose shade we will never see? The answer to that question must continue to be a resounding YES! The results of our seed planting will go beyond our lifetime. That's all the more reason to do it.

God Bless, Pastor Brady

Inside this issue:

Pastor's Report	2
Council News	3,4
Parish Nurse News	5
View from Open Door	6
Summer Activities	6
Calendar Events	7
Prayer Concerns	9



PASTOR'S REPORT

Page 2

Pastor's Report – Immanuel United Church of Christ - Council Meeting – Monday June 1, 2009

Worship – Service of Holy Communion was May 10 (as mentioned last month) and will be this Sunday June 7.

Guest musicians are scheduled for worship in June (Mary Frances Herndon on the 14th and Mary Margaret Dale on the 28th).

Pastoral Care – Calls continue as needed most often at hospital, care center, home, or visiting in pastor's office.

Community Activity – Food 4 Kids is off to an amazingly fast start! 217 meals served here with 301 meals being served at all three locations the week of May 25. 45 served today
I led the invocation at the Mayor's Prayer Breakfast May 30 at First Christian Church.
I am leading Bible Study this month at Stoney Ridge on Tuesday mornings.
Immanuel hosts pastor's Bible study on Wednesday June 10.

Committee Meetings – Outreach committee meets Monday June 8 at 7:00 p.m. CE committee meets Monday June 15 at 5:30.

Congregational Activity Review - The fitness challenge pizza party tomorrow night (June 2) at 6:30 at Immanuel. Everyone is welcome especially fitness challenge participants from either the Sedalia Fitness Challenge or our Immanuel Challenge.

CE committee is sponsoring miniature golf night on June 9.

CE is sponsoring a light lunch and ice cream social on June 20 at Immanuel beginning at 6:00. I will be showing pictures and talking about the continuing education trip to Israel.

Sunday June 21 - review General Synod resolutions, after worship, bring lunch.

Evangelism activity will be a walk and picnic on the Katy Trail on Monday June 22

Congregational Goals for 2008 –

Prayerfully continue to discern where God is calling us to be as a faith community. Have at least four guest musicians over the course of 2009 participate in worship.

UCC Update –

General Synod will be June 26 – June 30. Reverend Julie Pigg will be preaching for me on Sunday June 28. I am attending GS as a delegate from the Missouri Mid-South Conference.

The conference is hosting listening sessions throughout the summer to gather feedback about the Habakkuk Taskforce Report. The complete report can be found on the conference website at www.mmsucc.org. The report will be voted on at the conference biennial meeting October 30 – November 1 in Independence (we still need delegates to sign up at Immanuel).

COUNCIL MINUTES (unapproved)

Council President Leora Bremer called the meeting to order at 7pm. Those in attendance were: Leora Bremer, Gary Case, Dee Cain, Phil Gerlt, Letitia Gerlt, Tim Harster, Carol Knight, John Kritos, David Moore, Carole Weese and Pastor Brady Abel.

Pastor Brady opened the meeting with a prayer and shared scripture from Proverbs 9:1-6, 9-10. Pastor Brady shared a passage from an article called "What Does the Bible Teach About Wisdom?" Three questions to consider: "Is there wisdom in the leadership of your congregation?" "Is it wisdom that is a sacred matter of a growing relationship with God?" "Does your wisdom come from some other place than God's direction?"

The minutes of the last meeting were presented and Phil made a motion to accept the minutes as printed, Dee seconded and the motion carried.

Financial Reports -

OCWM – Pastor Brady reported that year-to-date giving for OCWM is \$1634.00 vs. \$1949.00 last year. He expressed confidence that over the course of the year we can make up that difference.

Treasurer - Gary reported that the income figures shown only include 4 Sundays. We should be indexing at 43% of budget and we are currently tracking well on income. Committed givers are ahead of budget but regular givers are slightly down. Gary reported that the loose offering is doing very well and that "the pennies are really counting up". Expenses show that we are making progress on the deficit – unfortunately going right out of the gas bill expenses into the electric bill expenses as we enter summer.

Benevolence – Gary reported that \$52.08 was sent to St. Jude Hospital from the Sunday school donations that had been held in benevolence.

Memorial – Carol reported no new activity in the memorial accounts. She did indicate that the \$12.00 charge has been eliminated by changing account types.

Improvement & Maintenance – Gary presented the report in Wayne's absence. There was \$446.66 in income from envelopes and interest. Pay outs totaled \$286.04. The purchase of an extension cord was \$11.77 and regular organ maintenance cost \$274.27. The account balance is \$18621.38.

Dee moved to accept the financial reports, seconded by Tim and the motion carried.

Pastor's Report – Pastor Brady gave the Pastor's Report – (see report)

Committee Reports –

Worship/Music- John presented the report from Worship and Music, including goals for guest musicians and a proposal for an increase in church fees for member and non-member weddings.

John moved to accept the increases in wedding fees as proposed by the committee, Phil seconded and discussion was held. The motion was amended to exclude any weddings already scheduled and the motion carried as amended. Discussion was held regarding compensation for guest musicians. John moved to give a \$40 donation to guest performers, seconded by Letitia, and the motion carried.

Fellowship – No report

Improvement & Maintenance – Gary reported that Wayne had secured some estimates on the cost of metal chairs for the church. The following estimates were given: Lowe's \$8.98 steel chair like we have, Plastic \$22.98 – Walmart \$9.50 Steel, \$19.00 padded – Sam' Club (Hon) steel \$21.47. The item was tabled pending more figures. The carpet bid for the lounge at a total of 72 and 2/3 yards = \$815, with labor at \$385 for (contd on page 4)

total of \$1200.00. The carpet item was also postponed pending more figures.

Evangelism – Carol Knight reported that the committee met and is planning the walk and picnic to Cloverdell on the 22nd of June. Participants will be meeting at the Clarendon Road Katy Trail stop and walking to Cloverdell. There is a new sign-up sheet posted for fellowship hour. Discussion was held about the possibility of scanning old and current church pictures and using the projector to share during fellowship time.

Outreach – Phil reported that they will be meeting next Monday. Discussion was held regarding the need for another member on the committee and it was decided not to replace the missing member.

Stewardship- No Report

Christian Education – Carole Weese reported that there will be a Leisure Park event on June 9. There is a meeting on June 15th. The Ice Cream Social is scheduled for June 20th at 6pm with a free-will offering that night. Discussion was held about disbursement of the offering from the ice cream social. Pastor Brady suggested that part of the proceeds go to general fund and part to OCWM since some of the OCWM funds are used for mission work and the UCC takes a big interest in middle east issues. He felt that was in-line with the continuing education trip he just took to Israel. Gary suggested Engineers Without Borders as a possible donation as well.

Discussion was held and it was suggested to move Engineers Without Borders to a Sunday in August. John moved to donate half of the Ice Cream Social Funds to General Fund and half to OCWM, Carol Knight seconded and the motion carried.

Health & Wellness – Leora reported that the committee met and is working on getting educational activities for Food 4 Kids. They have some things signed up and have leads on others. There will be a goat, and possibilities of rabbit and horse.

Technology – Tim reported that he has researched and the cost of purchase for a digital camera for the church would be around \$200. This would be for the purchase of a Canon Digital Camera. Tim moved to purchase the camera at an expense not to exceed \$250 to be paid from the Memorial Fund and John seconded. Discussion was held and the motion was amended to include the purchase of an additional SD card and the motion carried.

Pastoral Relations- No report

Food 4 Kids – The beginning balance was \$3289.75 beginning balance with an ending balance of \$2325.93 after expenses and no income. Gary made a motion to run an ad through the summer in the Sedalia Democrat. The ad would run Mondays starting June 8 and ending August 31 at a cost not to exceed \$1100.00; Dee seconded and the motion car-

ried.

Executive Committee – No report

Old Business:

The Executive committee will review membership rolls in the next few months when additional business can be added to the agenda.

The Biennial Missouri-Mid South Conference meeting will be Oct. 30-November 1, 2009. We need to select delegates so they can become familiar with the issues that are to be discussed at the meeting. There are suggestions for restructuring and reorganizing the conference

There will be no delegates attending general synod this year.

New Business:

Discussion was held about the candle cloth sent to General Synod for the exchange. This process is complete.

Pastor Brady lead the council in the Lord's Prayer.

The meeting was adjourned at 8:20pm

John Kritos,
Secretary

PARRISH NURSE NEWS

Wash those veggies

With the farmer's market opening downtown you may be thinking of all the mouthwatering veggies and other goodies you will have the opportunity to purchase this summer. Most of us eat more fresh fruits and vegetables this time of year because they are more plentiful locally. But the warmth of summer makes bacteria grow better. Contaminated produce exists so it is important to carefully clean your produce. Whether you grow your own, buy from the grocery or farmer's market washing will help prevent disease.

Wash your hands for 20 seconds before washing your produce. Cut off any bruised or blemished areas as this is where bacteria can really grow. Remove outer leaves of lettuce. Place the produce on a clean surface after washing.

Hold fruits and vegetables under cold running water and gently rub with your hands to clean or use a vegetable brush if practical. Clean all fruits and vegetables, even those with a thick rind such as melons. Don't use soap or soak in water. A gentle rub under running water will remove most of the bacteria, dirt and pesticides.

Get your Vitamin D

Our bodies need vitamin D to build and maintain strong bones. The American Academy of Dermatology does not recommend getting our vitamin D from the sun or tanning salon as they

are both sources of ultraviolet radiation. A healthier alternative is to get your vitamin D from your diet and practice sun protection.

The problem with exposing your unprotected skin to the sun is that the UV rays can cause skin cancer, premature aging of the skin, and cataracts; it also suppresses the body's immune system.

Skin cancer is the most common form of cancer and many of the diagnosed cases could be prevented by protecting the skin from the sun's rays. In the U.S. one person dies almost every hour due to melanoma. The number of diagnosed skin cancers continues to rise each year.

Sunscreen does not cause Vitamin D deficiency. Humans need calcium to benefit from vitamin D. Sun exposure does not provide calcium. Vitamin D can be obtained from fortified dairy products and salmon which also provide calcium. Dietary supplements can provide both vitamin D and calcium without the dangers of UV rays.

What are you eating?

Rather than checking food labels while grocery shopping you may want to check out www.foodessentials.com. This is an online searchable database of manufacturer's food labels.

You can find information like, "which cereal contains the most fiber." You can compare products by allergens, additive ingredients or nutrient properties. If you are on a special diet you can search for what you want, an exam-

ple may be "gluten free cereal," and you will get a list of gluten free cereals.

Spice it up without salt

Most of us eat way too much salt. This may cause high blood pressure in some people. Ways we can cut back on the amount of salt we eat.

1. Keep the salt shaker away from where you cook and eat.
2. Taste your food first, before adding salt. Remember, it takes a while before you get used to the taste of less salt.
3. If a recipe calls for salt, add less than half the amount.
4. Most of the salt is already in the foods we eat, adding salt should be very minimal.
5. Use herbs and spices to bring out the flavor of foods without the use of salt.
6. Remember, poultry seasoning, soy sauce, barbeque sauce, ketchup, hot sauce, spaghetti sauce, and tomato sauce all have lots of salt.

Leora Bremer, R.N.
Parish Nurse

Sources: American Academy of Dermatologist and Choices for Healthy Living, MO Dept. of Health & Senior Services, 1/2005.pp13



The Pantry has a bad case of the "empties". The center aisle has little "real" food — just a bunch of non-food items and some assorted salad dressing, soup, cookies, etc. The only thing we have in quantity is granola bars.

We are getting cases of fresh eggs. So - - we need your empty plastic egg cartons so that we can distribute the eggs. Just bring the cartons to church or drop them off at the Pantry.

Immanuel donated 573 pounds of food this month and worked 38 hours. That brings our annual totals to 3530 pounds and

SUMMER ACTIVITIES

Summer is upon us! There will be a light supper and Ice Cream Social/Challenge on **June 20 at 6:00**. A light supper, ice cream and desserts will be available. A freewill offering will be collected with proceeds going to the general fund and OCWM. Pastor Brady will share photos and information about his recent trip to Israel during the evening.

Immanuel will become a campground during **VBS July 13-19 for Camp Immanuel-God is with us!** We continue to seek vol-

236 hours. Thanks for your help.

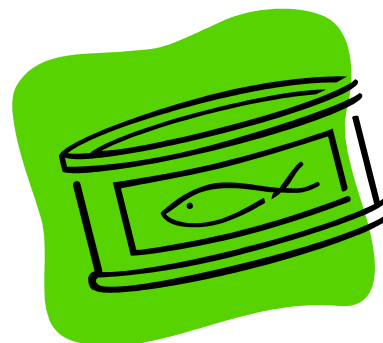
What do we need at the Pantry?? Macaroni/cheese dinners, pasta and pasta sauce, canned fish or chicken, canned veggies or fruit. **ANYTHING YOU GIVE WILL BE APPRECIATED.**

Remember we are going to make Christmas bags again in November. Now is a good time to look for items on sale that go into the bags - - - save a bunch of \$\$\$. A Christmas bag contains: canned corn and green beans, stuffing mix, mushroom soup, French onions, canned sweet

unteers for this camping experience!! If you have not been asked and would like to help with VBS, please let Julie Bales or Pastor Brady know. We are looking for items for the Sunday morning store for the children with tickets they have earned during the week. Suggested items: School supplies (please NO crayons, spiral notebooks or pencils, we have a good supply), gel pens, mechanical pencils, glitter glue, little cars, play dough, silly putty, coloring books, hair accessories, finger-

potatoes, marshmallows, pie filling and pie crust. Buy an item or 2 each month and ease the shock to the budget.

Betty Guth



nail polish, books, water guns, small toys, colored pencils, photo albums, picture frames, bouncy balls, water toys, jump ropes, sidewalk chalk, stuffed animals, small diaries/journals.

August 1 around **4:00** we are planning to attend a movie.

August 24 6:30 Organizational meeting for parents concerning confirmation.

September 13 Sunday School will kick off for the year.

Julie Bales

THIS AND THAT

Dear Immanuel Church family,

Once again we would like to thank all of you for the continued calls, cards, thoughts and prayers we have received during Ralph's convalescence. You all mean so much to us and have carried us through difficult times.

Ralph and Marge Linhardt

ALL CHURCH FLOWER SUNDAY

As you can tell from the 2009 Flower Calendar, the All Church Flower Sunday is scheduled for July 26th.

If you would like to do-

nate flowers for that Sunday, there will be a sign-up sheet in the Red Room. Please pay the church and we in turn will pay Moore's for the flowers. The cost this year will be \$6.50. The flow-

ers will be taken to Home Bound members of the church. There will also be a sign-up sheet to take the flowers to individuals. Please be sure to sign up for both.

BIRTHDAYS in JULY

- | | | |
|-------------------|---------------------|---------------------|
| 2 - Phil Gerlt | 15 - Ernie Keele | 23 - Madison Knight |
| 3 - James Bottoms | 17 - Ruby Christian | Rachel Cooper |
| 5 - Betty Guth | Betty Mosby | 24 - Marge Linhardt |
| 8 - Pastor Brady | 19 - Laurie Staus | 25 - Cindy Gerlt |
| 9 - Mac McHarg | Tom Smith | Amy Franke |
| 13 - Candy Wells | 21 - Jim Stovall | 30- Austin Bullerd |

ANNIVERSARIES in JULY

- | | |
|------------------------|---------------------------|
| 14 - Ken & Betty Mosby | 17 - Durward & Betty Guth |
|------------------------|---------------------------|

EVENTS in July

- | | |
|---|---|
| July 5 - Communion Sunday
CE Meeting following worship | July 20 - 4:00 p.m.—Health and Wellness Meeting |
| July 6 - 7:00 p.m. - Council Meeting | July 26 - ALL CHURCH FLOWER SUNDAY |
| July 12 - Blood Pressure Sunday | July 27 - 6:30 p.m. - 6:30 p.m. - VBS Pizza Party |
| July 13 - Open Door Food Pantry | FOOD-4-KIDS - 11:00 a.m. - 1:00 p.m. |
| July 13 thru July 19 - Vacation Bible School | ALL MONTH - Monday - Friday |

JULY 2009

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	29	30	31	

Lectionary Readings

July 5:	2 Samuel 5:1-5, 9-10	July 19:	2 Samuel 7:1-14a
	Psalm 48		Psalm 89:20-37
	2 Corinthians 12:2-10		Ephesians 2:11-22
	Mark 6:1-13	July 26:	Mark 6:30-34, 53-56
July 12:	2 Samuel 6:1-5, 12b-19		2 Samuel 11:1-15
	Psalm 24		Psalm 14
	Ephesians 1:3-14		Ephesians 3:14-21
	Mark 6:14-29		John 6:1-21



IUCC's Fitness Challenge continues to keep us moving. The challenge will continue through June 28. There are three teams competing. We had 20 folks gather for a pizza party and dessert on June 2 to celebrate participation in one or both of the fitness challenges this year. Let's keep moving even as summer begins to warm up!

SHARING OUR TALENTS FOR JULY 2009

USHERS AND COMMUNION

Tom and Kathy Smith

LITURGISTS

July 5 - Leora Bremer
July 12 - Carol Knight
July 19 - William Gerlt
July 26 - Austin Bullerd

ACOLYTES

July 5 - Kylie Bales
July 12 - Madison Knight
July 19 - Paige Staus
July 26 - Allie & Megan Wilbanks

GREETERS

July 5 - Minerva Taylor
July 12 - Kris & Carol Knight family
July 19 - Dennis & Loretta Edwards
July 26 - Steve and Dee Cain

FLOWERS

July 5 - Durward Guth
July 12 - Joan Allen
July 19 - Durward & Betty Guth
July 26 - ALL CHURCH FLOWER SUNDAY

NURSERY

CAN YOU HELP IF NEEDED???

B. J. and Marlin Tegtmeyer's aunt, Lettie Sue Horton, passed away on May 31, 2009. Services were held on June 3 in Maiden North Carolina and the eulogy was delivered by her son, Edwin. Our condolence go out to B. J. and Marlin and their family.

Power Prayer
FOR CHANGED LIVES

**Almighty God, how thankful I am
For the beautiful surprises
You have planned for me!**

**I thank you, Lord,
For lives that are changed,
Lives being reborn...
Out of darkness into light,
Out of winter into springtime,
Out of depression into cheer,
Out of doubt into faith,
Out of sin into salvation,
Out of guilt into grace.
I feel it, and I thank you!
Amen**

(Taken from "Power for Life" Bible)



The Habakkuk Project Task Force is a group of conference lay and clergymen and women that have been engaged in an evaluation of our conference structure and staffing and have been working to discern strategic priorities to guide our conference ministry. The task force has been meeting every other month beginning in April 2008 and the reports of the group are now ready.

The Habakkuk Project Task Force has arranged a series of regional meetings throughout the summer to provide an opportunity to present the proposals and receive feedback from the members of the conference.

The first meeting was held at St. Luke's UCC in Independence, Mo. The following is a list of locations of future meeting to be held:

- June 27 - Evangelical UCC in Cape Girardeau
- July 11 - Zion UCC in Union
- July 25 - Parkway UCC in St. Louis
- August 8 - First Congregational UCC in Lebanon
- August 15 - St. John's UCC in St. Charles

Please pray for the ministry of the Missouri Mid-South Conference.