

IMMANUEL UNITED CHURCH OF CHRIST NEWS

March 2009

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

E-mail: iuccsedalia@charterinternet.com

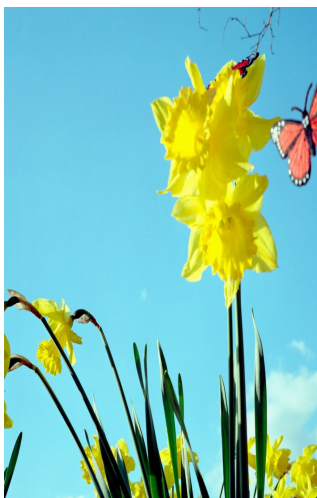
Website: www.iuccsedalia.com

Reverend Brady E. Abel, Pastor

Minerva Taylor, Office Manager & Editor

John Kritos, Organist

Larry Whipple, Sexton



FROM YOUR PASTOR

The other day I saw a rabbit hopping through the grass. Then I noticed that the grass had blades of green. Not too far away, a robin pecked for a worm. The squirrels ran in the tree with a bit more vim and vigor. As I watched all this I realized the sunshine carried extra warmth. Plus, it is lighter longer, some flowers are blooming, baseball is being played, and the calendar says that the long anticipated season of spring has sprung.

There is so much in our 21st century world that takes excess time and energy. Our days are often filled with toil, worry, and effort. So it is a refreshing reminder that some of the truly important matters of life, like the arrival of spring and the changing of the seasons, are times to recognize that we are not in control, don't have to be in control, nor get to be in control, and we can relax and appreciate the earthly show.

The New Century Hymnal's, "All Beautiful the March of Days," captures the essence of the point I am making. Here are the words of verse three:

O you from whose unfathomed law the year in beauty flows, yourself the splendid vision seen in crystal and in rose, The passing days with grace declare, and passing nights proclaim, In ever-changing words of light, the wonder of your name.

Enjoy the spectacular beauty of these changing season days and nights and during this time of Lent, please ponder the goodness of God that makes all things possible. Hope **springs** eternal!

Pastor Brady

Inside this issue:

Pastor's Report	2
Council News	3-4
Parish Nurse News	5
Open Door view	6
Sunday School News	6
Sharing Talents	8
Prayer Concerns	9

Pastor's Report - Immanuel United Church of Christ - Council Meeting - March 2, 2009

Worship - Service of Holy Communion March 1, 2009. Ash Wednesday Service February 25, 2009. Submitted DVD of Jan 18 worship to Library of Congress for Inauguration Project.

Pastoral Care - Pastoral care calls continue wherever and whenever necessary. This includes hospitals, care centers, homes, in the pastor's study, by phone and email.

Community Activity - Immanuel hosted the first community Lenten breakfast and devotion time for 2009. Thanks to the choir for breakfast, John Kritos for music, and Dee Cain for the devotion. I will be attending the State Dept of Health meeting for the summer food service program this Thursday March 5 in Jeff City.

Committee Meetings - Food 4 Kids and Health and Wellness have met since last council meeting. Evangelism (3-5-09) and Christian Ed (3-16-09) are scheduled to meet.

Congregational Activity Review - The garage sale is Saturday March 7. The lock in for youth is March 27 and 28. The Lenten adult study group is off to a great start with fifteen people participating. The fitness challenge continues with 3 teams/ 24 people.

Congregational Goals for 2009 - Prayerfully seek where God is calling us to be as a faith community. Continue adult Christian education programming.

UCC Update - The Western Association meeting is April 25 in Concordia. General Synod is June 26-30 in Grand Rapids, MI. The search committee has named a nominee for the new president and general minister of the UCC. It is Reverend Geoffrey Black, currently New York Conference Minister. The conference biennial meeting is Oct. 30 - Nov. 1 in Independence, MO. The trip to Israel is still scheduled for April 28 - May 7.

Personal - Vacation day scheduled for March 10.

COUNCIL MINUTES (unapproved)

Council President Leora Bremer called the meeting to order at 7:00 p.m. Those in attendance were: Leora Bremer, Wayne Baleslee, Gary Case, Dee Cain, Letitia Gerlt, Phil Gerlt, Tim Harster, Carol Knight, John Kritos, and David Moore.

Pastor Brady opened the meeting with a scripture reading from the 100th Psalm, the "Psalm of Thanksgiving". Pastor Brady reminded us that in this season of Lent the center of our faith community is our worship and he took the opportunity to share a video file of our worship set to music.

Tim Harster made a motion to accept the minutes of the last meeting as amended to correct three minor typographical errors, Carol Knight seconded and the motion carried.

Financial Reports-

OCWM – Pastor Brady reported that our giving in February was \$248.00 and that we have given \$511.00 year-to-date versus \$1021.00 at this time last year.

Treasurers Report – Gary reported that we are ahead in total income by \$1281.00 from this time last year. For the bottom line we are at -\$6795.56 versus -\$7267.80 this time last year. Total utility expenses were only \$125.00 more than last year. The Improvement and Maintenance fund is ahead \$45 dollars year-to-date. The stained glass window fund total is \$5703.00. Benevo-

lence has \$1250.50 being held from the Chili/Dessert supper pending council approval for disbursement of the funds.

Memorial – Carol Knight reported that one memorial had been received for the window fund. There was some discussion about a new assessment fee being charged on the checking account and Carol is going to contact the bank for more information.

Improvement & Maintenance – Wayne reported that there was one \$50 disbursement for snow removal.

Phil made a motion to accept the financial reports, Dee seconded and the motion carried.

Pastor's Report- Pastor Brady presented the Pastor's Report. See the report for additional information.

Committee Reports-

Fellowship – Leora reported that fellowship hosted the carry-in dinner on Sunday, March 1 with wonderful food despite a small group because of the weather. The committee has planned the Easter breakfast and biscuits and gravy will be provided for the garage sale on March 7.

Improvement & Maintenance – Discussion was held regarding the need for an updated priority list of repairs. Wayne requested direction from the council regarding how to proceed. Leora rec-

ommended that the committee meet to prioritize and add to the existing list. Wayne reported that the committee will meet again to compile an updated list.

Discussion was held regarding the payment of the balance of the stained glass windows. The contractor thinks that they would be here and gone before Easter. The maximum final completion date is May 15. John noted that due to the elimination of the skylight project the total cost of the project would be less. Gary made the following motion: *"the council will make a recommendation to the congregation to borrow no more than \$11,000.00 against an existing certificate of deposit at First Community Bank for a six (6) month period of time to finish the balance of the window expense upon completion of the work,"* John seconded and the motion carried. A congregational meeting will be announced for March 29 for the purpose of discussion and a vote on this recommendation with notification of the meeting to the congregation starting Sunday, March 8.

Evangelism– Carol Knight reported that the committee will meet on Thursday, March 5.

Outreach – No report

Worship & Music– No report

Stewardship – No report

(cont'd on page 4)

Christian Education – The committee hosted the Chili/Dessert supper on February 21. \$1248.50 was the total income. The committee recommended the proceeds be divided 60% to the general fund and 40% to the Open Door. David Moore moved to accept the committee’s recommendation, Letitia seconded and after a brief discussion regarding fundraising and how it affects the budget, the motion carried.

Health & Wellness – Leora reported that the committee met to discuss things they can do for the Food for Kids program including educational activities like visitors for dental hygiene, nurses, 911, police, and fire departments. The committee will be working on scheduling these events. Leora is still working on scheduling a CPR/AED class.

Technology – No report

Pastoral Relations- No report

Executive Committee – No report

Food for Kids – The committee met with Taylor Chapel and Wesley U.M.C. to discuss their participation in this year’s program. Taylor Chapel will be participating as before and Wesley is interested in participating, but they remain unsure about the level of participation they will have at this time. The dates for the Food for Kids program will be May 26 through August 28 or later if necessary based on the start date for schools.

Old Business:

The Executive committee will review membership rolls in the next few months

New Business:

Pastor Brady presented the proposed Easter letter to be sent out at the end of March. The letter is similar to the one sent out at Christmas time and is designed to inform the congregation where the proceeds of the Easter offering will be given. Tim suggested adding information about the “Engineers Without Borders” program. John moved to accept the proposed letter with the addition of the line about “Engineers Without Borders”, Carol Knight seconded and the motion carried.

The Biennial Missouri-Mid South Conference meeting will be Oct. 30-November 1, 2009. We can send two delegates. Discussion was held regarding those with interest in attending.

General Synod 27 will be held June 26-30, 2009 in Grand Rapids, Michigan. According to the By-Laws the church will pay the expenses of a member attending as a visitor. Room reservations have been made. Pastor Brady indicated that he had a member of the congregation express some tentative interest in attending.

Pastor Brady led the council in the Lord’s Prayer.

The meeting was adjourned at 7:59 p.m.

John Kritos,
Secretary

NOTE: The Congregational Meeting that was to be held on March 29, 2009 has been **cancelled**. As of this printing, we have received nearly 100% of our goal of \$17,000 for the stained glass window covering fund. Thank you for all the support toward this worthy cause making possible the preservation of our beautiful stained glass windows.

Up and coming events for Easter 2009

March 25 - 7:00 a.m. - Lenten Community Breakfast at Christ/Trinity Lutheran Church.

April 1 - 7:00 a.m. - Lenten Community Breakfast at Sacred Heart Church.

April 8 - 7:00 a.m. - Lenten Community Breakfast at First Christian Church.

April 9 - 7:00 p.m. - Maundy Thursday Services at Immanuel.

April 10 - 12:00 p.m. - Good Friday Services - Wesley Methodist Church

April 12 - Easter Sunday
Worship - 7:00 a.m.
10:30 a.m.

Breakfast - 8:30 a.m.
Easter egg hunt - 9:30 a.m.

PARRISH NURSE NEWS

Get Moving

Being more active can help you become more physically fit, which can be good for you in many ways. You may find that you have more energy, sleep better, lose weight, are less likely to injure yourself when you are active, are less likely to have low back pain and feel better about yourself.

Activities that are of “moderate intensity” are those which use large muscle groups like the muscles in your legs and which make your heart work a little harder. The more muscles you move, the more energy you burn.

When you are doing a moderate intensity activity you should be breathing harder, but not feel “breathless.” You should still be able to talk while you do your activity. For most people, moderate activities are safe. If you know that you have cardiovascular disease, or if you have an old injury, you should talk with your healthcare provider about the level of activity that is safe for you.

Your goal should be to increase your activity until you are spending 30 minutes a day doing moderate intensity activities.

Do what works for you. It doesn't matter where you do it or how you do it – just get moving!

Peripheral Artery Disease

If I were to ask you, “what does

chest pain usually indicate”, you would probably tell me it was a sign of serious cardiovascular disease. You would be right. If I were to ask you, “What does leg pain usually indicate,” you may not be so sure. We commonly think of atherosclerosis as causing blockages in the vessels that supply the heart and subsequently causing a heart attack. But, atherosclerosis can also affect the vessels in the legs and this is called peripheral artery disease or PAD. The arteries become clogged with fatty deposits, reducing the blood flow in the legs.

Someone who has PAD in their legs probably has it throughout their body. PAD is a good indicator of risk for stroke and coronary heart disease and heart failure. The symptoms of PAD include; leg pain that doesn't go away after exercise, foot or toe wounds that won't heal, or heal very slowly; lower temperature in one leg/foot compared to the other leg/foot. Some people can have the disease without symptoms. Left untreated, circulation in the leg can become so compromised that amputation is required. The risk factors for PAD are the same as for heart disease and stroke; high blood pressure, diabetes, high cholesterol, smoking and obesity. The more risk factors you have, the higher the odds that you will develop PAD. Part of the treatment plan is to reduce or eliminate the risk factors through lifestyle changes.

For additional information on PAD visit www.americanheart.org/PAD or ask me.

Good Fats and Bad Fats

If you have been trying to avoid fats, take a look at the type of fats you are eliminating from your diet. Bad fats are the saturated fat found in fatty meat, ice cream, whole milk, butter and cocoa butter. Trans fats should also be avoided; since we shouldn't have them they must be what makes cookies, crackers, cakes, French fries, margarine, onion rings, and donuts taste so good. Trans fats can inflame and stiffen your arteries.

The good fats you want to keep in your diet. Olive oil is a good fat, it contains phenol, an ingredient that keeps your arteries, “elastic.” If your arteries are elastic they will adjust to changes in blood pressure more readily and help in preventing heart attacks.

Leora Bremer, R. N.
Parish Nurse

Sources: Choices for Healthy Living, Missouri Department of Health and Senior Services, 2005

Missouri Heart Institute Foundation, Heart Monitor, Summer 2008

Heart Insight, August 2008, page 23



The Food Pantry— On 3/9 we served 97 families. Food is a little more plentiful, so the center aisle was very busy filling orders. The rest of us sorted food donated from a Boy Scout food drive and from local churches.

Immanuel donated 724 pounds of food this period- - - much of our donation was pasta products and spaghetti sauce. We also had canned fruit and boxes of jello. Foods like these go over well with needy families. Immanuel's annual donation stands at 2,551 pounds.

We worked 28 hours, which brings our annual total to 133 hours.

SUNDAY SCHOOL ACTIVITIES

Sunday School in April will begin with Palm Sunday and the children hearing stories about Holy Week and the assurance of God's love. They will celebrate Easter morning with an Easter Egg Hunt and join in worship. They will have the opportunity to marvel at Jesus' appearance after the Resurrection and the gift of a reassuring message of peace. The offering in April is going to St. Jude's Children's Hospital. The Sunday School teachers for April will be

Recently there have been some good bargains at local supermarkets- - - - - e.g., a 1 pound bag of spaghetti for 79 cents. With careful shopping, you can make a donation to the Pantry without making a huge dent in your budget. If we can each give one item or two, it really makes a significant donation.

THANKS for your generous hearts. \!

The Thrift Shop - The Shop was the recipient of the unsold items from Immanuel's garage sale. Every donation to the Shop turns into more dollars to fund the Benevolent Ministries portion of Open Door. Thanks to Pastor

Julie Bales and Minerva Taylor.

Upcoming Events:

March 27 6:30 PM to March 28 8:00AM Lock In

April 12 9:30 Easter Egg Hunt Bring your Easter Basket

May 31 5:30 Sunday School picnic at Liberty Park

June 9 7:00 Miniature Golf

June 20 6:00 Light sandwich supper and Homemade Ice Cream challenge

Brady, Don Barbour and William Gerlt for providing the muscle power to move the goods.

Betty Guth



July 13-19 VBS Camp Immanuel VBS God is With Us

A big THANK YOU to all who brought chili or soup to the challenge and for all the wonderful desserts that were made to be auctioned!! This was a successful evening of fun and fellowship at Immanuel. Proceeds went to the General Fund of the church and to Open Door.

Julie Bales

THIS AND THAT

WELCOME to our newest members, **James and Mary Bottoms**, who joined Immanuel's church family on February 8th. We are so happy to have you both with us.

Dear Rev. Abel,
It is my opportunity to

serve on the board of the Central Mo. Food Bank. I also enjoy volunteering there to repackage food on its way to 145 pantries in 32 counties. These experiences allow me to see first hand the impact of your church's generous gift in feeding hungry people, especially children and the

elderly. Thank you all so very much.

Roger Mitchell

CONGRATULATIONS to Kylie Bales, Paige Staus, & Megan Wilbanks for making the honor roll for the first semester at SMS. Also to Callie & Noah Leiter at SCHS.

"Bakeless Bake Sale" - Fundraiser for **Church Women United**. In an envelope please put the price of a pie or cake or something nice. No fuss no bother, you've done your part. Give donations to Joyce Williams by April 26th so they can be turned in by next meeting on April 27th.

BIRTHDAYS

April 3 - Jeff Bremer	April 14 - Kris Knight	April 20 - Maelin Moore
April 4 - Ed Sumpter	April 15 - Leloy Bottcher	April 23 - Richard Lewis
April 7 - Julie Reno	April 16 - Julie Bales	April 25 - Becky Leiter
Rick Gawedzinski	April 17 - Herman Meisenheimer	April 29 - Dorris Rumpf
April 10 - Aileen Brauer		

ANNIVERSARIES

April 15 - Ralph & Marge Linhardt	April 27 - Steve & Debbie Collier
April 16 - Bobby & Marlene Oehrke	Arlen & Juanita Joy

EVENTS

April 1 - Community Lenten Breakfast 7:00 a.m. - Sacred Heart Church	April 12 - Easter Sunday Worship - 7:00 a.m. & 10:30 a.m. Breakfast - 8:30 a.m. Easter egg hunt - 9:30a.m.
April 5 - Palm Sunday and Communion	April 13 - Open Door Food Pantry
April 6 - 7:00 p.m. Council Meeting	April 17 - Open Door Thrift Shop
April 8 - Community Lenten Breakfast 7:00 am - First Christian Church	April 19 - Blood Pressure Sunday
April 9 - 7:00 p.m. Maundy Thursday Services	April 20 - 7:00 p.m. - Mission/Outreach Meeting
April 10 - 12:00 p.m. - Good Friday Services Wesley Methodist Church	April 21 - 5:00 p.m. - Health/Wellness Meeting

APRIL 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		

Lectionary Readings

April 5:

Isaiah 50:4-9a
 Psalm 118:1-2, 19-29
 Isaiah 50:4-9a
 Mark 14:1-15:47

April 12:

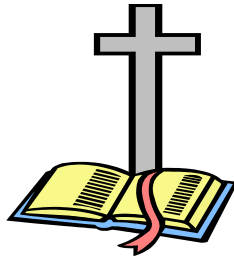
Isaiah 25:6-9
 Psalm 118:1-2, 14-24
 1 Corinthians 15:1-11
 John 20:1-18

April 19:

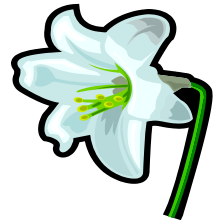
Psalm 133
 Acts 4:32-35
 John 20:19-31

April 26:

Psalm 4
 Acts 3:12-19
 Luke 24:36b-48



There is still time to sign up for Easter lilies to decorate the sanctuary for Easter. The cost is \$8.95 each and there is a sign-up sheet in Red Room. We must let Moore's know by April 1st. Please remember to pay the church and we will pay Moore's.



SHARING OUR TALENTS FOR APRIL 2009

USHERS AND COMMUNION

Wayne and Wilma Baslee

LITURGISTS

April 5 - Leora Bremer
 April 12 - William Gerlt
 April 19 - Carol Knight
 April 26 - John Kritos

ACOLYTES

April 5 - Kylie Bales
 April 12 - 7:30 am - Kylie Bales
 10:30 am - Megan & Allie Wilbanks
 April 19 - Madison Knight
 April 26 - Paige Staus

GREETERS

April 5 - Kris & Carol Knight family
 April 12 - 7:30 am - Joyce Williams
 10:30 am - Phil & Cindy Gerlt
 April 19 - Roger & Alverda Hill
 April 26 - Leora Schupp

FLOWERS

April 5 - Joan Allen
 April 12 - Marlin & B. J. Tegtmeyer
 April 19 - Minerva & Tim Taylor & Laurie & Paige Staus
 April 26 - Jane Meisenheimer

NURSERY

CAN YOU HELP IF NEEDED???

Dick Bremer had back surgery on March 4 and is now home recuperating under the watchful eye of Leora.

Bob Haggard underwent minor surgery this month and is also home and doing well.

Guil Flores, father of Lisa Flores, passed away on February 24, 2009. Funeral services were held on February 27, 2009.

David Baum, husband of Leora Bremer's niece, passed away February 19, 2009 and was given Christian burial in Kansas City, Mo.

Phyllis Linhardt, niece of Ralph and Marge Linhardt, passed away on Saturday, March 7 and funeral services were held in California, Mo. on March 11th. Marge also spent a few days in Bothwell Hospital.

Our hearts and prayers go out to each of you at this time of loss.

**My dear, dear friends...

How joyful an experience to fall and have so many warm hands and loving hearts reach out and support me through my time of trial. While it's not all behind me yet, I am three weeks into recovery from mastectomy surgery and six weeks past Diagnosis Day. I don't need radiation, chemotherapy or even a maintenance drug. I plan to return to work around March 10. The multitude of prayers on my behalf and messages of good cheer coming from near and far have filled me with a comfort and strong sense of being loved unlike anything I've experienced before. God truly works in mysterious ways. God has provided for my needs by providing each of you in my life right now! Thank you for your part in the life force known as Melody.

Melody Freeman



SONG OF THANKS

(Taken from "Power for Life" Bible)

Early in the morning I sing a song of thanks to you:

On all I love and care about.

For the fresh day,

For the new opportunities that lie ahead.

I am grateful, Lord, for the hope at the beginning,

In the midst of the day I stop and ask for strength;

For strength to keep on keeping on,

For wisdom to overcome the obstacles

Yet to be conquered.

**The strength when the road has been long,
And patience when the path has been all uphill,**

And blessings too numerous to mention.

At the close of the day I ask for your blessings:

On all my endeavors,

Amen.