

IMMANUEL UNITED CHURCH OF CHRIST NEWS

May 2009

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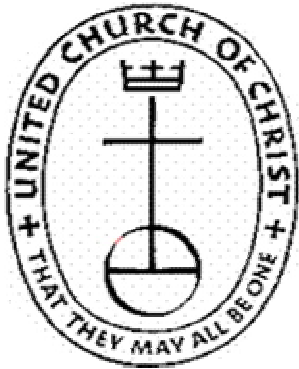
Website: www.iuccsedalia.com

Reverend Brady E. Abel, Pastor

Minerva Taylor, Office Manager & Editor

John Kritos, Organist

Larry Whipple, Sexton



FROM YOUR PASTOR

An explosion of green! That's what I noticed as I drove back into Sedalia on May 7 returning from my trip to Israel. When I left, there were sure signs of green – growing grass and budding trees – but what an incredible difference to see the full fledged green of the yards and trees as I drove down Broadway. That's what happens this time of year and especially after five plus inches of rain over the course of about ten days. The green was a new and welcome sign of the season following a winter that seemed to drag on a bit too long.

Something else new is the beautifully refurbished stained glass windows. If you haven't taken the time to check the windows out, do so as soon as you can. The change and new appearance is remarkable. Of course, all the work, resources, and money that went into this project are more indications of this congregation's generosity and willingness to maintain this historic and holy facility.

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Another place that you can view the windows is on our new and improved website. Please take some time and check out www.iuccsedalia.com and read about and see all the exciting events going on at Immanuel over the coming weeks. Thanks to Dee Cain for agreeing to be the website coordinator and all the efforts of John and Lori Moore at 305 Spin as they host the website.

Finally, I mentioned in the first paragraph my trip to Israel. What an incredible experience! I will share pictures and thoughts about the trip at our supper and ice cream challenge sponsored by the CE committee on June 20. Please plan to attend if you can. This trip offered new insights for me about issues in the Middle-East. I'll be glad to share.

Thanks be to God who makes all things new again. Pastor Brady



Pastor's Report – Immanuel United Church of Christ - Council Meeting – May 11, 2009

Worship –

Service of Holy Communion was May 10. Sacrament of Holy Baptism for Mr. Ernie Keele on May 10. New members received on April 26th – Kenneth and Tammy Manuel and James and Luann Stovall. May 10th - Ernie Keele and Rachel Cooper. Welcome!

Pastoral Care –

Calls are ongoing as needed.

Community Activity –

Food 4 Kids begins May 26 and is every day, Monday through Friday, until September 4. Food 4 Kids coordinator training is May 12 at Wesley United Methodist at 4:00 p.m.

Immanuel will host the Sedalia pastor's Bible Study on May 13.

Committee Meetings –

Evangelism will meet May 12 at 5:30. Worship/Music Committee will meet on May 17 at 1:30.

Congregational Activity Review –

All church Sunday school celebration May 31 at Liberty Park. Everyone is invited to attend.

Fitness challenge pizza party is June 2 at 6:30.

Congregational Goals for 2008 –

Prayerfully continue to discern where God is calling us to be as a faith community. Welcoming new members and old friends.

UCC Update –

Missouri Mid-South Western Association Meeting was held April 18 in Concordia. There has been a significant change made to the association by-laws concerning a Western Assoc budget.

UCC General Synod is June 26 – June 30 in Grand Rapids, MI. I am attending as a delegate from the Missouri-Mid South Conference.

Personal –

I will be using one week of vacation the week of May 18. Reverend Julie Pigg will be leading worship on May 24.

I share my thanks and appreciation for the opportunity to use continuing education time for the recent trip to Israel. It was an educational and spiritually uplifting journey. I will be sharing more about the journey in the weeks ahead.

COUNCIL MINUTES (unapproved)

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

Pastor Brady opened the meeting with a prayer and shared scripture from Philippians 2:12-15. The devotion was from "The Upper Room" for May 11, 2009. Pastor Brady shared the following "Thought for the Day": "Am I the headache or am I the aspirin?"

Wayne noted a correction to the minutes of the last meeting: for Improvement and Maintenance the record should read that the backflow device was removed, not installed. Phil made a motion to accept the amended minutes, Carol Knight seconded and the motion carried.

Financial Reports:

Pastor Brady reported that giving to OCWM year-to-date through April 30 is \$1309 vs. \$1699 last year.

Treasurer-Gary presented the treasurers report and noted that giving was strong in April and we are slightly ahead of last year in total income.

Benevolence-Gary reported for Benevolence that the Easter offering was \$869. \$750 will go to the book scholarship for an Eden

student and the remainder will go to "Engineers without Borders."

Memorial-Carol reported no activity for the memorial fund.

Improvement and Maintenance-Wayne reported for improvement and maintenance noting payment for the stained glass windows had been made.

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

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

Committee Reports:

Fellowship– No report

Improvement & Maintenance – Wayne reported that the exhaust fan in the kitchen was repaired with a donated motor and the new sump pump was installed at an approximate cost of \$200. Discussion was held regarding the priority list of repairs. Items discussed included new carpet and furnishings in the lounge, the drain and sidewalk on the east side of the church, improvements to the main floor bathrooms, new chairs for the fellowship hall, and replacement of the south exit door in the lounge. Wayne reported that they will complete the replacement of the lounge door in the near future.

Gary reported that the stained glass window project is complete and was a great suc-

cess. Willet-Hauser will come to measure and photograph the windows and give an appraisal of the windows for insurance purposes. He plans to stop in the next time he is in the area. Discussion was held regarding the need to add painting of the remaining exterior windows and doors to the list of improvements.

Evangelism–Carol Knight reported that the committee will be meeting May 12 at 5:30 pm.

Outreach-Kevin reported that there is a meeting scheduled for May 27. Leora asked Phil to be the new council representative for this committee to replace Kevin when he leaves. We will still need to add an additional member to the committee as Phil already serves on the committee at this time.

Worship & Music–John reported that the committee will meet May 17 at 1:30 pm.

Stewardship– No Report

Christian Education–Carole Weese reported that a meeting is scheduled for June 15 at 5:30pm. The Sunday school picnic will be May 31 at Liberty Park.

Health & Wellness–Leora reported that she held a CPR/AED class and will be scheduling another class soon. The Immanuel Health Challenge is currently in progress.

(cont'd on page 4)

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Technology—No report

Pastoral Relations—No Report

Food 4 Kids—The Summer 2009 program starts May 26. The committee is still looking for volunteers to help. Wesley UMC and Taylor Chapel will be involved this year as well.

Executive Committee—No Report

Old Business:

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

The Biennial Missouri-Mid South Conference meeting will be October 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.

General Synod 27 will be 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.

New Business:

There was discussion regarding purchasing a new copy machine. It was decided to wait and re-address the issue in September when the current

maintenance agreement expires.

Leora has made a candle cloth to send to General Synod for the exchange program which will match us up with another UCC church as "Sister" churches.

Gary stated that the health department notified Open Door that they will no longer be able to open the dock door or walk-in door in the warehouse for ventilation or they must be screened if opened. Gary made a motion to donate two of the old window frames to the open door for use with screens, John seconded and the motion carried.

Kevin Bogert has announced his resignation from the council as he will be moving back to his hometown for career opportunities there. Discussion was held regarding a replacement and Leora appointed Dee Cain to help seek out nominees to fill the vacancy. The council thanks Kevin for his service.

Pastor Brady led the council in the Lord's Prayer

The meeting was adjourned at 7:55pm.

John Kritos,
Secretary

FOOD-4-KIDS

Food-4-Kids will begin Tuesday, May 26th. There is a sign-up calendar on the bulletin board in the Red Room for anyone who is available to volunteer. We appreciate any help that you can give.

We will continue giving out sack lunches from Taylor Chapel on Tuesdays and Thursdays and there will be an additional location for Food-4-Kids this year—Wesley Methodist Church. They will be following the same schedule as Immanuel. It's exciting to see the program growing year by year!

Lynda Hartman

EVANGELISM
ACTIVITY

The Evangelism Activity for June will be a walk on the Katy Trail and a picnic. Monday, June 22, we will meet at the shelter on Clarendon Road and walk the trail to Clover Dell Park where we will picnic. If you would like to just meet us for the picnic part that is fine too! More details will be available closer to the date but mark your calendars and invite a friend to join us!

Lynda Hartman



PARRISH NURSE NEWS

Everyday Precautions to Prevent the Spread of Disease:

Currently there is a great deal in the news about Swine Flu and ways to prevent the spread of the flu. Actually many of those precautions should be a part of our everyday living.

Things we can do to prevent the spread of disease are:

1. Wash hands often with soap and water for 15-20 seconds or use alcohol-based hand cleaner. It is a good idea to carry a small container of alcohol based hand cleaner with you.
2. Avoid touching your eyes, nose or mouth because this is how the virus enters your body.
3. Stay in good general health by eating nutritious foods, drinking plenty of fluids, getting plenty of sleep, exercising and managing stress.
4. Avoid contact with people who may be infected with a contagious illness.
5. Cover your mouth and nose with a tissue when you cough or sneeze, and throw the tissue away. If you don't have a tissue, use your sleeve, not your hands to cover your nose and mouth.
6. If you become ill, stay home from work, school and other activities to limit your contact with others and reduce the spread of the disease.

If you become ill, contact your health care provider for treatment recommendations.

Leg Pain

If you are like me, I often tune out commercials for medications and assume they are just trying to push their medication and

over reacting to a condition that is not very serious. I have frequently seen a commercial for PAD that is advertising a particular medication. PAD (Peripheral Artery Disease) is a serious condition; if you are experiencing pain in your legs it does warrant checking it out with your health care provider.

PAD is atherosclerosis in the legs like CAD (coronary artery disease) is atherosclerosis in the arteries of the heart. The risk factors for both are the same: high blood pressure, smoking, obesity, diabetes and high cholesterol. PAD results in increasing the risk of heart attack and stroke.

The typical leg pain experienced is often when walking and is relieved by sitting down: this is called claudication. Like heart disease, not everyone has the typical symptoms, many people with PAD experience leg pain even when they are at rest. The person often attributes this type of pain to, "I must have strained a muscle, I've been on my feet too much, it's just arthritis." There are some people who do not experience pain but still have atherosclerosis of the legs. The health care provider will look at the person's risk factors and check for signs of decreased circulation in the legs to determine if further testing needs to be done.

Appropriate lifestyle changes and medications to reduce the risk factors thereby reduce the risk of stroke and heart attack. Treatment often begins with exercise because inactivity can make PAD worse. Even though exercise may be painful it helps to keep the small arteries open that supply the leg muscles

with blood and therefore keep the muscles strong. Inactivity weakens the muscles. Medications can be given to help decrease the pain, increase the blood flow and reduce the chances of blood clots forming.

In serious cases surgery may be required to increase blood flow to the legs. Angioplasty is where a balloon is inserted in the artery and at the site of the blockage it is inflated which compresses the plaque against the artery wall thereby increasing the lumen of the artery and increasing the blood flow. In more severe cases bypass of an artery with grafts can increase the blood flow. In some cases arteries become blocked causing lack of blood supply to the leg requiring amputation.

If you are experiencing pain in your legs check it out with your healthcare provider. Additional information may be obtained from www.padcoalition.org or www.americanheart.org/PAD. You may also ask me, if I don't have a ready answer for you I will find out the information you need.

Leora Bremer, R.N.
Parish Nurse

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.



Jeff Bremer, Jane and Herman Meisenheimer, Ellie and Clancy Leiter, Diane Mehan, Gary and Carol Case upheld the Immanuel United Church of Christ's tradition of working the Open Door Food Pantry the second Monday of May.

Carol and Diane worked in the Pantry pulling items to be given out to the 120+ clients that were served. The rest of the group cut out Box Top educational coupons to be given to the schools for needed supplies.

The amount of food items has increased compared to last month, but The Pantry continues to struggle to find sufficient food items and distribution help to cover the requested needs. Anytime you can help between 8:30 am and 2:00 pm you are appreciated. You can sit to do many of the needed tasks to be done. All donations of food items are always greatly appreciated.

Gary E. Case

SUNDAY SCHOOL ACTIVITIES

On **Sunday May 17** we will recognize the children who have been attending Sunday School and the teachers that have helped Immanuel have a successful year of Sunday School. A big **THANK YOU** to all the teachers!! There will be a Sunday School picnic on **May 31** at Liberty Park at 5:30. Each family is asked to bring a dish for the meal. Table service, hotdogs, buns and drinks will be provided. **EVERYONE** is invited to come enjoy an evening of fellowship in the park!! We will gather at the big shelter house on the Liberty Blvd. side of the park.

June 9 at 7:00 we will gather at Leisure Park for a round of miniature golf.

June 20 at 6:00 there will be an Ice Cream Social/Challenge with a light supper. There will be a free will offering that evening. Pastor Brady will share photos and information about his recent trip to Israel. A sign up sheet will be posted in the Red room for anyone wishing to compete in a homemade ice cream contest. There will also

be a sign up sheet to bring dessert that evening.

July 13-19 we will have Camp Immanuel VBS - God is With Us! If you are interested in helping in anyway, please let Pastor Brady or Julie Bales know.

IMMANUEL FITNESS

The Immanuel Fitness Challenge is underway. Two weeks of points have been gathered by the 24 members Immanuel has participating in the challenge. For each 15 minutes a person exercises, they earn 1 point, up to 28 points a week. This challenge will continue thru June 28.

We will celebrate with a pizza party on **June 2 at 6:30** at the church. **ANYONE** who has participated in either fitness challenge this year, their families or any other interested persons are invited to join us for an evening of fellowship around pizza, desserts and conversation. Please let Julie Bales know if you are planning on attending so we will have plenty of pizza. There will be a cost of \$5.00 per adult for pizza. The children 12 and under will be free. Julie Bales

THIS AND THAT

OOPS OOPS!! Rebecca Wilbanks was left out as one of the Honor Roll Students at Sedalia Middle School for the third quarter. Sorry, Becca, we didn't mean to leave you out!! **CONGRATULATIONS!!**

DO YOU HAVE A NEWS ITEM YOU WOULD LIKE TO SHARE with the members of Immanuel via the newsletter? Please let Minerva or Pastor Brady know by a note in the collection plate, a note by mail, a phone call or an email. We would be happy to include this in-

formation in the newsletter. *****
Joan Allen has a **CONVERTER BOX** she is willing to give to anyone who needs one for the digital change-over on your T.V. Please contact the church office at 826-3553 if you are in need of one.

Congregation of Immanuel: Thanks so much for attending my birthday celebration. It means so much to know I have so many friends within my church family.

Sincerely,
Jeff Bremer

BIRTHDAYS

- | | | |
|--------------------|------------------------|------------------------|
| 4 - Noah Leiter | 14 - Heidi Treuner | 24 - Becky Stetzenbach |
| 9 - Gerald Holman | 17 - Travis Grotzinger | 25 - Jennifer Brown |
| 10 - Luann Stovall | 20 - Sara Longnecker | 30 - Marianne Treuner |
| 12 - Kendle Leiter | 22 - Eric Weese | Mike Albin |

ANNIVERSARIES

- | | | |
|--------------------------|----------------------------|------------------------------|
| 3 - Justin & Daleah Wyne | 14 - Nolan & Brenda Simon | 22 - Dick & Leora Bremer |
| 8 - Eric & Carol Weese | 16 - Andrew & Mary Treuner | 25 - Marvin & JoAnn Albright |
| 12 - Tim & Nancy Harster | 19 - Dave & Rhoda Moore | |

EVENTS

- | | |
|---|---|
| 1 - 7:00 p.m. Council Meeting | 19 - Open Door Thrift Shop |
| 2 - 6:30 p.m. - Fitness Challenge & Pizza Party | 20 - Sandwich supper & homemade ice
Challenge & photos from Israel Trip |
| 7 - Communion Sunday | 25-30 - Pastor Brady at General Synod |
| 8 - Open Door Food Pantry | Food-4-Kids Monday thru Friday all month
11:00 a.m. - 1:00 p.m. |
| 9 - 7:00 p.m. - CE sponsoring Miniature
Golf at Leisure Park | Pastor Brady leads Bible Study at Stoney Ridge
every Tuesday in June - 10:00- 11:00 a.m. |
| 13 - Messleri/Doyal Wedding | |
| 14 - Blood Pressure Sunday | |
| 15 - 5:30 p.m. - CE Meeting | |

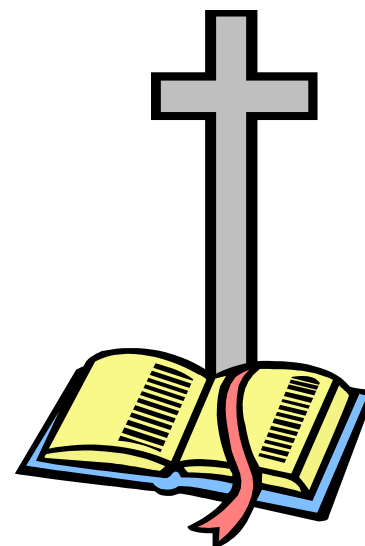
FELLOWSHIP TIME Sunday mornings 9:30 to 10:15. A great time to socialize with your church family.

JUNE 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

June 7:	Isaiah 6:1-8	June 21:	1 Samuel 17: (1a,4-11, 19-23) 32-49
	Psalm 29		Psalm 9:9-20
	Romans 8:12-17		2 Corinthians 6:1-13
	John 3:1-17		Mark 4:35-41
June 14:		June 28:	
	1 Samuel 15:34-16:13		2 Samuel 1:1, 17-27
	Psalm 20		Psalm 130
	2 Corinthians 5:6-10, 14-17		2 Corinthians 8:7-15
	Mark 4:26-34		Mark 5:21-43



SHARING OUR TALENTS FOR JUNE 2009

USHERS AND COMMUNION

Ardean Rulfs & Ruby Christian

LITURGISTS

June 7 - Julie Bales

June 14 - Betty Guth

June 21 - Karen Smith

June 28 - Wilma Baslee

ACOLYTES

June 7 - Paige Staus

June 14 - Allie & Megan Wilbanks

June 21 - Kylie Bales

June 28 - Madison Knight

GREETERS

June 7 - Marlin & B. J. Tegtmeyer

June 14 - Eric & Carole Weese family

June 21 - Julie & Kylie Bales

June 28 - Eldon & Ellie Leiter

FLOWERS

June 7 - Eleanora Leiter

June 14 - Ruby Christian

June 21 - Durward & Betty Guth

June 28 - **WHAT ABOUT YOU?**

NURSERY

CAN YOU HELP IF NEEDED???

Ralph Linhardt recently fell and broke his leg. He underwent surgery at Bothwell Regional Health Center but is now at home recuperating.

Ruby Stanfield also fell in her home and broke several ribs. She is currently recuperating at home.

Josh Hartman recently had surgery. He is recovering.

Sunshine Gerlt is presently in Bothwell Regional Health Center undergoing tests.

Kim Gardner, daughter of Wayne and Wilma Baslee, has been admitted to a hospital in St. Louis. Wayne and Wilma are with her at this time.

Joann Edwards fell Monday and broke her leg. She is in Bothwell Regional Health Center and will have surgery Tuesday.

We wish them all a quick and complete recovery.

WELCOME to our newest members: **Kenneth and Tammy Manuel** and **Jim and Luann Stovall** joined with Immanuel on April 26th. **Ernie Keele and Rachel Cooper** joined on May 10th. We also celebrated Ernie Keele's baptism on May 10th. **Congratulations and welcome** to all of you as you join Immanuel's church family.



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YOU SAY	GOD SAYS	BIBLE VERSES
You say: 'It's Impossible'	God says: All things are possible	Luke 18:27
You say: 'I'm too tired'	God says: I will give you rest	Matthew 11:28-30
You say: 'Nobody really loves me'	God says: I love you	John 3:16
You say 'I can't go on'	God says: My grace is sufficient	II Corinthians 12:9
You say 'I can't figure things out	God says: I will direct your steps	Proverbs 3:5-6
You say: 'I can't do it'	God says: You can do all things	Philippians 4:13