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Advent a Time to Reflect

Advent is the beginning of the Christian year. It is a time of celebration, and too often hectic schedules, that make the season of Advent a rush and a blur in our lives; and January a time to take our collective breath and breathe again.

This year I challenge myself as well as each of you to stop and take a spiritual breath and remember the wonder of this season. Here are some of the themes of Advent that we can reflect on every Sunday as we light the Advent Candles.

The Advent Candles Demonstrate the Strong Contrast Between Darkness and Light.

The contrast of Darkness And Light... the theme of redemption has stretched from Adam and Eve's expulsion from the garden. The promise of *Genesis 3:15* "I will put enmity between you and the woman, and between your offspring and her offspring; he shall bruise your head, and you shall bruise his heel." now comes to fruition in the coming of Jesus Christ. The world living in spiritual darkness is now to see the dawning of a great light.

Isaiah 9:2 The people who walked in darkness have seen a great light; those who dwelt in a land of deep darkness, on them has light shone.

The Four Advent Candles Represent the Years of Prophecy Preceding the Coming of Jesus.

Each candle represents 1,000 years. Added together, the four candles symbolize the 4,000 years that humanity waited for the world's Savior—from Adam and Eve to Jesus, the "Light of the World", whose birth was anticipated by the prophets. As his Advent, or "coming," draws nearer another candle is lit, each candle dispelling the darkness a little more.

The Advent Promise of Eternal Life Through Jesus Christ

The circular shape of the wreath, without beginning or end, symbolizes God's complete and unending love for us—a love that sent his Son into the world to redeem us from the curse of sin. It also represents eternal life which becomes ours through faith in Jesus Christ.

The Advent Wreath traditionally holds four candles which are lit, one at a time, on each of the four Sundays of the Advent Season. Some Advent Wreath traditions also include a fifth white "Christ" candle, symbolizing purity, that is lit on Christmas Eve or Christmas Day.

The Advent Call to: a Time of Prayer, Penance, And Sacrifice

Violet is the liturgical color that is used to signify a time of prayer, penance, and sacrifice. Advent, also called "little Lent," is the season where we spiritually wait in our "darkness" with hopeful expectation for our promised redemption, just as the whole world did before Christ's birth, and just as the whole world does now as we eagerly await his promised return.

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Prayer Requests

Remember our church members & friends who are less mobile and are unable to join us as often as they would like, including:

Colony Court Memory & Care Suites: Ann Swenson, Deloris Asmus

Colony Court: Millie Groh , Ardella Draheim, Nina Youngberg,
Leona Quast, Muriel Jenkins, Paul Krause

Lakeshore Inn: Florence Gutknecht, Hazel Henkensiefken, Don Lohse

Latham Place: Liz Corchran

Morrow Home, Sparta, WI: Marlene Rietfort

Oaklawn Health Care Center: Jim Keller, Bill Brooks

Tower Light, St. Louis Park: Darlene Lynch

Those who also need our prayers: Willie Mahler[Home Hospice]

Prayer Requests from Sunday Worship: Bruce and Deb Hering,
Leona Quast, Dave and Joann Egeness, Kookie Kukacka, Peter and Verna Fog, Marilyn Possin,
Berts Walker, The Westrum Family, Chuck Youngberg, Marlys Garness.



(Continued on page 7.)

Haiti Trip-January 2-9, 2016

This year, I am planning to take new crib and twin bed sheet sets. If you would like to donate new sheets, I'll have a suitcase out Dec. 5th through Dec. 19th . The hospital is buying new mattresses for the orphanage, with donations from supporters. The sheets should be cotton; plain, plaid or striped.

Thank you to all of you who have donated money for my airfare to Haiti. If you would still like to donate financially it would be so appreciated. \$75 has been raised so far. Make checks payable to Faith United Methodist-Haiti.

Please keep our medical team in your prayers while we are gone. I will need prayers for strength and endurance to do the job God has called me to do. Thanks for your support. Sherry Scholljegerdes

Faith Crafters and Stitchers

Faith Crafters and Stitchers **will not meet** in December. We will gather again in January. See you then!
Sandy Voshell

Thank You

Thank you UMW for the wonderful gift. Have a Merry Christmas! Kim Maas

Christmas Time's A Comin'

The 7th annual holiday gospel Christmas show will be presented at the Waseca Central Building Auditorium in Waseca, MN on December 5th and 6th, 2015. This is a holiday Christmas show for the entire family's enjoyment. All net proceeds go to the American Red Cross. Show times – Saturday, December 5, at 2:00 & 7:00 p.m.; Sunday December 6, at 2:00 p.m. **Advanced reserved tickets only**, are available at the Waseca Music Store (507-835-2980). Adults \$10, youth (under 16) \$5.

HCI Update

Here are a couple of events the HCI team helped to coordinate this fall in order to ENGAGE our community with acts of kinds that demonstrate the love of God to our neighbors.

For the ninth year we celebrated a safe and enjoyable Trunk or Treat time. We had 13 creative trunks full of candy. We took pictures of 93 families and we are in the process of sending them out to the families with a note to each family thanking them for coming and inviting them to come and worship with us. This year we added to the fun by playing music tracks throughout the evening. There was couple and kids dancing around the parking lot and on the hay bales as their pictures were taken. It's a fun and enjoyable service and outreach to our community. Come and join us next year!



Welcome
Glad you're here!

We began a tradition last spring that I hope we will continue and that is welcoming on behalf of the church the children and families of Hansel and Gretel. We give gifts to every child and provide an invitation for parents to come to worship with us and a note of thanks for our church being able to provide a safe place for children. There were lots of smiling faces from parents and kids.

The Mitten Tree

We need to send SCARVES, HATS, MITTENS, and GLOVES to the Neighborhood Service Center for distribution as soon as the snow flies. Won't you please get those knitting needles out and shop early to help fill up our tree? Both giver and receiver will be blessed! Thank you.

Fall Photos



Trunk or Treat Costumes



Trunk or Treat Baby.



Kim Maas and the seven point buck she got with her bow.



Trunk or Treat Handing out Candy.

Advent Continued

(Continued from page 1.)

The Four Weeks of Advent

The 1st Sunday of Advent symbolizes Hope with the “Prophets’ Candle” reminding us that Jesus is coming.[PURPLE]

The 2nd Sunday of Advent symbolizes Faith with the “Bethlehem Candle” reminding us of Mary and Joseph’s journey to Bethlehem.[PURPLE]

The 3rd Sunday of Advent symbolizes Joy with the “Shepherds’ Candle” reminding us of the Joy the world experienced at the coming birth of Jesus.[PINK]

The 4th Sunday of Advent symbolizes Peace with the “Angels’ Candle” reminding us of the message of the angels: “Peace on Earth, Good Will Toward Men.”[PURPLE]

Jesus came as a suffering servant. *Isaiah 53:5 But he was pierced for our transgressions; he was crushed for our iniquities; upon him was the chastisement that brought us peace, and with his wounds we are healed.*

Jesus abides with us through the indwelling Holy Spirit...*Romans 8:9-11 You, however, are not in the flesh but in the Spirit, if in fact the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. But if Christ is in you, although the body is dead because of sin, the Spirit is life because of righteousness. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will also give life to your mortal bodies through his Spirit who dwells in you.*

Jesus will come again as King of Kings and Lord of Lords.....*Revelation 19:11- Then I saw heaven opened and here came a white horse! The one riding it was called “Faithful” and “True,” and with justice he judges and goes to war. His eyes are like a fiery flame and there are many diadem crowns on his head. He has a name written that no one knows except himself. He is dressed in clothing dipped in blood, and he is called the Word of God. The armies that are in heaven, dressed in white, clean, fine linen, were following him on white horses. From his mouth extends a sharp sword, so that with it he can strike the nations. He will rule them with an iron rod, and he stomps the winepress of the furious wrath of God, the All-Powerful. He has a name written on his clothing and on his thigh: “King of kings and Lord of Lords.”*

In a world rocked by violence and uncertainty this is the Christ we can have confidence, courage and hope in the Savior who came to redeem us from our sins and who loved us enough to give His life for us.

This is the joy and hope of the Advent Season. Celebrate it!

Pastor Victor

UMW Meeting Minutes

Present: Barbara Freidl, Linda Lohse, Roberta Walker, Shirley Hansen, Sherry Scholljegerdes, Ardella Draheim, Lorraine Wick, Janet Welch, Gloria Tollefson, Shirley Burdick, Sandy Voshell, Karen Ferch

Cherry coffee cake and coffee was served by the Elizabeth Circle. Lori Pommerenke was our guest speaker. She presented a slide presentation on Exploring Faith, Values and Culture in Thailand and Bali. This was a portion of the trip she and her daughter, Rose, were on from October, 2014 through January, 2015. She told us that Bali has many people that practice the Hindu religion – they have many gods and revere nature. In Thailand, many people practice Buddhism – they have no gods but their Buddha is more of a teacher than a god.

Barbara Freidl then read devotions and we all participated in a devotional reading.

Business Meeting - Barbara Freidl brought our meeting to order.

Secretary’s Report was in the monthly newsletter.

Treasurer’s Report – Sandy Voshell let us know that the end of the year payments will be sent in next week: \$605.00 is the quarterly pledge to District and \$155.00 will be sent to Emma Norton.

(Continued on next page.)

UMW Meeting Minutes

(Continued from page 4.)

Also, \$710.00 from our pie auction will be sent to Emma Norton. Our bazaar raised \$4,159.66, which is \$11.00 over last year. The only bill to be paid is for the newspaper advertisement. It was noted that \$130.00 worth of soup was sold to parishioners after the luncheon was over. Sandy will be renewing the Response magazine as last year. Recipients of this will be Verna Fog, Barbara Freidl, Sandy Voshell and Sherry Scholljegerdes, plus a copy for the church. She will also be ordering one copy of New World Outlook which costs \$24.00 a year.

A memorial was received from Gerri Peterson's family in the amount of \$300.00. Sandy would like to purchase eight more coffee servers for the kitchen as we sometimes run short at funerals and the bazaar. A motion was made by Linda Lohse and seconded by Shirley Burdick to spend up to \$300.00 to purchase eight thermal coffee servers – motion carried. Karen Ferch also shared that she purchased some SmartWool socks as a thank you gift to Kim Maas for all the work she does for the UMW.

The World Thank Banks were then received. Sandy will be sending these in next week in case anyone forgot theirs today.

Slate of 2016 officers was presented as follows:

President - Sherry Scholljegerdes

Vice President - Barbara Freidl

Secretary - Shirley Burdick

Treasurer – Sandy Voshell

Communications (new position this year) – Janet Welch

Nominating Committee – Karen Ferch (term ends 12/ 2016)

Linda Lohse (term ends 12/2018)

Roberta Walker (term ends 12/ 2017)

Shirley Hansen (term ends 12/2019)

Karen Ferch made a motion to accept all nominees as listed for 2016, Roberta Walker seconded and the motion carried.

Fresh Connection – If you are receiving this magazine by mail or e-mail and no longer wish to get it, please let Barbara know.

2016 Program Schedule/Calendar – Barbara distributed a copy of the year's events and asked if there were any other ideas that should be considered. Shirley Burdick suggested we have a fashion show.

Special Mission Recognition Committee – Barbara read a list of people who have received this in the past. If anyone has ideas who they would like to nominate for this year, please contact Karen Ferch, Barbara Freidl or Sherry Scholljegerdes.

We will host the Annual District Meeting on September 24, 2016.

Char Frankenberry will update our UMW booklet and if there are any changes of address or phone numbers, please let Barbara know by December 18th. Char will be joining the UMW at Blooming Grove (membership is currently seven women), but would like us to invite them to the District Meeting and other special events here.

Bazaar Comments: Ardella said the pies were very good this year and they had enough. Stacy True and Gloria Tollefson helped to cut the pies and all went well. Barbara said that we will be giving McDonalds gift certificates to the kids who helped since they all did a great job! People thought the bazaar went smoothly and the transition of people eating and making room for others went well. Roberta suggested we keep the tables away from the windows so people will be able to see all the sales items. The cashier's area was quite congested when others walked through that area. Roberta suggested we have two long tables at the far end of the eating area, which would take up less space than two round tables. The baked goods need three tables for next year. Shirley Burdick said we should possibly eliminate the silent auction next year as many of the items this year were of equal or lower value than some of the other new items. If there would be a silent auction, perhaps some smaller themed baskets should be requested. There is definitely a need for higher quality items for the silent auction.

Roberta asked if no one else wanted older **Response** magazines, she would like them. Barbara will find out if past issues will be available online. If so, it should be determined how long we keep back copies in the church.

Shirley Hansen made a motion to close our meeting, seconded by Roberta Walker and motion carried.

Submitted by: Shirley Hansen, Acting Secretary for Mary Stauffer

Prayers Continued

(Continued from page 2.)

Remembering Those Who Are Away From Us Or Have Moved Away. This is a list of those members who are not attending worship or have moved away. Please remember them in your prayers.

Roger Herman Goetz

Register Number: 18287-041
FPC DULUTH
FEDERAL PRISON CAMP
P.O. Box 1000
Duluth, Mn 55814

Mary Lou Sahlstrom's new address is:

Eagle Crest North
351 Mason St.
No. 325
Onalaska, WI 54650
Phone: 1-608-779-1841

The Pursells' new address is:

800 College Parkway
Apt 324
Lewisville, TX 75077.
Their phone is: 507-201-7322.

Ron and Pat Terrell's new address is:

325 NW Driftwood Dr.
Ankeny, IA 50023
Phone: 507-310-1334

Wally and Betty Jane Ruedy are heading south for the winter. Their address is:

4308 W. 125th St.
Savage, MN 55378.

Bruce and Deborah Hering's new address is:

101 Grovebrook Dr.
Mankato, MN 56001
Phone: 507-388-8022.

Parish Nurse Notes

NEAT Non exercise activity thermogenesis. How to drop pounds with your day activities, not exercise.

Dr. James Levine of the Mayo Clinic in Rochester wrote an article in the "USA Today" 1/22/09 regarding weight loss through everyday activity. Increasing your NEAT or "non-exercise activity thermogenesis" which accounts for much of your movement and therefore caloric expenditure throughout the day will help you lose weight.

Activities such as pacing while on the phone, cleaning the house, climbing the stairs, folding laundry, standing instead of sitting, walking the dog, all increase your NEAT. Fidgeting doesn't help according to his study. Basically, anything that is movement, increases your NEAT. Eating and digestion as well as planned exercise routines are excluded in NEAT.

Instead of sitting watching TV, get up and walk in place. The key is to move throughout the day: maybe dancing in the kitchen while cooking or going for a walk with a friend.

Each movement counts. Delivering "Meals on Wheels" increases your NEAT! By just being more active in your daily life, you can burn an extra 500-1,000 calories, according to Dr. Levine.

"The behavior research suggests that if you adopt a change for about 21 days consecutively, your brain adapts. So if you work more NEAT into your life for 21 days, it becomes a dynamic and energized way of living that naturally flows through your day."

Give this a try and let's increase our NEAT.

Peace and Grace,

Sherry Scholljegerdes, RN, Parish Nurse

UMW Update

Thank You! Thank You! Thank You!

The United Methodist Women of Faith UMC had the BIGGEST, BESTEST Bazaar. We served our famous vegetable beef soup, home-baked bread, and homemade pies. Cookies, Baked Goods, Crafts, Silent Auction and Slightly-Used items were flying off the tables. Saturday November 7 was an exciting day. Weather was perfect. We will have a financial report when all monies are collected.

UMW Sunday

January 24 we will celebrate UMW Sunday. We have asked a deaconess to deliver the message on that Sunday. The new Officers for 2016 will be installed and Special Mission Recognition Pins will be presented.

United Methodist Women Receives Award at Disabilities Conference

The Disabilities Committee of the United Methodist Church awarded the first-ever annual Robert M. Pitzer award to the United Methodist Women for their foresight in offering The Church and People with Disabilities as a Mission Study in 2014 and 2015. Bishop Peggy Johnson is the author of the study textbook. Yvette Richards, president of the UMW, accepted the award at the Robert M. Pitzer banquet.

The purpose of the Robert N. Pitzer Award is to recognize outstanding leadership, dedication, and commitment to persons with disabilities across the denominations, and to nominate deserving professionals, volunteers, churches, organizations and corporations that serve as models of excellence for inclusion of persons with disabilities.

United Methodist Women Webinars

United Methodist Women National Office is offering three prerecorded webinars as basic information for three of our 2016-2020 priority areas: Mass Incarceration, Maternal and Child Health, and Climate Justice.

Climate Justice101

Introductory webinar participants will gain an understanding of the perception that UMW uses to look at climate justice.

Maternal and Child Health 101

This webinar will provide a basic overview of the maternal and infant mortality crisis in the United States. Participants will learn the definition of maternal and child health, how to utilize community-based strategies to improve health. Today in the United States, a baby born in Baltimore is more likely to die than a baby born in West Bank, Palestine. Why does the US have such a high maternal and child mortality rate? What can UMW do to improve health outcomes?

Mass Incarceration 101

This webinar will help develop and build an understanding of mass incarceration in the US and will explore why we must fight the crisis of incarceration as a racial justice issue. It will include a basic overview of the statistics, conditions and racial and economic causes and consequences of mass incarceration.

All 3 webinars can be found on the following web page:

<http://www.unitedmethodistwomen.org/national-seminar/webinars>



Faith United Methodist Church

"Engage, Equip, and Empower"

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Change Service Requested

MONTHLY MEET-UPS:

Elizabeth Circle

UMW Elizabeth Circle will meet **Wednesday, Dec. 16, at 12:00 p.m.** in the **Lakeview Room**. Please note the change of time for the December meeting. Snacks provided by all Circle members. Devotions whatever Circle members wish to share. Visitors and guests are always welcome.

Mary Circle

UMW Mary Circle will meet on **Tuesday, Dec 15** at **11:30 a.m.** for lunch at Out To Lunch.

Ruth Circle

UMW Ruth Circle will meet **Wednesday, Dec. 16th, from 9:30-10:30 a.m.** The location is to be determined.

Men of Faith

Men of Faith will meet **Thursday, December 10th, at 6:30 p.m.** in the **Fellowship Hall**.