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Faith Messenger

**JUNE
2015**

*Faith United Methodist Church
"Engage, Equip, and Empower!"*

**Volume 2015,
Issue 6**

Did You Hear What I Said?

Growing up my mother would often tell me to do a chore and then look me in the eye and ask, "Did you hear what I said?" It was due to an ear infection or poor hearing that she asked the question. It was to make sure I not only heard her words but I was going to act on them. The other day I was listening to an Mp3 File that I had heard numerous times. In fact I had played it so many times I was singing along with some of the songs [only when I am alone]. I turned it on again as I began to clean up the kitchen and as the playlist rolled along, I stopped and thought something was wrong. This song didn't seem to fit so I listened more closely, and realized I had **heard** it many times before but never **listened** to the words. We always want God to speak to us and it occurred to me maybe God was speaking all the time and I was the one who wasn't **listening** to His words.

James put it this way. *James 2:14-18 What good is it, my brothers and sisters, if someone claims to have faith but does not have works? Can this kind of faith save him? If a brother or sister is poorly clothed and lacks daily food, and one of you says to them, "Go in peace, keep warm and eat well," but you do not give them what the body needs, what good is it? So also faith, if it does not have works, is dead being by itself. But someone will say, "You have faith and I have works." Show me your faith without works and I will show you faith by my works.*

We hear God through reading His Word and prayer and the guidance of the Holy Spirit. The question is: do we listen and obey?

Pastor Victor

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,
Rosalind Peterson, Gerri Peterson

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

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 Eggness, Kookie Kukacka, Deloris Asmus, Peter Fog, Floyd Lamont, Marilyn, Marlin Olson (Patrice's Dad), Verna Fog,, Betty and Lester Oeltjbenbruns.



Thank you

A **BIG thank you** goes out to Janette Larson for donating an air-pot for use at the pre-service coffee table. This will be very helpful in having hot coffee available at this time.



**May 7th Sew-In
The Biggest and
the Best**

25 UMW and Community women participated in the sew-in.

Faith Crafters and Stitchers

Faith Crafters and Stitchers will meet **Thursday, June 11**, from **1:00-3:00 p.m.** in the **Fellowship Hall**. Pack up any project you wish to work on and join us for an afternoon of work, conversation, coffee and treats. Call Sandy Voshell at 835-4122 if you have questions.

Thank You

Thank you to everyone who donated funds for purchasing bedding plants to add extra color to our church gardens. Your generosity is appreciated. Clair Voshell

Relay for Life Fundraiser

Relay for Life team (Faith for a Cure) will be working at the Pizza Ranch on Monday June 8th from 5:00 – 8:00PM for a fundraiser and we would appreciate everyone coming out and supporting the team in this event. After all, everyone has to eat. All tips and a portion of the sales will go to the American Cancer Society. Thank you.

Men of Faith Meeting Minutes

At 6:30 p.m., Les called the meeting to order with a prayer. Roger Walker gave a Scripture from Acts 1 on Ascension Thursday. He said that ten days from today was Pentecost Sunday, which is a real important day in the church history. He said that the disciples experienced when Jesus gave them the Holy Spirit, and then ascended into Heaven with a promise that He will return. Les then welcomed all of the snow-birds back. He then mentioned the outdoor cross will be dedicated on Pentecost Sunday and thanked the committee for completing this wonderful project. We then discussed several ideas that we could do to help the church. Peter mentioned that we sign up to help on the church bus or helping Meals on Wheels for senior citizens or people who can't get out. It was mentioned that Barb Friedl from our church was involved with both so we asked Peter to talk to her about being at the next meeting and explaining both programs to us so that we could decide how the group could help. We then discussed fellowship time after church and found that June was filled. We will discuss about barbecuing hot dogs during fellowship at the next meeting. Paul Lohse will give the devotions at next meeting and it was decided not to have any treats but we will still take an offering. We adjourned at 7:25 p.m. Those in attendance were Leslie W. Wells, Clair Voshell, Roger Walker, Wally Ruedy, Keith Smith, Peter Fog, Paul Lohse and Bruce Stauffer.

Minutes of Faith UMW Meeting-May 18, 2015

The meeting began with a salad supper provided by Mary Circle.

The meeting was called to order by Barbara Friedl.

Minutes of the last meeting were printed in the Newsletter and filed with no changes.

Treasurer Sandy Voshell reported that $\frac{1}{4}$ of the District Pledge has been sent. She also reported that the Spring Luncheon was a success with a profit of \$1051.92. 170 were served. She thanked all who worked, donated and attended.

Old Business:

Sew-in of Hygiene Kits for Haiti: Sherry Scholljegerdes reported that 25 women came and many kits were completed. We will send information on this project to the state recognition program.

Southern Prairie Spring Gathering was held in LeSueur. The main speaker spoke of camping for disabled that is incorporated in the church camping program and not as a separate camp.

The Pie Auction will be held June 21 during fellowship time. A list is available for signup. We need 10 pies for that day. The proceeds will go to Emma Norton. We will also collect paper products that day for Emma Norton.

New Business:

The Southern Prairie Day Apart will be June 16 at Lakefield, Mn. Call Barb if you would like to attend.

Guest Night will be September 22 at 7 pm. Mark Seeley, climatologist with the University of Minnesota will be our speaker.

Mission U is July 14-17 and Mission U Too is July 18. UMW has some scholarship money and Sandra Voshell can be contacted if you are interested.

Camperships were discussed. Motion by Shirley Burdick to split the \$150 budgeted for youth activities between the two students who have registered for church camp. Janet Welch seconded. V & C.

Roberta Walker moved that we add another \$50 for each camper from the Spring Luncheon, Janet Welch seconded. V & C.

Budget for 2016: Roberta Walker moved that the 2016 budget remained the same except for a \$5 increase of the District Pledge. Sherry Scholljegerdes seconded. V & C.

Scrapbook: Pictures of UMW events will be put into a scrapbook. If you have any pictures, current or past, please give them to Barb Friedl.

Bazaar: Red and green nickel-size buttons are needed for a craft project.

Meeting adjourned.

The Lesson was given by Barb Friedl. She reviewed the Mission U studies for this year.

- The Pursuit of Happiness
- Latin America
- The Church and People with Disabilities

UMW Update

This month the United Methodist Women will have a **Pie Auction June 21** following worship services. Pies will be auctioned with the monies going to Emma Norton Services. Also, bring donations of paper products for Emma Norton Services. You can imagine how much paper products are used.

Emma Norton Services works with women, children, and families who are homeless and have the added challenges of mental illness, chemical dependency, or both. Safe and sober housing combined with programs and support services provide an environment where victory over homelessness, mental illness, and chemical dependency becomes a possibility.

Emma Norton Residence Home to 45 women for up to two years, Emma Norton Residence provides transitional housing for individual women working to achieve stability and health. Residents work on getting healthy through group work, individual treatment, and personal development classes. They are in desperate need of new pillows to help our residents get a good night sleep!

Emma's Place Thirteen families call Emma's Place home. Providing permanent housing to single parents with three or more children, Emma's Place is a community always abuzz with activity. Youth programs for the kids and support services for parents help develop strong, healthy individuals and families.

Mission u – July 14-17, 2015 at St. John's University in Collegeville, MN

[Mission u Too – Saturday July 18, 2015 at St. John's University in Collegeville, MN](#)

In July **Mission u** will be at St. John's University. People ask "What is Mission u?" It's like a vacation or retreat. A place where we learn through study, fellowship and worship. Ideas are collected from other United Methodist Women in Minnesota. Women, men and children are invited. The study topics for 2015 are "Created for Happiness", "Latin America" and "The Church and People with Disabilities".

Nurse's Notes

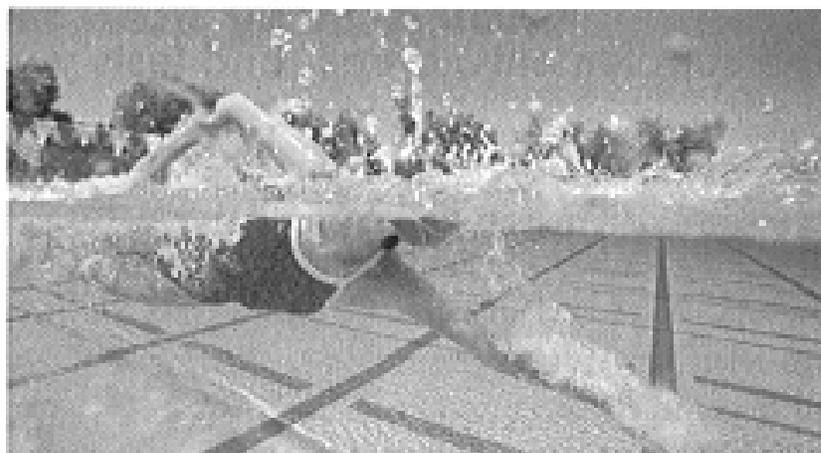
8 steps for staying healthier longer

Your genes play the biggest role in how long you'll live. But "if you adopt a healthy lifestyle, you maximize your genetic potential," says S. Jay Olshansky, Ph.D., a professor of public health at the University of Illinois in Chicago. Maintaining social relationships is a way to stay young at heart, but these other strategies may also boost your life expectancy and improve your quality of life:

1. Stay active.

Exercise is good for your body and may keep your brain sharp and increase your life span. In a study of Taiwanese people, those who exercised for just 15 minutes per day extended their lives by three years; those who exercised 30 minutes per day boosted life expectancy by about four years.

2. Eat your fruits and veggies. People who consumed five daily servings lived three years longer than those who never ate produce. That's according to a study in the *American Journal of Clinical Nutrition* that looked at more than



71,000 people for 13 years.

3. Reach for whole grains. Harvard School of Public Health researchers recently reported that people in a large study who ate 28 grams daily—the amount in less than two slices of 100 percent whole-grain bread—reduced their overall risk of death by 5 percent and their risk of dying from cardiovascular disease by 9 percent.

4. Don't smoke. Life expectancy for smokers is at least 10 years less than it is for nonsmokers, says the national Centers for Disease Control and Prevention.

5. Sleep enough, but not too much. Researchers in Europe reported that regularly

sleeping less than 7 hours per night upped the risk of death by 12 percent; sleeping 9 hours or more boosted risk by 30 percent.

6. Maintain a healthy weight. Research has found the lowest death rates among men and women with a normal body weight.

7. Minimize red meat. "The more often you eat vegetarian, the better," explains Thomas T. Perls, M.D., director of the New England Centenarian Study.

8. Manage stress. Consider trying meditation as a stress-reducer. It preserves brain neurons as we age, helping to keep memory sharp, according to recent research from UCLA.

Books of the New Testament

F Q S W H F Y Q Z Q J A P X R D O S
 E G L N F L T H M H X I A X P S E N
 J M A J A L N P T G I U E E P Q P A
 B W E L H I H F L O T D D S L T H I
 Y G I S A I H M N A M U J W O L E P
 V J N F L T Z T S N J I D E M S S P
 B Z Q E E B I D N J W O T R H C I I
 D R M M F Q A A V I S X P B G V A L
 S O A V Z X H D N N R D F E Y L N I
 N R S J F W U J A S K O T H L X S H
 K V G R A S G I A A T G C P G Q D P
 E K U L N M S C S M D X R N P H D K
 R D S A L S I V K K E X E S E T K H
 Q H M C O R T I T U S S P J T S H G
 N O O L R E V E L A T I O N E T T W
 R H O W E H T T A M P P N Z R C E G
 V C O K W M I Z I I A D T V Y A S J
 D O I J C J V I S Z E Y F Q X E T T

ACTS COLOSSIANS CORINTHIANS EPHESIANS
 GALATIANS HEBREWS JAMES JOHN JUDE LUKE
 MARK MATTHEW PETER PHILEMON PHILIPPIANS
 REVELATION ROMANS TIMOTHY TITUS



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Change Service Requested

MONTHLY MEET-UPS:

Elizabeth Circle

UMW Elizabeth Circle will meet **not meet in June.**

Mary Circle

UMW Mary circle will meet on **Monday, June 15, at 12:30 p.m.** at **Char Frankenberry's cabin.**

Ruth Circle

UMW Ruth Circle will meet **Wednesday, June 17th, from 9:30-10:30 a.m.** The location is to be determined.

Men of Faith

Men of Faith will meet **Thursday, June 11th, at 6:30 p.m.** in the **Fellowship Hall.**