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Special Points of Interest:

- March Monthly Meetings, Back Page
- March Birthdays and Anniversaries included with Calendar

Administrative Assistant

Office Hours

Mon. through Thurs.

8:30 a.m. to 12:30 p.m.

Fri. 8:30 a.m. to Noon



Faith Messenger



MARCH

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

Volume 2018.
Issue 3

Being Happy in God: The Life and Teachings of John Wesley

John Wesley was born on 28 June 1703, in Epworth, near Lincoln. His father, Samuel Wesley was a clergyman belonging to the Church of England. His mother, Susanna Wesley, was a devout woman, who took care to inject moral values into her children.

His life is a remarkable story about a man's search for happiness in God.

But what do you know about him and what he taught beyond what you might have learned in confirmation?

You are invited to join your friends and fellow members of Faith Church in:

A nine week study in the life and teaching of John Wesley. **Tuesdays at 10am in the Lakeview Room**

Week 1 The Movie Wesley Part 1

Week 2 The Movie Wesley Part 2

Selected Sermons of John Wesley

Week 3 The Almost Christian

Week 4 The Catholic Spirit

Week 5 The Scriptural Way of Salvation

Week 6 The Marks of the New Birth

Week 7 The Means of Grace

Week 8 The Character of a Methodist

Invitation to a Covenant Discipleship Group

I hope you will join us.

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

Colony Court: Ardella Draheim, Nina Youngberg, Leona Quast, Muriel Jenkins

Lakeshore Inn: Florence Gutknecht, Liz Corchran

Latham Place: George and Lucille Kubista, Elaine Westrum

Koda Living Community: Chuck Youngberg

Emmetsburg Care Center: Peter Fog

Prayer Requests from Sunday Worship: Don Paulson, the Keller Family, Janice Kaupa, Les Wells, Carey Root, Leona Quast and the Groskreutz Family.



Administrative Assistant Hours

Stacy True, Administrative Assistant, will be out of the office on the following dates in March:

March 5, March 23 and March 30.

Faith Crafters & Stitchers

Faith Crafters & Stitchers will meet **Thursday, March 8** from **1:00 to 3:00 p.m.** in the Fellowship Hall. You may bring a project of your own to work on or ideas for Bazaar 2018! If you have not been to crafters and stitchers in the past, come check us out! Coffee and treats provided. Call Sandy Voshell at 835-4122 with questions.

Trustees Meeting

Trustees will meet on **Thursday, March 15** at **6:30 p.m.**

Thank You

The Keller family would like to say THANK YOU to all... for the prayers, cards, visits, celebrating the special events, rides to dialysis, and support for our family as Jim had a very long journey home, where he is now at peace.

Thank you to everyone who provided food and helped in the kitchen at the lunch after the service. It took many hands, Thanks so much. A Special Thank You to Pastor Victor (Better known as Padre to Jim) for his visits, prayers, and support for us through this difficult time.

It would be our wish for you to remember Jim with a smile. Everyone has a special memory about him, so just smile and say, "That was Jim!" We are truly blessed to have such a wonderful church family. Thank you and God Bless all of You!

The Kellers

Lent Services

Lent Services Schedule

Fellowship with dessert & coffee after the services

March 7 at 7pm - Waseca Wesleyan

March 14 at 7pm - Faith United Methodist

March 21 at 7pm - First Congregational

March 28 at 6pm - First Congregational

Passover Seder - RSVP 507-835-4548

March 30 (Good Friday) - First Congregational

Tenebrae Candlelight Service 7 - 9pm

Lenten Soup Lunches

Lenten soup Luncheons will be served on Wednesdays at Noon, February 21 through March 21. All lunches will be served at the First Congregational Church, 503 2nd Avenue NE, Waseca. **Faith United Methodist Church will host the March 21 meal.**

Share a Plant

Would you like to help add color to the Sanctuary for Easter, April 1, 2018?

If so, you may bring a flowering plant (tulip, lily, azalea, hyacinth, etc.) to the church on Palm Sunday or during the week before Easter on Monday thru Thursday from 9 am to 3 pm.

Please leave the plant on the table or on the floor in the nursery and it will be moved to the Sanctuary on Saturday in time for the Sunrise Service.

If you would like to have the plant given in honor or memory of someone, please attach a note to the plant along with your name as the donor or leave a message or note in the church office.

Thank you for helping to beautify our Sanctuary during this special Season!

Springtime Sandwich Luncheon

The Springtime Sandwich Luncheon will be served here at Faith Church on **Wednesday, April 4**, from **11:00 a.m. until 1:00 p.m.** Menu consists of sloppy joes, egg salad sandwiches, macaroni salad, chips, pickles, assorted cakes, and coffee.

Free will donations will be accepted and take-outs available. The public is cordially invited.

To be successful, this whole-church event will need and welcome your help. Please watch for clipboards with sign-up sheets beginning Sunday morning, March 4 and volunteer for work opportunities as well as donations of food ingredients or monetary donations.

Nurse's Notes - Alzheimer's Disease

For the past five years, I have been heavily involved with Alzheimer's disease and its toll on people's lives. This not only affects the person with the disease but caregivers and anyone in that person's sphere of contact. I have attended conference upon conference on Alzheimer's. Here are a few things I have gleaned from this process.

There is no cure, at this time, for Alzheimer's. Yes, there are things we can do to stave it off:

- Get adequate sleep, 7 - 8 hours/night
- Eat a heart healthy diet (light on red meat, heavy on fruits and vegetables)
- Learn new things
- Exercise regularly
- Stay social

If we do these things, they will keep us healthy, in general. There is not a magic pill. Although, if you have the disease, there are medications to ease the symptoms.

It is now believed that the progression of Alzheimer's starts 20 - 30 years before symptoms appear. Memory loss, especially short term, is the first to be impacted.

Some facts:

- 1 in 3 persons over 80 will get dementia
- Alzheimer's and other dementias are a disease of the brain.
- Those with dementia can live in and contribute to their community.
- Dementia has some link to heredity in some cases.
- Having cataracts and hearing loss speeds up the progress of the disease. (So it's important to get those fixed).

Researchers are working day and night to find a cure. There is promising work being done.

If you know someone with dementia, don't shy away. Act and talk to them like anyone else. For many the disease is a long process. They, like the rest of us, want to enjoy each day. Their caregivers could use a break so if you get a chance, step up. We are our brother's keeper.

Peace be with you,

Sherry Scholljegerdes, RN
Your Parish Nurse

M & M Night!
YES! Meal and Movie night returns to
Faith United Methodist Church!

801 Fourth Ave NE
Waseca, MN
Sunday, March 25, 2018
5:00 pm
Free Admission!



Featuring the film
The Shack

Based on the NEW YORK TIMES best-selling novel, THE SHACK takes us on a father's transformative and spiritual journey that will show him the ultimate truth about love, loss, and forgiveness.

UMW Sunday, Feb. 4, 2018



UMW Officers for 2018 were recognized. Pictured Left to right: Sandy Voshell (Treasurer), Janet Welch (Communications), Lorraine Wick (Nominations), Linda Griffin (Secretary), Roberta Walker (Vice President) and Shirley Hansen (President).

Special recognition was given to Norma Buland and Vada Dahnert for their years of dedication and service . Pictured left to right: Norma Buland, Shirley Hansen and Vada Dahnert.



Patrice Waters shared a message during Kids' Time. Pictured left to right: Carson True, Patrice Waters, Kinley Morrissey, Kaylie Morrissey and Kenzie Morrissey.



Fun at church! Kenzie, Kinley and Kaylie Morrissey.



Tai Ji Quan Class. This class meets Mondays and Thursdays at 10:30 a.m.



There was a display honoring Norman Rockwell's birthday at Fellowship on Sunday, February 4. Individuals appeared to enjoy learning about Norman Rockwell as viewing samples of his paintings.



Faith United Methodist Church

"Engage, Equip, and Empower"

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56093

Change Service Requested

Come Worship with Us
We have room.

MONTHLY MEET-UPS:

Elizabeth Circle

UMW Elizabeth Circle will meet **Wednesday, March 14**, at **6:00 p.m.** in the church kitchen. We will serve bars and coffee after the Lenten Service.

Ruth Circle

UMW Ruth Circle will meet **Tuesday, March 13**, from **10:30 a.m. to Noon** at the home of Linda Griffin. All are welcome to attend.