

Inside this issue:

How Well Do You Know the Bible?	1
Prayer Requests / Announcements	2 - 3
Nurse's Notes	4 - 5
Welcome New Members	6
Information to Keep You Connected	7
Lifeline Screenings	7

Special Points of Interest:

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

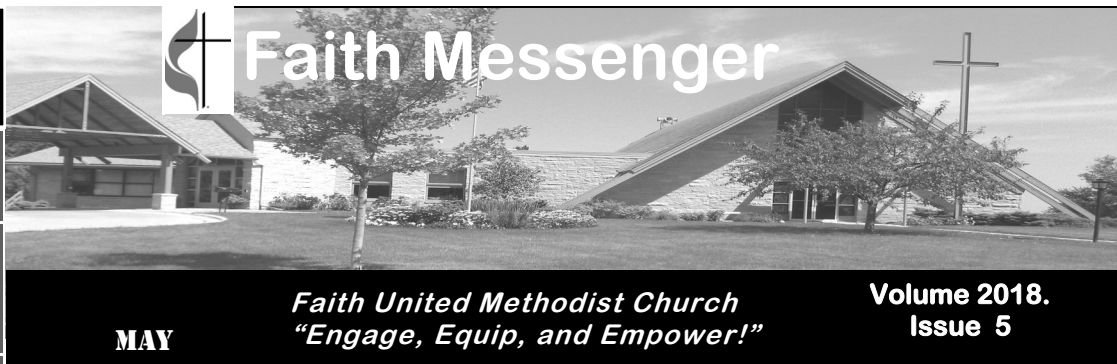
Administrative Assistant

Office Hours

Mon. through Thurs.

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

Fri. 8:30 a.m. to Noon



How Well Do You Know the Bible?

16 All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. 17 God uses it to prepare and equip his people to do every good work.

2 Timothy 3:16-17

From The Epidemic of Bible Illiteracy in Our Churches: Small groups are key to studying and understanding Scripture. By ED STETZER

When Was The Last Time You Read A Book?

For almost 1 in 4 of us, it was more than a year ago, according to Pew Research. That's three times the number who didn't read a book in 1978. In America, we have a literacy problem. But more concerning to me, we have a biblical literacy problem. Americans, including churchgoers, aren't reading much of any book, including the Good Book.

We Are Biblical Illiterates

Christians claim to believe the Bible is God's Word. We claim it's God's divinely inspired, inerrant message to us. Yet despite this, we aren't reading it. 45 percent of those who regularly attend church read the Bible more than once a week. Over 40 percent of the people attending read their Bible occasionally, maybe once or twice a month. Almost 1 in 5 churchgoers say they never read the Bible—essentially the same number who read it every day.

We Have No Excuse

There is little excuse for anyone living in Western Civilization, particularly Christians, to not know or read the Bible. Nine out of ten American homes have at least one Bible. The average American—Christian or not—owns at least three Bibles. Technology has put Bibles at our fingertips wherever we are—you can download the Bible for free on your smart phone.

We Need To Walk Our Talk

In contrast, most Christians desire to become more mature followers of Christ. Research found 90 percent of churchgoers "desire to please and honor Jesus in all I do." Almost 60 percent agree with the statement, "Throughout the day, I find myself thinking about biblical truths." It's striking that while most of us desire to please Jesus, few of us take the time to check the Bible to find out if we are actually doing it. Clearly, there's a disconnect.

Jeremiah 15:16 Your words were found and I ate them, And Your words became for me a joy and the delight of my heart; For I have been called by Your name, O LORD God of hosts.

Start with 5-10 minutes a day and enjoy!

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: Janice Kaupa, Connie Moran, the Buck Family, the McDonough family, thanksgiving for newborns in the extended family, those who suffer from mental health issues and are emotionally abused.



Administrative Assistant Hours

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

May 4 and 23. June 1, 6 through 15.

Beginning June 18 and continuing through September 6, Stacy will work summer hours of 9:00 a.m. to Noon Tuesday through Friday. On Mondays, June 4 through July 9, Stacy will be in the office 8:30 a.m. to 9:30 a.m. and 11:30 a.m. to 12:30 p.m. After July 9, Monday hours will be 9:00 a.m. to Noon.

Faith Crafters & Stitchers

Faith Crafters & Stitchers will meet **Thursday, May 10** 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.

Faith For a Cure Annual Garage Sale

The Faith for a Cure annual garage sale will take place on **Saturday, May 5th** from **8:00AM to 2:00PM**. We will start taking in items on Monday April 30th until Thursday May 3rd and the receiving hours will be 9:00AM to 11:00AM and 1:00PM to 3:00PM each day. We ask that you bring your items during this time period when there are team members present to help. Please bring only items that you would be willing to purchase yourself. There will be **NO CHRISTMAS TREES OR OTHER CHRISTMAS ITEMS ACCEPTED**. All money raised will go to the American Cancer Society to support programs which serve Waseca County residents. We are also having a bake sale. If you would like to donate something to the bake sale we would appreciate it. Please bring your items on Friday May 4.

If you need to schedule a pickup of your items please contact Vada Dahnert at 833-5477 or Dave Baldini at 835-3697. Thank you for your continued support in the fight for cancer. **WE HAVE THE RIGHT TO REFUSE ANY ITEMS.**

Faith for a Cure at Pizza Ranch

On Monday, May 14th, the Faith for a Cure Team will be working at the Pizza Ranch from 5:00PM to 8:00PM to help raise money for the fight against cancer. So it would be an evening with no cooking or dishes and you would be helping a great cause.

Pentecost Sunday

May 20th is Pentecost Sunday. Please wear red clothing and hats if you can to help us remember this event.

Altar Flowers

Help brighten our altar and worship experiences: We'd like to try the Sunday altar flowers again. A sign-up sheet is on the side bulletin board, next to the bulletin board sign up sheet. Please indicate which week you will bring fresh flowers or small flowering plant for the altar. You might want to remember a birthday or anniversary or enhance the sanctuary beauty "just because".

May Fellowship Event

Homemade Greeting Card display will be held May 13th at 10:30 in the Fellowship Hall after church. If you make greeting cards, or if you have received homemade cards, share them at the display. It's sure to be the Biggest and Best greeting card display we have ever had!

M & M Night

Meal and Movie Night is May 20th. The meal will be served at 5:00 PM and the movie will begin at about 5:45 PM.

Movie to be announced.

Bring your family, friends and neighbors.

Graduation Celebration

On Sunday, May 20, we will honor the graduating class of 2018. This year's graduates are Hailey Becker, Beth Stankiewicz and Justin True. Everyone is invited to the Fellowship Hall after the service for a reception. Congratulations Graduates!

Trustee Meeting

Trustees will meet on **Thursday, May 17 at 6:30 p.m.** in the Lakeview Room.

Sew In Tuesday, May 15 , 9:00 to 12:00

Come and have some fun sewing. We will be making potholders for solar ovens. The solar ovens are made in South Dakota and are taken to the Dominican Republic. The Dominican Republic residents are taught how to use them on site. The hope is to decrease the cutting of trees for charcoal.

I have the pattern. Call Sherry at 835-4304 with questions.

Southern Prairie Day Apart - UMW

Tuesday, June 12, 9:30 a.m. at Springfield UMC, Springfield, MN

Cost: \$10, Register with Sandy Voshell

Theme: Mary, Martha and Millie: Revisiting God's Plan for Your Life

Nurse's Notes: 5 STEPS to Strong Bones

** Information from the April 2018 issue of On Health Consumer Reports.*

TEST YOUR STEADINESS

People age 55 and older who are unsteady have more than twice the risk of an osteoporosis-related fracture compared with those with better balance, according to a Swedish study. "Poor balance is one of the leading reasons for falls, which can cause a potentially devastating fracture even in people without osteoporosis," explains Marvin M. Lipman, M.D., Consumer Reports' chief medical adviser.

You can easily gauge your balance through two quick self-tests. Try both: "If you can't do heel-to-toe walking (taking steps with one foot directly in front of the other) or stand on one leg for at least 30 seconds, you may have a balance problem," Lipman says.

TRY EXERCISE BEFORE DRUGS

For most cases of mild bone loss, try weight bearing exercises first, such as lifting weights or walking (at least 30 minutes a day). Exercise can reduce the risk of fracture by helping to maintain bone density and can reduce risk of falls by improving balance and strengthening muscles. Getting at least 1,000 mg of calcium and 600 international units (IU) of vitamin D daily (800 IU if you're age 70 or older), avoiding smoking, and limiting alcohol can also help keep bones strong.

If your doctor has suggested that it's time to start thinking about screening for osteoporosis - a disease that weakens bones and makes them more likely to break - there are a few things you should know about this common condition.

KNOW WHEN TO GET SCREENED

The bone density test used to screen for osteoporosis is a low-dose X-ray known as a DEXA scan. It's painless and quick; you lie on an exam table for 5 to 10 minutes while specific bones are scanned.

Women are about twice as likely as men to break a bone due to osteoporosis, according to the National Osteoporosis Foundation. So if you're a woman 65 or older, you should have a baseline screening, according to the latest draft guidelines from the U.S. Preventive Services Task Force.

EAT A WELL-BALANCED DIET

Women who ate a diet thought to curb inflammation - rich in vegetables, fruits, fish, and whole grains - had better bone density and (in Caucasian women under 63) fewer hip fractures, according to a large study published last year.

UNDERSTAND YOUR MEDS

Most of the time, if you and your doctor decide you need medication - either for osteoporosis or osteopenia - a group of drugs called bisphosphonates should be your first-line treatment, Adler says. These drugs, which include alendronate (Fosamax and generic), ibandronate (Boniva and generic), and risedronate (Actonel and generic), bind to the surface of your bones, slowing down erosion so that the cells that build bone strength can be more effective.

Even with bisphosphonates, most of the time you shouldn't be treated for more than five years. The research, though limited, suggests that "there's no benefit of being on these drugs for longer," Adler says.

(Continued on next page)

Nurse's Notes: 5 STEPS to Strong Bones

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SUPPLEMENTS OR CALCIUM-RICH FOODS?

Just a decade ago, doctors were advising everyone—especially women—to bone up on calcium and vitamin D supplements as a way to ward off bone thinning and risk of fractures. But as research hasn't borne out these benefits, the thinking has changed.

Adults over the age of 50 who take these supplements are no less likely to have a fracture than those who don't, according to a review of more than 50,000 people published last December in the Journal of the American Medical Association. "This paper just reaffirmed what we already suspected—that supplementation alone doesn't really decrease the risk of fracture," says Marvin M. Lipman, M.D., Consumer Reports' chief medical adviser.

Our experts still recommend getting adequate calcium. But the right way is through your diet (not supplements) so that your body can better absorb it, Lipman says.

Vitamin D is trickier, as most of us don't get enough from either food or sunlight, the two main sources. So it's reasonable, says Lipman, to take a daily supplement of 400 to 800 IU vitamin D for people under age 50, and 800 to 1,000 IU for people age 50 and older.

Happy Spring!!

Please consult your healthcare provider before making any changes.

Let's walk!

Sherry Scholljegerdes, RN
Your Parish Nurse

Congrats to everyone who completed the Tai Ji Quan 12 week class for better balance!

UMW Circle Meetings



Ruth Circle

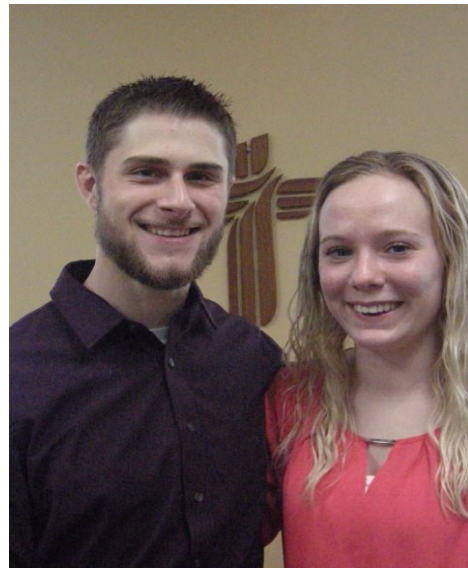


Elizabeth Circle

WELCOME NEW MEMBERS TO OUR CHURCH FAMILY!



Lucille Youngberg



Madison & Riley Allen



Arya Rose Tristan. Baptized on April 15, 2018. Parents are Rebecca and Francisco Tristan.



Charlie Martin Tristan. Baptized on April 15, 2018. Parents are Rebecca and Francisco Tristan.

Information to Keep You Connected

Church Staff (835-3167)

Rev. Victor Waters
 Stacy True, Administrative Asst.
 Bob Stephan, Custodian
 Barb Klampe, Choir Director
 Marlys Garness, Accompanist

Church Council

David Baldini 835-3697

Communion Coordinator

Edy Barber (507) 461-6526

Education Coordinator

** OPEN

Fellowship Coordinator

Sandy Voshell 835-4122

Finance Chair

Neil Fruechte 835-7706

Flower Gardens

Clair Voshell 835-4122

Food @ Faith

Karen Norby (507) 461-4260

Greeter Coordinator

Stacy True 835-3167

Hospitality Team

Roger Walker 835-3044

Liturgist Coordinator

Stacy True 835-3167

Membership Care

Janet Welch 835-4678

Membership Secretary

Stacy True 835-3167

Memorials Chair

Bruce Stauffer 833-2979

Newsletter & Bulletin

Church Office 835-3167

Parish Nurse

Sherry Scholljegerdes 835-4304

Prayer Chain Coordinator

Church Office 835-3167

Staff/Parish Relations

Jarod True 833-3103

Trustee's Co-Chairs

Clair Voshell 835-4122

Roger Walker 835-3044

UMW

Shirley Hansen 833-3497

Usher/Acolyte Coordinator

Roger Walker 835-3044

Youth Group &

Confirmation Coordinator

Pastor Victor 835-3167

Worship Team

Pastor Victor 835-3167

Lifeline Screenings

Life Line Screening, a leading provider of community-based preventive health screenings, will offer their affordable, non-invasive and painless health screenings at Faith United Methodist Church of Waseca on **5/23/2018**. Five screenings will be offered that scan for potential health problems related to: blocked arteries which is a leading cause of stroke; abdominal aortic aneurysms which can lead to a ruptured aorta; hardening of the arteries in the legs which is a strong predictor of heart disease; atrial fibrillation or irregular heart beat which is closely tied to stroke risk; and a bone density screening, for men and women, used to assess the risk of osteoporosis. Register for a Wellness Package which includes 4 vascular tests and osteoporosis screening from \$149 (\$139 with our member discount). All five screenings take 60-90 minutes to complete. **In order to register for this event and to receive a \$10 discount off any package priced above \$129, please call 1-888-653-6441 or visit www.lifelinescreening.com/communitycircle or text the word circle to 797979.**



Faith United Methodist Church

"Engage, Equip, and Empower"

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www.faithwasecaumc.com

Non-profit Org
Postage Paid
Permit 30
Waseca, MN
56093

Change Service Requested

Come Worship with Us
We have room.

MONTHLY MEET-UPS:

Elizabeth Circle

UMW Elizabeth Circle will meet **Wednesday, May 16, at 2:00 p.m.** in the Lakeview Room. Our hostess will be Shirley Hansen with Mary Stauffer leading devotions. Guests and visitors are welcome.

Ruth Circle

UMW Ruth Circle will meet **Tuesday, May 8, from 10:30 a.m. to Noon** in the Lakeview Room. All are welcome to attend.