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**From the Pastor's Desk**



**Special Points of Interest:**

- UMW Update, pg. 3
- September Monthly Meetings, Back Page
- September Birthdays and Anniversaries included with Calendar

**Administrative Assistant Office Hours:**

**Monday:**

8:00 AM-4:30 PM

**Tuesdays-Fridays**

8:00-10:30 AM

Some of you have commented on our new sign and I just wanted to say a few words about it and why we need to make the changes we did.

Let me relate to you a conversation I had in Wal-Mart a few months ago.

I was talking to a cashier and telling her I was Pastor of Faith United Methodist Church. She didn't recognize the name. We are "the church by the lake" I added but still no sign of recognition. I finally said we house Hansel and Gretel pre-school. She immediately recognized the name and the location.

When I related the story to our Church Council and the HCI leadership team, there was unanimous agreement that we had a PR problem.

We were invisible in our community. People passed by us every day but did not know who we were, and the name Faith United Methodist was not as well known as Hansel and Gretel.

We then began discussing the sign on our front lawn and came to three conclusions:

- The information was outdated.**
- The size was too small to be read clearly from the road.**
- We needed a new sign.**

We then began the process of looking into the cost of a new sign and what we would say on our sign. After a number of meetings and discussions between the Trustees and the HCI Team the current design was chosen.

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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, Dick Westrum

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

**Lakeshore Inn:** Florence Gutknecht, Hazel Henkensiefken

**Latham Place:** Liz Corchran

**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:** Marie Wells, Janice Kaupa, Nicolle and Marshal, George Kubista, Dorothy Preem.



## Thank You

The Relay for Life team wants to thank everyone for their support of our team. It is a great cause and we all appreciate your donations.

## Bible Study on the Gospel of John

You are invited to join the Walkers for the Fall Bible Study at Faith Church. We will be hosting a discussion of the Gospel According to John. We will be meeting in the Lakeview Room beginning **Monday, September 12** from **9:45 am to 11:00 am** for six weeks. Please join us.

Roberta and Roger Walker

## Thank You

Thank you for the rose. Gloria Pommerenke.

## Haiti in January

The tickets are purchased. We are leaving January 8th and returning the 15th. Beth has just the right amount of money for the trip. Her grandma-not so much. I had hoped to use my mileage, but once again was unsuccessful. If you would like to help out financially, it would be greatly appreciated. This is my fifth and final trip. We have been training others to do the cervical cancer screening over the years. Thanks for your support. Sherry Scholljegerdes

## Faith Crafters and Stitchers

Faith Crafters and Stitchers will meet **Thursday, September 8** from **1:00-3:00 p.m.** in the **Fellowship Hall**. You are invited to bring your own project to work on or share ideas and supplies for Bazaar 2016 items that we can all work on. Snacks will be provided. Call Sandy Voshell at 835-4122 if you have any questions.

## Our Beautiful Banners...Help is Needed!

We all enjoy the banners that adorn our chancel area at Faith. They function to add color and inspiration to our worship services. While some of them have been in the collection for many years, some are quite new.

However, several of the banners are in need of repair, some require a more functional hanging system. If you are able to assist with repairs, please join us as we gather in the **Fellowship Hall on Monday, September 12 at 9 am.**

Please call Linda (835-1917) if you can be there. I will let you know what supplies may be needed. Thank you so much.

## Simpson Meal

On Saturday afternoon, October 1st, a group of adults and youth will go from Faith Church to Simpson United Methodist Church in Minneapolis, to provide a supper meal for the men and women who sleep in the overnight shelter. Around 110 persons will be served. Again this year the meal will be catered by HyVee and taken to Minneapolis. Your support is needed to help pay for the meal as well as provide bread, milk, bananas, and cookies.

Please make your checks out to Faith United Methodist Church and put Simpson meal on the memo line.

This is one of the ways we as the people reach out to our brothers and sisters in need in very concrete ways. Thanks for all that you are able to do.

## UMW District Fall Gathering

Sat., September 24th at our church, we will host the Southern Prairie District UMW. As Sandy Voshell said, "We need all hands on deck." Please come and enjoy the day. Blooming Grove UMW will host the Emma Norton coffee in the morning.

We are also excited to have the "Just Friends" men's choir come and sing for us. What a great day. Please come and participate.

## From the Pastor's Desk Continued

(Continued from page 1.)

We made the sign..... **LARGE ENOUGH TO READ EASILY FROM A PASSING CAR, CYCLIST, OR PEDESTRIAN.**

We shortened our name to... **FAITH CHURCH SO THAT WE WOULD ATTRACT NOT JUST METHODIST BUT ANYONE LOOKING FOR A CHURCH.**



We included **THE FLAME AND THE CROSS.....**

### A Mark Known the World Over

*Suppose you are vacationing far from home. You drive around, looking for a church in which to worship Sunday morning. Suddenly you see a familiar sight: a Cross and Flame insignia on a sign, pointing you to the nearest United Methodist Church. You've just proved how symbols and pictures provide instant recognition, meaning, and a sense of belonging.- the UMC Website.*

This symbol informs those who are seeking a United Methodist Church that we are a part of the UMC denomination, while allowing those who have no preference of denomination to feel free to come and worship with us.

We also included the tag line...."**CHURCH BY THE LAKE**" as an easy way of remembering our location and giving us a unique identity in our community.

We are no longer "invisible." We are **FAITH CHURCH**, a congregation rooted in our rich Wesleyan tradition, whose heart's desire is to **ENGAGE** the community of Waseca with the Gospel of Jesus Christ, **EQUIP** those who respond to be the next generation of disciples of Jesus Christ, and **EMPOWER** them to go into the world as partners with God for the healing of the world.

Pastor Victor

## Nurse's Notes: Do I really need Vitamins and Supplements?

"Consumer Reports" September 2016 has an excellent article on Supplements written by Jeneen Iterlandi. All of this article is based on their findings. If you get a chance, read the article in its entirety. Here are some facts you may not know:

(Continued on next page.)

## Nurse's Notes: Do I really need Vitamins and Supplements?

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- Dietary supplements are far less regulated than over-the-counter or prescription drugs.
- There is no requirement to prove that they work for their intended use or that they are safe.
- Over 1,000 supplements have been found to contain experimental prescription drugs.
- Pharmacy staff has no legal obligation to be knowledgeable about them.
- 23,000 people per year end up in the ER after taking supplements.
- Most do not live up to their claims and can cause health problems or interact with your prescription medications.
- Be sure to tell your care provider at visits the vitamins and supplements you are taking. Doctors are not always knowledgeable about supplements.
- The general public should be wary about taking supplements including vitamins. Many doctors are not recommending them.



You may need a supplement with the following conditions:

1. Planning on becoming pregnant within the next month.
2. Pregnant.
3. Strict vegan who doesn't eat meat, fish, eggs or dairy.
4. A person who rarely gets out in the sun.
5. Taking certain drugs.
6. Diagnosed with osteoporosis.
7. Age related macular degeneration.
8. IBS or celiac disease. Cancer or HIV/Aids.
9. Consult your doctor. Ingredients to Always Avoid:

- |                             |                      |
|-----------------------------|----------------------|
| 1. Aconite                  | 9. Kava              |
| 2. Caffeine powder          | 10. Lobelia          |
| 3. Chaparral                | 11. Methylsynephrise |
| 4. Coltsfoot                | 12. Penneyroyal Oil  |
| 5. Comfrey                  | 13. Red Yeast Rice   |
| 6. Germander                | 14. Usnic cecid      |
| 7. Greater colander         | 15. Yohimbe          |
| 8. Green Tea Extract Powder |                      |

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## M & M Night!

**YES! Meal and Movie night returns to  
Faith United Methodist Church!**

801 Fourth Ave NE

Waseca, MN

**Sunday, September 18, 2016**

5:30 pm

Free Admission!



**Meal and Movie night returns to Faith United Methodist Church! We will be featuring the film *Up*. Seventy-eight year old Carl Fredrickson travels to Paradise Falls in his home equipped with balloons, inadvertently taking a young stowaway. Free admission to the movie and a light meal.**

## Summer Fun at Faith=A Success!

Each morning from August 1 to August 4, a group of energetic souls gathered at FUMC to learn about "God's Rainbow Promise". Pastor Victor and Linda opened the day by explaining Noah's relationship with Noah and his people. Many very special stuffed animals were brought to the ark on day two!

The younger children met with Shirley Hansen and Samantha True while the older kiddos met with Mary Stauffer for their lessons. Each day, Barb Klampe taught all of the children many different meaningful and humorous songs. What a joyful noise that was! Shirley Burdick and Janet Welch (with Pam Schabert helping on Wednesday) displayed creativity and patience as they shared great ideas for crafts. Some of the children's bountiful energy was directed toward fun and games and activities by Roger and Berts Walker. The water rockets were a huge favorite!

Fortunately, Sandy Voshell was in the kitchen preparing delicious snacks for each day (plus plenty of coffee for the staff!). There were rainbow cupcakes, animal crackers, and sugar cookies in the shape of doves and flowers! This was a good time to relax and regenerate.

Our mission offering was ear-marked for UMCOR "Flood/Clean Up" Buckets. Everyone learned about the supplies in the buckets and how they would be used. Enough money was collected to purchase **three** buckets at a cost of \$67 each!!!

Many positive comments were shared about the activities of the week and some even wanted it to last longer (however this was not from the staff J)! [Watch for more coming events for FUN AT FAITH!](#)

(Continued from page 5.)

### Nurse's Notes: Do I really need Vitamins and Supplements?

Please check all of your supplements for these ingredients and discard if present. Even well known brands can be unsafe. Listen to this, 4 of 5 herbal supplements tested by the NY State Attorney Generals Office **did not** contain the herbs listed on the labels.

Hopefully, soon, the government will require more stringent regulations. Until then, Buyer Beware of these products. Hope you have a wonderful fall and eat healthy foods.

Sherry Scholljegerdes, Your Parish Nurse

### Guest Night :



Our Guest Night was the best yet! We were all inspired by Tina Haroldson's presentation...mixed with seriousness and humor about her experiences in transition. If you didn't come you really missed out.

The refreshments were wonderful and the tables were set perfectly. Thank you to all the UMW members who participated in making this such a special night.

Sherry Scholljegerdes





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 **not meet** in  
**September.**

*Ruth Circle*

UMW Ruth Circle will be meeting at the  
home of Roberta Walker from **10:30**  
**a.m.-Noon** on **Tuesday, September**  
**13.** All are welcome!

*Mary Circle*

UMW Mary Circle will meet **Tuesday,**  
**September 20th,** at **1:00 p.m.** in the  
**Lakeview Room.**