

November 2023

GRACE NEWSLETTER

Ministers: All God's People!

Grace Mission Statement:

Making disciples of Jesus Christ for the transformation of the world.



Supper with the Pastor

I invite you to come to Wednesday evenings at 5:30 for **Supper with the Pastor**. I will sit at a table and visit with you until I need to go to lead confirmation class or lead a discussion group.

On one Wednesday each month I will be hosting a discussion with adults on what it means to be a United Methodist and what membership means for those who are interested in learning more or possibly joining the church.

Our first **Supper with the Pastor - United Methodist discussion group** will be on October 25th. Future dates for **Supper with the Pastor** will be on November 8th, December 6th, January 17th, February 28th and March 13th.

On the following Wednesdays, I will be leading with Sandy Heerdt, our Confirmation Class. We will be meeting in the Southwest room on the 2nd floor next to the game room. Our eight sessions will be held on November 1, 15, 29, December 13, January 10, 31, February 21 and March 6, (March 21st if we have a snow cancelation.) We anticipate Confirmation Sunday being on Palm Sunday, March 24:2024. Confirmation class is open to all youth grade 7 and above.

As I think about Confirmation Class and New Adult members it causes me to pause and ask what does it really mean to be a follower of Jesus Christ and choose to live that out in the United Methodist Church? Maybe you have thoughts and questions like this or are just curious about the history doctrine and polity of the United Methodist Church.

When I invite you to be the church and do it with Enthusiasm what does that mean to you? When we wear our Green T-shirts that say Grow in Grace what does that mean to you?

Join the confirmation class for youth or the adult discussion group and let's explore our faith, firm it up and learn to live it with enthusiasm.

Pastor Barrie Tritle



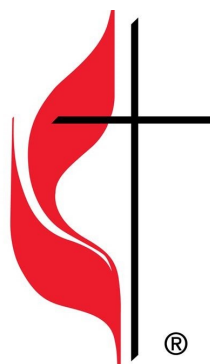
“OH NO! I FORGOT TO MAKE MY PLEDGE PAYMENT!”

Don't let this happen to you! Here are some different ways you can make your payments:

- * Automatically deducted from your bank account-set up through your bank
- * Give cash or write a check-put it in the offering plate at Worship, drop off in office, or mail in to the church
- * Scan the QR code to give electronically



Our District Superintendent , Dr. Michel Lundula has set November 5, 2023, at 2:00 PM, for our annual Charge Conference Meeting. This will be held with our sisters and brothers from the churches in our Circuit here at Spencer Grace UMC.



All members of the Church Council are expected to be present, and any other members of the church are welcome to come and be present for the day.

Annual Charge Conference

November 5, 2023 at 2:00 PM

The purpose of this meeting is the annual business of reviewing the past year, looking ahead by setting our goals for the next year, then doing a few business items such as: election of members to the Iowa Annual Conference, electing other leadership, looking at a variety of reports and setting the salary for our Pastor.



CATCH THE SPIRIT

Catch the Spirit Broadcast on KICD costs \$70 per Sunday. Your donations to pay for our radio ministry is very much appreciated.



SMU AIRING

SMU airing of previous Sunday worship:
Wednesdays @ 7:00 PM & Thursdays @ 10:00 AM



Menu

For Wednesday Nights @ GUMC

November 1-Creamed Chicken & Biscuits, Green Beans, Napa Cabbage salad, and Dessert (Bonnie Foust, Shirley Johanson, Mable Tielbur, Effie Heikens, Karen Seversen, Dawn Rasmussen, Judith Olson, and Bernie Beecher)

November 8-Soup (UWF)

November 15-TBD-(Kristen Schwenneker & Terry Nissen, Children's Ministry Committee)

November 29-Sloppy Joes, Baked Beans, Chips, and Dessert (Jan Watson and Linda Bress, Bernie Beecher, and Members of Worship committee)



BREAKFAST COOKIE RECIPE

Breakfast Cookies (Furnished by Sue Hitchcock)

Preheat oven 350 degrees.

1 C. shortening (butter or margarine)

1 C. sugar

1 C. brown Sugar

2 eggs

1 tsp. vanilla

3-1/2 C. flour

2 tsp. soda

1/2 tsp. salt

1 tsp. cream of tartar

2 C. Rice Krispies

Cream shortening with sugars and then add eggs to beat until well mixed. Stir together flour, soda, salt and cream of tartar and then add to egg/sugar mixture. Stir in Rice Krispies. Make into balls and flatten with a fork. Bake 10-12 minutes.

Can add nuts, chips or craisins.

Moving Our Bodies Health-fully

Kae Tritle, RN Community Faith Nurse

God designed our bodies to be physically active and to move. Physical activity is good not only for our physical body, but also improves our emotional well-being and mental processes. There are three basic types of physical activity:

- 1) Stretching: activities that strengthen the posture muscles (back, legs, abdomen), increases the flexibility and range of motion of your joints and helps in maintaining your balance.
- 2) Aerobic: activities that increase your breathing and heart rate. Examples include: running, brisk walking, bicycling, dancing, swimming and many court-based sports.
- 3) Strength: activities that build muscle tissue and strengthen bones. Examples include: working with weights, calisthenics, hiking, and manual labor. (farm or yard work, building and moving things)

For good mobility and optimal physical movement, we need to be doing all three types of physical activity on a regular basis. Let's see what that might look like: daily stretches in the morning while getting dressed, a brisk walk 2-3 times/week, and a 20 minute work-out with weights (or yard work/cleaning activities) 2 days/week on non-walking days.

As persons grow older, they may experience stiffening joints and muscles, arthritis, decreased strength in the abdominal core and may feel off balance at times. Stretching activities often help our body cope with those body changes. Strategies that may help include physical therapy, yoga, or tai chi.

Most of us are familiar with physical therapy which is part of our Western medical and scientific worldview. Through intentional movements and massage work focused on specific muscle groups, it is often very effective in restoring function and easing pain.

Let's explore Yoga and tai chi. They come to us from the Far East energy worldview of health-fulness. In that worldview, our health-fulness is grounded in the flow of our body's energy. This energy is called "Chi or Qi" and is often related to our breath and breathing as well as other energy pathways. If our "Chi" is blocked or moving slowly, our health-fulness is decreased.

One way of understanding this is to think about "Ruach", the wind of the Holy Spirit, or God's Breath at creation breathing life into humanity. In the energy worldview, being connected to God's life-giving energy through the Holy Spirit is a way to our improved health-fulness. While we have traditionally done this through worship, healing prayer, and intentionally caring for others; we can also do this through creative body movement.

My walks in the neighborhood are part of my spiritual practice; paying attention to what God has placed in and around me; my breathing, the motion of my legs, the trees, animals, persons on the street, in cars or buildings. Both yoga and tai chi are about paying attention to God's energy within you and your body.

Yoga is originally from India. It is a holistic practice encompassing physical postures (asanas), breath control (pranayama), and meditation. The primary goal of yoga is to achieve harmony between the body, mind, and spirit. Tai chi comes from China. It is an internal martial art often described as "meditation in motion." It emphasizes slow, flowing movements combined with deep breathing and mental focus. The practice is rooted in the concept of Qi (vital energy) flowing through the body.

Both yoga and tai chi emphasize:

Mind-body connection: The relationship between the mind and body encourages practitioners to be present in the moment, fostering mindfulness and self-awareness.

Meditation and breathing: The incorporation of breathing techniques promotes relaxation and focus. Controlled breathing enhances the flow of vital energy and supports mental clarity during movements and postures.

Stress reduction: The meditative aspects of both yoga and tai chi work to effectively reduce stress and promote inner peace and calm. Improved flexibility and balance: Overall physical coordination is enhanced through gentle movements and poses.

Low impact: Tai chi and many forms of yoga are low-impact exercises, making them suitable for individuals of various fitness levels and ages.

(adapted from Chris Brandt, a licensed physical therapist with EW Motion Therapy)

You can also check out what John Hopkins School of Medicine says about the benefits of yoga at <https://www.hopkinsmedicine.org/health>

I invite you to join Bernie Beecher on Monday and Wednesday mornings at 10 am for Chair Yoga for Seniors, a you-tube video that is 30 minutes long. The gentle stretching movements are beneficial and can be adjusted to your ability level.

I offer this prayer for your consideration by Avery Brooke from All Will Be Well:

Almighty God, you are the source of health and healing, the spirit of calm, and the central peace of the universe. We ask that you would fill us with an awareness of your presence within that we may have complete confidence in you...may we know ourselves to be encircled by your loving power so that we may allow you to give us health and strength and peace, through Jesus Christ our Lord. Amen

Trustees Committee Update

The roofing project on the BenTena room is now complete. Because of a structural issue with the roof over the narthex, that portion of the roofing project has been postponed by the roofers until spring, 2024.

The trustees voted at their last meeting to move forward with replacement of all of the low sections of glass in the North and West office windows with the brown insulated panels. As noted in the October newsletter this will bring a positive aesthetic look to that portion of the building as well as provide better climate control, especially during the winter season.

Contracts for remodeling of the bathrooms located on the West end of the education wing are set to be signed at the time of this writing, mid October, with construction to begin in mid November. Construction time is expected to take two months. Bathrooms will be closed on the West end of the first and second floor of the education wing during this construction period.

The trustees voted to move forward with the installation of a gas insert in the parsonage fireplace. Cozy Heat will be doing the installation in mid November.

Jake Hill of "Hilltop Service and Repair" has been retained to do snow removal for the church properties for the 2023-2024 winter season.

-Gary Small, Trustees Chair

Weighted Works With Love

For the last couple of months, Weighted Works With Love has been very busy completing the 155+ free lap pads for teachers for those who participated in our Facebook "Free Five for Teachers" campaign which took place in August. We have had a good deal of positive feedback from the teachers who received the lap pads and encourage them to continue to share their comments with colleagues and student families.

Please note that Weighted Works With Love will meet in November on the 2nd Tuesday, November 14th, in Fellowship Hall from 9:00 AM to 3:00 PM. Feel free to stop in to see what we do, ask questions or to visit with us as we work. We do not meet in December but will return to our 4th Tuesday date, on January 24, 2024.

-Brownie Small, WWWL Volunteer

Missions Opportunities At Grace

The Shopping Cart has been filled many times as our parishioners packed it with the groceries for our October Jumpstart delivery. For the month of November the HeadStart staff has asked us to consider paper products as these items are a real drain on the grocery budget and just as necessary. Please feel free to pick up a list of the suggested items at the shopping cart parked near the north entrance. After you have made your purchases please drop them off in the shopping cart as well. We will be packing items for JumpStart on Wednesday, November 15th with help from the Wednesday AM coffee group. 120 HeadStart families are served by this ministry. Thank you for helping with this Missions endeavor.

November Grocery List

Paper Towels

Kleenex

Toilet paper (being furnished)

Volunteers Wanted Johnson Elementary School principal, Melissa McGuire, has indicated a need for volunteers to commit to an hour a week to read to a student, or perhaps have lunch with him/her. She would appreciate volunteers who can commit to being with the student on a regular basis. She would like to be able to assign volunteers for the second semester. If this is an opportunity that interests you, please consider volunteering. Call Brownie Small at 262-7420 for more details.

Loom Project - Sleep Mats The looms at Grace Church have been kept busy with several people taking an interest in creating the sleep mats. To date 8 completed mats have been sent back to Midwest Missions for delivery where they are needed. Two or three additional mats have been completed at the time of this newsletter and we have several boxes filled with "twofers" ready and waiting to be woven into yet more sleep mats. It has been decided that the looms will remain on the main level and can be worked on any time the church is open. We ask you to record your time on the clip board at each loom location so that our records of volunteer hours are correct. We are now storing extra supplies on the lower level in room B16. Boxes of twofers, balls of plarn and bags full of waste from cutting strips have been moved there to free up the office north of the library as space for cutting strips for anyone interested. Any questions? Sue Hitchcock can be reached at 262-7604. Sandy and Lenny Heerdt may also be able to help.

Hats for HeadStart The Mission Committee would like to extend a sincere "Thank You" to Linda Bress for making hats for each of our HeadStart boys and girls. Thank you for sharing your talent and generosity with these young children.

Mitten Tree The Mission Committee are placing a mitten tree in the Narthex and is asking for your help in providing mittens for our HeadStart children. Boys and girls ages 2, 3 and 4 are in need of these items. We have been asked to look for mittens that are waterproof if possible. These tend to be warmer and we all know how much fun wet snow is for making snowmen or snow balls. Please bring your mitten purchases and hang them on the Christmas tree or place them in the basket located beside the tree . This is a **November Missions Project** and our goal is to provide a pair of mittens for each of our 120 HeadStart students.

UNITED METHODIST MEN

The meeting for United Methodist Men will be November 11, 2023 at 8:00 AM. The speaker will be David Lyons from ATLAS. He will be telling us about the ATLAS organization and how they are fulfilling their motto “ATLAS is here to be your friend and walk with you through the tough times of your life”.

The meeting will start at 8:00 AM with breakfast.

ALL ARE WELCOME TO JOIN US.

UNITED WOMEN IN FAITH

Members of Spencer Grace United Women in Faith have been keeping quite busy as they successfully hosted the Camp Clear Lake District meeting on September 30th with about 75 women in attendance. This required planning and preparation as we served a light breakfast as well as lunch to the attendees. Our local UM Faith group also helped with registration and served as greeters and song leaders with Jan Watson as the pianist. We do want to thank Bill Elliott and Roger Ingledue for their assistance and running the sound booth. Pastor Barrie welcomed our guests and offered the invocation. Representatives were present from Fair Trade and Families First (formerly Bidwell and Riverside) in Des Moines. Our own Marietta Johnson spoke about her knitted sweaters mission and set up a colorful display. Grace UMC got to show off our plarn sleeping mat project, and the ecumenical Weighted Works with Love displayed their wares. Gladys Alvarez, President of the Iowa Conference for UWFaith, spoke on “Who Do You Say We Are?”. Kudos to our local group president, Jane Ingledue, for leading the planning in this endeavor. A big “Thank You” to all who participated. For those who enjoy reading, UWFaith has purchased 18 new books from their 2023 Reading Program list. There are at least two new books in the five categories: Education for Mission, Leadership Development, Nurturing for Community, Social Action, and Spiritual Growth. These books, along with those from previous years, are located in the northwest corner of the church library. All church members are encouraged to check out these books along with books from the children and adult sections. Ruth and Esther Circles continue to meet, and the UWFaith Christmas meeting is scheduled for December 7th at 1:30 pm in the BenTena Room. Ruth Circle will provide the program, and each member is asked to bring a plate of treats to share. All women are welcome and encouraged to attend our Circle and UWFaith meetings and bring a friend.



November Liturgist Schedule
 November 5-Jan Watson
 November 12-Lenny Heerd
 November 19-Judith Olsen
 November 26-Roger Ingledue

Chancel Choir & Bell Choir Schedule:
 November 12-Chancel Choir
 November 19-Bell Choir
 November 26-Chancel Choir

Wednesday night line-up
 5:30 PM Free Meal. (Open to the public)
 6:00 PM Grace Kidz (4 years to 5th grade)
 6:00 PM Confirmation with Pastor Barrie
 (See Schedule for dates)
 6:30 PM Chancel Choir Practice
 7:30 Bell Choir Practice

Confirmation Schedule:
 November 1, 15, 29
 December 13
 January 10, 31
 February 21
 March 6, 20
 March 24-Confirmation Sunday

RightNow Media
 Every person in our church can access Biblically-based videos on topics like marriage, parenting, youth, recovery, leadership, finances and much more. These videos stream anytime and from anywhere. Text the code SGUMC to 49775. Download the FREE APP and get started.

Members with 50+ Years of Membership with Grace United Methodist Church

Lou Reed	75	Pam White	65	Betty Capener	59
Lorraine Patterson	74	Walt Schmidt	64	Paul Sieh	59
Mary Larsen	74	Lyle Cretsinger	63	Carol Steely	59
John Blair	73	Glen Chenhall	63	Joan Fear	58
Mary Reed	71	Virginia Prideaux	63	Ginny Olson	58
Greg White	71	Alvin Andis	63	John Cotton	57
Judy Knudsen	70	Beverly Andis	63	Carole Cotton	57
Carrie Krieger	68	Glenn Brandsma	62	Judy Hart	57
Carol McQueen	67	Geraldine Brandsma	62	Clinton Jones	57
Jim Cullen	67	Leon Baldwin	62	Larry Knudsen	57
Michaela Cullen	67	Willa Baldwin	62	Marlene Knudsen	57
Jackie Petersen	66	Karen Cretsinger	61	Marlys Carter	57
Gene Huston	66	Connie Dobbins	61	Karen Seversen	57
Clayton Mingus	66	John Rahn	61	Roselma Barglof	57
Joanna Mingus	66	Mary Rahn	61	Allen Masters	56
Roger Steely	66	Keith Bress	60	Susan Masters	56
Helen Foote	66	Everette Handy	60	Chuck Elliott	56
Clark Marshall	66	Pam Maurer	60	Jeri Elliott	56
Linda Marshall	66	Lefty Petersen	59	Nancy Bell	56
Steve Palm	65	Jeanette Petersen	59	Linda Bress	56

Jackie Huckfelt	56	Terry Cuthbert	52
Patty Jones	56	Junior Handy	52
Pete Petersen	56	Jeff Huckfelt	52
Alan Enderson	56	Linda Johnston	52
Darrell Krehlik	55	Rich Prentice	52
Rhonda Krehlik	55	Becky Prentice	52
Connie Larson	55	Tom Blair	51
Candy Slawson	55	Linda Fairchild	51
Gene Vetter	55	Russ Hitchcock	51
Phyllis Sitter	54	Sue Hitchcock	51
Sue Burdick	54	Jerry Carlson	50
Lorna Sebring	54	Linda Heiter	50
Linda Dobbins	54	John Ralph	50
Linda O'Clair	54	Richard Mingus	50
Pete Paulsen	53	Lois Benson	50
Vada Calhoon	53	Greg Foote	50
Lola Campney	53	Peggy Palm	50
James Lorenzen	53	Vernon Olson	50
Kevin Zalaznik	53		
Shirley Paulsen	52		

Dinner Church-Free Dinner-Christian Music-Devotional

Saturday, November 11th-The Itty Bitty Boji Band

Saturday, December 9th-Christmas Music

November Calendar of Church Events at GUMC

<p><u>November 1, Wednesday</u> 9:30 AM Coffee at Grace 5:30 PM Wednesday Dinner 6:00 PM Grace Kidz/Confirmation 6:30 PM Chancel Choir 7:30 PM Bell Choir <u>November 5, Sunday</u> 9:30 AM Worship 10:30 AM Fellowship 10:45 Adult Education Opportunity 2:00 PM Charge Conference 7:00 PM Festival of Choirs Rehearsal <u>November 6, Monday</u> 5:30 PM Mission Meeting <u>November 8, Wednesday</u> 5:30 PM Wednesday Dinner 6:00 PM Grace Kidz 6:30 PM Chancel Choir 7:30 PM Bell Choir <u>November 11, Saturday</u> 8:00 AM United Methodist Men Mtg 5:30 Dinner Church-Itty Bitty Boji Band</p>	<p><u>November 12, Sunday</u> 9:30 AM Worship 10:30 AM Fellowship 10:45 AM Adult Education Opportunity 7:00 PM Festival of Choirs Rehearsal <u>November 14, Tuesday</u> 9:00 AM-3:00 PM Weighted Works With Love <u>November 15, Wednesday</u> 9:30 AM Coffee at Grace 5:30 PM Wednesday Dinner 6:00 PM Grace Kidz/Confirmation 6:30 PM Chancel Choir 7:30 PM Bell Choir <u>November 16, Thursday</u> 6:30 PM Worship Committee Mtg. <u>November 19, Sunday</u> 9:30 AM Worship 10:30 Fellowship 10:45 Adult Education Opportunity 7:00 PM Festival of Choirs Rehearsal <u>November 21, Tuesday</u> 5:00 PM Esther Circle</p>	<p><u>November 22, Wednesday</u> 5:30 PM Wednesday night Dinner 6:00 PM Grace Kidz 6:30 PM Chancel Choir 7:30 PM Bell Choir <u>November 23, Thursday</u> Office Closed-Thanksgiving <u>November 26, Sunday</u> 9:30 AM Worship 10:30 AM Fellowship 10:45 AM Adult Education Opportunity <u>November 27, Monday</u> 6:30 PM Church Council <u>November 28, Tuesday</u> 1:30 PM Esther Circle <u>November 29, Wednesday</u> 5:30 PM Wednesday Night Meal 6:00 PM Grace Kidz/Confirmation 6:30 PM Chancel Choir 7:30 PM Bell Choir</p>
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Grace United Methodist Church
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RETURN SERVICE REQUESTED

Worship:
Sunday 9:30 AM – Traditional

Pastor Barrie Tritle
barrie.tritle@gmail.com

Give
THANKS
WITH A GRATEFUL
HEART *1 Thessalonians. 5:18*