

February 2024

## GRACE UNITED METHODIST CHURCH

Ministers: All God's People!

Grace Mission Statement:

*Everyone is invited to know and feel God's love, experience spiritual growth, encounter forgiveness, receive respect and gain hope.*

Pastor Barrie and Ric Guerrero, SPRC chair, would like to pass this message on to all of you from Rev. Dr. Lundula, regarding our new appointment.

Dear Members and friends of Grace United Methodist Church,

I have an official announcement from the Bishop and the Cabinet of the Iowa Conference of the United Methodist Church.

With joy and excitement, I would like to inform you that Bishop Kennetha and her Cabinet have appointed Rev. Michael Slininger to Spencer, Grace United Methodist Church. Rev. Michael will start his ministry among us effective May 1, 2024. Rev. Michael is coming to us with much energy and enthusiasm to be our next spiritual leader. Let us be in prayer for Pastor Michael Slininger and his family as they get ready to transition to Grace United Methodist Church.

I would also like to take this opportunity to thank Rev. Dr. Barrie Tritle for his leadership, support, encouragement, and guidance. We are so thankful to Dr. Barrie and Kae for accepting to come to lead and shepherd us during the challenging time of our congregation. Let us also continue to pray for Rev. Dr. Barrie and Kae as they prepare to conclude their ministry among us and move to what the Lord is calling them to do in our Conference and denomination.

I want to conclude this announcement by inviting you to pray also for the Bishop and our District Superintendents as they continue to make new appointments for other churches within the Iowa Conference of the United Methodist Church.

Thank you so much and may God bless you.

Rev. Dr. Michel O. Lundula  
Conference Superintendent  
Camp Clear Lake District



---

# WELCOME

---



Dear Grace UMC,

My name is Michael Slininger and I cannot wait for our journey to begin. I give thanks for Rev. Dr. Pastor Barrie, as he has been a phenomenal shepherd in a challenging season. I pray you give thanks for Dr. Barrie and Kae as they finish strong while serving you. Don't hesitate to speak words of truth and encouragement of how thankful you are for how they have ministered to you and your loved ones in their interim time at Grace.

I am nervous and excited to say I will be your new pastor, beginning May 1<sup>st</sup>. My wife, Rachel, and our son, Owen (7 years old) are excited for what the future holds as we prepare to serve you all and the Spencer community. We are eager to take on Grace, not only as the title of the church, but as the focus of our attitude as we share our gifts. It will be a unique transition. But, you are not new to unique experiences. Our hope is that no matter how unique the start, it will lead to a long lasting and successful ministry.

We will have plenty of time to get to know one another, but I'll offer a short bio to tide your interest. I am 36 years old and have served in professional ministry for roughly 12 years. Rachel and I have been married over 13 years and have an incredible 7 year old son, Owen, whom we adopted at birth. Rachel and I are licensed foster parents and are looking to grow our family. I love to golf, play guitar, and have lots of energy, just like Owen. Rachel is compassionate, caring, thoughtful, and the 'hostess with the mostest'. We are opposites in so many ways, or you might say complimentary. Owen is high energy, loves soccer, and shy in large groups. We love sharing with people how God has loved us. We have family in Cherokee, IA, Des Moines, IA, and Davenport, IA. We hope to have a long time with you to get to know you as you get to know us.

We are only beginning our journey together, so I won't share or even presume to know what my goals might be as I join you in the role of your pastor. I can only share with you, in great confidence, what I guarantee. I have experienced so much grace in my relationship with Jesus. It is the same grace that I have a great passion to share with others. I want everyone to know that through the power of the Holy Spirit, Jesus desires to grant you forgiveness, peace, and hope that this world can not match. There is a love that comes from God that the world can not offer. There's nothing that compares to joining a group of people who want to connect with that forgiveness from Jesus, that connection to the Holy Spirit, and ultimately, that love from God. I want to do all I can to get people in the Spencer community to ask questions like: Why do those people at Grace UMC do what they do? How can they love the way they love? What motivates their generosity? And I want us to be able to answer with confidence, 'Because this is what we have received in the power of the Holy Spirit. This is what we have experienced in the love of Jesus Christ. This is what we are called to by a loving God.'

With fervent prayer and great anticipation,  
Pastor Michael Slininger and Family.

## Introducing...

Pastor Michael Slininger, his wife, Rachel, and their son, Owen!



# THANK YOU!

Don and I want to thank Pastor Barrie, Kae, and all of our Grace Church friends for all the prayers and kindness shown to us this past year. It is a true blessing to have such loving support. We praise God for every day we are given.

God is great!

Blessings to all of you!

Don and Sylvia Schoer

Thank you to all who have volunteered in the office: proofing bulletins and newsletters, answering phones, folding bulletins and newsletters, organizing, and many other tasks. You are so very appreciated! We are blessed in the office, but really, in the church, with so many amazing volunteers. Thank you to all for your service to Grace United Methodist Church!

This is truly a big thank you to all my friends at Wednesday coffee. You came with joyful hearts, food, cards, and gifts to surprise me for an early birthday and it worked!! My best birthday ever!

God bless you one and all,

Bonnie Foust

A very big "THANK YOU" to all who contributed to this year's Lenten Devotional. Your sharing will enhance the worship experience of the Grace UMC congregation. Our hope is to have them ready to go by Ash Wednesday, February 14th, 2024.

Linda Wittstruck and Cyndi O'Hara



### Barrie's Birthday

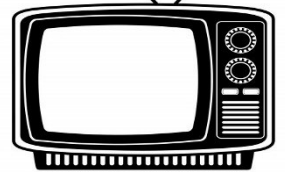
Guess what!?! February 23<sup>rd</sup> is Pastor Barrie's birthday. There will be a basket in the Narthex for birthday cards as the date approaches. Feel free to drop one in to shower him with birthday wishes

### Memorial Gift

Peggy "Pat" Johnson was a long time member of Grace UMC. She was an active volunteer for many years. The church was so important to her that her children included her greeter's name tag in her casket. In memory of their mother, William Johnson and Gayle DeLoss have donated one of her favorite photographs to the church. The photograph was taken by one of Pat's granddaughters. Please admire it in the Fireside Room.. The family also made a monetary donation to the church.

SMU airing of previous Sunday worship:

Wednesdays @ 7:00 PM & Thursdays @ 10:00 AM



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

### 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.

Join us for a Hymn Sing prior to the worship service every 5th Sunday of the month.

March 31, 2024

June 30, 2024

September 29, 2024



# Dimensions of the Heart

February is known as “Heart Month”. Without your heart, you cannot survive. It is governed by the autonomic nervous system and beats about 100,000 times a day, an average of 72 beats per minute. Your heart pumps approximately 2,000 gallons of blood each day or 5 quarts each minute by pushing a droplet of blood throughout your whole body in about 20 seconds. This February I encourage you to broaden your perception of heart-healthy and consider the following wholistic dimensions of heart.

\*Physical: We measure heart health by a set of numbers; blood pressure and cholesterol. The healthy numbers are: B/P < 120/90, Total Cholesterol < 200, LDL < 130, Triglycerides < 150. If your numbers are above those listed, your chances of having a stroke or heart attack increase. A good cholesterol number is HDL cholesterol > 35. Do you know your numbers?

\*Relational: Valentine’s Day honors and celebrates the people we love and those who love us. How do we keep our relationships healthy? I suggest that your daily relationship habits include: courtesy and civility, attentive listening, moments of focused quality time, caring and appropriate touch, smiles and humor, words of affirmation and acts of service. When people feel loved, their whole outlook on life is improved.

\*Spiritual: Within ancient texts, Heart often refers to that still place deep within oneself where the Divine Holy is recognized and encountered. Spiritual habits include; prayer, journaling, worship, formational scripture reading, small study groups and agape caring through out-reach to others. Ponder how you are nurturing your heart-connection to God and others.

\*Emotional: We often speak of our heart when referring to our emotions. An old Hebrew word, nephesh refers to the seat of our appetites—hunger, thirst, longing, craving and the seat of our emotions—desire, loathing, sorrow, hate, joy, love. Look at your emotional well-being and balance. Are you able to feel the whole range of emotions; contentment, joy, anger, fear, love? Are you emotionally appropriate in your daily living? Consider how you “feel” most days and explore if you would like for something to be different.

\*Intellectual: We cannot think or reason clearly without the heart pumping oxygen-rich blood to our brain. When a person’s thinking is “foggy” they cannot process information, make good decisions, or respond relationally. Habits that improve heart and brain health-fullness include aerobic physical activity. Therefore, make plans each day to physically move your body briskly, improving your heart strength and effectiveness.

I pray that...Christ may dwell in your hearts through faith, as you are rooted and grounded in love. (Eph 3:17 NRSV)

As you ponder the above dimensions, I invite you to consider improving your heart-health within one of them. With Christ’s love in our hearts, we are able to accomplish far more than we can alone.

Kae Tritle, RN  
Community Faith Nurse







February 1st meeting at 1:30 PM in the BenTena room.

This will include Installation of Officers, followed by communion served by Pastor Barrie Tritle.

**Change in Officers for 2024:**

**Co-Presidents:** Shurmaine McAlpine and Cyndi O'Hara

**Treasurer:** Jane Ingledue

UWFAith will be serving the Wednesday night meal on February 7th.

The next scheduled meeting is April 4th, 2024.

## UNITED METHODIST MEN

The next meeting for United Methodist Men will be February 10, 2024, at 8:00 AM.

The speaker, Craig Cadman, will tell us about Camp Laurel in Maine. He has worked there each summer for many years with many interesting experiences.

This meeting is sponsored by UMM.

Everyone is invited to join us for breakfast at 8:00 AM in the BenTena room.

A good meal, good conversation, and interesting information are certain to find you here.



**February 10th, 2024**

Soup cook-off/pie-auction

Starts at 5:30 PM in Fellowship Hall

Fundraiser for Children's Ministries

This will be our February Dinner Church



Get your Easter Lilies ordered!

Your orders will be due to the office by 3 PM February 28th. You can get two different sizes: 6 inches (\$10) or 8 inches (\$25). You can add a white satin bow with belly wrap for \$3 each. There will be an insert in your bulletin one Sunday in February for this, otherwise, you can go to the office to fill one out as well.

## Trustees Committee Update

The bathroom project has been moving along with the removal of lots of cast iron pipes and the relocation of water lines. As of January 22nd, carpenters, electricians, and plumbers are expected to be working to move this project forward. Thank you for your patience during this construction project.

I am sure that everyone enjoyed the unseasonably warm temperatures we all experienced as 2023 ended. To say the least, it was well received by Grace UMC when the heat bill came in the mail. Now that we are facing much colder weather, let's all remember to take special care to shut off lights in rooms when not in use and to not fan the entry doors unnecessarily. Every little effort helps to make the utilities the best it can be.

-Gary Small, Trustees Chair

## Weighted Works With Love

Weighted Works With Love is back to work on weighted blankets, lap pads, and shoulder wraps in January. We will be spending time starting new orders and rebuilding our in-house inventory. We have decided to return to Family Fest for a second year and will need a generous supply of weighted items for that endeavor. We meet to sew the fourth Tuesday of the month from 9:00 AM to 3:00 PM in Fellowship Hall. Feel free to stop in to see what we do, ask questions, or place an order for an item. We would love for you to visit.

-Brownie Small, WWWL



“For I was hungry and you gave me food...I was sick and you visited me”

Grace is blessed with the opportunity to feed hungry people in our own community. March is our month to deliver meals to our neighbors. This mission only takes 2 hours a day, but has a huge impact. Our assigned days are Thursday and Friday. You will find more information and a sign-up sheet in the Narthex. Contact Sheryl Larson at (512) 657-1288 with any questions that you may have.

# Missions Opportunities at Grace

**The Shopping Cart Request** has been reset for the month of February and the cart, located near the north entrance is ready to be filled with shopping items. Please feel free to pick up a shopping list and then place the items requested in the shopping cart. We will be packing the items for JumpStart on Wednesday, February 21st after the AM coffee. Your generosity provides one meal a month or the other needed items to 120 Head Start families throughout the school year. Thank you for participating in this Missions endeavor.

## **February Grocery List**

Tuna Helper

Canned Vegetables-corn, green beans, or peas (14.5 oz) (One per family)

Snack Pack Gelatin 4-pack

\*Tuna will be provided by UDMO

**Loom Project - Sleep Mats**: Grace UMC continues to buzz with work on the two sleep mat looms. Mat number 25 will be finished very soon and the looms will be reloaded and ready for more mat production. Statistically each mat requires 500-600 plastic bags to complete. That means that so far at least 12,500 plastic shopping bags have been used and will not take up room in the landfills. Time has been set aside for training on all steps of sleep mat production on Wednesdays at 3:30 PM. If you are interested in learning about making sleep mats, please call the church office at 262-5970 or Sue Hitchcock at 262-7604, to make arrangements.

**The Diaper Tree Project**-became one of our success stories in 2023. In addition to the 2600 diapers our church family donated, cash donations made it possible to purchase 3200 baby wipes as well. A big "THANK YOU" from BirthRight which will be distributing these items to families who need this assistance.

The Missions Team has been looking into additional mission projects to participate in as the year progresses. Stay tuned for more information as we entertain more opportunities going forward.

Brownie Small, Mission's Chair





## Grow in Grace T-shirts

We have sold about 130 T-shirts! This means our church name and spirit is being seen in our community as we work together in missions, serving, worship, and daily activities. We are being evangelists and witnesses of our faith in a silent, but visual sort of way. We have received our 4th shipment which gives us a ready inventory. Stop in the church office to purchase yours: \$10 each.



## We have a Kitchen Team!

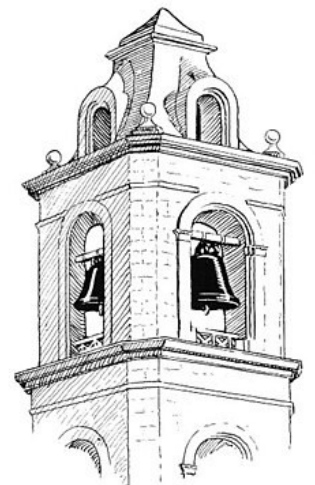
In our continued effort to be the best we can be, our Church Council has approved a proposal to create a Kitchen Team. This team will work together on a variety of responsibilities which will bring consistency in best health practices, updated inventory, general organization, research/consultation and educating those who use it. We want to keep our 4 kitchens updated and working properly. The four kitchens include the Narthex kitchenette, Fellowship Hall kitchen, BenTena Room kitchen and a Youth Room kitchen. Join us in thanking Alison Herman, Bonnie Foust, Jamie Horning, and Abbie Grooms for taking on this important task. Feel free to visit with any of these members, ask questions, and to make suggestions.

Sandy Heerdt

Co-Lay Leader

We are pleased to announce that we can hear the bells throughout the building at Grace United Methodist Church. Come check it out! They play every day at noon. It's a beautiful sound that we enjoy hearing every day.

Thank you to all who made this possible!



# Lazy Lasagna

Serving size-6

Ingredients:

1 (25 oz) bag frozen ravioli

1 (24 oz) jar pasta sauce

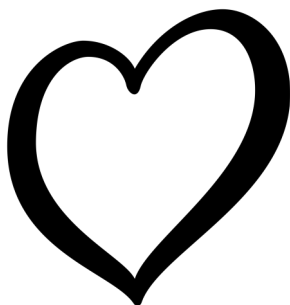
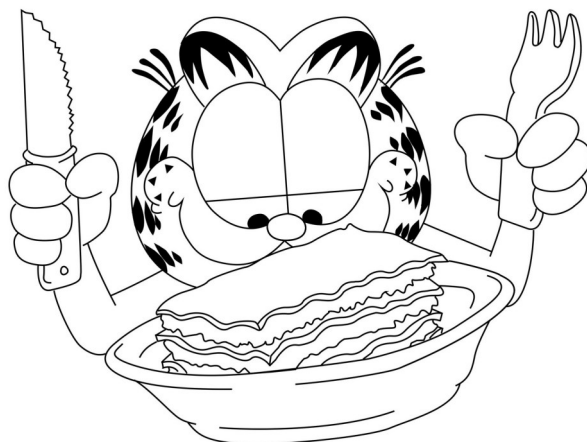
2 cups shredded mozzarella

1/3 cup grated parmesan

Optionally, you can add anything else to the layers, such as ground beef, veggies, sausage, etc

1. Pre-heat oven to 400\* and grease 9 x 13 baking dish
2. Spread pasta sauce onto bottom of baking dish
3. Arrange ½ package frozen ravioli single layer over sauce (About 12)
4. Top with sauce and mozzarella sauce
5. Repeat layers; sprinkle top w/parmesan if wanted
6. Cover dish with aluminum foil and bake 30 minutes

Remove foil and bake another 15 minutes



## **\*Recipe for Happiness\***

A heaping cupful of PATIENCE, A big heart full of LOVE, Add 2 handfuls of GENEROSITY.

Blend in a dash of LAUGHTER and LOTS of UNDERSTANDING.

Sprinkle with KINDNESS. Add MEMORIES, old and new. Add LOTS of FAITH! Mix Well! Serve DAILY!

## **4-Layer Chocolate Lasagna Dessert**

Mix 1 cup flour and ½ cup melted butter and put in bottom of 9 x 13 pan

Bake at 375\* for 10 minutes

Take 1 (8 oz) package of room temp (soft) cream cheese, 1 cup powder sugar, and 1 cup cool whip, fold together and spread over cooled crust

Mix 2 pages of lemon or chocolate instant pudding with 3 cups milk (If real warm, use 2 & ½ cups milk)

Spread the pudding mixture over the cream cheese/cool whip mixture.

Spread the remainder of the cool whip on the pudding.

Can top with nuts before serving

Chill 12 hours before serving

# February 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 UW Faith 1:30 PM Growing Slow 4 PM & 6:30 PM	2 Office Closed	3
4 Worship 9:30 AM Fellowship 10:30 AM Adult Study 10:45 AM	5 Yoga 10 AM	6 Missions 6 PM	7 Coffee @ Grace 9:30 AM Yoga 10 AM Men's Bible Study 1 PM **Wed. Night Schedule	8 Growing Slow 4 PM & 6:30 PM	9 Office Closed	10 UMM -Speaker: Craig Cadman Dinner Church: 5:30PM Soup Cook-Off/Pie Auction
11 Worship 9:30 AM Fellowship 10:30 AM Foundation Board Mtg 1045-Library Adult Study 10:45 AM	12 Yoga 10 AM Trustees 6:30 PM	13	14 <b>Ash Wednesday</b> Yoga 10 AM Men's Bible Study 1 PM Meal at 5:30 PM Service at 6:30 PM *NO regular scheduled programs	15 Growing Slow 4 PM & 6:30 PM	16 Office Closed	17
18 Worship 9:30 AM Fellowship 10:30 AM Adult Study 10:45 AM	19 Yoga 10 AM	20 SPRC 6:30 PM	21 Coffee@Grace 9:30 AM Yoga 10 AM Men's Bible Study 1 PM **Wed. Night Schedule	22 Growing Slow 4 PM & 6:30 PM	23 <b>Pastor Barrie Bday</b> Office Closed	24
25 Worship 9:30 AM Fellowship 10:30 AM Adult Study 10:45 AM	26 Yoga 10 AM Church Council 6:30 PM	27 WWWL 9AM-3PM Esther Circle 5PM	28 Yoga 10 AM Men's Bible Study 1 PM Grace Cares 3:30PM **Wed. Night Schedule	29 Growing Slow 4 PM & 6:30 PM	<b>*Wednesday Night</b> 3:30 PM Loom Work Session 5:30 PM Free Meal. 6:00 PM Grace Kidz 6:00 PM Confirmation (21st) 6:30 PM Chancel Choir Practice 7:30 PM Bell Choir Practice	



**Grace United Methodist Church**  
 311 2nd Ave West • Spencer, Iowa 51301  
 (712) 262-5970 • www.spencergumc.com  
 office@spencergumc.com

NON-PROFIT  
 ORGANIZATION  
 U.S.POSTAGE  
 SPENCER, IA 51301

**Worship:**

**Sunday 9:30 AM- Traditional**

**Return Service Requested**

**Pastor Barrie Tritle**

barrie.tritle@gmail.com



**Chair Person of Ministry Boards:**

**Ad Council:** Judith Olson

**Co-Lay Leaders:** Sandy Heerdt, Ben Pullen

**Lay Member to Ann. Conference:** Lenny Heerdt, Jenn Ingledue, Bri Pullen

**Treasurer:** Sue Burdick

**SPRC:** Ric Guerrero

**Trustee:** Gary Small

**Finance:** Paul Kassel

**Missions:** Brownie Small

**Memorial:** Judi Calhoon

**Grace Cares:** Cyndi O'Hara

**Worship:** Linda O'Clair

**Children's & Youth Ministry:** Kristin Schwenneker

**UWF:** Cyndi O'Hara and Pastor Shurmaine McAlpine

**UMM:** Brad Johnson

**Youth Rep:** Riley Herman

**Church Council Secretary:** Joan Waller

**Finance Secretary:** Sandy Thomas



**We know how  
 much God loves us,  
 and we have put  
 our trust in his love.**

**God is love,**

**and all who  
 live in love  
 live in God,  
 and God  
 lives in them.**

**-1 John 4:16**

