

Upcoming Events

Sunday February 3

Scout Sunday
Heifer Market

Wednesday, February 13

Ash Wednesday
Lenten Wednesday Activities

Monday, February 18

Presidents Day
Office Closed

Sunday, March 10

Daylight Saving Time begins

Sunday, March 24

Palm Sunday
Chancel Choir Cantata

Thursday, March 28

Maundy Thursday

Friday, March 29

Good Friday
Noon Communion
Special Worship service
Incorporating all the "Elements"

Sunday, March 31

Sunrise Worship
Easter Breakfast
Easter Worship services

For What It's Worth:

Are you looking for a little excitement in your marriage? Are you looking for that little 'zap' that will propel your marriage into that next blissful stage? If you are, then you will not want to miss our next preaching series. It will be called "*Making Love Last a Lifetime.*"

It will include messages about:

- What Women Wish Men Knew About Women
- What Men Wish Women Knew About Me
- After the Honeymoon Is Over
- And the Habits of Unhealthy Marriages

The series will conclude with a grand weekend when all couples will be invited to once again walk down the aisle, stand toe to toe with your loved one, and stare him or her in the eyes and renew (or Re-Affirm) your wedding vows. Do you even remember your wedding vows? This is your opportunity to say, "*Yes, I did it once and I would do it again. I love you. And I affirm those vows we took so many years ago.*"

Whether you have been married for one year or a hundred, this series of messages is for you. Please spread the word to all your non McCabe friends and invite them to join us in the fun (yes, I said fun)!!!

It all begins on January 26 and 27 and concludes with a Wedding Re-Affirmation Service on February 16 and 17.

By the way, if you aren't married or if you are a widow please come and support those who are. Your support and encouragement is important to all of us.

Together with you in Christ,

Pastor Rick



The Gift of Generations

Our McCabe United Methodist Church is a community of family and friends working together to follow the mission statement of "Christ calls us to *Worship, Grow and Serve*". Here is a family that worships together, grows together and serves together within McCabe Church and beyond.



Gloria Knoll, originally from Wishek, ND, attended college at Moorhead State majoring in instrumental and vocal music. In "those" days it was wise to have a double major as teaching in small schools across the state often required more than one discipline. Her early teaching career took her to North Carolina and Georgia for two years and then back to North Dakota and several communitiesie Grandin, Grand Forks, Bismarck, Dickinson (where she taught for 10 years) and back to Bismarck where she completed her career at Horizon Middle School and retired in 2008 after 37 years of teaching.

Gloria directed the choir at First Methodist United Church in Bismarck in the 80's. Having grown up in the EUB church and after a few years in another denomination, membership at McCabe UMC was a preferred choice in 2000. She joined the McCabe choir to sing and became the director of the choir in 2009.

Directing the Elks Men's Chorus with weekly rehearsals and performances 20-25 times a year keeps Gloria busy outside McCabe. As "Mrs. Music" she volunteers monthly at the Open Door Community Center. She is a member of the Bismarck chapter of Christian Women and a presenter of music for that group. In addition to teaching piano to five of her grandchildren, Gloria has organized a Youth Choir at McCabe that rehearses every Sunday at 11:00 and sings once a month for the congregation.

A question was asked, "How do you choose the music for the choir and what are your favorite genres?" "Every summer I attend a 2 day workshop presented by J. W. Pepper. At this workshop conductors around the state gather and sing through hundreds of pieces of music. There I decide which ones will fit our spiritual and musical needs at McCabe. My two favorite genres of music are gospel and ballad style anthems."

About a year ago Gloria suggested that the Chancel Choir think outside their walls and take a mission and performance tour to Europe to share the "Gift of Music" and the "Good News of our Savior". The decision was made with a rousing YES! The highlights of the European tour will be singing in 5 churches and Cathedrals in Germany, Austria and Hungary. The group will also visit several orphanages to sing for the children and bring them gifts. People on the tour include not only McCabe members but several from the Bismarck/Mandan community and former members living in another state.

Gloria has been married to Marv Knoll for 21 years. They have blended a family of 8 children and 19 grandchildren who keep them hopping and happy for many visits at the grandparent's home on the Prairie.

Gloria's involvement and devotion to the McCabe family brought her daughter and son-in-law, Kris and Rich Cleary, and their family to the fold. When Kris and Rich moved from Minnesota in 2005 they were looking for a church and found McCabe and wanted their four children to be able to go to church with Grandma Gloria.

Rich and Kris were raised with different backgrounds....Rich from a large, devoted Catholic family in Bismarck and Kris within the Methodist Church. They combined their two experiences during their years of early marriage and looked for a church home. Their involvement in a small community church was as youth directors which took them on 3 annual mission trips to various locations in the United States. When they settled in Bismarck, they decided upon McCabe. AND WE ARE SO THANKFUL AND BLESSED!

Both Kris and Rich teach Sunday school and have been actively involved in the extra Christmas and Lenten programs for youth over the years. Adding a Contemporary Service has been a desire and project of theirs which has grown into a successful service each Sunday at 11:15.

Not only did the daughter and son-in-law of Gloria give their time and devotion to McCabe but it is being passed on to the next generation with the children of Rich and Kris.

Alex (age 16) sings in the Chancel Choir as well as leads the singing in the Contemporary Service. She also helps teach Sunday school and volunteers tutoring and other activities at the after school program "SAY YES" on Mondays and Tuesdays during the school year.

Issy (age 14) helps with Sunday school and attends the FLY youth program.

Ben (age 10) is an acolyte, an actor in the special dramas, and sings in the Youth Choir.

Anthony (age 8) doesn't do anything yet...but he is influenced by his mother, father and grandmother and we wait to see him soar into the family and community of McCabe and share his gifts and talents.

The McCabe family is grateful for all the examples that Gloria, Kris, Rich and the Cleary children exemplify in sharing their talents and gifts within the mission of "*Worship, Grow and Serve*"



Hanging of the Greens 2012

The Hanging of the Greens service is always so significant and our sanctuary is filled with those wanting to experience the beginning of Advent in this very meaningful way. A very special thank you to all who helped . . . we had quite a crowd and it was a fun time. Thank yous go out to Brad Burchinal, Marilyn Strutz, Connie Kotchman, Carol Desper, Paul & Patty Sandness, Sheila Zimmerman, Jean Sanborn, Karen Workman, Beth Swanson, Ken & Lynn Tartar, Jan Joersz, Jane & Jim Morgan, Jim Jennes and Louise Broten, Wanda Klipfel, Martha Nelson, Lois Neff, Jerry Suko and Carroll Burchinal. Also, a very big thank you to the children (young and a little older,) Steve Miller, Sheila Rostvedt, the ushers that helped with hanging the wreaths and most especially to the Holen family. I hope I haven't forgotten anyone. Just know that it was necessary to have all of you to make it a wonderful day . . . a day to rejoice and to look expectantly to the birth of our Lord.

Note added by Jan Joersz: Special thank you to Linda Suko for organizing the day and keeping us all in-line! Thank you also to those who helped put everything away after Christmas.

Shepherd's Run

The Shepherd's Run was a great success again this year. Many thanks to all who brought goodies and those who delivered them. Perhaps next year we can add even more places to our list to say thanks to those who work on Christmas Eve so that we can be with our families.

Open Door Thank You

Due to some miscommunication, the form for gifts for the Open Door Blessing Tree was not in the bulletin at the beginning of the asking. And so, we may have missed listing some of those gifts. Please know that we appreciate your generosity and that your gift has been sent to the Open Door.

Open Door Blessing Trees

Bob & Kathy Aller in honor of family and friends.
Jerrold & Lori Arneson in memory of our grandmas:
Florence Dobson, Olive (Wold) Borden, Alga Arneson and Edna Rock.
Howard & Melvena Bier in honor of Clair, Drew & Jack.
David & Jodie Campbell in honor of Phyllis & Alan Campbell and Crystal Gillund, and in memory of Robert Gillund.
Victor Eberhart family in honor of Hildegard Eberhart and Dean Fredrick.
DeEtta Heid in memory of Leona Pocta.
Helen Joersz in honor of family.
Judy Johnson
In honor of Doris & Ed Landerholm.
Alice Kleingartner in honor of Connor & Jacob.
Al & Wanda Klipfel in honor of their 50th Wedding Anniversary.
Gloria Knoll in honor of the Youth Choir.
Jeanne & Robert Kolberg family in honor of Alpha DeKrey, Jan DeKrey, Faye Knowlich, Nora Sannes, and Jim Unkenholz.
Jeanne & Robert Kolberg in honor of Dick Unkenholz's birthday.
Connie Kotchman in honor of Jane Morgan.
Trenton & Ellie Lacher in honor of Jodie & Dave Campbell and Judy & Allan Lacher.
Eleanor Piehl in honor of Wava Peterson.
Dean & Rhonda Reese in honor of Brady & Morgan Reese, and in memory of Michael Reese & Sandy Weber.
Mike & Shelly Rowe in honor of Lyola Haller and in memory of Aileen Rowe.
Barb & Randy Salzer in honor of our children, Ben, Matthew & Krista.
Clarence & Bernice Salzer
Carol Saville in honor of grandchildren.
Carol Serr in memory of Robert Serr Sr. and in honor of Ellen Tuttle.
Marilyn Smith to bless the children of Open Door.
Bill & Marilyn Strutz in honor of Nedra Seagly.
Beth Swanson in memory of Helen Redmann.
Ron & Evelyn in memory of George, Florence, Richard & David Dobson, Carol Job, Hans & Olive Wold, and Darlene Dullum.
Larry & Pat Wood in honor of our children and grandchildren.
Sharyl, Jonathan, & Becky Maier in honor of the Eastgate & Maier families.



2013 Lenten Activities

Come and participate in our 2013 Lenten Activities. This will be an excellent opportunity for those of you wishing to grow spiritually.

Starting Wednesday, February 13 (Ash Wednesday,) we will have a meal beginning at 5:00 p.m. This meal is available to anyone.

At 5:45 p.m. we will continue with the Family Link devotions and blessing with special emphasis on the theme for Lent: "Poured Out: Elements for a Resurrection".

At 6:00 p.m., Pastor Ray will lead a study on the book, *Final Words from the Cross*. In life and in death, Jesus' words were powerful and meaningful. Despite the serious effort and increased pain required for Jesus to speak as he hung on the cross, Jesus spoke seven "final words"—statements that have much to teach us about Jesus, his Father, and ourselves.

A Lenten worship service will be held at 7:00 p.m. with a series of messages based on "elements" that show up in the lectionary readings. These elements represent deeply sacramental symbols of God's grace and love poured out for us in the ministry, death and resurrection of Jesus Christ. The series will include:

- * Oil
- * Water
- * Wine
- * Blood
- * Tears
- * Light

Come every Wednesday in Lent to experience another "element" at the meal and in the worship service.

Wednesday Lenten Schedule

Wednesdays, February 13 - March 20

- 5:00 p.m. Meal
- 5:45 p.m. Family Link
- 6:00 p.m. Study - *Final Words from the Cross*
- 6:00 p.m. UMYF
- 6:00 p.m. Confirmation
- 7:00 p.m. Rusty Staples (1st & 3rd Wed.)
- 7:00 p.m. Worship - *Poured Out: Elements for a Resurrection*
- 7:40 p.m. Chancel Choir Rehearsal

A Message from Floramay

I plan to retire from my position as Christian Education Director at McCabe United Methodist Church on June 30, 2013.

At this time the department is functioning well and there is a strong, active Work Area in place. March 18, 2013 will start my 17th year here and I feel it is time for me to move on to other plans.

I have enjoyed my years here immensely and continue to find it rewarding. In this position one is assured that what you do is important and makes a difference.

I love this work – it was one of my dream jobs since high school – and would do it indefinitely if aging were not an issue. I am in good health, but know that there are many things I want to accomplish at home for my family and it is time to get serious about doing them.

Thank you to all of McCabe's staff and membership for the wonderful encouragement I have received through the years. I value very much the support that the congregation, teachers and committee members have given me.

None of the things that McCabe's education program has accomplished or is doing would be possible without all of the great volunteers. May McCabe continue to be blessed by people with commitment, devotion and talent.

Wishing God's Blessings to Floramay Miller

McCabe's Staff Parish Board regrets to lose any of our exceptional staff, but we also rejoice with Floramay Miller on her announcement to retire. We want to wish God's blessings in her future endeavors and we encourage the family of McCabe Church to continue to keep her in prayer as she moves forward in a new chapter of her life.

As Director of Christian Education, Floramay has displayed a steadfast dedication to her duties. She is a steady hand at the wheel of an ever-changing, demanding position that required someone of her quiet, yet determined approach to get things accomplished with a volunteer force. Her talent for consistently organizing and administering a successful Christian Education program deserves great praise. She will be missed!

The Staff Parish Board will advertise the opening soon and begin the interview process, keeping in mind the needs of our church at this time., If is our hope to hire for the position before Floramay's departure, which may allow for a smoother transition. Please keep our church in prayer as we move forward to fill this opening in a timely fashion.

In Our Thoughts & Prayers:

Jim & Tana Lobeck and family on the death of Jim's dad, Al Lobeck, of Sun Lakes, AZ, who died on November 27, 2012.

Ed & Doris Landerholm and family on the death of their great-granddaughter, Zoe Elizabeth Woodward, on December 4, 2012. Zoe was the grandchild of Ed & Doris' son, Kurt & Nancy Landerholm.

Roger & Betty Jo Peet and Don & Kelley Franklund and family on the death of Betty's daughter and Kelley's sister, Marcy Zachmeier-Ruh, of Lakeville, MN, on December 2, 2012

Bob & Selma Kerzman and Alicen Ding and families on the death of Selma's mother and Alicen's grandmother, Alice O'Connell, of Bismarck, on December 14, 2012.

Jeff & Joy Hofstad and family on the death of Joy's father, Vern Schaeffer, of Bismarck, on December 17, 2012.

The family & friends of Nancy Bjella, of Bismarck, who died December 23, 2012.

Dale & Darlene Walsh and family on the death of Dale's mother, Bernice Walsh, of Garrison, ND, December 31, 2012.

Darlene Farrell, Deb Grinaker and family on the death of Darlene's husband and Deb's father, Joe Farrell, of Bismarck, on January 6, 2013.

Nurture Work Area

The Nurture Work Area (formally Congregational Care Committee) is up and running!

We are starting with a program called "*Just Because . . .*" which will include cards, calls, visits, etc. to our family of McCabe. We are looking for team members who are interested in helping with this program by writing notes, making calls or visits, or putting together mailings. There are projects for every age and ability. Contact the church office at 255-1160 or mccabeum@mccabeumc.com. There is a meeting on Thursday, February 7 at 6:30 p.m. in the Great Hall for anyone interested in more information about this program.

Diapers from T-Shirts A United Methodist Volunteer-In-Mission Project

"I'm back from Honduras and want to report that the diapers were a great hit. A week or two before we went, the missionary at House of Hope emailed that they really needed diapers, so they were delighted when yours showed up. And yours are really well made—should work well on lots of little bottoms! We'll be going again at the end of January 2013 and would love to take more diapers!"



—An email message received 11/20/12 from Gloria Borgman, Volunteer-In-Mission Team Leader, to Karen Workman.

A big **Thank You** to those who sewed and used their creative talents to recycle t-shirts and flannel sheets into diapers! Recently, an ecstatic volunteer (pictured above) from Napoleon picked up **76** diapers at McCabe to take with her January mission team to Honduras!

A big **Thank You** for the gifts of used t-shirts and flannel sheets/pajamas needed to sew the diapers.

Your participation is most welcome! If you sew, or know someone who does, please help yourself to a brown packet of sewing patterns with instruction sheet and donated fabric (t-shirts, sheets, pj's) at the display in the Great Hall. You may drop off completed diapers at the display.

Diapers from t-shirts is an ongoing project as volunteers are leaving on mission trips continually in our North Central Jurisdiction of the United Methodist Church. What a wonderful, essential gift to mothers who have nothing with which to clothe their babies!

Thank you for your ongoing support

Contact: Karen Workman 250.9370

Congratulations to:

Mick & Brittney Peterson on the birth of their daughter, Elilia Grace, who was born on December 1, 2012. The proud grandparents, great-grandparent and aunts are Judy Reile, Brian Peterson, Bev Solberg, Alex Peterson, and TheaMarie Peterson.

Movies @ McCabe

The **Movies @McCabe** series brings entertaining and thoughtful movies to the Great Hall the first Saturday of each month at 6:30 p.m. Popcorn and drinks will be available. There is no charge for the movie. Bring your family, bring your friends - everyone is invited to come and share in the fun!

February 2: *Ground Hog Day*
March 2: *The Straight Story*
April 6: *A Small Act*
May 4: *Millions*



Movies range from very kid-friendly to more teen and adult oriented fare. Parents can check reviews at <http://www.common sense media.org> to find out about each film in advance.

Check out www.mccabeumc.com for more information about McCabe and our Ministry Groups.

The Family Link!

"Keep these words that I am commanding you today in your heart. Recite them to your children and talk about them when you are at home and when you are away, when you lie down and when you rise" (Deuteronomy 6:6-7).

We need your family to participate. Families are defined as: Traditional families or blended families or single folks young and/or old. You can be a family of one or a family of many. You are encouraged to participate. Please invest fifteen minutes every day and follow these simple steps:

- Socialize
- Read Scripture (verses provided)
- Talk about Scripture
- Pray
- Bless

A famous senator once said, *"And it is time for those who talk about family values to start valuing families."* Please join us on our journey to strengthen the family.

Family Link Scriptures for February

Friday, February 1
Matthew 5:14-16

Saturday, February 2
Luke 20:45 - 21:4

Sunday, February 3
Joshua 4:1-7

Monday, February 4
James 2:14-26

Tuesday, February 5
1 Corinthians 1:26-31

Wednesday, February 6
*Exodus 23:4-5 and
Luke 6:27-36*

Thursday, February 7
Matthew 2:1-11

Friday, February 8
John 10:1-10

Saturday, February 9
Psalms 40:1-17

Sunday, February 10
1 Corinthians 1:1-17

Monday, February 11
Matthew 25:14-29

Tuesday, February 12
Psalms 8:1-9

Wednesday, February 13
Jeremiah 30:1-10

Thursday, February 14
Isaiah 44:1-5

Friday, February 15
John 14:1-2

Saturday, February 16
Luke 12:22-31

Sunday, February 17
1 Samuel 3:1-10

Monday, February 18
John 7:37-39

Tuesday, February 19
Exodus 21:1-28

Wednesday, February 20
John 12:1-11

Thursday, February 21
Romans 12:3-8

Friday, February 22
Isaiah 41:13-16

Saturday, February 23
Psalms 105:1-6

Sunday, February 24
John 15:5-14

Monday, February 25
Romans 3:21-26

Tuesday, February 26
Matthew 14:13-33

Wednesday, February 27
John 13:3-8, 12-16

Thursday, February 28
Psalms 91:1-16



dreamstime.com

Wholly Healthy

Greetings McCabe friends,

Happy...achoo!...New...cough, cough...Year!! Yikes, the new year isn't starting out too well for the many who have been caught by the influenza bug! The CDC, Centers for disease Control and Prevention, has declared this flu season to be the worst in ten years. The flu that is currently going around is one that is covered by this years' flue vaccine. Even though vaccinated, some may still get the flu but the duration will be much shorter (2-3 days) compared to the 5-7 days or longer if not vaccinated. So what can we do now? One word, PREVENTION!

I cannot begin to express how important handwashing is. Please, please wash your hands frequently especially before eating. When we wash our hands, let's not do a rinse and run. Wash hands for at least 15 seconds (sing a verse of "Jesus Loves Me") while washing. Use a hand sanitizer if soap and water are not available. Keep our hands away from our face. We can take in more bacteria through our eyes than the nose and mouth.

Please stay at home if you are sick!! This is no time to be the hero and go to work or school sick. This flu is so very contagious and it will spread to all those around you. Not a good way to make friends! :(Please keep your children home from daycare as well.

Get plenty of rest, eat healthy foods and get some exercise to keep your body's immune system strong., It is not too late to get a flu shot to offer protection from the flu.

If we cough or sneeze, please do so in a tissue and throw it away. If we don't have a tissue handy, cough or sneeze into your elbow. Wash your hands after using the tissue. Many have asked about shaking hands in church during the flu season. This can be left up to our own personal choice, but perhaps we could become creative greeters such as offering our best smile, a wave, or an elbow bump. Please don't feel offended if someone doesn't want to shake hands. "Tis' the season"! Ugh!

What are the symptoms of the flu? Listed below according to the CDC.

- Fever—100 degrees or higher and may not always be present with the flu
- Cough and/or sore throat
- Headache and body aches (many have said they feel like they have been "hit by a bus" body aches!)
- Runny or stuffy nose
- Chills
- Fatigue (feeling excessively tired or exhausted), sometimes diarrhea, nausea and vomiting

Treatment for the flu:

- Stay at home
- Treat the symptoms such as using Tylenol or Ibuprofen as directed to reduce fever and body aches

- Drink plenty of fluids to avoid becoming dehydrated
- Rest
- Stay away from others to avoid spreading the flu and to wash hands frequently.
- Gargle with warm salt water, use throat lozenges for the sore throat.

Do not return to work, school, or daycare or be out among others for at least 24 hours **after** the fever is gone without the use of fever-reducing medications

Are there medications to treat the flu?

There are medicines called antivirals that can be given to assist in recovering from the flu faster and may also prevent serious complications. They need to be given within the first 2 days of developing symptoms. This needs to be discussed with your healthcare provider to determine if this is right for you.

When does the flu become an emergency?

- Difficulty breathing or shortness of breath.
- Rapid breathing in a child
- Pain or pressure in the abdomen or chest
- Severe dehydration (unable to keep any fluids down, no tears or fewer wet diapers in an infant, confusion or listlessness)

Flu-like symptoms that improve but then return with a fever and worse cough

Please contact your healthcare provider if you have concerns about the flu. Contact your pharmacist to determine what over-the-counter medicines are most appropriate for you to take.

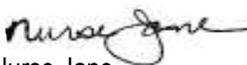
Faithfully Fit exercise class is off and running (well, maybe walking!) every Monday and Thursday from 10:00am-11:00am in the Great Hall. Please come and join us for fun fellowship and fitness.

If you have any questions, concerns, or would like me to visit you, please call the church office at 255-1160.

You are a blessing to me and I feel so very humbled and privileged serving you.

Have a happy Valentine's Day and please stay well.

God bless,


Nurse Jane

P.S. When a little boy was asked about falling in love he said, "Fall in love? Forget it! I'd rather fall in chocolate!!!"





McCabe Youth

The month of January:

McCabe United Methodist Women have been attempting to give extra service by serving as Greeters and Ushers for worship services. Red is the chosen color—some of us will be “Thinking RED” this month!

We have attempted to show the record and results of our labor this past year by placing our Treasurer’s reports in the bulletin. Our UMW ladies have served McCabe well. We have printed in the weekly bulletins the amounts earned by our projects this past year.

Always, our largest donation is given to Missions. This year, we decided to include in our giving, many local organizations within the Bismarck/Mandan area. We invited representatives of Salvation Army, Ruth Myers Hospitality House, Aid Inc., The Open Door Community Center, and other area needs. We must be aware of misery in our own city, and we have included many in our giving. Our McCabe, S.A.Y. “Yes”, Afterschool Program has been excellent and also needs assistance.

UMW members work hard to earn needed funds. One huge project is our yearly Bazaar, which includes a luncheon. The ladies who plan, cook, and serve the luncheon, and most important, must “guess” attendance, deserve our praise! To be able to “guess” needs for any meal served is an art! This year, the McCabe UMW Bazaar earned the largest amount in several years. We send sincere thanks to all who attended and supported the Bazaar!

Soup Bowl Sunday

Most football fans look forward to Super Bowl Sunday. Well, we have another event to beat the winter doldrums. **Soup Bowl Sunday**, on Sunday, February 24. The Chancel Choir will be serving chili and other hearty soups to warm you and cheer you. We will serve from 11:00 a.m. to 1:00 p.m. in the Fellowship Hall. Free will offering.

The newly formed Youth Ministry Work Area has the purpose of overseeing the youth ministry here at McCabe and assisting me. Part of that purpose also includes involving more adults in the youth ministry in general. There is no doubt that the more adult interaction that teens have, the more likely they are to retain their faith and benefit from the wisdom and positive influence the relationships can bring.

There are a few adults who have committed to giving of their time to be present at our Wednesday and Sunday activities. I am always looking for more adults to be involved. If you have an interest in youth and would like to make a positive impact on the life of a teenager, let me know and we’ll get you involved somehow.

The church is meant to be made up of all generations. Going all the way back to the time of Moses it was important to gather all ages together for the reading of Scripture. Deuteronomy 31:12 says,

“Call them all together—men, women, children, and the foreigners living in your towns—so they may hear this Book of Instruction and learn to fear the LORD your God and carefully obey all the terms of these instructions. Do this so that your children who have not known these instructions will hear them and will learn to fear the LORD your God. Do this as long as you live in the land you are crossing the Jordan to occupy.”

Even back in ancient times, God stressed the importance of the family not only in terms of each individual household, but also of the family of believers. They were to be of one heart and one mind as they learned the Scripture together.

My prayer is that this McCabe will be a place where people of all ages are welcome and that there is a genuine love between generations. May those who have wisdom and experience be willing to share that knowledge with those who are younger and I will work to remind our youth of the promise in Proverbs 13:20. “He who walks with the wise grows wise, but a companion of fool suffers harm.”

Because He lives,

Ty Rostvedt
Youth Director

Explorations

New Year has begun
It's 2013
Where will God lead us?

To be in the presence of Jan
You find excitement and joy
Looking for ways to serve God

Here commitment to touch the life of McCabe United Methodist Church, comes alive by her search for truth and knowledge
Worship, Grow and Serve

Explorations

Is the name of the group who gather in faith for new beginnings
Oh the possibilities in Prayer, Conversation and Action

Soup is on to feed our body—Monday 5:30
Soul food too, to warm the spirit
In faith we rejoice in each others presence

This night and time reflects our beliefs
Believing we can build the foundation
For new growth in Spirituality

Like Lois said, the last two surveys spoke of weakness
in Spirituality
Lord help us know who John Wesley our founder stood for
Lord help us to search the Holy Bible for truth and knowledge

Being part of the United Methodist Church
We, McCabe United Methodist are a connectional church
How do we serve in our Conference Mission Projects?
Revelations speaks of seven churches—
which one is McCabe?

Symbolism and traditions of Methodism
How do they reflect in our Spirituality?
Do we find meaning in them or know of them?

Jesus, be with us as we move forward
Knowing through you, Jesus all things are possible
Jesus our faith in you will draw us closer to our loving God
in serving others.

by Don Walz



Notes of Thanks



Thank you for your continued support of the Bismarck Emergency Food Pantry during the last half of 2012. We do appreciate your help in feeding the poor and hungry of our community. Your donation of paper products was a very useful gift.
Sincerely, The Food Pantry

Thank you for your generous donation of food for our Thanksgiving baskets. Because of your thoughtfulness, we were able to help many families enjoy a Thanksgiving meal.
Community Action

Thank you to Kerrie Schlecht for directing the Children's Christmas Program, "Christmas Hope". Kerrie did a great job planning and organizing and arranging for all aspects of the program. Also a big thank you to all of the volunteers who helped with the children, costumes and other needs.

Thank you to McCabe Players for putting on the worship skit, "Would You Hear the Angels?", in December. The cast was Mike Briggs, Louise Broten, Dave Hagler, Kyle Hagler, Kyle Joersz, Steve Miller, Darrel Pittman, Marlette Pittman, Hunter Scanson and Karen Workman.

Thank You to Marshall Pudwill and Ben Cleary for working with Floramay Miller to present The Lord's Prayer on the stage to Sunday classes in January and teach movements to the prayer.

Thank you to McCabe Players for putting on the worship skit, "Questions in the Lunch Room", in January. Actors were Dave Hagler, Kyle Joersz and Parrell Grossman.

Thank you to everyone who so generously donated snacks to Sunday Springboard Station. The children start the morning with a snack and socializing that leads into music and the story of the day. It is an opportunity for children of different ages and from different schools and neighborhoods to become acquainted.



Christian Ed Notebook

What's Happening?

Feb. 3 This is the morning of the **Heifer International Marketplace** in the Great Hall. Be prepared to visit the tables where each class will have items to sell to raise money for the animals they have selected. You may also put money in envelopes next to each animal in the Parade of Decorated Animals and bid on an animal available for adoption. **Here are the class goals:**

9:00 groups:

2&3's	Flock of ducklings (3)
Pre—1st	Trio of rabbits
2nd—4th	Pig

10:00 groups:

3's-1st	Flock of chicks (3)
2nd—4th	Goat

9 & 10	5th & 6th	1 each of 10 animals
	Teen Link	Pig

Feb. 10 At 9:20 a.m. there will be a drama, The Good Samaritan, in Fellowship Hall. Everyone is invited to attend.

Feb. 17 The story of the morning is "The Lost Sheep". This is the first day of Lenten Activity Bags and Prayer Bear visits. (See notice in this newsletter)

Feb. 24 At 9:20 a.m. there will be a drama of "The Forgiving Father" in Fellowship Hall. Everyone is encouraged to attend. (Parent may know the story as "The Prodigal Son.")

Lent for Children

During Lent children attending Springboard Station will be taking home special **Family**

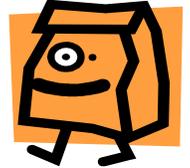
Activity Bags. Each week there will be an easy activity related to the great story of Salvation through Jesus Christ using the Romans Road to Salvation and the Jelly Bean Prayer.

During Lent **Prayer Bears** will start visiting the homes of children attending Springboard Station. Bears each make a one-week visit to a child's home to be with the family as it has The Family Link and prays together at other times.

Welcome Bags for the Homeless

"Whenever you helped any of my people, no matter how unimportant they seemed, you did it for me."

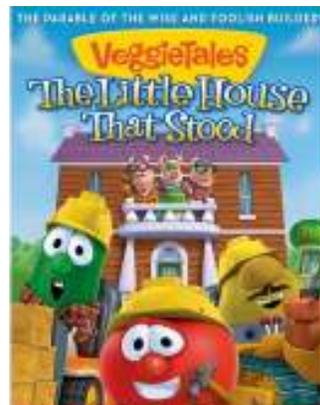
Matthew 25:40



Save from travels or purchase personal-sized toiletries for Welcome Bags that provide new arrivals at local shelters with basic personal care necessities.

Every day over 375 people are homeless in the Bismarck - Mandan area. **Items most needed** are small deodorants and combs. Other items collected are:

Toothbrush	Toothpaste	Lotion
Deodorant	Comb	Soap
Shampoo	Conditioner	



Family Movie Night

Sunday, January 27
5:00—6:30 p.m.

The 3 Little Piggies have to decide who will build their houses. Who will choose a firm foundation for their house and life?

Bonus Feature!

"The Good Egg of Gooseville"
Humpty before he was cracked.

Bring your friends and family for fun.
Free popcorn, drink, stickers, balloons, & posters.
Pizza slices \$1

**Pancake
Breakfast
January 27
Fellowship Hall**



**Marketplace
Feb. 2 & 3
Great Hall**



**Pancakes for Animals!
Sunday, January 27
8:30—10:30 a.m.
Fellowship Hall**



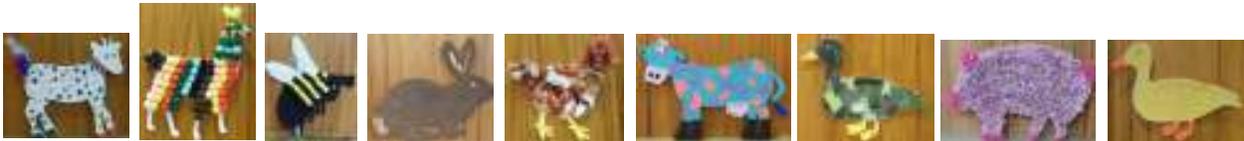
**5th & 6th Grade Sunday School
is having a
Pancake Breakfast**

HEIFER INTERNATIONAL MARKET

**SATURDAY, FEB. 2, 2013, 4:45 – 6:00 p.m.
SUNDAY, FEB. 3, 2013, 9-10:00 & 11-11:15 a.m.
Great Hall**

Visit the tables of Sunday School classes and help them reach their goals of buying animals for Heifer International. Each class has a goal and has planned something to sell you. Use cash or checks.

(If you want to write one check to cover several expenditures, come to the Heifer Bucks table and buy Heifer Bucks to spend at the tables and the Parade of Decorated Animals.)



PARADE OF DECORATED ANIMALS

Narthex (clerestory)

Go to each animal and place your donations to Heifer International in the envelope on Feb. 3.
Raise \$750 to buy a heifer and a water buffalo from the whole congregation.

THE GREAT AUCTION

Narthex (clerestory)

Animals that are available for adoption will have a bid sheet where you can place bids to buy the animal and take it. All bids will close at 12:15 p.m. on Sunday, February 3, 2013.

The overall McCabe goal is \$3010.

New Member Classes

New member classes have been set for April 20, July 20 and October 19, 2013. If you are interested in joining McCabe, plan on attending one of these classes to:

- Get acquainted with others who are interested in joining,
- Learn about the church,
- Learn about McCabe's history,
- Learn about the ministries that are available.

We look forward to getting to know you and include you and your family in the activities at McCabe.

If you have any questions about membership, please contact the church office at 255-1160 or mccabeum@mccabeumc.com.

NOTICE:

Any items for the newsletter need to be turned into the church office no later than **Friday, February 15, 2013.**

McCabe UMC

1030 N. 6th St.
Bismarck, ND 58501
(701) 255.1160

Pastors

Rick Fossum
Ray Baker

Office Hours

Monday – Friday
8:30 a.m. – 4:30 p.m.

Worship

Saturdays (Sept.-May)
5:00 p.m.

Sundays (Sept.-May)
8:00, 10:00, & 11:15 a.m.

Sundays (June-Aug.)
8:00, 9:30, & 11:00 a.m.

Church School

Sundays 9:00 & 10:00 a.m.
(Sept.-May)

Fax

(701) 223.1324

E-mail

mccabeum
@mccabeumc.com

Website

www.mccabeumc.com

Facebook

<http://www.facebook.com/pages/McCabe-Church/330953958825>

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McCabe United Methodist Church
1030 North Sixth Street
Bismarck, ND 58501



February 2012

Sunday

Monday

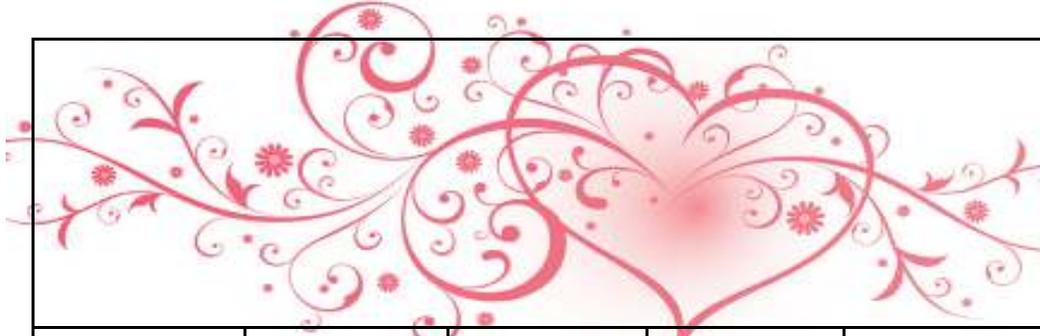
Tuesday

Wednesday

Thursday

Friday

Saturday

					<p>1 7:00 am Men's Breakfast at N. Perkins 10:00 am Prayer & Meditation</p>	<p>2 5:00 pm Worship 6:30 pm Movie @ McCabe</p>
					<p>3 Scout Sunday Heifer Project Market 8:00 am Worship 9:00 am Church School 10:00 am Worship 10:00 am Church School 10:00 am Teen Link 11:00 am Youth Choir 11:15 am Worship 6:30 pm F.L.Y.</p>	<p>4 10:00 am Faithfully Fit 11am-1pm Parish Nurse Hours 3:15 pm SAY Yes 5:30 pm Explorations 6:15 pm Al-Anon 7:00 Young Adult's Group 7:30 pm Al-Anon</p>
<p>10 8:00 am Worship 9:00 am Church School 10:00 am Worship 10:00 am Church School 10:00 am Teen Link 11:00 am Youth Choir 11:15 am Worship 1:00 pm ND Paint Club 6:30 pm F.L.Y.</p>	<p>11 10:00 am Faithfully Fit 11am-1pm Parish Nurse Hours 3:15 pm SAY Yes 5:30 pm Explorations 6:15 pm Al-Anon 7:00 Young Adult's Group 7:30 pm Al-Anon</p>	<p>12 7:00 am Sojourners 9:00 am Tuesday Workshop 3:15 pm SAY Yes 6:00 pm ND Painting Club</p>	<p>13 Ash Wednesday 10:00 am UMW Executive Committee 3:45 pm Youth Handbells 5:30 pm Adult Handbells 5:00 pm Lenten Meal 5:45 pm Family Link 6:00 pm Lenten Study 6:00 UMYF 6:00 pm Confirmation 7:00 pm Worship/ Communion 7:40 pm Chancel Choir</p>	<p>14 6:30 am Men's Bible Study 10:00 am Faithfully Fit 10:00 am Precepts Bible Study</p>	<p>15 7:00 am Men's Breakfast at N. Perkins 10:00 am Prayer & Meditation</p>	<p>16 5:00 pm Worship with Wedding Reaffirmation 6:00 pm Worship Band Practice</p>
<p>17 Wedding Reaffirmation at All Worship Services 8:00 am Worship 9:00 am Church School 10:00 am Worship 10:00 am Church School 10:00 am Teen Link 11:00 am Youth Choir 11:15 am Worship 6:30 pm F.L.Y.</p>	<p>18 President's Day OFFICE CLOSED 6:15 pm Al-Anon 7:30 pm Al-Anon</p>	<p>19 7:00 am Sojourners 9:00 am Tuesday Workshop 5:30 pm Trustees 7:00 pm Finance</p>	<p>20 3:45 pm Youth Handbells 5:30 pm Adult Handbells 5:30 pm CE Work Area 5:00 pm Lenten Meal 5:45 pm Family Link 6:00 pm UMYF 6:00 pm Confirmation 7:00 pm Rusty Staples 7:00 pm Worship 7:40 pm Chancel Choir</p>	<p>21 6:30 am Men's Bible Study 9:00 am Esther Circle 10:00 am Faithfully Fit 10:00 am Precepts Bible Study 1:30 pm Mary-Ruth Circle 5:30 pm Worship Planning Team 7:00 pm Adult Dominos 7:00 pm UM Foundation</p>	<p>22 10:00 am Prayer & Meditation</p>	<p>23 5:00 pm Worship/ Communion 6:00 pm Worship Band Practice</p>
<p>24 Communion 8:00 am Worship 9:00 am Church School 10:00 am Worship 10:00 am Church School 10:00 am Teen Link 11:00 am Youth Choir 11:00 am Soup Bowl served in Fellowship Hall 11:15 am Worship 6:30 pm F.L.Y.</p>	<p>25 10:00 am Faithfully Fit 11am-1pm Parish Nurse Hours 3:15 pm SAY Yes 5:30 pm Explorations 6:15 pm Al-Anon 7:00 Young Adult's Group 7:30 pm Al-Anon</p>	<p>26 7:00 am Sojourners 9:00 am Tuesday Workshop 3:15 pm SAY Yes 5:30 pm Open Door Board Meeting at Open Door</p>	<p>27 3:45 pm Youth Handbells 5:30 pm Adult Handbells 5:00 pm Lenten Meal 5:45 pm Family Link 6:00 pm Lenten Study 6:00 pm UMYF 6:00 pm Confirmation 7:00 pm Worship 7:40 pm Chancel Choir</p>	<p>28 6:30 am Men's Bible Study 9:00 am Esther Circle 10:00 am Faithfully Fit 10:00 am Precepts Bible Study 5:30 pm Ad Board 6:30 pm COM</p>		



*You are cordially
Invited to attend the...*

**HAITI SOLAR OVEN PARTNER'S
BEEF STEW AND BREAD BENEFIT
(dessert too!)**

Sunday, March 3, 2013

11:00 a.m. – 1:00 p.m.

**McCabe's Fellowship Hall – lower level
(a free-will offering will be taken)**

- Special Guest -

Missionary Rick Jost

Director, Haiti Solar Oven Partners

Dakotas Conference, United Methodist Church



***May our stew
warm your
hearts for
MISSION!***

Event sponsored by the
Missions Work Area,
Bismarck McCabe UMC