

Upcoming Events

Holy Week

Maundy Thursday, April 2

7:00 p.m.

Reenactment of
The Last Supper

Good Friday, April 3

11:30 a.m. - 1:00 p.m.

Open Communion
7:00 p.m. Worship

Saturday April 4

5:00 p.m. - Worship/
Communion

Easter Sunday, April 5

Communion at all Services

6:30 a.m. Sunrise Worship

7:30 - 10:15 a.m. Breakfast

Worship:

8:00 & 10:00 Traditional

11:15 a.m. Contemporary

(No J.A.M. Church School)

Confirmation Sunday

April 26, 10:00 a.m.

Check out:

www.mccabeumc.com

for more information about
McCabe and our
Ministry Groups.

Pastor Jenny's Ponderings: *Why It'll All Be Okay (Eventually)*

If you were around McCabe during Lent, you are likely aware of the *I'm Not Okay* sermon and worship series we experienced throughout the season. Each message in the series focused on many of the ways in which we are "not okay" in this life: temptation, doubt & faith questions, physical sickness, worry & fear over the future, judgmentalism, loss & grief. If you were present for the worship services during this series, I hope you found the series to be meaningful. I also hope you were able to hang onto the good news of the series: that, by the grace of Jesus Christ, and through the power of his resurrection from the dead, everything *will* be okay...eventually.

Pastor and writer Frederick Buechner once said "Resurrection means the worst thing is never the last thing." Could you just take a moment to let that phrase sink into your soul? I mean it. Put down the newsletter – or, if you read this electronically, turn away from your computer, tablet, or phone – and soak this up:

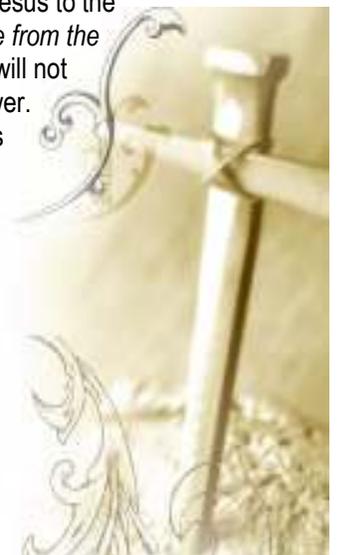
Resurrection means the worst thing is never the last thing.

What could be worse than Jesus' crucifixion? God sent him into the world out of love for the world – to save us, to bring peace and comfort, challenge and mercy, to welcome the stranger and the lost. He is our Savior and yet we couldn't handle his message, so we nailed him to a cross where he suffered and died. We each experience a piece of Jesus' suffering in our own suffering: when we're sick...when our loved ones are struggling...when a relationship falls apart...when we are at war...when long-held dreams fade or are taken away...when we are lost in grief or fear.

All that is "not okay" in this life and in our world was nailed with Jesus to the cross 2,000 years ago: *and it was all redeemed when Jesus rose from the dead that first Easter Sunday.* Of course, this doesn't mean we will not suffer in life. But it does mean that suffering has no ultimate power. Because the hope we find in Jesus Christ – well, *that* is what has ultimate power over us. And thanks be to God for it! Happy Easter, my friends. Christ is risen: Christ is risen, indeed! Alleluia, alleluia!

Peace in Christ,

Pastor Jenny Hallenbeck



FROM PASTOR JENNY: *Cultivating a Culture of Sabbath*

One of the things that's wonderful about churches is they tend to be filled with their share of folks who are naturally helpful – folks who go out of their way to be in service to God through the church and community. We have so many such people at McCabe! We also have a staff full of such people. Working well is extremely important! **However, the reality is that we all need Sabbath; we all need times when we know we can “turn off” work and focus on rest and recreation.** *If we don't allow ourselves to rest, we can't do the work we are called to do as effectively and as faithfully as possible. Sabbath is also necessary for our physical, emotional, and spiritual health!* So I'm making a personal request that we, as a congregation, do our best to honor the day(s) off of our program and office staff members who are employed for 20+ hours/week. If there is a dire health or ministry emergency, of course we are all willing to give up our day(s) off; though, in some cases, we may simply not be available (when away on vacation, for example). Keep in mind even God Almighty rested from the work of Creation for a day! **Please take note of the following staff members' schedules...**

Pastor Jenny Hallenbeck: works Tuesday – Sunday, in the office Tues.-Thurs., writes sermons Friday-Saturday (off Monday)
Nurse Jane Morgan: works Monday – Thursday 8:30 a.m. – 4:30 p.m. (off Friday-Saturday)
Jan Joersz, Servant Coordinator: works Sunday – Thursday, most Saturday services (off Friday)
Tina Mitchell, Family Ministries Director: works Tuesday – Thursday & Sunday (off Monday, Friday-Saturday)
Justin Balzer, Youth Director: leads programming Wednesday evenings & Sundays mornings, occasional Friday & Saturdays
Secretary Joy Hofstad: works Monday – Friday, office hours 8:30 a.m.-4:30 p.m. (off Saturday-Sunday)

If you have any questions or concerns about all of this, please feel free to contact me by calling the church office or emailing me at jhallenbeck@mccabeumc.com. ~ *Pastor Jenny*

Did You Know?

The monthly Messenger along with a calendar of events is on line at www.mccabeumc.com. You can also get a printed or audio copy of each week's sermon and your daily devotional material on the church website.

Please consider receiving notices including the Messenger by email to help with ever increasing postage costs.

In Our Thoughts & Prayers:

Jerry & Linda Suko and family on the death of Jerry's brother, Jim Suko, Billings, MT, March 5, 2015.

Donna & Neil Reamann and family and Herbert & Francis Preszler and family on the death on Donna's and Herbert's sister, Alice R. Pocta, Bismarck, ND, March 5, 2015.

Mark & Colette Sheldon and family on the death of Mark's father, M. Milo Sheldon, March 9, 2015, Yankton, SD.

The family & friends of Friedebert “Fred” Pfennig, Bismarck, ND, who died March 25, 2015.

Congratulations to:

Skip & Marlene Malchert on the birth of their great-grandson, Wyatt Scott Repko, born March 11, 2015, in San Francisco, CA. Wyatt's parents are Jed & Michelle Repko and grand-parents are Scott & Gail Smith of Colorado.

Mick & Britt Peterson on the birth of their son, Brixton James, March 12, 2015, Bismarck, ND. Brixton's proud grandparents are Judy Reile and Brian Peterson. Proud great-grandma is Beverly Solberg.

Pastor Darrell & Debbie Aleson on the birth of their grandson, Benjamin Longston Irwin, March 14, 2015, Las Vegas, NV, to his parents, David & Wendy Irwin.

Welcome to Our Newest Members

Kathy Odegaard 751-0868
9731 Island Rd
Bismarck, ND 58503

Lee & Betty Peterson 255-6975
1721 N. 4th St.
Bismarck, ND 58501

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



Family Ministry Minute

There's A Camp for That

Looking for some adventure this summer? Check out Dakotas' United Methodist Camps! Like sports? There's a camp for that. Like art? There's a camp for that. Like water activities? There's a camp for that. Just looking for relaxation and spiritual renewal? Yep, there's a camp for that, too. There is something for the whole family to enjoy in the company of other United Methodists sharing their love for God.

McCabe will pay one-half of the camp fee up to \$100 per camp. When registering, use code 352141CA to receive the registration credit. Additionally, an early-bird discount is given to campers who register and pay by April 30. Camping brochures are available at the church, or visit dakcamps.org to see what is offered for students, families, adults, and those with special needs.



Family Link Scriptures for April

Wednesday, April 1 <i>John 14:15-21,27</i>	Thursday, April 9 <i>Hebrews 1:1-8</i>	Friday, April 17 <i>Psalms 23:1-6</i>	Saturday, April 25 <i>Matthew 5:13-16</i>
Thursday, April 2 <i>John 13:1-17</i>	Friday, April 10 <i>Psalms 139:1-12</i>	Saturday, April 18 <i>Ephesians 2:4-10</i>	Sunday, April 26 <i>John 10:1-10</i>
Friday, April 3 <i>John 16:20-27</i>	Saturday, April 11 <i>Philemon 1:1-25</i>	Sunday, April 19 <i>1 Peter 3:8-17</i>	Monday, April 27 <i>Genesis 50:15-21</i>
Saturday, April 4 <i>Luke 23:26-56</i>	Sunday, April 12 <i>2 Samuel 9:1-13</i>	Monday, April 20 <i>Luke 10:25-37</i>	Tuesday, April 28 <i>Matthew 6:9-15</i>
Sunday, April 5 <i>John 11:17-26</i>	Monday, April 13 <i>Luke 15:4-10</i>	Tuesday, April 21 <i>Matthew 1:18-24</i>	Wednesday, April 29 <i>John 20:30-31, 21:25</i>
Monday, April 6 <i>James 1:19-25</i>	Tuesday, April 14 <i>James 2:14-18</i>	Wednesday, April 22 <i>Psalms 46:1-11</i>	Thursday, April 30 <i>2 Corinthians 12:6-10</i>
Tuesday, April 7 <i>Genesis 32:22-32</i>	Wednesday, April 15 <i>Luke 15:11-24</i>	Thursday, April 23 <i>1 Corinthians 12:27-31</i>	
Wednesday, April 8 <i>James 3:3-12</i>	Thursday, April 16 <i>Philippians 4:4-9</i>	Friday, April 24 <i>Psalms 27:1-14</i>	





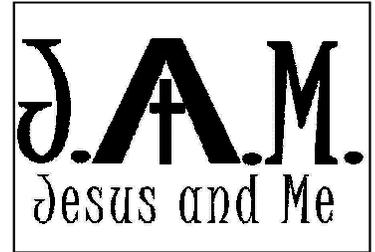
Children's Ministry Matters

What's Happening?

Prayer Cubes and Memory Bible Verses for each age group are available in the wall file outside the office of the family ministries director.

April 5—Easter Sunday, NO CLASSES

April 26—Confirmation Sunday



PreK-K are learning about Jesus' life on earth with lessons from Matthew, Mark, and John.

1st-2nd Grades will be discussing bullies in the Bible including lessons on Pharaoh, Goliath, Jezebel, and Haman.

3rd-5th Grades are learning about supernatural events in the Bible including weird weather in the last days, Moses' bronze snake, and the parting of the Jordan River.

4th-6th Grades will interpret some of the difficult things Jesus said in the Bible such as Gouge Your Eye Out if It Causes You to Sin, Eat Jesus's Flesh and Drink His Blood, and more.

Heifer International Mission Fair RESULTS

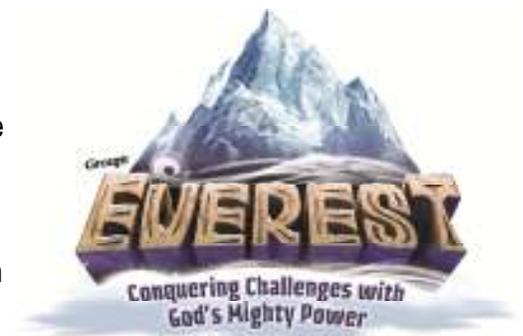
Thank you McCabe Sunday school teachers, students, and members for your hard work and support for the Heifer International market last month. Students sold hand-crafted items like God's eyes, beanie bunnies, bookmarks, loom-band bracelets, cupcakes, cookies, bacon-wrapped sausage and more to raise money for their animal goals. As a church, the market fair raised **\$2,197.35**. Each class met or exceeded their goal and we were able to purchase **7 trios of rabbits, 5 flocks of ducks, 4 pigs, 4 hives of bees, 2 sheep, 2 goats, 2 llamas, 2 flocks of chicks, and 1 water buffalo**. Great job! Thank you Kory Hagler, Tania Schroeder, Tracy Huska, and Cindy Fillenworth for running the Heifer Bucks table.



Everest Vacation Bible School

June 14-17, 2015

At Everest Vacation Bible School, kids embark on the coolest adventure of the summer! Everest VBS is filled with incredible Bible-learning experiences kids see, hear, touch, and even taste! Science-Fun Gizmos, team-building games, cool Bible songs, and tasty treats are just a few of the standout activities that help faith flow into real life. Mark your calendar as we conquer challenges with God's mighty power.





Many thanks to Esther Circle for the great noon luncheon they served at UMW's Unit meeting on March 5th. It was delicious.

I had the pleasure of installing our new Executive Officers... Kory Hagler as Treasurer, Selma Kerzman as Secretary and Sharon Miller as Co-Leader. Thank you ladies very much for serving. We also wanted to welcome Rachel Bahrenburg as our new UMW Shepherdess for our area. We are fortunate to have such talented ladies serving UMW.

Our guest speaker for Unit meeting was Kristan Clousten from God's Children. She gave a program on Human Trafficking in North Dakota. It was a very eye opening presentation and so very informative. A lot of what she spoke of, you all have been reading about in the papers. We all think of it as a problem with older victims. What most of us don't realize is that it's a big concern for young girls...some as young as 13 years old. Please, ladies, inform your daughters and granddaughters to be careful. If you're interested in getting Kristan to speak at your school or group you can get her number from me.

Our next Executive meeting will be Thursday, April 9, at 10:30 a.m. Circle meetings will be held Thursday, April 16 at 9:30 a.m., 1:30 p.m and at 7:00 p.m. If you need day care you can contact Selma at 221-2063.

Our Focus meeting will be held Saturday, April 11, in Sterling.

I would like to leave you with these words from the music of Chris Rice:

*"So carry your candle, run to the darkness,
Seek out the lonely, confused and torn.
Hold out your candle for all to see it.
Take your candle, go light your world."*

This is what the United Methodist Women are about.

He has risen & God bless,

Phil & Mary-Lee Lint Endowed Scholarship Fund

We are writing to the congregations we have been privileged to serve over the past 40 plus years to inform you of our Phil & Mary-Lee Lint Endowed Scholarship Fund at Garrett-Evangelical Theological Seminary. Since its beginning October 2011 with an initial gift of \$1,000 from the seminary, the fund has grown to over \$6,000, and two students have received small scholarships. In order to make this a permanently endowed scholarship, it needs to grow to a minimum of \$25,000. We have committed ourselves to match all gifts up to a total of \$15,000 over the next two years through December 2016.

We are inviting you to help us accomplish this task by making a contribution to Garrett-Evangelical Theological Seminary, designated for the Phil & Mary-Lee Lint Endowed Scholarship Fund. You can mail it to: Garrett-Evangelical Theological Seminary, Development Office, 2121 Sheridan Road, Edison, IL 60201-2926.

It has been our great blessing to serve as pastors of the Dakotas Conference of the United Methodist Church, and know God is calling and preparing those who will follow in our footsteps.

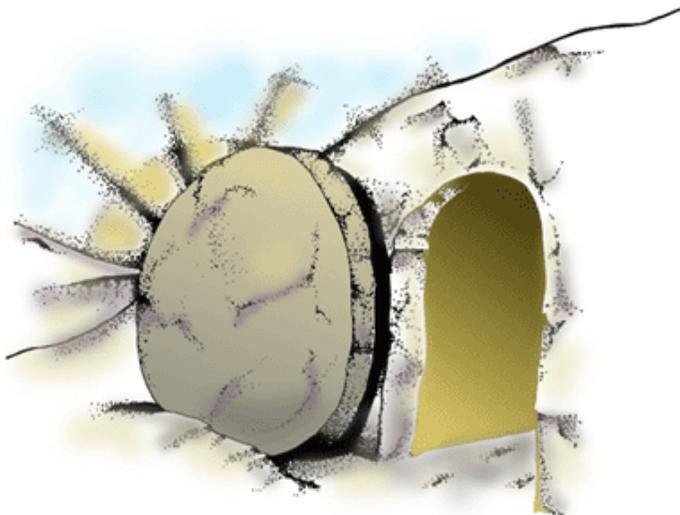
May God bless you with the gifts and graces you need to continue your work of ministry in your community and across the world.

Your friends and fellow servants,

Phil & Mary-Lee Lint

What is Women's Circle?

It is a women's group for all ages of adult women who get together once a month. It is a "community of women whose purpose is to know God and to experience freedom...through Jesus Christ; to develop creative, supportive fellowship". There are two circles that meet during the day and one that meets in the evening. The evening Circle has child care available (contact Selma 221-2063 if bringing children). All Circles meet the third Thursday of each month. Esther : 9:30 a.m., Mary Ruth: 1:30 p.m., Eve Circle: 7:00 p.m.



Wholly Healthy

Greetings McCabe friends,

I feel the same joy and excitement expressed on a sign at a greenhouse. "We're so excited it's spring that we wet our plants!!" Happy spring, indeed!

First of all, our family would like to extend our gratitude to our friends here at McCabe for all of the love, care, support and prayers over these past few months. Our world has been a bit turned upside down and at times, feeling like life has totally spun out of control. But, there has been one constant in all of this; the love of God and the love of all of you! We are grateful!

I often hear people say, myself included, "I need to start taking better care of myself". So just how do we go about making these changes in our health behavior that will become longer lasting than just a few weeks after the new year? I read an article about this subject written by Dr. James O. Prochaska and Dr. DiClemente that explain a process in which we can create new habits and dedication to be successful in maintaining the changes in ourselves to be healthier in our lifestyles.

They explain these changes in five stages. The first stage is **pre-contemplation**, which occurs when an individual doesn't know or understand that a change needs to take place. Education is necessary to explain potential health risks and the need for change. In this stage we need then, to process and accept this information in order to move on to the second stage which is **contemplation**. In this stage we may have conversations with ourselves such as, "I know I should eat better, I should lose weight and exercise more". We do a lot of talking but make no actual plans to implement these changes. We tend to move very slowly through this stage as change is difficult and won't happen until we make and verbalize the decision to move forward.

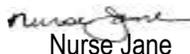
When the decision has been made to move forward in our change, we can move into the third stage of **preparation**. The intent and desire to change is embraced as well as making actual plans to reach our goal. Ok, now we have a plan. We have been educated and are building interest and commitment to our change and support the choice to move into the fourth stage of **action**. This is the tricky stage as we usually begin this process with great enthusiasm and interest but soon our commitment and interest may fizzle. Other obstacles may block the action or we may just have improper tools for change which can cause us to backslide into the contemplation stage again. If this happens, we need to seek out education, encouragement and support and new tools to get us back on track in meeting our goal.

We need to focus on realistic and attainable goals to achieve success in our changes without experiencing a relapse. Once these changes become our new habit we then reach the fifth and final stage of **maintenance**. The idea in this stage is to continue the new behaviors even though the goal has been met. We need to remember that each of these steps takes a lot of hard work and commitment. We need to seek encouragement and support throughout the process and celebrate each success along the way! (Source: The Transtheoretical Model of Behavior Change)

As we make our journey towards change we need to remember that our bodies are a precious gift from God and are temples of God. (I Corinthians 3:16-17) In fact, scripture tells us that we were created in His image. Perhaps on our walk towards Easter, we can resurrect a new excitement and commitment in caring for our "temple". Philippians 4:13 tells us that "I can do all things through Christ who strengthens me." Maya Angelou speaks on change with these wise words: "If you don't like something, change it. If you can't change it, change your attitude."

May your journey through Holy Week towards the awe of Easter morning bless you in wonderful ways!

God bless,



Nurse Jane

P.S. It's amazing what you can accomplish with a little hard work and a lot of whining.—Barbara Johnson

Youth Ministries Update

Easter is fast approaching, which means different things for different people, but for me it means preparation. Preparation for the resurrection, preparation for forgiveness, preparation for sacrifice, and preparation for the Sunrise Service and Easter Breakfast (which I encourage all of you to attend, I hear it's pretty good every year). We must be prepared for whenever and whatever God asks of us. Jesus prepared for what He knew would have to be, there may have been times that He asked for another path, but that did not deter his preparation. We have to take that example and know that we have to be prepared for whatever may be thrown at us, but also be prepared for His return. "Therefore, stay awake, for you do not know on what day the Lord is coming." Matthew 24:42.

Easter Sunrise Service is Easter morning at 6:30 am (it's not that early), following the service is the annual Easter Breakfast, which is for everyone, even if you don't go to the sunrise service. The Easter Breakfast runs from 7:30-10:30. I would like to thank those that came out to support the youth mission trip for this summer, we raised almost \$1,200, and I promise those gifts are very appreciated by not only myself, but all the youth that will be attending the mission trip. I have also heard that they are coming back, if you don't know what I am talking about, let's just say that certain birds are on their way back.

On a serious note, I would like to extend a prayer request to everyone here at McCabe, as you may be aware, one member of our youth group, Caleb Olson, suffered a broken back while on a ski outing with his family. I ask for your prayers that Caleb can be healed. We pray for a speedy recovery for Caleb and we want to see him back here at McCabe.

Justin Balzer, Youth Director

april

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

			<p>1 3:15 pm S.A.Y. Yes 3:45 pm Youth Bells 5:30 pm Adult Bells 6:00 pm Great Adventures (gr. 2-5) 6:00 pm Moms Connect 6:00 pm Confirmation 6:30 pm UMYF 6:00 pm M. Thurs. Rehearsal 7:00 pm Chancel Choir</p>	<p>2 Maundy Thursday 6:30 am Men's Bible Study 9:00 am AM Tops 10:00 am Faithfully Fit 10:00 am Precept Bible Study 5:30 pm PM Tops 7:00 pm Worship/Reenactment of <i>The Last Supper</i></p>	<p>3 Good Friday 7:00 am Men's Breakfast at N. Perkins 10:00 am Prayer & Meditation 11:30 am - 1:00 pm Open Communion 7:00 pm Worship</p>	<p>4 2:30 pm Bismarck Bible Study 5:00 pm Worship/Communion</p>
<p>5 Easter! 6:30 am Sunrise Worship/Communion 7:30 - 10:15 am Breakfast 8:00 am Worship/Confirmation 10:00 am Worship/Communion 11:15 am Worship/Communion</p>	<p>6 OFFICE CLOSED 5:30 pm ALOF Dance 7:30 pm Al-Anon</p>	<p>7 7:00 am Sojourners 9:00 am Tuesday Workshop 3:15 pm S.A.Y. Yes 4-7 pm Praise Band 5:30 pm ALOF Dance</p>	<p>8 3:15 pm S.A.Y. Yes 3:45 pm Youth Bells 5:00 T.G.I.W. Meal 5:30 pm Adult Bells 6:00 pm Confirmation 6:30 pm UMYF 7:00 pm Chancel Choir</p>	<p>9 6:30 am Men's Bible Study 9:00 am AM Tops 10:00 am UMW Executive Mtg. 10:00 am Faithfully Fit 10:00 am Precept Bible Study 5:30 pm PM Tops 5:30 pm ALOF Dance</p>	<p>10 10:00 am Prayer & Meditation 5:30 pm ALOF Dance</p>	<p>11 11:00 am LOF Dance 2:30 pm Bismarck Bible Study 5:00 pm Worship</p>
<p>12 8:00 am Worship 9:00 am Jesus & Me 9:00 am Adult Bible Studies 10:00 am Worship 10:00 am Jesus & Me 11:15 am Worship 1:00 pm ND Paint Club 3:00 pm Financial Peace 6:30 pm F.L.Y. 7:00 pm Basketball</p>	<p>13 10:00 am Faithfully Fit 11am-1pm Parish Nurse In Office 3:15 pm S.A.Y. Yes 5:30 pm ALOF Dance 7:30 pm Al-Anon</p>	<p>14 7:00 am Sojourners 9:00 am Tuesday Workshop 3:15 pm S.A.Y. Yes 4-7 pm Praise Band 5:30 pm ALOF Dance 5:30 pm Leadership Team</p>	<p>15 3:15 pm S.A.Y. Yes 3:45 pm Youth Bells 5:00 T.G.I.W. Meal 5:30 pm Adult Bells 6:00 pm Great Adventures (gr. 2-5) 6:00 pm Moms Connect 6:00 pm Confirmation 6:30 pm UMYF 7:00 pm Chancel Choir</p>	<p>16 6:30 am Men's Bible Study 9:00 am AM Tops 9:30 am Esther Circle 10:00 am Faithfully Fit 10:00 am Precept Bible Study 1:30 pm Mary-Ruth Circle 5:30 pm PM Tops 5:30 pm ALOF Dance 7:00 pm Eve Circle 7:00 pm Adult Dominos</p>	<p>17 7:00 am Men's Breakfast at N. Perkins 10:00 am Prayer & Meditation 5:30 pm ALOF Dance</p>	<p>18 11:00 am LOF Dance 2:30 pm Bismarck Bible Study 5:00 pm Worship</p>
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<p>26 8:00 am Worship 9:00 am Confirmation Brunch 9:00 am Jesus & Me 9:00 am Adult Bible Studies 10:00 am Worship/Confirmation 10:00 am Jesus & Me 11:15 am Worship 3:00 pm Financial Peace 6:30 pm F.L.Y. 7:00 pm Basketball</p>	<p>27 10:00 am Faithfully Fit 11am-1pm Parish Nurse In Office 3:15 pm S.A.Y. Yes 5:30 pm ALOF Dance 7:30 pm Al-Anon</p>	<p>28 7:00 am Sojourners 9:00 am Tuesday Workshop 3:15 pm S.A.Y. Yes 4-7 pm Praise Band 5:30 pm ALOF Dance 5:30 pm Open Door Board Meeting</p>	<p>29 3:15 pm S.A.Y. Yes 3:45 pm Youth Bells 5:30 pm T.G.I.W. Meal 5:30 pm Adult Bells 6:30 pm UMYF 7:00 pm Chancel Choir</p>	<p>30 6:30 am Men's Bible Study 9:00 am AM Tops 10:00 am Faithfully Fit 10:00 am Precept Bible Study 5:30 pm PM Tops 5:30 pm ALOF Dance</p>		

APRIL'S ONE THING: Dry Goods for the Food Pantry

As our One Thing mission initiative continues in April, we ask that you bring the following category of items for the Emergency Food Pantry: **dry goods (cereal, pancake mix, cake mix / frosting, instant potatoes)**. When we called to ask what they needed most, these items were top on their list. Many people who use the Food Pantry need these items, but they don't tend to come in through donations; the Pantry then ends up using their limited funds to purchase them. Let's work together to stock their shelves with dry goods!



NOTICE:

Any items for the May 2015 newsletter need to be turned into the church office no later than
Wednesday, April 15, 2015.

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

Pastor:
Jenny Hallenbeck

Office Hours:
Monday – Friday
8:30 a.m. – 4:30 p.m.

Worship

Saturdays:
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.

Children's Program
J.A.M. (Jesus and Me)
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](http://www.facebook.com/pages/McCabe-Church/330953958825)

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