

## Family...

*"In truth a family is what you make it. It is made strong, not by the number of heads counted at the dinner table, but by the rituals you help family members create, by the memories you share, by the commitment of time, caring, and love you show to one another, and by the hopes for the future you have as individuals and as a unit."*

~ Marge Kennedy

*"Family is what grounds you."*

~ Angelina Jolie

*"If the family were a boat, it would be a canoe that makes no progress unless everyone paddles."*

~ Letty Cottin Pogrebin

*"The strength of a family, like the strength of an army, is in its loyalty to each other."*

~ Mario Puzo



**McCabe Family Teams:** The core of our relationships is often within our families. We have a family of origin which includes mother, father, sisters, and brothers. We also have families that include people beyond the typical nucleus. A phrase that describes our families is: there are families we are born into and families we are loved into.

This fall we are starting a new **Family Team** ministry. First, what is a family? We're defining a family as the place where you lay your head on the pillow. You may have a family of five or more, but you could also have a family of one. If you are a family of one, we encourage you to find someone you can have coffee with or speak to by phone each day. (Please call the church office if you need help finding someone.)

**Your Family Team** will spend fifteen (15) minutes a day in conversation. We will ask you to talk about the high points of your day and the low points of your day. We will provide you with a scripture verse to read and talk about. The final step is to say a prayer and offer a blessing for the people who are gathered. By doing this each and every day you will: grow closer as a family, grow closer to God; and our church will grow spiritually.

The McCabe purpose statement is: **Christ calls us to Worship, Grow, and Serve.** This is true of our church family and our individual families. We are called to worship God in public and private. We are called to grow in our faith as a Church and as families. We are called to serve God at church and throughout the larger community, both corporately and individually.

Begin today by making a commitment to praying for your family and our church every day. Ask for God's blessing. Ask for God's guidance. Ask how God can use you to build up the Body of Christ known as McCabe UMC.

Watch the September newsletter for more specific details about **the McCabe Family Teams.**

Pastor Ray

# DOCS, CROCS & FROCKS

AUGUST 18, 2012



## 2013 Alaska Fishing Trip

Sponsor Pastor Ray and help raise money for "The Welcome House." You can give your donation through the church or online. <http://www.welcome-house.net/?id=74>

On Saturday, August 18, the Welcome House will sponsor an athletic challenge between physicians, attorneys, and clergy in the Bismarck- Mandan area. Entitled "Docs, Crocs, and Frocks," this challenge is intended to accomplish several purposes: to raise awareness of the homeless population in our community; to raise much needed funds for the Welcome House in its outreach to homeless individuals and families; to model health and community service as positive values of our community leaders; to promote collegiality among professionals who often provide direct service to the working poor; and to have fun.

**Each profession will be represented by 8 athletes:** 2 bikers, 2 runners, 2 swimmers, and 2 walkers. **Each athlete will participate in a challenge on behalf of their team:** bikers will bike 20 miles, runners will run 5 miles, swimmers will swim 1 mile, and walkers will walk 3 miles. **Prior to the event, athletes will be collecting donations for The Welcome House, Inc., to support their athletic performance.** The individual athlete and the team that raise the most money for Welcome House, Inc. will be recognized at a concluding brunch and awards ceremony at the end of the morning.

You can support your favorite team or your favorite individual athlete in their race to the fundraising finish line! Each athlete has been challenged to raise at least \$500 in donations. Simply click on the team title or on the individual athlete's picture below and you will be directed to a donation form.

We are grateful to Basin Electric, MDU, and Scheels for their generous support in sponsoring this community event.

Join Pastor Ray and Sarah Baker for a five-day vacation to Raspberry Island Remote Camp in Kodiak, AK. <http://www.raspberrylsland.com/> Our friends Tiffany and Birch Robbins own this lodge, and they would love to host us. I have asked them to pencil us in for August 10-14, 2013: mid-afternoon arrival on the 10<sup>th</sup> and mid-morning departure on the 14<sup>th</sup>. This will give us three full days for fishing, kayaking, hiking, and beach combing. This is excellent time of year for halibut and Silver Salmon, which are more dependable than King Salmon, and offer a lot of action. Throughout the year, guests commonly see Dahl porpoise, sea otters, whales, and bald eagles.

This trip is open to everyone. Raspberry Island offers a wonderful combination of creature comforts and a remote setting. There are five cabins with two queen-size beds with a bunk over each bed. The cabins include electricity and showers. The trip is open to men, women, and children. We can take five couples or more if people are willing to share a cabin. The lodge has accommodated a group as large as eighteen people.

The cost is set at just over \$2,000 for our time at the lodge. This will provide all meals (halibut, salmon, and king crab are staples), lodging, guides, a 37' fishing boat, sea kayaks, fishing equipment, rain gear, rubber boots, and more.

You will also be responsible for making your own travel arrangements to and from Alaska. We will meet in Anchorage on the afternoon of August 10 and fly to Kodiak where our host Birch will meet us with the fishing boat.

Please call me if you have any questions (255-1160).

You can also see the pictures from our 2012 trip on the McCabe Facebook page. We will hold an informational meeting in the Great Hall on Wednesday, September 19 at 6:15 p.m.





The Ronald McDonald House would like to thank you for your generous donation. This is truly a gift that will keep giving, by helping to provide a home-away-from-home for families of children being treated at the Bismarck hospital. We appreciate your generosity!

## In Our Thoughts & Prayers:

Brant & Nancy Malsam and family on the death of Brant's mother, Mary Malsam, of Sterling, ND, on May 24, 2012.

Marshall & Nila Pudwill on the death of Marshall's mother, Mary Margaret Pudwill of Bismarck, on May 31, 2012.

John Anderson and family and Mark & De Ann Anderson and family on the death of Mary Ann Anderson, John's wife and Mark's mother, of Bismarck, ND, on June 11, 2012.

The family & friends of Lorraine Dewald of Bismarck, ND, who died June 18, 2012.

Nora & Douglas Kane and family and Steven & Donna Hamar & family on the death of Lilian Hamar of Ellendale, ND, Nora's & Steven's mother, on June 18, 2012.

Launa & Kelly Moldenhauer and family, and Jody & Robb Eckert and family on the death of Launa's mother, and Jody's grandmother, Shirley Unterseher, on June 20, 2012.

Neyl McClure & family on the death of Neyl's son, Bruce McClure of Bismarck, ND on June 27, 2012.

Edna & Mary Boardman and family on the death of Edna's mother and Mary's grandmother, Ella Berg of Mesa, AZ, (formerly of Benedict, ND) on July 1, 2012.

Thank you for your many donations to the Bismarck **Emergency Food Pantry** during the first half of 2012. We do appreciate your support in feeding the poor and hungry within our community.

Thank you to Grace Trangsrud and Linda Suko for packing, decorating and adding treats for Sunday School In-A-Bag for July.

Thank you to Sharyl, Becky and Jonathan Maier for packing, decorating and putting treats into the Sunday School In-A-Bag for August.

Thank you to Kyle and Jan Joersz and Floramay Miller for putting on the worship skit, *A Not-so-amazing Christian* on Sunday, June 17, and Wednesday, June 13.

A great BIG thank you to everyone that volunteered their time and for the donations to help make VBS a success. We averaged 60 kids each evening. The week started off with a meal provided to all volunteers and kids in attendance. The last night ended with a splash at the Capital lawn where all the kids ran through the sprinklers. A tie-dye project started off the week and we ended the week with a group picture. If you attended VBS and would like a group photo, please call or email me and a copy will be mailed or emailed to you. Without all of the volunteers this event would not be possible. Thank you and see you next year where we will explore the world learning about God.

Kerrie Schlecht, VBS Director  
(226.9343) or kjschlecht@yahoo.com

## Baptisms:

### Sunday July 1, 2012

Avery Lynn Miller, daughter of Nathan & Cassie Miller

### Saturday, July 21, 2012

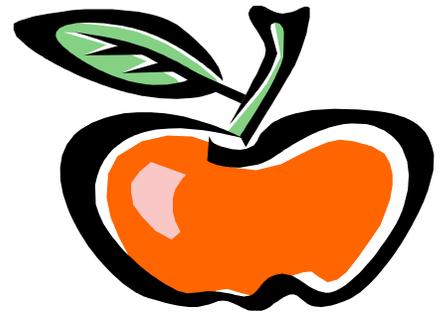
Holden Richard Howard, son of Jill & Trent Howard

## Congratulations to:

Alison Joersz & Ronald Kenol on the birth of their daughter, Nael Christine Kenol on Wednesday, July 25, 2012 in Bismarck. Nael is the first grandchild of Kyle & Jan Joersz. The proud great grandparents are Robert & Julia Ritterbush and Wally & Eileen Joersz.



# Wholly Healthy



Greetings McCabe friends:

You know it's hot when the temperature drops below 90 and you feel a little chilly! Or it might be too hot when the potatoes cook underground, so all you have to do is pull one out and add butter. Uf da! It has been a little warm but at least it isn't 40 below!

Between the heat outdoors and the air-conditioning indoors we do tend to dehydrate quite easily. With dehydration, we lose more fluid than we take in and our body doesn't have enough water and other fluids to carry out its normal functions.

Not drinking enough water during this hot, humid weather or exercising also may cause dehydration.

According to an article from Mayo Clinic, the signs and symptoms of mild to moderate dehydration are as follows:

- \* Dry, sticky mouth
- \* Sleepiness or tiredness- children are likely to be less active than usual
- \* Thirst
- \* Decreased urine output- no wet diapers for three hours for infants and eight hours or more without urination for older children and teens
- \* Few or no tears when crying
- \* Dry skin
- \* Headache
- \* Constipation
- \* Dizziness or lightheadedness (our blood pressure level drops when dehydrated)

Unfortunately, by the time we feel thirsty we are already dehydrated. A better way to gauge our hydration is to check the color of our urine. It should be clear and light yellow in color. When dehydrated, the urine will be dark yellow to amber colored with a strong odor.

In this hot, humid weather we are experiencing, we need to drink additional water to help lower the body temperature and to replace fluid lost through sweating. Heat and humidity increases the risk of dehydration because sweat can't evaporate and cool us as quickly as it normally does, which can lead to increased body temperature and the need for more fluids.

When exercising outdoors be certain to drink one to three cups of water before beginning any strenuous exercise or sport and replenish fluids often during and after exercising. In those who exercise strenuously, dehydration can be cumulative over a period of days.

This means you can become dehydrated with a minimum amount of exercise if you don't drink enough to replace what is lost each day.

Dehydration can be serious, even fatal. Seek immediate medical attention if you should develop extreme thirst, a lack of urination, a very dry mouth, skin and mucous membranes, shriveled skin( a pinched fold of skin does not bounce back), dizziness, irritability and confusion.

Along with the above symptoms, extreme fussiness or sleepiness in infants and children and in infants a sunken soft spot on the top of the baby's head are indicators of severe dehydration needing immediate medical care.

Please remember to drink plenty of fluids in this heat wave to prevent dehydration. Coffee doesn't count as it has a diuretic effect. A doctor once told me that drinking coffee is like flushing the toilet. The water from coffee doesn't get readily absorbed. It just rushes right through us. Quite the analogy, huh? But the point was well taken!

Mark your calendars! Faithfully Fit exercise class will begin Monday, September 10th from 10-11 am every Monday and Thursday in the Great Hall. This is an exercise class geared for all to attend. Our motto is, "Come as you are, do as you can". We do warm-up exercises, low-impact aerobics, balance work, and strengthening exercises with elastic bands. However, laughter remains to be our favorite exercise. You know, internal jogging! Come and give it a try.

Enjoy a wonderful, safe, "well-watered" summer! Please feel free to stop in for a visit in the parish nurse office, located by the west entrance, every Monday from 11-1. Please contact me by calling the church office (255-1160) if you have any questions or concerns or if you would like me to visit you.

As always, thank you for your wonderful support. You are such a blessing to serve!

God bless,

A handwritten signature in black ink that reads "Nurse Jane".

Nurse Jane

P.S. It just might be too hot when the trees are whistling for the dogs!



**Unit meeting:** Our fall schedule resumes with a Unit meeting on September 6<sup>th</sup> in McCabe's Great Hall at 7 p.m. Esther Circle is the Hostess; we will hold election of officers and enjoy a special program by Carol Guymmer. Circle members and guests are invited to attend.

**Circles** meet the third Thursday of each month, September through May. Esther Circle meets at McCabe in the room just to the east of the kitchen on the lower level at 9:30 a.m. Mary Ruth Circle meets in the McCabe Library at 1:30 p.m. Eve Circle, a great help with our mission and events, does not presently have a regular meetings.

**Bazaar:** Saturday, October 20 is the date set for the Bazaar. Gerry Ann Small has agreed to again serve as our Bazaar Chair. Gerry's phone number is 673-3373. Please let Gerry Ann or me know about plans for your area. Everyone is so generous with their donations for our rummage sale that we are already seeking storage area the items.

**Love Ribbon Grant:** We have received one application for this grant administered by the Sakakawea UMW District that benefits children and is funded by the sale of Love Ribbons. Applications are due by September 10<sup>th</sup>.

**UMW Executive Officers:** This is my last year as UMW Chairperson. Bonnie Elefson has volunteered to be Co-Chair in 2013 and we are looking for someone who will complement her talents.

**Read:** Your Reading Program information is due to Pat Martin by August 10<sup>th</sup>.

**School of Christian Missions** was held in Jamestown July 19-22. Our new representative to the Sakakawea District, Rachel Bahrenburg, attended and we are looking forward to her report.

**UMW Purpose:** The organized unit of United Methodist Women shall be a community of women whose purpose is to know God and to experience freedom as whole per-

sons through Jesus Christ; to develop a creative, supportive fellowship, and to expand concepts of mission through participation in the global ministries of the church.

For McCabe United Methodist Women  
Marlette Pittman 220-6311

## UMW Reading Program Participants:

Please leave your completed reading plan sheets in the folder on the library desk by August 10 so they can be mailed to the district officer by August 15. Thanks to all of you dedicated readers.

## Philippians Precept Bible Study

The theme of Philippians is the adequacy of Jesus Christ for life and death. The words joy and rejoicing are used sixteen (16) times in this book. If you would like to experience the kind of joy that does not depend on outward circumstances, then join us on Thursday mornings, 10:00 a.m., in room E-18, where the class will be taught by Donna Kennedy. September 13, 2012, is our first session. To order your study material, call Marilyn Strutz, 255.0596, before September 1.

## Welcome to our newest members:

Serena Henke  
1824 Kennedy Ave.  
Bismarck, ND

Janet Eisenbeis  
125 E. Arikara  
Bismarck, ND

## Messenger Deadline

The deadline for the August Newsletter is  
**Wednesday, August 15, 2012.**



# Christian Ed Notebook

**Something NEW is happening!**

**Large Group! Small Group!**

**3 Year Old—4th Grade**

**Classes are upstairs in the Education Wing**

On September 9 at 9:00 and 10:00 a.m. Church School will begin the fall schedule with the Large Group. Everyone will share in the story, music/dance videos, live music, storytellers, dramas and prayer.

From there children will be divided into Small Groups for activities related to the lesson. Small Groups will be 4-6 year olds and 7-9 year olds at 9:00 a.m., and another group of 3-6 year olds and 7-9 year olds at 10:00 a.m.

At 9:00 a.m. 2 & 3 year olds will have their own class. Teachers are needed for the 2 & 3 year olds for the 10:00 a.m. they can do this also.

There will be 2-3 teachers for each group so each child will have individual attention. If you are interested in helping in any way, please contact Floramay Miller, 255.1160, 222.4379, 713.969.7238 or [fmiller@mccabeumc.com](mailto:fmiller@mccabeumc.com)

## Do you get The Parent Link newsletter?

Every month it goes out to families with children between the ages of two and 12 years.

It can also be accessed through a link on the McCabe website, [www.mccabeumc.com](http://www.mccabeumc.com)

In September it goes to families with youth up to the age of 18 and will be sent by both email and US mail. Each month it gives details about events and activities for children and their families.

If you want to receive the PDF of *The Parent Link*, send your email address to Floramay Miller, [fmiller@mccabeumc.com](mailto:fmiller@mccabeumc.com).



## Rusty Staples Meeting September 5

Our first meeting, Wednesday, September 5, will be for 4th graders and parents **ONLY**. Come at 6:30 p.m., room E-11, for a "meet & greet," get your Grapple code, and play some games. **Wednesday, September 19, 6:30 p.m. will be our first meeting for the whole group, grades 4, 5, & 6.**



## Coming September 9!

The premiere of  
*The Penniless Princess, God's Little Girl,*  
at McCabe UMC

## Be on the Look-out!

Beginning in September watch for exciting new opportunities to help families become stronger and to get to know each other better.

## Time is slipping by!

If you have been pondering over painting murals in a preschool classroom, now is the time to act. Classes start September 9. We have images, ideas and supplies to get you started on a celebration of the risen Christ. Contact Floramay Miller, 255.1160, 222.4379 or 713.969.7238 or [fmiller@mccabeumc.com](mailto:fmiller@mccabeumc.com)

## Do You Like to Decorate for Holidays or Seasons?

The Christian Education Work Area is looking for volunteers to help decorate the education wing throughout the school year. All supplies will be provided as well as a calendar of upcoming events for decorating. If you are interested in volunteering, please contact Floramay Miller at [fmiller@mccabeumc.com](mailto:fmiller@mccabeumc.com), Kerrie Schlecht at [kjschlecht@yahoo.com](mailto:kjschlecht@yahoo.com) or by calling 255.1160.

## Handbells

Youth handbells, **grades 3 through 8**, will begin on Wednesday, August 24, 2012, at 3:45 - 4:45 p.m.

Handbells for **adults and youth grades 9 - 12** will begin Wednesday, August 24, 2012, at 5:30 - 6:30 p.m.

No music experience is required. If you are interested in ringing handchimes/handbells please call the church office at 255-1160, Marti at 223-9137, or email :[Knutson@bis.midco.net](mailto:Knutson@bis.midco.net)



## 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	

## Markers, Glue Sticks & Tape

Back to school is just around the corner and Christian Education is gearing up for Sunday School classes to start September 9. We are asking for donations of: glue sticks, washable markers, permanent Sharpie markers in assorted colors, black Sharpie markers, Magic Scotch Tape (green label), assorted sizes of clear storage containers with lids and masking tape in assorted colors and plain. Donations can be put outside of Floramay's office in the education wing or brought to the church office. If you have any questions, call Kerri Schlecht at 226.9343 or [kjschlecht@yahoo.com](mailto:kjschlecht@yahoo.com).

## Mark Your Calendars and Save These Dates

**September 23 - 2:00 to 4:00 p.m.**

Christian Education is leaping into the school year with a *Welcome Back and Get to Know* your classmates and their families event. Watch for details to come in future bulletins, emails and newsletter.

**October 14 & November 18 from 2:00 to 4:00 p.m.**

Details to follow from Christian Education.

## What's Cooking?

The Open Door Community Center is looking for a cook to plan, prepare, serve and clean up the daily morning snack and lunch served to our 22 preschoolers. The 20 hours a week are somewhat flexible morning hours. It's a must to enjoy working with children.

Also, we are taking registrations for our school year of Christian preschool. Classes for ages 3-5 will start August 27. Before and after school hours are available. For more information, please contact the Open Door at 222-3004.

## **“Get Up and Go”**

### **19th Annual Dakotas Conference**

### **Session of the United Methodist Church**

The theme of the Dakotas Conference, held June 6 - 9 in Sioux Falls, SD, comes from Acts 8:26-39: the angel of the Lord tells Philip to “Get up and go” toward the south. Not only did Philip hear God’s command, but he “got up and went” and met the Ethiopian eunuch, a man “of great authority under Candace” the Ethiopian queen. The result was Philip’s leading the Ethiopian to salvation through Jesus Christ. The theme, woven through four days, called the Conference’s individual churches and members to not only listen to the voice of God, but to act and “make disciples of Jesus Christ for the transformation of the world.”

Attending the Conference from McCabe were our pastors, Ray Baker and Rick Fossum, and voting laity: Ike Aichele, Jack Knoll, Karen Workman, and Louise Broten. Retired pastor Art Scanson was a Conference guest.

Business sessions were balanced with times of worship, teaching, workshops, exhibits, and a mini-bookstore set up by Cokesbury, to help attendees return home renewed and informed.

In the Plenary or business sessions, the Conference appointments to churches were made known. We are happy to report Pastors Rick & Ray will continue to lead McCabe. Beginning September 1, the Dakotas Conference will share a bishop with the Minnesota Conference. While the two conferences will remain autonomous and continue to hold separate annual sessions, one bishop will be assigned as head of both conferences and will reside in Minneapolis. Considering the real possibility that Bishop Deborah Lieder Kiesey may be appointed to another conference, leaders of the session honored Bishop Kiesey and expressed their appreciation for her faithful service to the Dakotas. The beautiful “Get Up and Go” quilted banner, made by Nancy Nelson and which graced all services and sessions, was given to Bishop Kiesey at the close of the annual conference.

Note: Our new Bishop is Bruce R. Ough

One piece of business which will affect all United Methodist Churches equally is that of apportionments. Apportionments, paid to the Conference, are to provide for the district superintendent salaries, pensions of pastors, conference operating income, etc. The current method is

extremely complicated and based on membership. The proposed apportionment, which would be implemented in 2014, is called “a tithe plus.” Instead of using a membership basis, the tithe plus would be based on the general offerings (those not dedicated to a specific mission or use) each church receives. While this will result in less operating funds for the Conference, this is a “plan to prosper churches.” Our Conference financial leaders felt there was “a loss of holiness with bills and checks . . . which distracts us from making disciples of Jesus Christ.” Each church will “honor God” by tithing (plus) the offerings received.

Sioux Falls United Methodist Church showed us her diversity by having worship in both traditional and nontraditional settings. We enjoyed Reverend John Edgar, inner city pastor from Columbus, Ohio, in the modern Embrace United Methodist Church. Soft fabric easy chairs were in the area we would call the altar. A large screen displayed visuals and words to choruses as we sang with the (rock?) band. Rev. Edgar gave an inspiring message on engaging with the poor around us. His church has a free store which has served 145,000 people. People donate, and his organization gives to all who come (“no rules that prove you are poor and need stuff”). Edgar believes in “A Divine Economy of Abundance: if we give what we have (even little) God will multiply it; there is no scarcity.” Edgar’s church also offers community meals, helps people find affordable housing, provides a primary care clinic, a charitable pharmacy, after school care, etc. His first ‘key of learning’ is “Build Relationships.” Edgar believes that “worship is the great equalizer” and that “passionate worship transforms relationships. Energy dissipates if it doesn’t have an authentic source. The more authentic, the more spirit filled.”

Our last evening of worship was at Sioux Falls First United Methodist Church. In this beautiful old church, filled with stained glass windows, the moving Ordination Service was held and United Methodist Church youth leaders went to the altar to dedicate their lives to God.

This report can only give a brief overview of all that happened at your Dakotas Annual Conference, 2012. Please take time to go online at <[dakotasumc.org](http://dakotasumc.org)> to learn much more. The theme, “Get Up and Go,” should stay with us all year. And we should not forget that Philip, in obedience, got up and went.

Submitted by Louise Broten, McCabe Lay Leader

**Wanted: McCabe Choir Accompanist**  
**Duties: Accompany the Chancel and Youth Choir**

If you are interested, we are actively looking to hire someone who has the desire and talent to accompany our gifted choirs on a weekly basis. This is a paid position and we would like to fill this vacancy before the fall church term begins.

Please contact Pastors Rick or Ray if you are interested.



**NOTICE:**

Any items for the newsletter need to be turned into the church office no later than **Wednesday, August 15, 2012.**

**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.

**Wednesdays** (June-Aug.)  
7:00 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](http://www.mccabeumc.com)

**Facebook**

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

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# August 2012

Sunday

Monday

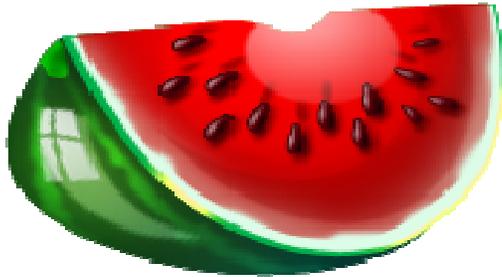
-Tuesday

Wednesday

Thursday

Friday

Saturday



			<b>1</b>  7:00 pm Worship	<b>2</b> 6:30 am Men's Bible Study  5:30 pm Foundation Funding & Gifting	<b>3</b> 7:00 am Men's Breakfast at N. Perkins 10:00 am Prayer & Meditation  5:00 pm Wedding Rehearsal	<b>4</b>  3:00 pm Wedding
<b>5</b> 8:00 am Worship 9:30 am Worship 11:00 am Worship	<b>6</b> 11am-1pm Parish Nurse Hours  6:15 pm Al-Anon 7:30 pm Al-Anon	<b>7</b> 7:00 am Sojourners 9:00 am Tuesday Workshop  5:30 pm Worship Planning Team	<b>8</b> 10:00 am UMW Executive Committee  7:00 pm Worship	<b>9</b> 6:30 am Men's Bible Study  5:30 pm Ad Board	<b>10</b> 10:00 am Prayer & Meditation  5:00 pm Wedding Rehearsal	<b>11</b>  3:00 pm Wedding
<b>12</b> 8:00 am Worship 9:30 am Worship 11:00 am Worship	<b>13</b> 11am-1pm Parish Nurse Hours  6:15 pm Al-Anon 7:30 pm Al-Anon	<b>14</b> 7:00 am Sojourners 9:00 am Tuesday Workshop	<b>15</b>  5:30 pm Christian Education Work Area  7:00 pm Worship	<b>16</b> 6:30 am Men's Bible Study  7:00 pm YES Volunteer Meeting 7:00 pm UM Foundation	<b>17</b> 7:00 am Men's Breakfast at N. Perkins 10:00 am Prayer & Meditation	<b>18</b>
<b>19</b> 8:00 am Worship 9:30 am Worship 11:00 am Worship	<b>20</b> 11am-1pm Parish Nurse Hours  6:15 pm Al-Anon 7:30 pm Al-Anon	<b>21</b> 7:00 am Sojourners 9:00 am Tuesday Workshop  5:30 pm Trustees	<b>22</b>  3:45 pm Youth Handbells 5:30 pm Adult Handbells 7:00 pm Worship	<b>23</b> 6:30 am Men's Bible Study  6:30 pm Council of Ministry	<b>24</b> 10:00 am Prayer & Meditation	<b>25</b>
<b>26</b> 8:00 am Worship/Communion 9:00 am Blood Pressure Screening 9:30 am Worship/Communion 11:00 am Worship/Communion	<b>27</b> 11am-1pm Parish Nurse Hours  6:15 pm Al-Anon 7:30 pm Al-Anon	<b>28</b> 7:00 am Sojourners 9:00 am Tuesday Workshop	<b>29</b>  3:45 pm Youth Handbells 5:30 pm Adult Handbells  7:00 pm Worship/Communion	<b>30</b> 6:30 am Men's Bible Study	<b>31</b> 10:00 am Prayer & Meditation	