

Upcoming Events

Communion
August 6 & 7

**Potluck Meal to Welcome
Pastor Mark & Family**
Sunday, August 7
12:00 p.m.

Advent Brainstorm Party
Thursday, August 11
5:30 p.m.

Backpack Blessing
Sunday, August 21
9:30 & 11:00 a.m.

S.A.Y. Yes!
Teacher Orientation
Thursday, August 25
2:00 p.m.

**Children's Ministry
Volunteer Training**
Sunday, August 28
1:00 p.m.

**Fall Sunday Worship
Schedule Begins**
Sunday, September 4
8:00, 10:00 & 11:15 a.m.

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

Pastor Jenny's Ponderings: *On Discipleship & Adventures with Flat Jesus*

July 12-15 I was in Peoria, Illinois, along with United Methodists from across the Midwest, including a great bunch of Dakotans (5 clergy, 5 lay people). We were in Peoria for what's called "Jurisdictional Conference" and, by its very nature, Jurisdictional Conference is a *political* gathering: at it, nearly 20 people "ran" for bishop, hoping to be elected to one of the four open slots.



Yet, **while it is political, it is also a Spirit-filled gathering.** (An event can be both political *and* Spirit-filled!) Or, in the language of this summer's sermon series on the book of Acts, Jurisdictional Conference is a *Spirit-fueled* gathering. It was *fueled* by regular prayer, worship, holy conferencing, and time for relationship-building. I'm grateful to have been able to go. And, as you can see pictured in two places here, I brought Flat Jesus with me! (*The first picture is Flat Jesus at the Peoria airport; the second is Flat Jesus looking out over Bismarck as the plane was descending for our arrival back home.*)



Speaking of Flat Jesus, there is still time to bring him with you on your own summer adventures – whether those adventures take you across the country or simply across town! He is meant to be a joyful reminder that wherever we go, our Lord and Savior goes with us...and that, in fact, he delights in being with us.

All of the above said, **let me take this opportunity to offer my own special words of welcome to Pastor Mark Ehrmantraut, his wife Brenda, and their (young adult) kids, Berk and Marin.** Having a full-time Discipleship Pastor on staff with us is, in no uncertain terms, a dream come true...or, perhaps more faithfully put, it is an *answered prayer*. Pastor Mark has taken to this position like a fish in water and I am delighting in an increased excitement about my own walk with Jesus, and about the way in which Pastor Mark will help *all of us* deepen our walks with the Lord.

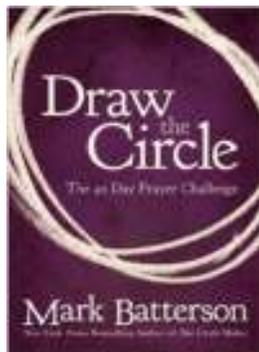
The journey of discipleship is precisely a deepening and daily walk with our Lord and Savior, Jesus Christ. Discipleship is not only having Jesus with you (à la "Flat Jesus"), it is asking God's help in putting *your* feet in *Jesus'* footprints...it is putting his words in action in your life...it is allowing your heart to become ever more shaped like his. And, of course, our individual journeys of discipleship, when lived-out within our church community, help to transform our world ever more into the Kingdom of God.

Peace in Christ,
Pastor Jenny

Greetings to you in the name of our Lord and Savior Jesus Christ

I am humbled to serve God with you through McCabe as your 1st ever discipleship pastor. In the short time we've been in town we have seen and experienced the Holy Spirit stirring.

As we begin our ministry together I'd like to invite you to consider joining Pastor Jenny and me as we embark on a journey propelling us more deeply into God's presence. Beginning August 1st, Pastor Jenny and I will begin reading the same daily devotion called **Draw the Circle: The 40 Day Prayer Challenge**. I hope you might join us!



I've been through this book 3 times. (This will be my fourth time). It continues to impact my prayer life and it helps me experience God working in and around me. At the time of this writing, there are over 100 people across McCabe, and beyond, who will be spending 10-15 minutes a day, every day, for 40 days, with **Draw the Circle: The 40 Day Prayer Challenge**.

Draw the Circle is a daily devotion for men and women, young and old. It can be read from the comfort of your own home, or on a park bench, or at a local coffee shop, or while waiting for an appointment. In other words, there's no right or wrong place to read it. Copies are available in the church office and on the little shelves at the back of the sanctuary by the Men's and Women's restrooms. It's also available in digital formats on Amazon, in iBooks, for Kindle, and from other electronic sources. We'd love to walk together through these 40 days as we continue to be molded and shaped into being the people God has created us to be. I hope you might join us!

If you have questions, comments, and/or concerns, please ask. I'd love to visit with you about this book, about where you see God working, and about how and where you see the Holy Spirit breaking through in your own life.

May you experience God's grace washing over you today, and in the days ahead,

Mark E., Discipleship Pastor

Precept Bible Study

Precepts will begin its Acts (chapters 1-12) inductive Bible study on Thursday, September 8, 10:00 a.m.. The theme is "*but you will receive power when the Holy Spirit has come upon, and you shall be My witnesses both in Jerusalem, and in all Judea and Samaria, and even to the remotest part of the earth,*" Acts 1:8. This book presents the coming of the Holy Spirit, the history of the church, a defense of the faith and a guide for problems and persecution which the church faces. The ultimate question is what will you learn about the Holy Spirit and your responsibility to be a witness for Jesus Christ.

Donna Kennedy will teach the course in room E-18. Please contact Marilyn Strutz 255-0596 to order materials. All are welcome.

Serving Site

Servant Opportunities:

- Worship Planning – (Hanging of the Greens Coordinator)
- Greeter - (Welcome people as they enter our doors and help them as needed.)
- Usher – (Greeting people as they enter the Sanctuary, provide bulletins, take offering, help as needed.)
- Audio/Visual – (Operating sound or camera equipment during worship services.)
- Guest Bag Delivery - (Drop off welcome bags to guests.)

Contact the church office (255-1160 or jjorsz@mccabeumc.com) if you would like to try any of these opportunities or learn more about these or other areas where you can serve.

Would You Like to Be Part of McCabe's Email Prayer Chain?

Contact the church office with your email address at: mccabeum@mccabeumc.com or by calling 255-1160.



Family Ministry Minute

Backpack Blessing



As a reminder that Jesus is our source of guidance, love, and protection during the school year, we will be blessing children's backpacks on Sunday, August 21, during the 9:30 a.m. and 11:00 a.m. worship services. Please

have your child bring their backpack one of those days to be blessed and receive a small gift.

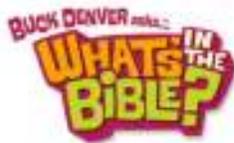
The Adventures of Flat Jesus



"Flat Jesus" has had some wild adventures this summer! We'll be wrapping up our contest at the end of August, so get those pictures submitted. "Flat Jesus" templates are still available in the Great Hall. Color and cut-out and take him with you on your summer adventures. Pictures can be submitted on the McCabe Facebook page or emailed to tmitchell@mccabeumc.com. Photos need to be submitted by August 28th to be entered into the random drawing for one of three Dairy Queen gift cards! Every picture is an entry into the drawing so be sure to include your name and contact information.

Grow in Faith with These New DVDs Available in the Church Library:

- SuperBook
- Owlgories
- What's in the Bible DVDs
- Galaxy Buck DVD



Family Link Scriptures for August

Monday, August 1
2 Corinthians 4:16-18

Tuesday, August 9
Matthew 26:69-75

Wednesday, August 17
Mark 12:41-44

Thursday, August 25
Exodus 35:30-36:1

Tuesday, August 2
Isaiah 53:1-6

Wednesday, August 10
Joshua 1:1-9

Thursday, August 18
Isaiah 43:14-21

Friday, August 26
Luke 24:13-35

Wednesday, August 3
Leviticus 19:32-37

Thursday, August 11
Matthew 25:34-40

Friday, August 19
Genesis 1:14-19

Saturday, August 27
Mark 1:16-20

Thursday, August 4
Romans 12:1-2

Friday, August 12
Matthew 11:28-30

Saturday, August 20
Mark 2:1-5

Sunday, August 28
Psalms 106:24-27

Friday, August 5
Mark 4:3-9

Saturday, August 13
1 Peter 4:12-16

Sunday, August 21
Ephesians 2:1-10

Monday, August 29
Isaiah 40:27-31

Saturday, August 6
Luke 18:1-8

Sunday, August 14
Lamentations 3:19-23

Monday, August 22
2 Samuel 12:15-23

Tuesday, August 30
Matthew 13:1-9

Sunday, August 7
Isaiah 43:1-6

Monday, August 15
Philippians 2:1-11

Tuesday, August 23
Luke 15:11-24

Wednesday, August 31
1 Peter 5:5-7

Monday, August 8
Philippians 4:4-9

Tuesday, August 16
Psalms 19:1-5

Wednesday, August 24
Psalms 139:1-12





Children's Ministry Matters



Thank you to all the VBS volunteers, attendees, and those who donated food and supplies! We had an amazing week at Cave Quest VBS where 40 kids and nearly 35 volunteers learned to follow Jesus, made new friends, experimented with fun science gizmos, and experienced God's love first-hand with interactive Bible stories.



Join our Children's Ministry Team!

The Children's Ministry Team is looking for fun-loving, energetic, and caring individuals to help with children's ministry programs - join us at our kick-off event on August 28 or contact Tina at 255-1160 or tmitchell@mccabeumc.com for more information.

Great Adventures Boarding Soon

Students ages 2nd - 5th grades are invited to join us for Great Adventures, our mid-week children's discipleship program. Kids will enjoy interactive Bible lessons, games, skits, and fellowship. Our departure is set for 6:00 p.m. on September 21.



J.A.M. (Jesus and Me) September 11, 2016



Kids are invited to uncover new and exciting Bible truths at our Sunday morning children's program - J.A.M. (Jesus and Me).

Our program this year again combines the fun energy of large-group experiences along with the intimate impact of small groups.

Kids will experience interactive worship, games, skits, and more.

J.A.M. is for kids ages 3 years - 5th Grade.

Stop by the Great Hall August 28 or September 4 to pre-register and get a small gift!

In Our Thoughts & Prayers

Billy & Teddy Klemetson and family on the death of their son, Andy Klemetson, Baldwin, ND, May 26, 2016.

The family & friends of Leah Beth Waddingham, Bismarck, ND, who died June 6, 2016.

Lawrence Thielen and family on the death of Lawrence's brother-in-law, James J. Bernardy, Fargo, ND, June 24, 2016.

Roger & Jan Schmid and family on the death of their grandson, Zeller Harold Schmid-Cronsell, Bismarck, ND, formally of Bozeman, MT, June 28, 2016.

Warren & Kathleen Bien and family on the death of Kathleen's brother, Tom Messner of the Carrington area, July 20, 2016.

Rajah, Ratna and Joyanah Arumarajah Muthiah on the death of Ratna's mother on July 25, 2016 in northern Sri Lanka.

Thank You!

Thank you for the opportunity to share our story at the United Methodist Women's meeting and for your donation to Ministry on the Margins. You are changing lives! Blessings,
Sister Kathleen

Thank you to everyone who shares their cooking with us for funerals, luncheons, etc. Many pans and containers have been left in the upstairs kitchen. Following are a few names on pans and there are many more with no names: Pittman, Ecklund, Irely, Randich, Juma, Jackson.

Building Use

The Board of Trustees asks that if you would like to schedule a meeting or event at the church, that you first fill out a church use form (which can be obtained in the church office) and submit it to the Board of Trustees for review and approval prior to the upcoming event. The board usually meets the third Tuesday of every month.

Advent Brainstorm Party August 11 - 5:30 p.m.

Do you love the seasons of Advent and Christmas? Do you, perhaps, especially love coming to worship during those seasons? If so, you might want to consider coming to our Advent Brainstorm Party on Thursday, August 11, at 5:30 p.m. in the Great Hall. We'll spend a couple of hours thinking and talking together about the joys and challenges of Advent and Christmas; we'll also do some fun, brainstorm activities to get our creativity flowing! **The goal of the party is to come up with a theme for our Advent worship services.** Here at McCabe, we've done this type of Advent planning for two years now: in 2014, we came up with the theme "The Perfect Gift," and, in 2015, we came up with the theme "Cross My Heart." We'll provide supper for those who attend so you won't need to worry about your own evening meal. **Contact the church office if you plan to attend!** (255-1160 or mccabeum@mccabeumc.com)

Keep Calm and Let the Handbells Ring

Handbell rehearsals for youth and adult ringers will begin Wednesday, August 24, 2016.

Youth ringers (4th grade and older) rehearsals are at 3:45 - 4:45 p.m. each Wednesday.



Adult ringers rehearsal are at 5:30 - 6:30 p.m. each Wednesday. If you have never experienced ringing handbells, or have no knowledge of music, **YOU** are welcome to join. Contact Marti at 223-9137, or the church office at 255-1160.

Congratulations to:

Kyle & Jan Joersz on the birth of their granddaughter, Raylan Audrey to Alison Joersz & Jason Miles, May 28, 2016, Troy, MI.

Richard & Carol Stack who will celebrate their 62nd wedding anniversary on August 7, 2016. They were married by Rev. Francis Tannehill at the old church located on 5th Street & Thayer Ave. On August 7th Richard will also celebrate his 90th birthday!



Wholly Healthy

Greetings McCabe friends,

It was a dark and stormy night...afternoon...morning... Yes, we have experienced plenty of those this summer! Enough, already! As I write today, I find it difficult to believe that in a few weeks we will be in full swing of our fall activities. Yikes, who put time in fast forward?! Well, I guess we had better hang on for the ride and enjoy every minute of the remaining summer.



August is National Immunization month which offers all of us a good reminder to be certain we are current with our immunizations. As the first day of school quickly approaches, now is the time to schedule the appointment for required vaccines.

Schools require current immunization proof before your child can begin. The closer to the first day of school the more difficult it is to get an appointment. As adults we can ask ourselves, "When was our last tetanus shot?" They are due every 10 years. A single shingles shot is recommended for those 60 years of age and older. Please don't hesitate. Schedule your appointment with your personal physician or your public health facility.

Faithfully Fit exercise class will be meeting again every Monday and Thursday from 10-11am in the Great Hall beginning on Monday, September 12th. This is an exercise class geared for everyone to attend. Wear comfortable clothing and shoes. Bring along a good sense of humor too as laughter is one of our favorite exercises. You have heard that laughter is internal jogging, right? There will be more information about the class in the next Messenger. Just dangling the carrot... J

Please contact me if you find yourself in need of adaptive equipment. I have straight walkers and walkers with seats, shower chairs, a bedside commode, crutches and other adaptive equipment that the kind people of McCabe have donated with the hope that someone will use it when in need. Please call the church office and I will assist you in finding what you may need.

I continue to offer Parish Nurse visits in my office, located by the west door, every Monday from 11-1. Please stop in for a chat. My door is always open.

Enjoy the rest of our quickly passing summer. With the recent heat we have experienced lately, I will leave you with this: *It is so hot that you learn that a seat belt buckle makes a pretty good branding iron!*

God bless,

Nurse Jane



S.A.Y. Yes!

S.A.Y. Yes is an acronym for **Save America's Youth**. This program is sponsored by McCabe United Methodist Church and is affiliated with Will-Moore Elementary School in Bismarck.

S.A.Y. Yes is reaching out to children kindergarten through 5th grade who have special needs or are unsupervised and vulnerable to getting into trouble.

We provide after school snack, music, reading, art, Bible study and gym. Most importantly we are a safe place with loving volunteers who accept the children as they are.

Our need is for junior and senior high students in an Honors Program who may need community service hours to achieve their goals. S.A.Y. Yes is held from 3:00 to 5:45 p.m. Monday - Wednesday each week. Contact Paulette Klein at 595-4480 if you have a love for children and would like to help with this worthy cause. I look forward to hearing from you! -Paulette

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



Hi Ladies! Can you believe that it is already August. Where did this summer go? Just want to give you a few reminders for upcoming events.

August 7th is the welcome potluck for Pastor Mark Ehrmantraut & family. Darlene is in charge of the kitchen and we will be using glassware. Help is always welcome. There will be dishes to wash, tables to clear, set up and take down to do and dishes to put away. Because it is a potluck, we don't have to cook. Just bring a dish to share. I so hope all can attend to welcome Pastor Mark.

On August 11th our summer all circle picnic will be held at Al Ehrmantraut's beautiful home. This will be a potluck beginning at 12:00 noon. The Executive meeting will be held at 10:30 a.m. before the picnic. Thanks, Al!

Pastor Mark asked me to read and look over the book *Draw the Circle*. He wanted to know if I thought the book was something the UMW would be interested in reading. I love it! It's a daily devotional for 40 days that the whole church is going to take part in starting on August 1st. Please pick one up and read it. You will find yourself in many of the pages and it will open your heart and soul to the Holy Spirit. There is much comfort found in it's pages.

By the time you read this, I will be back from Jamestown from Mission U and I hope to have some interesting reports to share with you.

Keep in mind our church Bazaar will be on Saturday, October 15.

Lastly, I want to thank everyone for all the welcomed prayers and lovely cards you have sent to us during my husband's fight with cancer. I've always known McCabe is the best church and you have reinforced this feeling with your caring. Thanks so much and God bless each of you.

I would like to leave you with these words by Vivian Greene... *"Life isn't about waiting for the storm to pass; it's about learning to dance in the rain."* Amen.

God Bless,

Gerry Ann Small

UMW Reading Club Program Ends August 15

Forms for the UMW Reading Club Program need to be filled out and turned in by Monday, August 15, 2016.

There are five topics in the UMW Reading area:

1. Spiritual Growth (red marker)
2. Social Action (green marker)
3. Nurturing for Community (blue marker)
4. Education for Mission (yellow marker)
5. Leadership Development (purple marker)

Requirements for the three levels are:

1. Level One: choose 5 books - 1 from each topic.
2. Level Two: choose 10 books - 2 from each topic.
3. Level Three: choose 15 books - 3 from each topic.

The Reading Program Book List is located on the library cart in the Great Hall. There are several books on the cart but many more in the library (room E-11) in the left hand corner above the telephone by the windows.

Gerry Ann Small is purchasing several large print titles while at the UMW Conference in Jamestown.

DVD Missing from Library

Please check your DVD collection to see if you have *What's in the Bible? #7 Exile and Return*—It included Ezra, Nehemiah and Esther. It is missing from our library series. Thank you in advance for returning it in our book drop.

Welcome to Our New Member

Jon Rue
1017 N. 14th St.
Bismarck, ND 58501

Fall Sunday Worship Schedule Begins:

September 4: 8:00, 10:00 & 11:15 a.m.



August One Thing: School, Health & Layette Kits for UMCOR

UMCOR (United Methodist Committee on Relief) answers the call to have these kits go where they are needed throughout the world. You may wish to donate some of the items needed or donate money towards the purchase of these items. We welcome people who would be willing to sew the school bags; check with the church office for a pattern. Questions? Call Beth at 595-1196 or the church office at 255-1160. The following is a list of items needed for each kit:

School Kit: (Value \$11)

2 pads loose-leaf paper or notebooks
1 pair blunt end scissors
1 hand held ruler
1 pencil sharpener
1 eraser, 2 1/2 inches
6 unsharpened pencils
1 box 24 crayons
Place items in a 14x16 bag with handles and closure. Patterns available.

Health Kit: (Value \$12)

1 hand held towel (12x25 up to 17x27)
1 bath size bar soap 3 oz. or larger ...
(NO Ivory soap!)
1 large, study comb, not pocket size
1 adult size toothbrush in original wrap
\$1 for toothpaste

1 metal nail file or fingernail clipper ...
(NO emery boards or toenail clippers)
1 adhesive plastic strip bandaids
(Wash cloths are also included but we have many.) Place items in a sealed one gallon plastic bag.

Layette Kit: (Value \$35)

6 cloth diapers
2 undershirts or onesies
2 baby wash cloths
2 gowns or sleepers
1 sweater/jacket that opens in the front
2 diaper pins
2 receiving blankets (28x28 to 32x32)
Patterns for sweater or gown are available. Bundle items inside one receiving blanket, secured with diaper pins.

NOTICE:

Any items for the September 2016 newsletter need to be turned into the church office no later than
Monday, August 15, 2016.

McCabe UMC

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

Senior Pastor:

Jenny Hallenbeck Orr

Discipleship Pastor:

Mark Ehrmantraut

Summer Office Hours: (June - August)

Monday - Thursday
8:30 a.m. - 4:30 p.m.
Friday: 12:30 - 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

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AUGUST

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

| | | | | | | |
|---|--|--|---|---|---|---|
| | 1 11am-1pm Parish Nurse In Office 7:30 pm Al-Anon | 2 7:00 am Sojourners 9:00 am Tuesday Work- shop 12:00 pm Al-Anon 6-7 pm Praise Band | 3 6:30 pm MYMAD (McCabe Youth Making A Difference) | 4 6:30 am Men's Bible Study 9:00 am AM Tops 5:30 pm Girls Traveling Basketball 5:30 pm PM Tops | 5 7:00 am Men's Break- fast at N. Perkins | 6 5:00 pm Worship/ Communion |
| 7 Communion 8:00 am Worship 9:30 am Worship 11:00 am Worship 12:00 pm Potluck Meal to Welcome Pastor Mark & Family | 8 Parish Nurse NOT available 7:30 pm Al-Anon | 9 7:00 am Sojourners 9:00 am Tuesday Work- shop 12:00 pm Al-Anon 5:30 pm Leadership Team 6-7 pm Praise Band | 10 6:30 pm MYMAD (McCabe Youth Making A Difference) | 11 6:30 am Men's Bible Study 9:00 am AM Tops 10:00 am UMW Execu- tive Meeting followed by Picnic at Al Ehrmantraut's Home 5:30 pm PM Tops 5:30 pm Advent Planning Brainstorm 5:30 pm Girls Traveling Basketball | 12 | 13 5:00 pm Worship |
| 14 8:00 am Worship 9:30 am Worship 11:00 am Worship | 15 11am-1pm Parish Nurse In Office 7:30 pm Al-Anon | 16 7:00 am Sojourners 9:00 am Tuesday Work- shop 12:00 pm Al-Anon 5:30 pm Board of Trustees 6-7 pm Praise Band | 17 | 18 6:30 am Men's Bible Study 9:00 am AM Tops 5:30 pm PM Tops | 19 7:00 am Men's Break- fast at N. Perkins | 20 5:00 pm Worship |
| 21 8:00 am Worship 9:30 am Worship 11:00 am Worship | 22 11am-1pm Parish Nurse In Office 7:30 pm Al-Anon | 23 7:00 am Sojourners 9:00 am Tuesday Work- shop 12:00 pm Al-Anon 5:30 pm Open Door Board Mtg. at Open Door 6-7 pm Praise Band | 24 | 25 6:30 am Men's Bible Study 9:00 am AM Tops 2:00 pm Teacher Orienta- tion for S.A.Y. Yes 5:30 pm PM Tops | 26 6:00 pm Wedding Rehearsal/Dinner | 27 3:00 pm Wedding 5:00 pm Worship |
| 28 8:00 am Worship 9:30 am Worship 11:00 am Worship 1:00 pm Children's Ministry Volunteer Train- ing & Kick-off 6:30 pm F.L.Y. Youth Group | 29 11am-1pm Parish Nurse In Office 7:30 pm Al-Anon | 30 7:00 am Sojourners 9:00 am Tuesday Work- shop 12:00 pm Al-Anon 6-7 pm Praise Band | 31 6:30 pm MYMAD (McCabe Youth Making A Difference) |  <p>August... It's like the Sunday of summer.</p> | | |