

## Upcoming Events

### Communion

February 6 & 7

### Precept Bible Study

Begins February 4  
Thursdays, 10:00 a.m.  
(Study: Luke part 2,  
Chapters 17-24)

### Ash Wednesday

February 10  
5:00 p.m. Meal  
7:00 p.m. Worship

### Boy Scout Sunday

February 14  
Scouts/Cubs to usher & greet

### Office Closed

Monday, February 15, 2016

### New Member Class

Sunday, February 28  
12:30 p.m.

### Girl Scout Sunday

March 13

### Check out:

[www.mccabeumc.com](http://www.mccabeumc.com)

for more information about  
McCabe and our  
Ministry Groups.

## Pastor Jenny's Ponderings: "Cross My Heart, Continued" The 5 Love Languages: Sacrifice & Generosity in Action

As many schools do, my college music department puts together a special Christmas program every year. Each year, the music faculty selects the particular theme of the program and, one of the years I was in college, the theme title for our Christmas program was "Thou Little, Tiny Child." This title came from the song "The Coventry Carol" which is an oft-forgotten song about how, in an attempt to destroy the newly born Messiah, King Herod killed all the male babies and toddlers of Bethlehem (Matthew 2:1-23). The verses of this song tell this story, while the refrain repeats a haunting lullaby for the slaughtered children: "Lully, lullay, thou little, tiny child, by by lully, lullay..."

The year my college's Christmas program made connections to King Herod's slaughter of the innocent children of Bethlehem, there was some backlash. With that particular emphasis, we explored the *darker* side of the Christmas story – the side of Christmas that foreshadows Good Friday...when the precious baby of Bethlehem's manger has become the grown-up Savior sacrificed on Jerusalem's cross. *We don't want to think about that darker side of Christmas, people said. Give us sweetness and glory, not death and destruction.*



**In many ways, our McCabe "Cross My Heart" theme from Advent and Christmas invited us into the darker side of those seasons.** In that series, we focused on the promise God made to send a Savior...and it is impossible to fully recall that promise without also recalling how that promise included both a manger *and* a cross. And, so, it seems fully appropriate that we revisit the "Cross My Heart" theme in Lent...the season during which we journey with Jesus toward the cross of Good Friday.

In John 3:16, we are given this good news: "God so loved the world that he gave his only begotten Son..." From these words we know we worship a God who is defined by generosity, a God who gave us Jesus, God's promised and beloved Son. Yet we know this gift came at a high price because, along with generosity came sacrifice. *Generosity and sacrifice...*two defining concepts of Christianity. Two concepts worth exploring during the season of Lent.

**As a way into the concepts of generosity and sacrifice, this season of Lent, our weekend worship services will focus on scriptural connections to *The 5 Love Languages*.**

*The 5 Love Languages* is a series of books and resources by pastoral counselor Gary Chapman. Through this series, we'll explore the different ways we can respond to God's generosity by showing love to those around us: romantic partners, friends, parents, children, etc. And, so often, showing love (in a way that is understood as love by the recipient) requires some level of sacrifice on our part.

*Continued on page 2*

*Continued from front page.*

Showing love to others requires from us sacrifice of time, energy, personal resources, and even sacrifice of our own “natural” instincts. For example, we might have a hard time complimenting people, but we might also have dear ones who feel most loved when they hear words affirming their decisions and actions. If that's what's most meaningful to these dear ones, we should try to offer them words of affirmation, even if doing so might challenge our own natural sensibilities. *(Elsewhere in the newsletter, there is more information about the specifics of this sermon and worship series.)*

I hope you will join us in worship this Lent as we seek to grow in our love for our generous God...and as we seek to better respond to that love by being generous in our actions toward others.

Peace in Christ,  
Pastor Jenny Hallenbeck Orr

## In Our Thoughts & Prayers

Don & Linda Schuette and family and Elizabeth Schuette and family on the death of Don's father, and Elizabeth's grandfather-in-law, Alton Schuette, Bismarck, ND, December 10, 2015.

Ruth Ann Morton on the death of her sister, Marie (Morton) Bartz, Bismarck, ND, December 20, 2015.

Jane & Jim Morgan and family on the death of Jane's mother, Bernie Swang of Bismarck, ND December 23, 2015.

Jim & DeEtta Heid and family on the death of Jim's mother, Colleen Heid of New Salem, ND, December 25, 2015.

Gladys & Kim Stickney on the death of Gladys' brother and Kim's uncle, Harry Harris, Ottertail, MN, January 1, 2016.

Family & friends of Arnold V. Schoepp, Bismarck, ND, who died January 24, 2016.

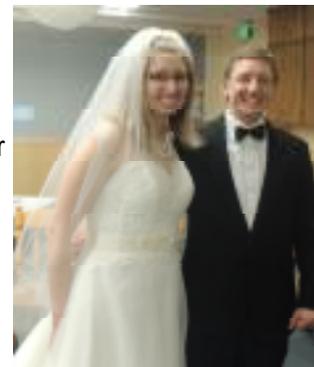
## February One Thing - Random (or Not-So-Random) Acts of Kindness



Let's blanket the Bismarck-Mandan area with random (or not-so-random) acts of kindness. There are endless ideas that one could do to show your kindness. We will have some small McCabe UMC business cards at the display table in the Great Hall that you can leave behind should you choose to do so. Have fun!!

## All Smiles at the Open House for Pastor Jenny & Derrick Orr

McCabe members and friends enjoyed sweet treats and many congratulations with the newlywed couple looking happy in their wedding attire. The event was held on Sunday, January 24, in the Fellowship Hall at McCabe.



## Thank you!

Thank you for your generous donations to help feed the hungry coming to the pantry. We always appreciate your help!  
-Bismarck Emergency Food Pantry

Thank you for your “Christmas offering” donation of \$4,814.09 for Ministry on the Margins. This gift will certainly influence the lives of many people who are going through difficult transitional times.

-Jill Ackerman, director of Development & Communications,  
and the Benedictine Sisters of Annunciation Monastery

Thank you for your gift to Out in Faith. Your prayers and support are greatly felt and appreciated.

-Katie Peterson, Deaconess  
Out in Faith Bakken Oil Rush Ministry

Many thanks for all the helping hands that made the Open House for Pastor Jenny and her husband Derrick such a success! You all are greatly appreciated.

Joy Hofstad, McCabe UMC Secretary/Wedding Coordinator

## Christmas Eve Offering 2015

Well, well, well, McCabe United Methodist Church, we did it; we officially brought in more for this year's Christmas Eve offering than last year's! Our grand total was \$11,428.18. The money is being divided in the following way: \$1,800 to Solar Oven Partner's “Oven-a-Month” campaign; \$4,814.09 to Watford City's United Methodist Church Plant; and \$4,814.09 to Bismarck-Mandan's Ministry on the Margins (a local non-profit that seeks to help folks who are struggling financially). Thank you so much for your abundant generosity!



# Family Ministry Minute



Nothing is stronger than prayer. Imagine the power of 98 prayers said for your child(ren) in just one week (if said by two parents/grandparents/guardians). This 7x7 prayer challenge is simple and easy, yet extremely powerful.

The idea is that you pray aloud for your child(ren) with your child(ren) present to hear you. There are seven different designated occasions to pray throughout the day for seven days that include: when they wake up, when they're getting dressed, when they eat, when they leave the house, when they are taking a bath, when they are going to bed, and while they are sleeping (they obviously won't hear the last one).

Stop by the info table in the upper level education wing to pick up a set of cards (please note there are boy, girl, and multiple children cards, so be sure to pick up the right set for you).

## Count Up to Easter Activity Calendar

Lent begins on Wednesday, February 10. J.A.M. families can pick up "This Love Changes Everything" Easter activity calendar in the upper level education wing. Complete the activity for each day and place the sticker on the path leading to Resurrection Day. Activities are simple, yet effective. This is a fun opportunity to spend time daily as a family with God. (one calendar per family please)



## Family Link Scriptures for February

|  |  |  |   |
|--|--|--|---|
| Monday, February 1<br><i>John 14:1-14</i>      | Tuesday, February 9<br><i>Titus 3:8-14</i>       | Wednesday, February 17<br><i>Acts 9:1-6</i>        | Thursday, February 25<br><i>Galatians 5:22-26</i> |
| Tuesday, February 2<br><i>Psalms 1:1-6</i>     | Wednesday, February 10<br><i>Isaiah 58:1-11</i>  | Thursday, February 18<br><i>Matthew 25:31-46</i>   | Friday, February 26<br><i>John 6:1-14</i>         |
| Wednesday, February 3<br><i>Matthew 6:5-8</i>  | Thursday, February 11<br><i>John 8:1-11</i>      | Friday, February 19<br><i>Isaiah 61:10-11</i>      | Saturday, February 27<br><i>Psalms 32:1-11</i>    |
| Thursday, February 4<br><i>Romans 12:11-13</i> | Friday, February 12<br><i>Exodus 4:1-13</i>      | Saturday, February 20<br><i>Psalms 90:1-17</i>     | Sunday, February 28<br><i>Philippians 3:20-21</i> |
| Friday, February 5<br><i>Matthew 5:14-16</i>   | Saturday, February 13<br><i>Psalms 27:1-14</i>   | Sunday, February 21<br><i>Hebrews 4:14-16</i>      | Monday, February 29<br><i>Philippians 2:12-18</i> |
| Saturday, February 6<br><i>James 3:1-12</i>    | Sunday, February 14<br><i>Colossians 3:8-14</i>  | Monday, February 22<br><i>John 4:4-15</i>          |   |
| Sunday, February 7<br><i>Amos 5:21-24</i>      | Monday, February 15<br><i>Deuteronomy 31:1-8</i> | Tuesday, February 23<br><i>Colossians 3:15-17</i>  |   |
| Monday, February 8<br><i>Psalms 18:1-3</i>     | Tuesday, February 16<br><i>John 3:13-21</i>      | Wednesday, February 24<br><i>Zephaniah 3:14-17</i> |   |





# Children's Ministry Matters

## What's Happening?

### J.A.M. (Jesus and Me)

In January we dove deep into the Bible focusing on Bible skills and understanding with our **Spelunkers** theme. Our key verse was from Psalm 119:105: "Your word is a lamp to guide my feet and a light for my path." Small groups also began preparing for the upcoming Heifer Mission Fair on March 6. In February, our theme is **Treasure Island** with a focus on giving our time, treasures, and lives to God. Our key verse is "Give as freely as you have received" from Matthew 10:8. On **February 14**, we're planning a special Valentine's Day J.A.M. session called **God's Love Amazes Me**. Kids will visit six interactive worship stations to experience God's love, forgiveness, presence, and help. All kids will receive a special treat.

### Great Adventures

In January, we started a new series called **How to Ruin Your Life: Learning to Avoid Foolish Mistakes**. During this series, we will highlight several foolish mistakes that people sometimes make. These foolish mistakes will ruin your life and keep you from experiencing the life that God has planned for you. We'll have fun skits, DVD dramas, games, and more. This program is for kids ages 2nd-5th grade and meets the first and third Wednesdays from 6:00-7:00 p.m.

### J.A.M. SMALL GROUP CHANGE:

Due to class sizes and skill levels, we will be combining preschool and kindergarten small groups beginning in January. Small groups will be PreK-K, 1st-2nd grades, and 3rd-5th grades. Please make note that you will pick up your kindergarten in room E1 at 9:00 and room E4 at 10:00 (drop off is still room E5 for large group).

## Heifer International Mission Fair Is Coming!

On March 6, JAM (Jesus and Me) students will once again host the Heifer International Mission Fair in the Great Hall. Some of you may be asking, "What is Heifer International?" The Heifer model is simple. They use donations from people like you to provide livestock and training to underprivileged people around the world.

You see, giving an animal is like giving a small business. And small businesses can lead to very big changes.

Every egg, every gallon of milk and all that wool is a new opportunity.

So instead of just feeding the hungry, Heifer helps the hungry feed themselves. Like the saying goes, it's a hand up, not a handout.

Plus, each family who receives an animal agrees to give one of their animal's offspring to another family. It's called Passing on the Gift, and it's what sets Heifer International apart. It also means that your gift will keep on giving for many generations to come.

After students in each class choose an animal to purchase, they will be making different handmade products to sell at the mission fair. This is always a fun event that the children really enjoy while uniting all the members of McCabe for a great mission.





I hope your Christmas and New Year was as joyous and blessed as mine was. So much work and preparation... and it's over so fast. But

seeing the look on the faces of my grandchildren and our neighbor's children was worth it all.

I want to remind all our UMW members that is what we accomplish when we reach out to the women and children we help. By reaching out to women and teaching them a trade, or something so simple as how to count, we help their children and whole family. If they can count then they can't be cheated out of their paychecks or when buying something.

Setting up missions helps children have a place to go while momma works. It's someplace that is safe, someplace where they are fed and clothed, someplace where they are taught. These same children are the leaders of tomorrow and because of time spend there they have learned about the grace of God and are now speaking up for the rights for themselves, their families and others around them.

The women of UMW have helped accomplish this with pledges, brunch monies, salads, bars & cookies and crafts made, and monies spent and treasurers donated. You may think it a little thing, but when added to the many we do a whole lot. Take pride in what we have accomplished together!

On January 14 the Executive Committee met and wrapped up 2015. In 2015 a few of our gifts were given to the following:

|  |            |
|--|------------|
| Open Door Community Center                         | \$2,000.00 |
| (along with many paper products & stamps)          |            |
| McCabe Youth                                       | 125.00     |
| Solar Ovens  | 350.00     |
| Salvation Army                                     | 350.00     |
| Ruth Meiers  | 350.00     |
| (along with paper products and large garbage bags) |            |
| Aid Inc.   | 350.00     |
| Children of the Harvest                            | 300.00     |
| Youth Works  | 100.00     |

The \$1.00 adds up when added to the many, so thanks much. It's not just us either. It's every member of the church and our neighbors that have helped as well.

If you are interested in our missions and people's stories, there are so many good books in the church library. Some humorous, some heart-touching. You will enjoy them.

Also, take a look at the three bean bag chairs we just bought for the S.A.Y. Yes Afterschool program. Thank you so much, Kory, for hunting them down and purchasing them. The kids sure do appreciate them.

Our next Executive meeting will be held on Thursday, February 11, at 10:30 a.m. Circles will meet on Thursday, February 18, at their regular times.

Thanks to all of you, from all those we have helped. You all did good!

*"God changes caterpillars into butterflies, sand into pearls and coal into diamonds using time and pressure."*  
-Rick Warren

God Bless,  
Gerry Ann Small

## Eve Circle Invites All Women

The United Methodist Women invite you to the evening Eve Circle, the third Thursday of each month at 6:30 p.m. Child care is provided. Questions? contact Selma at 221.2063.

## New Metal Cross & Flame Outside the East Entrance

Many, many thanks to Noah Trangsrud and Jack Steffes: along with their NDSCS welding class in Fargo. They created (and donated) the beautiful United Methodist Cross & Flame sculpture now affixed to the pillar outside our east building entrance. The sculpture was installed December 28.



Noah is the grandson of Jerry & Linda Suko (Jerry created the design and measurements for the sculpture); Jack is the grandson of Norma Anfinson. Praise God for this wonderful gift and all who had a hand in creating it!



Greetings McCabe friends,

February is all about the heart. Our hearts were broken with the passing of my mom right before Christmas. Our hearts are slowly healing thanks to all of your love, prayers, cards, phone calls, gifts of food, and support. We feel so very loved and cared for, thanks to all of you. Our faith reassures us that the Lord will provide all we need for our journey towards healing. You have begun our steps on this journey with all you have done for us and we are grateful beyond words. It was so reassuring and amazing seeing so many of you there at mom's service. Many people commented on this. My reply was, "Yes, this is how the people of McCabe are. They are there for one another...always".

The month of February begs us to talk about hearts so I would like to share some information about how men and women differ in their symptoms of a heart attack.

According to the cardiologists at John Hopkins and several other cardiologists around the country, men and women have significant differences in symptoms of a heart attack. Men typically experience the classic "elephant on the chest" pressure, usually in the center of the chest which radiates to the left upper chest, shoulder and arm. They also usually experience shortness of breath and sweating without exertion.

For women, the symptoms are more subtle. Women will experience an inability to sleep, shortness of breath with or without chest discomfort, extreme unexplained fatigue and weakness, neck, jaw or upper back pain, unexplained light-headedness, cold sweats, abdominal pain, indigestion or nausea, pain in both arms, and sometimes women feel an unexplainable sense of impending doom.

According to Janine Austin Clayton, MD who is the director of research of women's health with the National Institute of Health, symptoms are different in men and women because there is a difference in their blood vessels. Coronary heart disease is caused by plaque made by cholesterol, fat and other substances that can build up in the major blood vessels that supply oxygen rich blood to the heart muscle. A blockage can then cause chest pain and a heart attack.

In men, this plaque build-up can be more concentrated in one area as if a section of a straw is pinched off. She believes this is why men will complain of the classic symptoms as listed above.

In women, this plaque build-up lines the walls of the blood vessels evenly which she likens to the inside of the straw getting narrower because the wall is thickening. This may explain why women experience much more subtle symptoms.

Because women don't usually complain of the classic symptoms of heart attack as men do, it becomes a great concern when it comes to diagnosis. Heart attacks are often misdiagnosed in women because of the subtlety of her symptoms. There has been great efforts in educating the medical professionals to be aware of these differences.

Some things that are the same with both men and women with heart attack symptoms is **denial** which then prevents seeking medical attention soon enough. On average, men will wait about three hours before seeking help. Women waited four hours. John Hopkins cardiologists reported that women have a higher risk of dying from a heart attack because they do not realize they are having a heart attack and take too long to get help. It is stressed that if any of the symptoms listed for both men and women last longer than 5 minutes, seek **immediate** medical attention. Do not wait to call for help, even if you are not sure what is going on. Let the medical professionals figure that out. This could mean the difference between life and death. Every second counts. It is also stressed that if one thinks they are having a heart attack, **call 911. Do Not drive yourself to the hospital!**

Please note: If you are admitted to the hospital please inform the admitting staff not only that you are Methodist but also list McCabe as your church. If you have been admitted recently to CHI/St. Alexius and didn't list McCabe as your church, they are unable to inform us that you are in the hospital. And so it goes.....

Have a Happy Valentine's Day and please take good care of your hearts.

God bless,

A handwritten signature in black ink that appears to read "Nurse Jane".

P.S. Elementary school children were asked how does love happen between two people? The little boy answered, "I think you're supposed to be shot with an arrow or something, but the rest isn't supposed to be so painful". ;)

## Boy Scout Sunday - February 14, 2016

All current and former Boy Scouts & Cub Scouts are invited to help usher and greet at the 10:00 a.m. worship service on Sunday, February 14. Please wear your uniforms to the service. Thank you!

## Open Door Blessing Tree 2015

The following people generously donated to the Open Door:

Earl & Irene Wentz in honor of son-in-law Jack Alan Jensen  
Bill & Teddy Klemetson for Lynn Klemetson.

Launa Moldenhauer in memory of her mother, Shirley Unterseher.

Rachel & Leah Bandy in memory of their grandma Jean Gannon.

Judy Johnson.

Brad & Pam Burchinal.

Randy & Barb Salzer in honor of their children, Matthew, Ben and Kristen.

Sandy Brewster & family in memory of Randy Brewster.

Sandy Brewster & family in memory of Bob Morgan.

David Campbell family in memory of Sharon Titus.

Bill & Marilyn Strutz in honor of Pastor Jenny.

Ralph & Harriet Sjursen for Phil and Nancy Sjursen.

Fran & Audrey Ely in memory of parents and in honor of grandchildren.

Connie Kotchman in honor of Marilyn Strutz.

Al & Jay Ehrmantraut in honor of Joy Hofstad and all she does.

Steve & Debbie Van Berkom in honor of their grandchildren, Nathan, Alex and Bridget.

Gloria Knoll in honor of James and Angie Pearson.

Bob & Kathy Aller in honor of friends and family.

Bob Keim in memory of Calista, Mert and Vern.

David & Jodie Campbell in honor of Trenton and Ellie Lacher and Loa Campbell.

Mike & Shelley Rowe in honor of Lyola Haller and in memory of Aileen Rowe.

Eleanor & Howard Piehl in memory of Shirley Dixon.

Lyll & Karen Workman in honor of Jerry & Linda Suko.

Phil Sjursen in memory of Nancy and Susan Sjursen.

Frank & Marj Mick.

Pat & Larry Wood in honor of Joe, Dyan, Deaglan, & Teagan Wood and Amber & Grant Boeshars.

Darlene Farrell in memory of Joe Farrell, her mom, sister and Carol.

Dean & Rhonda Reese in memory of Archie Waite, Sandy Weber and Michael Reese.

Jolene Hanson in memory of parents Joe & Flo Neuenschwander.

Beverly Solberg in honor of Doris Landerholm and in memory of Ed Landerholm.

Betty Jo Zachmeier-Peet in memory of Roger Peet.

Pat Rotenberger for Carl & Dorothy Stillwell.

Anonymous in memory of loving grandparents.

Glen & Doris Boepple in honor of Hank & Diana Boepple and Walter & Frances Miller.

Loris Fredrick, Victor Eberhart, Rocky Hefty and LaVal Eberhart in memory of Hildegard Eberhart & Dean Fredrick.

Mavis Fuher in memory of Eugene Fuher.

Jerry & Linda Suko in memory of Hazel Redmann, Gene Redmann, Helen Suko and Jim Suko.

Gary & Marti Knutson in honor of Noah, Anna, Tyberius, Kyrabella, Xavier & Orion.

George & Deanna Anderson in memory of Nancy Bjella.  
Viv Rickertt for Teri Mitzel.

Roy & Lida Mallory in honor of Jim Karn.

Kathy Odegaard for Walt Odegaard.

Jeff & Joy Hofstad in honor of Michael & David.

Deb Hovland in honor of Joan Campbell and in memory of Sharon Spong.

DeEtta Heid in memory of Leona Pocta.

Jim & Gail Sperry in honor of the ladies of Tuesday Workshop.

Helen Joersz in memory of William O. Joersz and sister, Margaret.

James & Gail Sperry in honor of Loretta Knight.

Florence Langen in memory of Wesley Langen and in honor of family.

Marilyn J. Smith.

Beth Swanson in memory of Hazel Redmann.

Marvia Boettcher in honor of the devoted Open Door Board members.

Lorraine Boehler.

Roger & Jan Schmid in honor of Pastor Jenny.

Kim Stickney in memory of Gordon Stickney.

Gladys Stickney in honor of her children, Douglas, Kim, Jeffery, and David.

## Get Closer to God in this New Year by Serving Him and Others in New Ways!

There are endless ways to serve God besides the usual things like teaching Sunday school, ushering, and greeting. How about some of these?

- Go on Mission trips like the Solar Oven Project either abroad or here in ND and SD
- Cooking for TGIW (Thank God It's Wednesday) or S.A.Y. YES after school program
- Delivering meals for Meals on Wheels
- Cooking or serving at The Banquet
- Changing banners in the Sanctuary to match the church calendar
- Deliver Welcome Bags to worship service guests
- Fill Christmas Shoe Boxes
- Direct the Hanging of the Greens or Children's Christmas Program
- And soooooo many more!

Make 2016 your year to serve God in as many ways as you can. And, if you need some ideas or are not sure what you should do, contact Jan Joersz ([jjjoersz@mccabeumc.com](mailto:jjjoersz@mccabeumc.com) or 255-1160) for help.

# One Woman's Leap of Faith Into A Life of Purpose

By Royann Bold

I met Paulette a couple of years ago in a women's Bible study group, appropriately named "Sojourners." We women in the group are all on a spiritual journey, and we stop along the way to study God's Word and move to the next place in our faith walk.

Paulette serves as Director of the S.A.Y. Yes after school Program at McCabe UMC. She stepped in as director when the first director announced her retirement after years of dedicated service to this ministry. Paulette knew that taking over this role was going to be demanding, and she was apprehensive.

Knowing this, I wanted to find out more about her journey in this role. During our talk, I was struck by her passion for this amazing ministry and this very personal story of her leap of faith.

## Caring for Children and Giving Them Opportunities

S.A.Y. (Save America's Youth) Yes is a nation-wide outreach after school ministry. It began in 1992 as a unique solution for churches and ministries that want to reach out to the children and teens in their neighborhoods.

The goal of S.A.Y. Yes is to give at-risk children a solid foundation upon which they can build a successful future. Through the local church each child is ministered to spiritually, emotionally, physically, intellectually, and socially. The program seeks to put into action this Bible verse: "*You shall love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind, and your neighbor and yourself.*" (Luke 10:27)

During the 2 1/2 hour block of time this program runs, children participate in reading, music, homework mentoring, art, Bible study and gym. The children also eat their evening meal, which is prepared by volunteer "chefs" and served in a room with tables set with tablecloths or placemats and real dishes, so they feel, in Paulette's words, "*like they are at Grandma's house.*" There are currently 10 adult mentors, 8 cooks and, most importantly, 15 children in this ministry. All those taking part - children, parents, and volunteers, feel like a special bond has been forged.

## Saying Yes

Paulette shared how she'd been searching for God's purpose for her life for a while, ever since she'd retired from a long career in nursing and teaching. During this time, she hungered for a word from God, explaining that the hunger was like "an unmet need that was never satisfied."

When she heard via Sojourner's that there was a need for a new director of S.A.Y. Yes, a little seed was planted in her

heart, and she began to pursue what she could do to help. Through a series of events and urgings by other women, including the current retiring director, Paulette eventually said, "Yes." Or, as she puts it, "S.A.Y. Yes found me; I didn't find it."

After agreeing to take over as director, she felt strong emotions. "That night I came home from church and I was overwhelmed and in shock. I started to feel the pressure of what I was talking on. I fell to my knees and asked God, Is this what you want me to do? Is this your will? There was no bolt of lightning, but slowly as I prayed, I felt my heart warm and a sense of peace and calm came over me. I knew then that I had made the right decision."

## Savoring the Golden Moments

"We accept these children just as they are, and they **know** it. There is so much going on with each child. Some put up a hard shell so they don't get hurt. But, as time goes by, they start to melt slowly like a little popsicles, and they trust us."

With her eyes filled with tears, Paulette shared the story of two little sisters, whose current circumstances leave them without a mother figure in their lives. "These two dear girls came into my office one day looking for comfort, and the older sister said, 'We're just so lonely.' I gave them a hug, and they have been stuck to me like glue since then."

She also talked about the positive male role models, "like some of our music mentors, chefs and our gym supervisor, Jerry. The children call him "Mr. Jerry," and they have fun when where are with him. But they know he won't allow any disruptive behavior."

Because the parents/guardians come into McCabe to pick up their children, they start to become comfortable with a church setting. Paulette knows of at least one family of a S.A.Y. Yes child that is now attending worship services at McCabe.

## Responding to a "God Nudge"

When asked how to respond to a "God nudge," Paulette answered, "When you don't know what to say, just pray about it. Then, listen. Listen for God's voice." She added, "If you said 'Yes' and are now overwhelmed, look for help and take it when it is offered. I wouldn't have survived without the help of others."

## Leaving Inspired

At the end of our time together, she pointed to the wall behind her where two items hung: a framed print of Jesus as a shepherd surrounded by lambs, and a little poster with the words from the hymn, *When I Survey the Wondrous Cross* "Love so amazing, so divine, demands my soul, my life, my all." Paulette pointed at the wall, looked at me and said: "You see that? That is what gives me strength every day. I went looking for the Lord, and He found me."

# FEBRUARY



| Sunday   | Monday  | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday  |
|--|---|--|--|---|--|---|
|  | <b>1</b><br>10:00 am Faithfully Fit Exercise<br>11am-1pm Parish Nurse In Office<br><br>3:30 pm S.A.Y. Yes<br>7:30 pm Al-Anon  | <b>2</b><br>7:00 am Sojourners<br>9:00 am Tuesday Workshop<br><br>3:30 pm S.A.Y. Yes<br>4-7 pm Praise Band<br>5:30 pm A.L.O.F. Dance   | <b>3</b><br>3:30 pm S.A.Y. Yes<br>3:45 pm Youth Bells<br>5:00 pm T.G.I.W. Meal<br>5:30 pm Adult Bells<br>6:00 pm Confirmation<br>6:00 pm Great Adventures (grades 2 - 5)<br>6:00 pm Moms Connect<br>6:30 pm MYMAD<br>7:00 pm Chancel Choir                     | <b>4</b><br>6:30 am Men's Bible Study<br>9:00 am AM Tops<br>10:00 am Faithfully Fit<br>10:00 am Precept Bible Study<br><br>5:30 pm PM Tops<br>5:30 pm A.L.O.F. Dance  | <b>5</b><br>7:00 am Men's Breakfast at N. Perkins<br>10:00 am Prayer & Meditation<br><br>5:30 pm A.L.O.F. Dance  | <b>6 Communion</b><br>11:00 am A.L.O.F. Dance<br><br><br><br><br><br><br><br><br><br><b>5:00 pm Worship</b> |
| <b>7 Communion</b><br><b>8:00 am Worship</b><br>9:00 am Jesus And Me<br><b>10:00 am Worship</b><br>10:00 am Jesus and Me<br><b>11:15 am Worship</b><br><br>1:30 pm Girls Traveling Basketball<br>6:00 pm Financial Peace University<br>6:30 pm F.L.Y.                                    | <b>8</b><br>10:00 am Faithfully Fit Exercise<br>11am-1pm Parish Nurse In Office<br><br>3:30 pm S.A.Y. Yes<br>7:30 pm Al-Anon  | <b>9</b><br>7:00 am Sojourners<br>9:00 am Tuesday Workshop<br><br>3:30 pm S.A.Y. Yes<br>4-7 pm Praise Band<br>5:30 pm Leadership Team<br>5:30 pm A.L.O.F. Dance  | <b>10 Ash Wednesday</b><br>3:30 pm S.A.Y. Yes<br>3:45 pm Youth Bells<br>5:00 pm T.G.I.W. Meal<br>5:30 pm Adult Bells<br>6:00 pm Confirmation<br>6:00 pm MYMAD<br>7:00 pm Worship<br>7:45 pm Chancel Choir  | <b>11</b><br>6:30 am Men's Bible Study<br>9:00 am AM Tops<br>10:00 am Faithfully Fit<br>10:00 am Precept Bible Study<br>10:30 am UMW Executive Meeting<br><br>5:30 pm PM Tops<br>5:30 pm A.L.O.F. Dance   | <b>12</b><br>10:00 am Prayer & Meditation<br><br><br>5:30 pm A.L.O.F. Dance                                      | <b>13</b><br>11:00 am A.L.O.F. Dance<br><br><br><br><br><br><br><br><br><br><b>5:00 pm Worship</b>          |
| <b>14 1st Sunday in Lent</b><br><b>8:00 am Worship</b><br>9:00 am Jesus And Me<br><b>10:00 am Worship</b><br>10:00 am Jesus and Me<br><b>11:15 am Worship</b><br><br>1:30 pm Girls Traveling Basketball<br>6:00 pm Financial Peace University<br>6:30 pm F.L.Y.                          | <b>15 Presidents Day</b><br>OFFICE CLOSED<br><br><br><br>7:30 pm Al-Anon  | <b>16</b><br>7:00 am Sojourners<br>9:00 am Tuesday Workshop<br><br>4-7 pm Praise Band<br>5:30 pm Board of Trustees<br>5:30 pm A.L.O.F. Dance   | <b>17</b><br>3:30 pm S.A.Y. Yes<br>3:45 pm Youth Bells<br>5:00 pm T.G.I.W. Meal<br>5:30 pm Adult Bells<br>6:00 pm Confirmation<br>6:00 pm Great Adventures (grades 2 - 5)<br>6:00 pm Moms Connect<br>6:00 pm MYMAD<br>7:00 pm Worship<br>7:45 pm Chancel Choir | <b>18</b><br>6:30 am Men's Bible Study<br>9:00 am AM Tops<br>9:30 am Esther Circle<br>10:00 am Faithfully Fit Exercise<br>10:00 a.m. Precept Bible Study<br>1:30 pm Mary-Ruth Circle<br>5:30 pm PM Tops<br>5:30 pm A.L.O.F. Dance<br>6:30 pm Eve Circle | <b>19</b><br>7:00 am Men's Breakfast at N. Perkins<br>10:00 am Prayer & Meditation<br><br>5:30 pm A.L.O.F. Dance | <b>20</b><br>11:00 am A.L.O.F. Dance<br><br><br><br><br><br><br><br><br><br><b>5:00 pm Worship</b>          |
| <b>21 2nd Sunday in Lent</b><br><b>8:00 am Worship</b><br>9:00 am Jesus And Me<br><b>10:00 am Worship</b><br>10:00 am Jesus and Me<br><b>11:15 am Worship</b><br><br>1:00 pm ND Paint Club<br>1:30 pm Girls Traveling Basketball<br>6:00 pm Financial Peace University<br>6:30 pm F.L.Y. | <b>22</b><br>10:00 am Faithfully Fit Exercise<br>11am-1pm Parish Nurse In Office<br><br>3:30 pm S.A.Y. Yes<br>7:30 pm Al-Anon | <b>23</b><br>7:00 am Sojourners<br>9:00 am Tuesday Workshop<br><br>3:30 pm S.A.Y. Yes<br>4-7 pm Praise Band<br>5:30 pm A.L.O.F. Dance<br>5:30 pm Open Door Board Mtg. at OD  | <b>24</b><br>3:30 pm S.A.Y. Yes<br>3:45 pm Youth Bells<br>5:00 pm T.G.I.W. Meal<br>5:30 pm Adult Bells<br>5:30 pm Children's Ministry Team<br>6:00 pm Confirmation<br>6:00 pm MYMAD<br>7:00 pm Worship<br>7:45 pm Chancel Choir                                | <b>25</b><br>6:30 am Men's Bible Study<br>9:00 am AM Tops<br>10:00 am Faithfully Fit<br>10:00 am Precept Bible Study<br><br>5:30 pm PM Tops<br>5:30 pm A.L.O.F. Dance   | <b>26</b><br>10:00 am Prayer & Meditation<br><br><br>5:30 pm A.L.O.F. Dance                                      | <b>27</b><br>11:00 am A.L.O.F. Dance<br><br><br><br><br><br><br><br><br><br><b>5:00 pm Worship</b>          |
| <b>28 3rd Sunday in Lent</b><br><b>8:00 am Worship</b><br>9:00 am Jesus And Me<br><b>10:00 am Worship</b><br>10:00 am Jesus and Me<br><b>11:15 am Worship</b><br>12:30 pm New Member Orientation<br>1:30 pm Girls Traveling Basketball<br>6:00 pm Financial PU<br>6:30 pm F.L.Y.         | <b>29</b><br>10:00 am Faithfully Fit Exercise<br>11am-1pm Parish Nurse In Office<br><br>3:30 pm S.A.Y. Yes<br>7:30 pm Al-Anon |  <div style="display: inline-block; vertical-align: middle; margin-left: 20px;"> <p style="font-size: 2em; font-family: cursive;">Love</p> <p style="font-size: 1.5em;">one another.</p> </div> |  |   |  |   |

## Weekend Worship Themes During Lent

### The 5 Love Languages: Generosity & Sacrifice in Action

Here is how our weekend worship services during Lent will be focused. The below list includes the Scripture passages and particular "love language" that connects to that Scripture. We will also have some special resources available during this series for those interested in exploring a little more deeply!

**Theme Scripture** Galatians 5:13-18, 22-25 (Fruit of the Spirit)

|                                |   |
|--------------------------------|---|
| <b>LENT 1 (February 13/14)</b> | Luke 6:20-22, 27-28 (Jesus speaks the Beatitudes)<br><u>Love Language:</u> "Words of Affirmation" |
| <b>LENT 2 (February 20/21)</b> | Luke 10:38-42 (Jesus with Mary and Martha)<br><u>Love Language:</u> "Quality Time"                |
| <b>LENT 3 (February 27/28)</b> | Luke 7:36-48 (woman anoints Jesus' feet)<br><u>Love Language:</u> "Physical Touch"                |
| <b>LENT 4 (March 5/6)</b>      | Luke 9:10-17 (Jesus feeds the 5,000+)<br><u>Love Language:</u> "Gifts"                            |
| <b>LENT 5 (March 12/13)</b>    | John 13 (Jesus washes his disciples' feet)<br><u>Love Language:</u> "Acts of Service"             |
| <b>LENT 6 (March 19/20)</b>    | Palm Sunday   |

**New Member Class:** For anyone interested in joining McCabe United Methodist Church, there will be a New Member Class on Sunday, February 28, at 12:30 p.m. in the Fellowship Hall. A light lunch will be served. Please join us!

### NOTICE:

Any items for the March 2016 newsletter need to be turned into the church office no later than  
**Tuesday, February 16, 2016.**

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

**Pastor:**  
Jenny Hallenbeck Orr

**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

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mccabeumc  
@mccabeumc.com

**Website**  
www.mccabeumc.com

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

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