

Upcoming Events

Communion

February 4 & 5

Boy Scout Sunday

February 12, 10:00 a.m.

Office Closed:

Monday, February 20

Ash Wednesday

March 1, 2017

First Sunday of Lent

March 5

Worship:

Saturdays: 5:00 p.m.

Sundays:

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

J.A.M. (Jesus And Me)

Children's Ministry:

Sundays:

9:00 a.m. (k-grade 5)

10:00 a.m. (Pre-K - grade 5)

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Jesus replied, "Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: "Love your neighbor as yourself.'" Matthew 22:37-39



Pastor Jenny's Ponderings: *Prayer Words for 2017*

If you've been following along with occasional information about the **Missional Church Consultation Initiative (MCCI)** in which McCabe is currently participating, you may be aware that the "breakthrough prayer" practices we've been encouraging over the last many months have been connected to that Initiative. Breakthrough prayer is the first, most important part of the MCCI because, through prayer, things shift: when we pray for God's Holy Spirit to breakthrough we are asking God to work in our lives and in our church in powerful, new ways.



Back in mid-May, we launched the "McCabe 6:10 Prayer Challenge" through which we invited you to pray a particular prayer, every day, at either 6:10am or 6:10pm. I'm so grateful to all who participated in that challenge! It was such a delight when, in meetings or during conversations, phone alarms would go off reminding us to pray our prayer together. Well, **with the new year, we've set aside our 6:10 prayer and have introduced a new breakthrough prayer**

challenge: the prayer word. With each sermon series Pastor Mark and I preach, we will introduce a new prayer word. Then, it is our sincere hope we will all make an effort to regularly pray for God's Spirit to work in our hearts and through McCabe in the spirit of our chosen prayer word.

The first prayer word of this new practice is the word "new." Perhaps, throughout each day, you'll want to pause several times, take a deep breath, and exhale the word "new" as a way of praying that God's Spirit will make you new in a particular way – *make you new regarding a relationship that needs healing...make you new regarding a struggle at work or in school... make you new to be open to new opportunities for the future...make you new physically in the midst of illness or in the face of death...make you new in a harmful attitude toward a neighbor or family member...make you new regarding issues in our community, nation, and world.*

So, dear McCabe folks, will you join me in taking this prayer word seriously? At the time you will receive this newsletter, we'll still have a couple of weeks left on our *New Year, New Chapter* sermon series on forgiveness; as such, we'll still have a couple of weeks to pray "new." But, after that will come a new series and a new prayer word...and after that will come another new series and another new prayer word. *May this new breakthrough prayer practice help us continue to invite God's Spirit to work among us in powerful new ways!*

In Christ's Peace

Jenny Hallenbeck Orr, Senior Pastor

*P.S. - The image included was found at <http://www.patheos.com/blogs/religionprof/2013/10/prayer-changes.html>

Words from Our Discipleship Pastor

It's been a year since I first learned that our family would be moving to Bismarck so we could serve God with you through McCabe (although we didn't get here until July).

In June, the Cabinet (our Bishop, District Superintendents, and Director of Ministries) gave me an Apostolic Letter stating the rationale for my appointment to McCabe.

This letter states: ***As you begin your ministry with this congregation (McCabe) and the community it serves (the greater Bismarck-Mandan area), the following ministry opportunities will need your specific attention:***

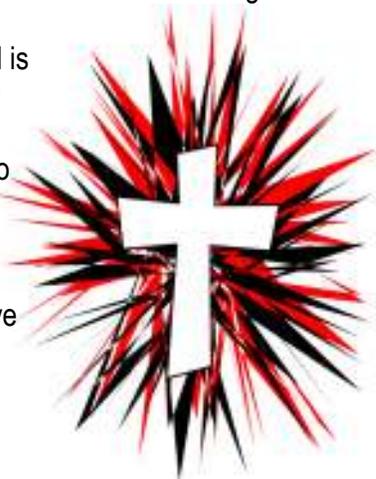
- **First and foremost love God and love the people of McCabe UMC, and the community it serves.**
- **McCabe has been described as a sleeping giant that is beginning to stir. Help it to become fully awake and alive through developing and growing disciples of Jesus Christ in order to transform the Bismarck community and the world.**
- **Equip and empower the laity of the church body to see the use of their gifts as an expression of loving and following Jesus.**
- **Assist Pastor Hallenbeck Orr to lead McCabe UMC to become a dynamic church, modeling Christianity & faithfulness for a new day.**

In general terms, I understand these bullet points, Even so, I ask God for help every day in understanding how we can live out and accomplish these directives together.

Friends, the Spirit of the Lord is upon us I would love to hear your thoughts about how we worship and serve together to best live out our mission and vision.

It's a joy and privilege to serve Jesus Christ with you,

Mark E., Discipleship Pastor



Welcome to Our New Members January 22, 2017

Alexandra Alberda
1832 Masterson Ave.
Bismarck

Gayle Humann
837 San Angelo
Bismarck, ND 58504

Emily Johnson

Sara Rice
1832 Masterson Ave.
Bismarck, ND 58501

Rodrique Ngbondo & Sandrine Domitien
1830 E. Capital Ave.
Bismarck, ND 58501

Thank You's!

Thank you for your donations of food totaling \$1,419.46 (from July - December, 2016) You brighten the lives of many with your thoughtfulness and generous spirit.

Bismarck Emergency Food Pantry
(Community Supported/No Government Funding/All Volunteer Staff)

Thank you to all who helped make McCabe a beautiful place to come to this Christmas season. A very special thank you to Lynn Tarter who once again made the trees so beautiful! Also, thanks to all those who fluffed and hung in preparation for the Hanging of the Greens service. Thanks for all the beautiful, spirit filled music, the ushers, and the youth who carried in the wreaths and garlands. Thanks to Ernie & Jan who helped in many ways we don't see and finally to all who bought the poinsettias. All was necessary to achieve the beauty we enjoyed this Christmas. Thanks for the many parts that you played and our hope is that you received the peace and joy that we all hope for.

Linda Suko



Family Ministry Minute

Prayer Hearts

Stop by the J.A.M. (Jesus and Me) education wing and pick up a prayer heart decorating kit. As a family, work together to decorate the heart and write your family last name on the back. Return the heart before February 19. Hearts will be on display for the month of February.



Beginning February 26, each participating family should take one heart (NOT their own!) from the wall. Hang the heart in your home as a reminder to pray for the family whose name is on the back of the heart.



Random Acts of Kindness Day is February 17 - do something nice for someone. Check Pinterest for ideas involving the whole family...make it a secret mission!



Like Us On facebook

Do you follow McCabe United Methodist Church on Facebook? This is the best place for church and programming updates and parenting resources, articles and Information. Look for **Parent ReCharge** videos coming soon!

Family Link Scriptures for February



Wednesday, February 1 <i>1 Corinthians 13:1-13</i>	Wednesday, February 8 <i>Romans 12:4-8</i>	Wednesday, February 15 <i>John 1:1-1-8</i>	Wednesday, February 22 <i>James 5:13-16</i>
Thursday, February 2 <i>Isaiah 49:8-16</i>	Thursday, February 9 <i>Psalms 28:6-9</i>	Thursday, February 16 <i>Matthew 6:25-34</i>	Thursday, February 23 <i>Mark 12:28-31</i>
Friday, February 3 <i>Luke 16:1-13</i>	Friday, February 10 <i>Hebrews 10:19-25</i>	Friday, February 17 <i>1 Corinthians 12:7-31</i>	Friday, February 24 <i>Hebrews 11:3-12</i>
Saturday, February 4 <i>Psalms 127:1-2</i>	Saturday, February 11 <i>Psalms 4:3-8</i>	Saturday, February 18 <i>Philippians 1:18-30</i>	Saturday, February 25 <i>Ecclesiastes 3:9-15</i>
Sunday, February 5 <i>1 Samuel 17:41-51</i>	Sunday, February 12 <i>Philippians 3:13-14</i>	Sunday, February 19 <i>Luke 10:30-37</i>	Sunday, February 26 <i>2 Corinthians 4:8-18</i>
Monday, February 6 <i>Psalms 37:25-29</i>	Monday, February 13 <i>Matthew 6:1-4</i>	Monday, February 20 <i>Psalms 27:1-14</i>	Monday, February 27 <i>Psalms 61:1-4</i>
Tuesday, February 7 <i>Luke 4:16-21</i>	Tuesday, February 14 <i>1 Corinthians 12:20-27</i>	Tuesday, February 21 <i>Luke 2:41-52</i>	Tuesday, February 28 <i>Philippians 2:12-16</i>



Children's Ministry Matters

What's Happening?

J.A.M. (Jesus and Me)

In February, our lesson focus will be on friendship as we begin a new series called Best Friends Forever. We'll learn about Mary and Martha, Jonathan and David, Peter and Jesus, and more. Our key verse is from John 15:14, "You are my friends if you do what I command." On February 12, kids will experience **interactive worship stations** focused on love. Classes will also be preparing for our annual **Heifer International Mission Fair** this month by making items to sell to raise money for their animal goals.



Great Adventures

We're continuing our series called **Alien Kids: Living a Life That is Out of This World** with lessons on salvation, sanctification, witnessing, prayer, and more. Our key verse is from Philippians 3:20 "But we are citizens of heaven, where the Lord Jesus Christ lives..." We 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 6:00-7:00pm.

Heifer International Mission Fair Is Coming!

On March 5, 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.



The Banquet - March 2nd

McCabe will have privilege of serving **The Banquet at Trinity Lutheran Church on Thursday, March 2nd.** This is the 13th time that we have had the opportunity to serve and it is truly a blessing.

The Banquet is a weekly meal that is served to the homeless, the lonely or to anyone who needs it for whatever the reason...no questions are ever asked. The meal is planned, food purchased and cooked and served by a different community group each week.

We are asked to bring a maximum of 30 volunteers to help with this work. You will find a signup sheet in the Great Hall. If you are interested in helping, please sign the sheet and include your phone number so we can remind you. We really cannot do the job with less than 30 as the number we serve continues to grow and is now well over 400.

Our meal this time is simpler than the beef stew we served last time but still takes a lot of work when you consider we are cooking for more than 400! Please consider helping.

Schedule for March 2nd is as follows:

- 1:00 - 4 cooks
- 4:00 - 10 to set tables in prep for meal
- 5:00 - 16 addition people to help serve and clean up

Additionally we are asking for cookies for our dessert. There is a signup sheet for those as well.

All volunteers are asked to stay throughout the whole time as all are needed. We finish about 7:30 p.m. with an evaluation of the night and a prayer. Please consider signing up to help or if you cannot, a monetary donation to help with the cost is always welcome.

Questions?? Call Linda at 250-7303.

God Bless.



Congratulations to:

Tom & Cleo Carlson on celebrating their 50th wedding Anniversary, December 31, 2016.

Doris Landerholm on the birth of her great-grandson, Nathan Judah Landerholm, born January 1, 2017 in Hungary. Nathan's parents are Mark & Eszti Landerholm.

In Our Thoughts & Prayers

The family & friends of Eleanor Christman, Andover, MN, who died November 20, 2016.

Brian Peterson & family on the death of his mother, Delores "Dee" Peterson, Bismarck, ND, December 3, 2016.

Jim Jenness & Louise Broten and family on the death of Jim's step-father, Melvin Sorstokke, Bismarck, ND, formally of Hensler, ND, December 11, 2016.

Rissa & Matthew Williams and family on the death of Rissa's sister, Darla Allen, Minot, ND, December 12, 2016.

Eleanor Piehl & family on the death of Eleanor's husband, Howard Piehl, Bismarck, ND, January 8, 2017.

The family & friends of Charles Tjenstrom, Bismarck, ND, formally of Washburn, ND, who died January 9, 2017.

Selma & Robert Kerzman, Alicen Ding & family and Andrew Ding & family on the death of Selma's step-mother and Alicen's & Andrew's grandmother, Pat McCay, Pierce, Co, January 14, 2017.

The following family of Helen V. Joersz, Bismarck, ND, who died January 23, 2017: sister, Joan Tracy; children, Richard Joersz, Douglas & Jill Joersz, Anne & Les Larson, and Robert Joersz; grandchildren, Matt Joersz, Sara & John Erickson, Rachel Larson and Caitlin Larson.

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.

February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Send a love note... Let someone know you care about them.</p>			1 3:00 pm S.A.Y. Yes 3:45 pm Youth Handbells 5:00 pm TGIW Meal 5:30 pm Adult Handbells 5:45 pm Forgiveness Study 6:00 pm Confirmation 6:00 pm Great Adventures (grades 2-5) 6:00 pm You Are Already Amazing Women's Study 6:30 pm MYMAD (grades 9-12) 7:00 pm Chancel Choir	2 6:30 am Men's Bible Study 9:00 am AM Tops 10:00 am Faithfully Fit 5:30 pm Girls' Traveling Basketball	3 7:00 am Men's Breakfast at N. Perkins	4 5:00 pm Worship/Communion
5 Communion 8:00 am Worship 9:00 am Jesus And Me 10:00 am Worship 10:00 am Jesus And Me 11:15 am Worship 1:30 pm Girls Traveling Basketball 6:30 pm F.L.Y. (grades 6-8)	6 10:00 am Faithfully Fit Exercise 11am-1pm Parish Nurse In Office 12:30 pm Community Options Craft Club 3:00 pm S.A.Y. Yes 7:30 pm Al-Anon	7 7:00 am Sojourners 9:00 am Tuesday Workshop 12:00 pm Al-Anon 3:00 pm S.A.Y. Yes 5:30 pm Leadership Team 6-7 Praise Band	8 3:00 pm S.A.Y. Yes 3:45 pm Youth Handbells 5:00 pm TGIW Meal 5:30 pm Adult Handbells 5:45 pm Forgiveness Study 6:00 pm Confirmation 6:30 pm MYMAD (grades 9-12) 7:00 pm Chancel Choir	9 6:30 am Men's Bible Study 9:00 am AM Tops 10:00 am Faithfully Fit 10:00 am Precept Bible Study 10:30 am UMW Executive Meeting 5:30 pm Girls' Traveling Basketball	10 5:00 pm Worship	
12 8:00 am Worship 9:00 am Jesus And Me 10:00 am Worship 10:00 Jesus And Me 11:15 am Worship 1:00 pm ND Paint Club 1:30 pm Girls Traveling Basketball 6:30 pm F.L.Y. (grades 6-8)	13 10:00 am Faithfully Fit Exercise 11am-1pm Parish Nurse In Office 12:30 pm Community Options Craft Club 3:00 pm S.A.Y. Yes 7:30 pm Al-Anon	14 7:00 am Sojourners 9:00 am Tuesday Workshop 12:00 pm Al-Anon 3:00 pm S.A.Y. Yes 6-7 pm Praise Band	15 3:00 pm S.A.Y. Yes 3:45 pm Youth Handbells 5:00 pm TGIW Meal 5:30 pm Adult Handbells 5:45 pm Forgiveness Study 6:00 pm Confirmation 6:00 pm Great Adventures (grades 2-5) 6:00 pm You Are Already Amazing Women's Study 6:30 pm MYMAD (grades 9-12) 7:00 pm Chancel Choir	16 6:30 am Men's Bible Study 9:00 am AM Tops 9:30 am Esther Circle 10:00 am Faithfully Fit Exercise 10:00 am Precept Bible Study 1:30 pm Mary-Ruth Circle 5:30 pm Girls' Traveling Basketball 6:30 pm Eve Circle	17 7:00 am Men's Breakfast at N. Perkins Youth Ski Trip	
19 8:00 am Worship 9:00 am Jesus And Me 9:05 am Discover McCabe New Member Class 10:00 am Worship 10:00 Jesus And Me 11:15 am Worship 1:30 pm Girls Traveling Basketball 6:30 pm F.L.Y. (grades 6-8)	20 President's Day OFFICE CLOSED 7:30 pm Al-Anon	21 7:00 am Sojourners 9:00 am Tuesday Workshop 12:00 pm Al-Anon 5:30 pm Board of Trustees 6-7 pm Praise Band	22 3:00 pm S.A.Y. Yes 3:45 pm Youth Handbells 5:00 pm TGIW Meal 5:30 pm Adult Handbells 5:45 pm Forgiveness Study 6:00 pm Confirmation 6:30 pm MYMAD (grades 9-12) 7:00 pm Chancel Choir	23 6:30 am Men's Bible Study 9:00 am AM Tops 10:00 am Faithfully Fit Exercise 10:00 am Precept Bible Study 5:30 pm Girls' Traveling Basketball	24 5:00 pm Worship	
26 8:00 am Worship 9:00 am Jesus And Me 10:00 am Worship 10:00 Jesus And Me 11:15 am Worship 1:30 pm Girls Traveling Basketball 6:30 pm F.L.Y. (grades 6-8)	27 10:00 am Faithfully Fit Exercise 11am-1pm Parish Nurse In Office 12:30 pm Community Options Craft Club 3:00 pm S.A.Y. Yes 7:30 pm Al-Anon	28 7:00 am Sojourners 9:00 am Tuesday Workshop 12:00 pm Al-Anon 3:00 pm S.A.Y. Yes 6-7 pm Praise Band				



Oh my Gosh!! I am so hoping that 2017 is a whole lot better than 2016. All I did this summer is pray for moisture so we farmers wouldn't have another

dry winter that kills off a lot of alfalfa, pasture and grasses due to winter kill. Well we have the moisture I prayed for and then some. It will mean a beautiful spring. However it did force the cancellation of our Unit and Executive meetings that were scheduled for January 12. Selma's presentation on her trip to the Holy Land will still take place...only when the weather is more predictable.

We were lucky for a break in the weather and were able to have circle meetings on January 19. Our next Executive meeting will be February 9th at 10:30 a.m. Circle meetings will be held February 16th. These will be "Call to Prayer and Self Denial".

I pray you all have a blessed and healthy New Year. This is a good time of the year to check out a good book from the church library and curl up in your favorite chair and read. Two excellent books are "Across Many Mountains" by Yangzom Brauen (large print), also "The Twist of Faith" by John Donnelly. Please don't forget to keep track of books you read for the UMW reading list.

I leave you with these words by my favorite Poet...

What Is Christmas?

*It's more than a day at the end of the year,
More than a season of joy and good cheer—
Christmas is really God's pattern for living,
To be followed all year by unselfish giving.
For in giving to others and in being kind
Man finds true joy and peace of mind—
And peace on earth will come to stay
When we live Christmas every day.*

Helen Steiner Rice

Wishing you God's blessings,

Gerry Ann Small



Christmas Eve Offering: \$12,500+

Thank you, thank you, McCabe United Methodist Church! In 2014, we started giving away our Christmas Eve offering as a gift to others...and each year the total has gone up! **This year you gave over \$12,500** - a total that will be split in the following ways: \$1,800 to the Solar Oven Partners, with the rest being split evenly between The Open Door Community Center (in celebration of their 40th anniversary in 2016) and Heart River Bridges of Hope (a local organization that connects local mentors with youth who are reentering daily life after being incarcerated at the Youth Correctional Center in Mandan). *Your generosity is a true gift that honors the greatest gift of all: the gift of Jesus Christ.*

Boy Scout Sunday - February 12, 2017

All current and former Boy Scouts and Cub Scouts are invited to help usher and greet at the 10:00 a.m. worship service on Sunday, February 12. Please wear your uniforms to the service. Thank you!

Prayer List Station

Have you ever wished to know who at McCabe you could be praying for each day? Then check out the **official McCabe Prayer List** that will be updated each week and available for folks to take and pray over. The station is located in the left alcove in the clerestory. ***If you would like your name, or the name of a dear one, included on the McCabe Prayer List, contact the office at 255-1160 or mccabeum@mccabeumc.com.*** *With confidentiality in mind, please ensure you have permission if you request to have someone else's name put on our prayer list.*

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

Discover McCabe - New Member Class

If you're interested in finding out more about McCabe and what membership at McCabe means, please join us on Sunday, February 19th at 9:05 a.m. The class meets in the church office.



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!!



NOTICE:

Any items for the March 2017 newsletter need to be turned into the church office no later than
Monday, February 13, 2017

McCabe UMC

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

Senior Pastor:

Jenny Hallenbeck Orr

Discipleship Pastor:

Mark Ehrmantraut

Office Hours:

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

Worship

Saturdays:

5:00 p.m.

Sundays: (Sept.-May)

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

Sundays: (June-Aug.)

8:00, 9:30, & 11:00 a.m.

Children's Program

J.A.M. (Jesus and Me)

Sundays 9:00 & 10:00 a.m.

(Sept.-May)

Fax

(701) 223.1324

E-mail

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@mccabeumc.com

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Facebook

[http://www.facebook.com/
pages/McCabe-
Church/330953958825](http://www.facebook.com/pages/McCabe-Church/330953958825)

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