

Upcoming Events

June 2 - 5
Vacation Bible School

June 5 - 8
Annual Conference

June 12
UMW Salad Luncheon
11:00 a.m. - 1:00 p.m.

July 20
New Member Orientation
10:00 a.m.

Summer Worship Schedule Begins June 1 & 2

Saturdays: 5:00 pm
Sundays: 8:00, 9:30,
11:00 a.m.

McCabe Youth

Sheila and I want to say “Thank You” one more time to everyone for their support and encouragement over the last three years. Our family has been blessed to have been a part of McCabe church. Your prayers are appreciated as we look to what God has in store for us as we commit to seek first His righteousness and to love Him with all of our hearts and minds. Our prayers will be with you as we think about how this church is going through its own changes.

I am incredibly glad that Justin Balzer has committed to taking over as Youth Director. He’s been a great blessing to me over the past few years as he has been involved more than anybody else in assisting me with the youth. I’m proud to have him take the reins as he becomes an integral member of the congregation. I’m also praying that he will have other adults alongside him as he works. Justin was often my adult helper at youth group events and helped build a sustainable youth ministry at McCabe.

If you have considered helping out and being a part of the youth ministry, I encourage you to contact Justin or Pastor Rick and let them know. Our youth need positive role models in their lives who demonstrate a genuine faith in Christ. Let’s pray for our youth to grow stronger in their faith so they can weather the storm of lies and deceit that is everywhere abundant in our culture.

May the youth continue to always feel included in the larger body of the church so that together the name of Christ is proclaimed to bring hope to those who need it.

Because He lives,

Ty Rostvedt
2 Timothy 1:13



For What It's Worth:

One of my favorite Easter hymns is *We've a Story to Tell the Nations*. It is a hymn of deep meaning. It contains the *marching orders* of the church, this church and every church:

- 1) *We've a story to tell to the nations, that shall turn their hearts to the right, a story of truth and mercy, a story of peace and light, a story of peach and light. For the darkness shall turn to dawning, and the dawning to noonday bright; and Christ's great kingdom shall come on earth, the kingdom of love and light.*
- 2) *We've a song to be sung to the nations, that shall conquer evil and shatter the spear and sword, and shatter the spear and sword. For the darkness shall turn to dawning, and the dawning to noonday bright; and Christ's great kingdom shall come on earth, the kingdom of love and light.*

This is why McCabe UMC exists. We have a story to tell. It's a story about Jesus Christ and his love. It's a story told through both our words and our deeds, our music and our examples, our prayers and our love. Sharing this story with others is the only reason we call ourselves a church.

From time to time, we need to evaluate how we are doing as a church. Is our story being told to others? Are we reaching the unchurched, the newcomers, the disgruntled, the poor and the needy? Are we challenging people to take their faith into our communities and beyond? Are we growing our faith and discipleship? Are we making a difference in the lives of God's people?

I believe that we can answer 'yes' to these questions, but we can do better. We can do a lot better. Throughout the years the church (this one and most other churches) has gradually moved away from being laity empowered to being clergy empowered.

For example, in the golden age of the Methodist church pastors were responsible for a circuit of churches. It was not physically possible for a pastor to be in one church on a weekly basis. In the pastor's absence lay people (people like most of you) were responsible for the programs and ministry of the church. During this period of our history the church grew like 'wildfire' throughout this country.

It is different today. McCabe has become dependent on clergy and other paid staff to be responsible for much of our programming and ministry. We have become a church of

attenders rather than doers. We have moved away from what once worked for our church to something that doesn't work as well.

In the weeks, months and years ahead you will see McCabe becoming a more vital and healthy 21st century church as we begin to empower lay people to tell the story of Jesus Christ by using your voices and deeds. Clergy will still have an important role to play, but we will not be the sole ministers of the church. Lay empowered people will be challenged to become more active servants of Jesus Christ.

I cannot predict the future, but I do believe that our future will be bright and meaningful once we begin the process of returning more of our programming and ministry to our laity.



The path ahead of us is full of mystery, some confusion, some trial and error, but also with confidence because God is with us.

In the near future we will begin the transition. Please stay positive. We will need the support of all of you. I recall seeing an old bumper sticker that said, "Please be patient. God is not finished with us." This is McCabe. Please be patient. God has wonderful plans for us.

Together with you in Christ,

Pastor Rick

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



The women of McCabe's UMW have been working this spring to "reach out to those who have needs in our community."

April brought our first service, to once again host the WDA Music Conference. Over 180 teens enjoyed their favorite foods, sloppy joes, hot dogs, and a variety of tasty cookies and bars. Many McCabe ladies furnished those treats and we sincerely thank you!

May 10 was Band Day, and again cookies and bars were available.

May 13, our Annual Spring Banquet was held at the Municipal Country Club. Triple H Miniature Horse Rescue Ranch was featured, and a Western theme set the mood for the evening. Trish Lenihan gave a stirring message of Faith exemplified in the training of horses. Diane Schilling entertained us with her background music. Al Ehrmantraut planned, decorated, and put into action a most memorable evening. Many thanks to Al for her loving service.

The United Methodist Annual Conference will be held at McCabe June 5-8. McCabe has been asked to furnish refreshments following the Ordination Service on Friday, June 7.

North Dakota, especially the Williston area, has been chosen to receive a new mission: The Baaken Oil Rush Ministry. Each church has been given a challenge to fund this new mission with McCabe's challenge of \$5,000. Our United Methodist Women have donated \$500 to help.

The UMW Annual Salad Luncheon will be Wednesday, June 12 (11:00 am to 1:00 pm). It is always attended by many in the community

Circle News:

Esther Circle (3rd Thursday, 9:30 a.m.). Their April meeting program was about the life of Joni Tada and her ability to overcome physical disabilities. Esther Circle meets monthly and their members are always found working with vigor and love. Rachel Bahrenburg, President, has been chosen to serve on our UMW Conference Team. Rachel attended the UMW Spring Focus meeting in Washburn.

Mary/Ruth Circle (3rd Thursday, 1:30 p.m.) has been learning about the "Help" organizations in our Bismarck area. Our April speaker was from Brightens, AID. Assistance is

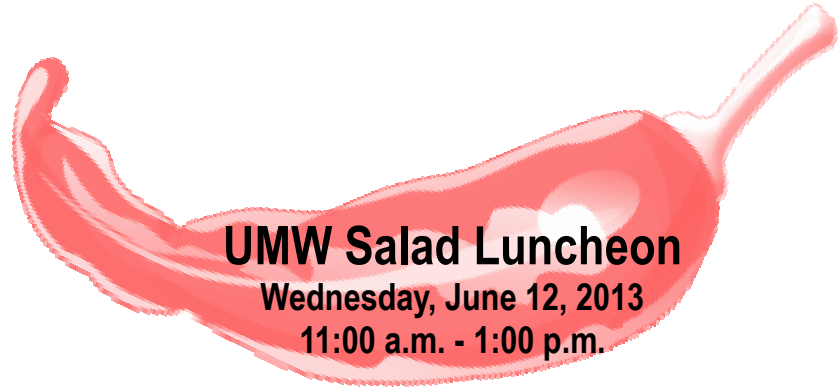
given to those who DO have work, but are still in need of help to keep going. The May meeting speaker was Marcia Olson, of "Bridging the Dental Gap," a program to help children who cannot or do not have dental care. We have two special leaders: Edna Boardman and Sharon Miller.

Eve Circle (3rd Wednesday, 6:00 p.m.). Yes, we do have a third Circle with 10 members! It would be nice if they could gather for a Wednesday evening "Snack and Fellowship" at McCabe, at a home, or restaurant, so that they can become more active again.

God Bless,

Bonnie Elefson

President, UMW Executive Committee



Coach's Report Is Available

A copy of the Congregational report from our United Methodist Coach, Sue Nilson Kibbey, is available in the church office, if you were unable to attend the Q&A/Listening session held on May 8th. The session covered moving forward with a focus on greater laity participation and expanded definitions of staff positions. This report provides a framework that will help explain some of the planned changes at McCabe. McCabe's future holds great promise so make every effort to stay informed by reading this report, asking questions and volunteering when opportunities come open!

Family Link Scriptures for June

Saturday, June 1
Ephesians 1:3-10

Sunday, June 2
Matthew 5:13-16

Monday, June 3
Hebrews 10:23-25

Tuesday, June 4
Job 38:1-7

Wednesday, June 5
2 Corinthians 5:11-21

Thursday, June 6
Philippians 4:10-14

Friday, June 7
1 Kings 19:1-12

Saturday, June 8
Matthew 7:1-5

Sunday, June 9
Psalms 91:1-16

Monday, June 10
Mark 10:46-52

Tuesday, June 11
Exodus 4:1-17

Wednesday, June 12
Psalms 57:1-3

Thursday, June 13
John 15:1-5

Friday, June 14
Jeremiah 29:1-14

Saturday, June 15
Isaiah 40:29-31

Sunday, June 16
John 13:34-35

Monday, June 17
2 Corinthians 9:6-15

Tuesday, June 18
Ephesians 2:1-10

Wednesday, June 19
Matthew 25:14-30

Thursday, June 20
James 1:19-24

Friday, June 21
Mark 6:45-51

Saturday, June 22
Matthew 5:17-20

Sunday, June 23
Exodus 34:29-35

Monday, June 24
Psalms 103:1-14

Tuesday, June 25
Romans 10:11-18

Wednesday, June 26
1 Samuel 1:1-18

Thursday, June 27
Psalms 119:33-40

Friday, June 28
Galatians 6:9-10

Saturday, June 29
Exodus 3:7-12

Sunday, June 30
1 Peter 1:3-9



Wholly Healthy



Greetings McCabe friends,

Whew, what a roller-coaster ride we have been on this spring! At least, I think that is the season we're in! We endured a seemingly never ending winter with too many dreary days and finally rejoiced in the hope of spring and then, poof! Our hearts sank as we stood in awe as it snowed, and snowed, and snowed! Then, the warm sunshine came out and temperatures soared unseasonably upward. We watched, almost in fast-forward, the grass become green, the tulips, daffodils and other spring beauties bloom and bloom! The plump buds on the trees and shrubs suddenly burst open to reveal their green foliage. Wow, it is spring or did we just skip into summer?!

Needless to say, it has been quite a journey with the weather changes we often experience here in ND! And then the rains came and came.....! Goodness, what would we talk about if we didn't have this crazy weather! Ha!

Just like the weather, we will be experiencing some changes here at McCabe. I have been hearing many of you expressing concerns about the Parish Nurse Program and the redesign of the program that were suggested by the consultant, Sue Nilson Kibbey. Pastor Rick and I want to assure you that the parish nurse program will remain intact and I will continue to visit you as I have been. What will change is that we will be developing a visitation team so that we can more adequately serve the people of McCabe.

Being a part of this important team will provide you an experience beyond words. I cannot express enough what a life changing experience it is visiting with our McCabe family! You will come away feeling enriched, empowered, humbled and grateful that you were able to minister and be ministered to by our wonderful family. Please stay tuned to learn more about this wonderful opportunity.

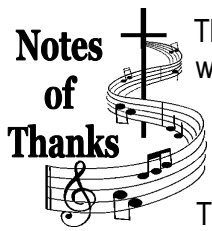
With all the changes that we are facing together as a church family, I ask that we can look forward with prayer, patience and a positive attitude. I trust that we can accomplish wonderful ministries together in Christ. One of my favorite sayings is, "Do not worry about tomorrow. God is already there."

Please contact me with any questions or concerns.

God bless,

Nurse Jane

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



The Ronald McDonald House of Bismarck would like to thank you all for your recent donation of personal hygiene products. Your gifts and support are appreciated!

Thank you to Christian Education Work Area for providing potted plants to all the church school teachers and assistants in appreciation of their work during the year. McCabe is blessed with a great teaching staff.

Thank you to Kerrie Schlecht, Chair of Christian Education Work Area for directing the *Everywhere Fun Fair Vacation Bible School* and for her tireless work toward transitioning to a new CE Director and re-organization of program responsibilities.

Thanks to all of you at McCabe for the beautiful stained glass cross presented me on my retirement. I have it hanging in a window of my home and it will always serve as a reminder of the wonderful years I have spent here serving you.

Floramay Miller

Thank you to the many volunteers who helped with Vacation Bible School: to everyone who helped with decorations, the volunteer meal, donating supplies and working with the kids. Without you we would not be able to offer a fun and exciting learning environment.

Thank you to all the kids who came to learn about how to be a better neighbor. We learned that neighbors just don't live next door, they are all over the world. Go forth and be friendly, giving, bold, forgiving and welcoming to everyone you encounter. See you next year!

Kerrie Schlecht

A Celebration of Wyatt Herbert Cooke's Life

The family of Wyatt Herbert Cooke wishes to express their gratitude for your kindness in the loss of our brother. A celebration of Wyatt's life will be held on Wednesday, June 19, 10:30 a.m. at Bethel Church, Buckstop Junction (just east of the intersection of Bismarck Expressway and E. Main Ave., Bismarck). A gathering and lunch will follow at the Lewis Hotel, Buckstop Junction. Please join us.

Judy Fried, Dean Cooke, Alice Dempsey, & Marlette & Darrel Pittman

In Our Thoughts & Prayers:

Kevin & Mary Gereszek and family on the death of Kevin's mother, Celestina Gereszek, of Bismarck, on April 5, 2013.

Robert & Kathy Peterson and family on the death of Robert's dad, Robert Peterson, Sr., of Bismarck, on April 17, 2013.

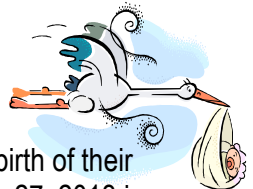
Family & friends of LaVonne Heyerman, of Bismarck, who died on May 1, 2013.

Beth Steckler and family on the death of Beth's brother, Allan B. Larson, of Innsbrook, MI, on May 3, 2013.

Jill & Duane Small & family and Nikki & Patrick Greicar & family on the death of Jill's mother, and Nikki's grandmother, Marjorie Thiele, of Bismarck, on May 6, 2013.

Rollin & Barb Mehlhoff and family on the death of Rollin's brother, Dale Mehlhoff, of Burlington, ND on May 25, 2013

Congratulations to:



Steve & Marijka Leibel and family on the birth of their daughter, Lucille "Lucy" Rose, born March 27, 2013 in Bismarck.

Katie Fossum on the birth of her son, Hunter Neal Fossum, born April 8, 2013 in Apple Valley, MN. Hunter is the grandson of Pastor Rick & Nancy Fossum.

Justin & Chelsey Walsh on the birth of their son, Blake Thomas, born in Bismarck, on April 26, 2013. The proud grandparents are Dale & Darlene Walsh.

Job Well Done, McCabe!

To date we have collected \$7,696.00 for the Bakken Oil Rush Ministry.



Christian Ed Notebook

Sunday School In-A-Bag

June-July-August

Take a bag with you. Give one to a friend.

Each bag has a Bible story, activities to do yourself and with your family or friends and a sweet treat.

June

Learn about celebrating Passover, Pentecost, Sabbath, Rosh Hashanah, Yom Kippur and Hanukkah.

July

Learn about the virtues of self-control, honesty, generosity and faithfulness.

August

Read some of the favorite Bible verses:

“God so loved the world...”

“Love your enemies...”

“...they shall mount up with wings like eagles...”

“...as for me and my house, we will serve the Lord.”

and “Praise the Lord.”



Go to www.dakcamps.org and sign up for a Methodist camp. **McCabe will pay one-half of the camp fee up to \$150 per camp.** Register now to get the camp you want!

Pick up a camping brochure at the church or go online to see what is offered for Kindergarten-Grade 3, Grades 3-6, Grades 6-8, Grades 8-12, Families, Adults, and Special Needs.

You will find X-treme adventures, sports camps, water activities camps, arts camps, day camps, work camps, relaxation camps, spiritual renewal camps, cabin camping, tent camping, backpacking camping. There is something for everyone to enjoy in the company of other United Methodists sharing their love for God.

A Ministry Opportunity!

McCabe United Methodist Church is looking for one or two persons (the position could be shared) to be in charge of the Nursery on Saturday evenings from 4:45 p.m. to 6:15 p.m. and Sunday mornings from 7:45 a.m. to 12:15 p.m.

Just think! You might have fun while making some money AND have something else to put on your resume. But, most of all, you will get to know and minister to some of the greatest children in the world!

If you are interested, please contact the church office (255.1160) for a packet explaining more about the position.



Upcoming VeggieTales Movie

MacLarry & The Stinky Cheese Battle will be shown on Thursday, June 13, 2013 from 6:30 to 8:00 p.m. in McCabe's Great Hall.

Back at McCabe... Deep Thoughts from Justin Balzer

Many of you will remember when Justin Balzer helped lead the Family Fun Nights by doing a comedy sketch from Saturday Night Live with Deep Thoughts from Justin Balzer. He is back and will be taking the director of Youth Ministries job when Ty Rostvedt leaves.

Justin has been active in the life of this church since his birth in Bismarck. His parents, Troy and Tammy, and his younger siblings, Jesse and Julie, are all members of the church. Justin was confirmed by Pastor Art and Pastor Rick and been active in teaching Sunday School for 10 years, when available. He taught the 2013 Confirmation Class when they were in kindergarten. Justin graduated from the U of Mary and during that 4 year period found the time to help Laura Walters with the youth program. He left Bismarck to go to law school in Florida but returned to North Dakota to finish at UND Law School. His goal is to work as a lawyer in the Bismarck area and is working part time for Legal Services. Justin has also been working as a playground supervisor at Will-Moore and volunteering with the after school Say YES program at McCabe as the gym activities person. His continued dedication to the religious training and activities of our youth tell the story. He is committed to all children and youth and is busy planning lessons and activities that will keep them coming to McCabe.

Justin plans to continue the annual ski trip to Montana and will lead the youth in attending conference youth events. Something new will be added to the mix as he is making plans to involve our youth in community service activities about once every 6 weeks. He believes our kids can make a difference in Bismarck.

We must support and pray for Justin, our youth, and their parents in their faith journey. He is bringing back Family Fun Night this year. We know we will be hearing more Deep Thoughts from Justin Balzer in the months ahead.



Coming in the Fall 2013 - Alpha Course

The Alpha course covers the basics of Christianity and is for anyone. We will investigate questions about the existence of God, the purpose of life, the afterlife, the claims of Jesus and more. What for further information coming!

Always Say A Prayer

Every wonder about the abbreviation **A.S.A.P.**? Generally we think of it in terms of additional hurry and stress in our lives - As Soon As Possible. Maybe if we think of this abbreviation in a different manner, we will begin to find a new way to focus on what's important.

There's work to do and deadlines to meet - you've got no time to spare. But as you hurry and begin to scurry, **A.S.A.P.** "**Always Say A Prayer.**"

In the midst of family chaos, "quality time" is rare. Do your best; let God do the rest and **A.S.A.P.** "**Always Say A Prayer.**"

It may seem like your worries, are more than you can bear. Slow down and take a breather and **A.S.A.P.** "**Always Say A Prayer.**"

God know how stressful life is; He wants to ease our cares, And He'll respond to all your needs if you **A.S.A.P.** "**Always Say A Prayer.**"

Congratulations to McCabe's Graduating Seniors

Nathan Briggs
Tyler Clairmont
Josie Gereszek
Jayla Grossman
Sarah Liebig
Tyler Nelson

Kendra Otterness-Ford
Codi Simonson
Becca Spear
Lauren Theurer
Brandon Trom
Nick Wax





Summer Worship Schedule

Begins June 1 & 2

Saturdays: 5:00 pm
Sundays: 8:00, 9:30, 11:00 a.m.

McCabe UMC

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

Pastor:

Rick Fossum

Office Hours:

Monday – Friday
8:30 a.m. – 4:30 p.m.

Worship

Saturdays:

5:00 p.m.

Sundays:

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

Facebook

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

NOTICE:

Any items for the newsletter need to be turned
into the church office no later than
Monday, July 15, 2013.

Postmaster: Change Service Requested

McCabe United Methodist Church
1030 North Sixth Street
Bismarck, ND 58501



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June 2013

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>2 8:00 am Worship 9:30 am Worship 11:00 am Worship</p> <p>4:00 pm VBS</p>	<p>3 11am-1pm Parish Nurse Hours</p> <p>6:-00 pm VBS 6:15 pm Al-Anon 7:30 pm Al-Anon</p>	<p>4 7:00 am Sojourners 9:00 am Tuesday Workshop</p> <p>6:00 pm VBS</p>	<p>5</p> <p>6:00 pm VBS</p>	<p>6 6:30 am Men's Bible Study</p>	<p>7 7:00 am Men's Breakfast at N. Perkins 10: 00 am Prayer & Meditation</p> <p>7:00 pm Conference Ordination Service</p>	<p>1 5:00 pm Worship</p> <hr/> <p>8 5:00 pm Worship</p>
<p>9 8:00 am Worship 9:30 am Worship 11:00 am Worship</p>	<p>10 11am-1pm Parish Nurse Hours</p> <p>6:15 pm Al-Anon 7:30 pm Al-Anon</p>	<p>11 7:00 am Sojourners 9:00 am Tuesday Workshop</p>	<p>12 11:00 am UMW Salad Luncheon</p>	<p>13 6:30 am Men's Bible Study</p> <p>5:30 pm Worship Planning Team 6:30 pm Nurture Team 6:30 pm VeggieTales Movie "MacLarry & The Stinky Cheese Battle"</p>	<p>14 10:00 am Prayer & Meditation</p>	<p>15 5:00 pm Worship</p>
<p>16 Father's Day 8:00 am Worship 9:30 am Worship 11:00 am Worship</p>	<p>17 11am-1pm Parish Nurse Hours</p> <p>6:15 pm Al-Anon 7:30 pm Al-Anon</p>	<p>18 7:00 am Sojourners 9:00 am Tuesday Workshop</p> <p>5:30 pm Board of Trustees Meeting</p>	<p>19 10:00 am UMW Executive Meeting</p> <p>5:30 pm Christian Ed Work Area Meeting</p>	<p>20 6:30 am Men's Bible Study</p> <p>5:30 pm Staff/Parish 7:00 pm UM Foundation Board Meeting</p>	<p>21 7:00 am Men's Breakfast at N. Perkins 10:00 am Prayer & Meditation</p>	<p>22 3:00 pm A Leap of Faith Dance Recital 5:00 pm Worship</p>
<p>23 8:00 am Worship 9:30 am Worship 11:00 am Worship</p>	<p>24 11am-1pm Parish Nurse Hours</p> <p>6:15 pm Al-Anon 7:30 pm Al-Anon</p>	<p>25 7:00 am Sojourners 9:00 am Tuesday Workshop</p>	<p>26</p>	<p>27 6:30 am Men's Bible Study</p>	<p>28 10:00 am Prayer & Meditation</p> <p>6:00 pm Wedding Rehearsal</p>	<p>29 3:00 pm Wedding 5:00 pm Worship/Communion</p>
<p>30 8:00 am Worship/Communion 9:30 am Worship/Communion 11:00 am Worship/Communion</p>						

July 2013

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

	<p>1 11am-1pm Parish Nurse Hours</p> <p>6:15 pm Al-Anon 7:30 pm Al-Anon</p>	<p>2 7:00 am Sojourners 9:00 am Tuesday Workshop</p>	<p>3</p>	<p>4 Independence Day OFFICE CLOSED</p> 	<p>5 7:00 am Men's Breakfast at N. Perkins 10:00 am Prayer & Meditation</p>	<p>6</p> <p>5:00 pm Worship</p>
<p>7 8:00 am Worship 9:30 am Worship 11:00 am Worship</p>	<p>8 11am-1pm Parish Nurse Hours</p> <p>6:15 pm Al-Anon 7:30 pm Al-Anon</p>	<p>9 7:00 am Sojourners 9:00 am Tuesday Workshop</p>	<p>10</p>	<p>11 6:30 am Men's Bible Study</p>	<p>12 10:00 am Prayer & Meditation</p>	<p>13</p> <p>5:00 pm Worship</p>
<p>14 8:00 am Worship 9:30 am Worship 11:00 am Worship</p> <p>1:00 pm ND Paint Club</p>	<p>15 11am-1pm Parish Nurse Hours</p> <p>6:15 pm Al-Anon 7:30 pm Al-Anon</p>	<p>16 7:00 am Sojourners 9:00 am Tuesday Workshop</p> <p>5:30 pm Trustees</p>	<p>17</p> <p>5:30 pm Christian Ed Work Area Meeting</p>	<p>18 6:30 am Men's Bible Study</p>	<p>19 7:00 am Men's Breakfast at N. Perkins 10:00 am Prayer & Meditation</p>	<p>20 10:00 am New Member Orientation</p> <p>5:00 pm Worship 7:00 pm Wedding</p>
<p>21 8:00 am Worship 9:30 am Worship 11:00 am Worship</p>	<p>22 11am-1pm Parish Nurse Hours</p> <p>6:15 pm Al-Anon 7:30 pm Al-Anon</p>	<p>23 7:00 am Sojourners 9:00 am Tuesday Workshop</p> <p>5:30 pm Open Door Board Meeting</p>	<p>24</p>	<p>25 6:30 am Men's Bible Study</p> <p>6:30 Council on Ministries Meeting</p>	<p>26 10:00 am Prayer & Meditation</p>	<p>27</p> <p>5:00 pm Worship/Communion</p>
<p>28 8:00 am Worship/Communion 9:30 am Worship/Communion 11:00 am Worship/Communion</p>	<p>29 11am-1pm Parish Nurse Hours</p> <p>6:15 pm Al-Anon 7:30 pm Al-Anon</p>	<p>30 7:00 am Sojourners 9:00 am Tuesday Workshop</p>	<p>31</p>			