

Upcoming Events

Monday, September 3
Labor Day
Office Closed

Sunday, September 9
Homecoming Sunday
Worship:
8:00 a.m.
10:00 a.m.
11:15 a.m.

Sunday, September 16
1st & 3rd Grade
Bibles

Sunday, September 23
Miracle Sunday

Sunday, September 30
Teacher
Recognition

Check the church calendar and enclosed articles for more dates, times, and information!

For What It's Worth:

Winston Churchill once said, "There is no doubt that it is around the family and the home that all the greatest virtues, the most dominating virtues of human society, are created, strengthened and maintained".

The family is the building block of our society. It is the link to our past and it is the bridge to our future. It is the conduit through which our morals and values, our ethics and faith get passed from one generation to the next.

Our failure to make the family our top priority is the weak link in God's overall plan to build a better kingdom.

Professor Joan Brumberg of Cornell University conducted an unusual research project, based on a study of diaries written by teenage girls, then and now. She began by consulting surviving diaries from the nineteenth century. She analyzed their entries, arranging them by topic, before going on to do the same with girls' diaries of the late twentieth century. What Professor Brumberg found is that the nineteenth-century teenagers spent a great deal of time writing about their aspirations to be good, useful, caring, positive contributors to society. They had a sense of personal mission, something that caused them to reach beyond themselves.

When the professor [read] the diaries written by twentieth-century teenage girls, she found something very different. Their aspirations were focused mostly on becoming slim, pretty, well-dressed and popular. It's about the family.

We are trying something new at McCabe and it is about the family. It is about strengthening the family. It is about helping people to focus on the family by redirecting our time and attention, our priorities and our faith. We are calling this new ministry *The Family Link* and it is for you and your family and me and mine. Whether your family is one person or many, *The Family Link* is a new program designed to help strengthen all families.

Beginning on September 9, Pastor Ray and I will be preaching a series of messages we are calling *The Family Link*. Each message is designed to build on each other. Our goal is to both encourage and challenge our McCabe families (this includes traditional families, blended families, widows and single folks) to set aside fifteen minutes each day as family time.

Continued on next page.

We are challenging our families to turn off the TV, shut down the computer, set your phones aside, and invest fifteen minutes with your family using these simple steps:

1. *Socialize.* Ask each other the 'highs' and 'lows' of the day.
2. *Read* one verse/passage of Scripture. These verses or passages will be posted in our weekly worship bulletins, monthly newsletter and our website.
3. *Talk* about the Bible verse and how it relates to your life. What does it mean? How does it apply to your 'highs' and 'lows'?
4. *Pray* for each other, your family, your community, your church, your world.
5. *Bless* each other.

We believe that by incubating our faith every night in every home, we will be helping to build a better tomorrow. We believe that by building stronger families, we will be building a stronger McCabe United Methodist Church.

Please pray about our new ministry we are calling *The Family Link*. Please participate. A lot of people complain about our world today. *The Family Link* is doing something about it one family at a time.

Together with you in Christ,

Pastor Rick



The Family Link!

"Keep these words that I am commanding you today in your heart. Recite them to your children and talk about them when you are at home and when you are away, when you lie down and when you rise" (Deuteronomy 6:6-7).

The Family Link is coming to McCabe. We need your family to participate. Families are defined as: Traditional families or blended families or single folks young and/or old. You can be a family of one or a family of many. You are encouraged to participate. Please invest fifteen minutes every day and follow these simple steps:

- Socialize
- Read Scripture (verses provided)
- Talk about Scripture
- Pray
- Bless

A famous senator once said, *"And it is time for those who talk about family values to start valuing families."* Please join us on our journey to strengthen the family.

Family Link Scriptures for September

Saturday, September 1 <i>Proverbs 4:20-27</i>	Sunday, September 16 <i>2 Timothy 3:14-17</i>
Sunday, September 2 <i>Zechariah 14:20-21</i>	Monday, September 17 <i>Psalms 42:1-8</i>
Monday, September 3 <i>Matthew 7:24-27</i>	Tuesday, September 18 <i>John 9:1-7, 35-38</i>
Tuesday, September 4 <i>Jeremiah 17:5-8</i>	Wednesday, Sept. 19 <i>Psalms 146</i>
Wednesday, Sept. 5 <i>Titus 3:1-15</i>	Thursday, September 20 <i>Philippians 2:1-11</i>
Thursday, September 6 <i>Matthew 14:22-33</i>	Friday, September 21 <i>Mark 10:13-16</i>
Friday, September 7 <i>1 Peter 2:9-12</i>	Saturday, September 22 <i>Psalms 121</i>
Saturday, September 8 <i>Genesis 2:15-17</i>	Sunday, September 23 <i>Matthew 25:31-40</i>
Sunday, September 9 <i>Psalms 6</i>	Monday, September 24 <i>Galatians 5:22-26</i>
Monday, September 10 <i>Romans 12:14-21</i>	Tuesday, September 25 <i>Isaiah 41:8-13</i>
Tuesday, September 11 <i>Joel 2:23-27</i>	Wednesday, Sept. 26 <i>Romans 12:9-13</i>
Wednesday, Sept. 12 <i>1 Thessalonians 5:16-24</i>	Thursday, September 27 <i>Exodus 3:1-15</i>
Thursday, September 13 <i>Exodus 13:17-22</i>	Friday, September 28 <i>Matthew 18:15-35</i>
Friday, September 14 <i>John 15:1-11</i>	Saturday, September 29 <i>Isaiah 43:18-21</i>
Saturday, September 15 <i>Genesis 28:11-21</i>	Sunday, September 30 <i>Joshua 3:1-4</i>

UMCOR KITS ... need to be at the church by Friday, September 14, 2012. The kits are shipped from the churches in the Dakotas to a distribution depot in either Louisiana or Illinois. From there they are sent out all over the United States and the world to places where they are needed in times of emergency. Please check the display in the Great Hall and then pick up a sheet with individual items needed or do an entire kit and help us with this project.

SCHOOL KITS

1 pair blunt scissors
3 pads, loose leaf or notebooks
- 8x11 ruled paper
1 hand held ruler
1 pencil sharpener
1 eraser 2 ½ inch
1 box 24 crayons

Place items in a 14x16 cloth bag with handles and closure. (Patterns are available)

HEALTH KITS

1 hand towel (15x25 up to 17x27)
1 bath-size bar soap (3oz. or larger)
1 comb large & sturdy, not pocket size
\$1 for purchase of toothpaste
1 metal nail file or fingernail clipper
(no emery boards or toenail clippers)
6 adhesive plastic strip bandages
(Wash cloths are also included, but we have MANY on hand)

Place the items inside a sealed one gallon plastic bag.

LAYETTES

6 cloth diapers
2 shirts or 2 one piece body suits
2 baby wash cloths (not adult size)
2 gowns or sleepers
1 sweater/jacket open in the front
2 diaper pins
2 receiving blankets

Patterns for sweaters and gowns are available. Bundle the items inside one receiving blanket and secure bundle with diaper pins.

SEWING KITS

3 yards of cotton or a cotton blend in a solid-color or print fabric (Must be all one piece)
1 package of needles
1 spool thread to match
5-8 buttons
1 pair sewing scissors

Wrap notions in the fabric and place items in sealed one gallon plastic bag.

BEDDING KIT

2 full size flat sheets
2 pillow cases
2 pillows

Fry Bread Kits (these are a Conference project and will go to Spirit Lake)

4# sugar
5# flour
32 oz. cooking oil
1 small can baking powder

These may be placed in a plastic grocery bag.

Congratulations to:

Jason Jochim & Jesse Armstrong on the birth of their daughter, Ryder Armstrong Jochim, born August 6, 2012. Ryder is the granddaughter of Steve & Connie Armstrong.



Baptisms:

Wednesday, August 8, 2012

Leif Aaron & Noah Jonathan Peterson, sons of David & Nicola Peterson.

Sunday, August 18, 2012

Holden Jarred Schmitt, son of Dustin & LaDawn Schmitt

In Our Thoughts & Prayers:

Family & friends of Janet Snyder who died on July 15, 2012.

Beth, Ellyse, & Joshua Steckler on the death of husband and father, Mitchell "Mitch" Steckler, of Bismarck, ND, on August 9, 2012.

Family & friends of Anna Marie Connell, of Bismarck, ND, who died on August 11, 2012.

Floyd & Cathy Mount and Dale & Tracy Erfle and families on the death of Floyd & Cathy's son, and Tracy's uncle, Chuck Mount, on August 15, 2012.

McCabe Youth

What a great summer it's been! The youth group returned from our mission trip on August 3rd. Thank you to everyone who supported the youth group on our trip to Arkansas. We had a great time and accomplished everything that the Magnet Cove and Jones Mill churches had for us to do. We helped them organize and sort through all their clothes, books, and food for their Open Door mission. We filled backpacks with school supplies and we helped with preparations for VBS. The church members were very grateful for our visit and the work we accomplished. Temperatures were triple digit all week. We were able to spend much of that time indoors and as well as at the water park! I'm sure our youth will never forget their experience and look forward to what God has in store for us in the future.

As for the upcoming events at McCabe we will continue our Wednesday night youth group for those in 10th-12th grade in the youth room from 6:30-8:00 p.m. The 9th graders will be meeting for confirmation at the same time. That is why we are inviting the 9th graders to our Sunday night youth group called FLY. It will be from 6:30-8:00 p.m. on Sundays in the youth room. FLY also includes those in 7th and 8th grades as well.

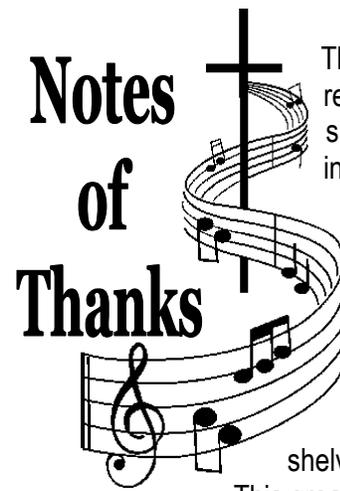
On Sunday mornings we are going to start "Youth Link" which will be from 10:00 to 11:00 a.m. and it is for anyone in 7th-12th grades. This will be a time of games and a time to discuss the same themes and topics as the rest of the church. This should keep us in step with the family theme that the pastors will be talking more about this fall. Both FLY and Youth Link will start September 9th.

There will also be a Young Men's Group, for high school and college age, that will meet on Monday nights and meet in the youth room to discuss issues that are pertinent to young men.

If there are questions about our ministry, ideas or suggestions, please feel free to contact me at trostvedt@mccabeumc.com. Together, I hope we can bring our kids into a deeper relationship with Jesus; to know His will and to know His Word. Thanks!

In Christ,

Ty Rostvedt
Youth Director



Thank you to McCabe Still-in-rehearsal Players who put on a skit, *The Committee*, for worship in July. Players were Mike Briggs, Parrell Grossman, Dave Hagler, Kyle Joersz, Steve Miller, Karen Nicholson, and Marlette Pittman.

Thank you to Art Scanson for building enclosures for the new shelving in the CE Resource Room.

This greatly increases the utility of the shelves by preventing items from falling off the sides and backs.

Christian Education moved the Resource Room to the room next to it with more space. A special thank you to CE Work Area members and others who accomplished the tasks of transferring everything to another room, moving the existing and new shelving, and then transferring everything back onto the shelves all in two days of work. They are Dave, Kory & Kyle Hagler, Dan, Kerrie & Emma Schlecht, Rhonda Ames-Nelson, Jerry Suko, Justin Balzer, and Steve Miller.

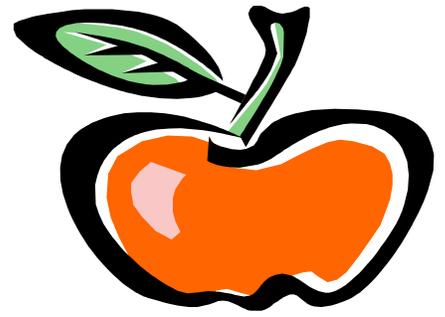
Thank you for helping me raise money to support "The Welcome House," a ministry to the homeless people in the Bismarck-Mandan area. Together (Docs, Crocs & Frocks) we raised approximately \$750.00! This was fantastic! Eight Doctors, Lawyers, and Pastors (24 in all) walked, ran, biked, and swam to heighten the awareness of the homeless people in our community and to collect money for this charity. An attorney was able to raise the highest individual amount. The Pastors were able to raise the most money as a group. Altogether we collected \$30,035.

~Pastor Ray Baker

Handbells

Youth handbells, grades 3-8, will meet on Wednesdays, 3:45 - 4:45 p.m. Adults and youth, grades 9-12, will be Wednesdays, 5:30 - 6:30 p.m. NO music experience is required! If you are interested in ringing handbells, please call Mari at 223-9137, or email at Knutson@bis.midco.net.

Wholly Healthy



Greetings McCabe friends,

Wow, what a beautiful spring and summer we have been blessed with! It's always hard to believe how quickly fall comes around again and how quickly we are back in the seats at school and back into our busy schedules once again. Jim and I have entered a new world of becoming empty-nester's. I had no idea how quiet a home could be! You can offer me a tissue whenever you see me. I'm kind of the "Velcro-mom" type! Or 'pathetic' as my son lovingly tells me! An exciting adventure for all of us.

Enough of my whining. Let's have a look at the fall adventures here at McCabe in the parish nurse world.

I tell you with great excitement that we will be beginning our 11th season of Faithfully Fit exercise class. What an amazing, faithful crew we have! This class is geared so that **everyone** can participate. Our motto is, "Come as you are, do as you can". The class will begin **Monday, September 10th** from 10-11 a.m. in the Great Hall. We will meet every Monday and Thursday throughout the year. This class is very non-intimidating and has the combined focus of body, mind and spirit. It offers low-impact aerobic exercises, strength and balance training, health information, and most importantly, laughter! It is always a good idea to check with your personal physician before beginning any exercise class. Come on over and give us a try. We will look forward to seeing you!

I will continue to offer parish nurse visitation in my office, located by the west entrance, every Monday from 11 a.m.-1 p.m. I will also continue blood pressure screenings in between services the last Sunday of each month. Please, stop in for a visit.

As we begin all the scurry of fall activities here at McCabe, I would like to remind everyone of the location of first aid kits for that

"just in case" incident. There is a first aid kit on top of each fire extinguisher on the main floor (located by the south and west entrances) and the lower level fire extinguishers (located at the bottom of the stairs by room 19 and the west hallway, in the kitchens, in the education levels (located in the main hallways) and the youth room. The kits include latex free gloves, band aids, gauze pads, ice packs and other items needed for an "oops". I maintain the contents of these kits throughout the year but please notify me if an item is missing or if there is any special item needed. We also have wheel chairs available for use in the coat room at the east, west and south entrances.

I cannot begin to express what an awesome family you are and what a privilege it is for me to serve you. Please contact me with any questions, concerns, or if you would like me to visit you.

I would like to leave you with a little story that says a little something about us 'funny' humankind. The author to this story is unknown.

Upon observing the way we waste our precious natural resources, imagine the conversation the Creator might have with St. Francis:

"Frank, you know all about gardens and nature. What in the world is going on down there? Where are all the dandelions, violets, thistle and stuff I planted eons ago? I had the perfect no-maintenance garden plan. My plants grew in any type of soil; they withstood drought, and multiplied with abandon. The nectar from the long-lasting blossoms attracted butterflies, honeybees, and flocks of song-birds. I expected to see a vast garden of color by now, but all I see are these green squares."

"It's the tribes that settled down there, Lord. The suburbanites. They started calling your

flowers 'weeds' and went to great extent to kill them and replace them with grass."

"Grass? But it's so boring. It's not colorful. It doesn't attract birds or bees, only grubs and sod worms. It's temperamental with temperatures. Are you sure they really want all that grass growing there?"

"Apparently so, Lord. They go to great pains to grow it, and keep it green. In the spring they fertilize the grass, and kill any other plants that crop up."

"Well, the spring rains and cool weather probably make the grass grow really fast. That must make the suburbanites happy."

"Apparently not, Lord. As soon as it grows a little they cut it."

"Cut it? Do they bale it like hay?"

"No, not exactly, Lord. Most of them rake it up and put it in bags."

"Oh. So it is a cash crop? Do they sell the bags?"

"No sir, just the opposite. They pay taxes for the bags to be hauled off."

"Now let me get this straight. They fertilize the grass so it will grow, and when it does grow they cut it off and pay to throw it away?"

"Yes, sir."

"Then the suburbanites must be relieved in the summer when we cut back on the rain and turn up the heat? That surely slows the growth and saves them a lot of work."

"Sit down, Lord. When the grass stops growing, they drag out the hoses and pay more money to water it, so they can continue to mow it and pay to have it hauled off."

"What nonsense! At least they kept some of the trees. That was a sheer stroke of genius, if I do say so myself. The trees grow leaves in the spring to provide beauty and shade in the

summer. In the autumn they fall to the ground and form a natural blanket to keep moisture in the soil and protect the trees and bushes. Plus, as they rot, the leaves form a compost to enhance the soil."

"You still sitting, Lord? The suburbanites have grown a new circle. As soon as the leaves fall, they rake them, bag them, and pay to have them hauled off."

"You're kidding! What do they do to protect the shrubs and tree roots in the winter, or keep the soil moist and loose?"

"After the leaves are hauled off they buy something they call mulch and spread it around under the trees."

"And where do they get this mulch?"

"They cut down the trees and grind them up."

"Enough! I don't want to think about this anymore. St. Catherine, you're in charge of the Arts. What movie have you scheduled for us tonight?"

"Dumb and dumber, Lord. It's a silly movie about....."

"Never mind, I think I just heard the whole story."

God bless,



nurse Jane

P.S. If you laugh a lot, when you get older your wrinkles will be in the right places!

-Andrew Mason-





Kick your Shoes off!

Carol Guymer is planning a fun, fantastic program for our Unit meeting on September 6th. We will "kick off" our fall schedule with

this meeting on September 6th in McCabe's Great Hall at 7 p.m. Esther Circle is the Hostess; we will hold election of officers. Circle members please come; guests are always welcome.

Circles meet will begin Thursday, September 20th. Esther Circle meets in the room just to the east of the kitchen on the lower level at 9:30 a.m. Mary Ruth Circle meets in the McCabe Library at 1:30 p.m. Eve Circle, a great help with our mission and events, does not presently have a regular meetings.

Bazaar: Saturday, October 20, we will have our annual Bazaar at McCabe. Gerry Ann Small was surprised to learn that she will again serve as our Bazaar Chair! She has graciously agreed to do this as long as she gets a lot of help; her phone number is 673-3373. Please let Gerry Ann or I know about plans for your area. Everyone is so generous with their donations for our rummage sale that we are desperately seeking storage space for the items.

Love Ribbon Grant: We will be submitting a grant request from the "SAY Yes" program held here at McCabe. We pray that the selection team believes this is the wonderful way to help children that we know it is! The application for this grant is administered by the Sakakawea UMW District for projects that benefit children and is funded by the sale of UMW Love Ribbons. Applications are due by September 10th.

School of Christian Missions was held in Jamestown, July 19-22. Our representative to the Sakakawea District, Rachel Bahrenburg, attended and she reports that she was very impressed with the people she met.

UMW Purpose: The organized unit of United Methodist Women shall be a community of women whose purpose is to know God and to experience freedom as whole persons through Jesus Christ; to develop a creative, supportive fellowship, and to expand concepts of mission through participation in the global ministries of the church.

For McCabe United Methodist Women
Marlette Pittman 220-6311

Adult Sunday Morning Groups

Adult Bible Study E-12 9:00 a.m.
Book by Book DVD series starting with Genesis. Anne Graham Lott is guest contributor.
Led by Rachel Bahrenburg

Christians With Issues E-11 9:00 a.m.
Discussions on living as a Christian
Led by Jerry Zimprich & Roy Mallory

Spiritual Gifts E-9 9:00 a.m.
Learn to serve in a role that matches who God created you to be!
Led by Jan Joersz

Dominoes for Adults

7:00 p.m. Great Hall
1st & 3rd Thursdays

Relax and play Mexican Train dominoes just for the fun of it. Easy to learn. Easy to chat and snack. New players are welcome any time. Bring a snack item to share.

Try it out!

2013 Alaska Fishing Trip

Join Pastor Ray and Sarah Baker for a five-day vacation to Raspberry Island Remote Camp in Kodiak, AK. For more information contact Pastor Ray Baker.

Spiritual Gifts

Romans 12:6
"Having gifts that differ according to the grace given to us, let us use them; . . ."



God's plan for the church calls for each member as the body of Christ to play a very important part. Discover your vital role on a journey of self-discovery that will run every two weeks, starting Sunday, September 9, 2012, at 9:00 a.m. in room E-9. (September 9 & 16, 23 & 30, October 7 & 14, 21 & 28, and November 4 & 11.) Pick 2 weeks that work for you and join leader Jan Joersz to learn how God has gifted you and where your gifts, dreams, and passions might lead you.

True joy and fulfillment happens when we serve in a role that matches who God created us to be!



Christian Ed Notebook

Sunday Morning Classes

2 & 3 Year Olds—4th Grade
Upstairs in the Education Wing
9:00 a.m. or 10:00 a.m. Room E-5
(same curriculum both times)

Snack at 9:00 and 10:00 sharp at *Springboard Station*
Large Group in room E-5, The second half of class is in
Small Group activities in classrooms:

	9:00 a.m.	10:00 a.m.
Preschool-1st Grade	Room E-2	Room E-4
2nd-4th Grade	Room E-3	Room E-6

2 & 3 Year Olds

9:00 a.m. go to Room E-1 for class
10:00 a.m. 3 Yr. Olds participate with others starting in
Room E-5. No 2 year olds at 10:00 a.m.

5th & 6th Grade

Lower Level church wing
9:00 a.m. Room E-17
10:00 a.m. Room E-18
Walk the Talk
Feel free to bring munchies!

Teen Link

Youth Room - Y-1
Seventh—12th Grades
10:00 a.m.

Teens at 9:00 a.m. will help in the children's program.

Children's Storybook Bible Presentation

First Grade students are being presented with the *Children's Bible in 365 Stories* during worship services on
Sunday, **September 16.**



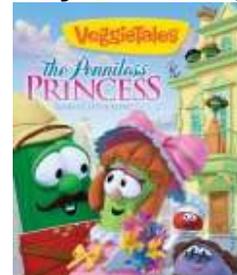
What's happening?

Grow, Proclaim, Serve is the new United Methodist curriculum for children through the Fourth Grade. It is a comprehensive three-year journey through the Bible. Children meet as a large group for the first half of class at *Springboard Station* (E-5) for music, scripture, story, worship and a DVD visit to Leaper's Pointe.



Each week will begin with a small snack. Once a month the snack will be a cookie. Other weeks will consist of dry cereal, fruit, vegetables, or crackers. Take a tag from the Snack Board in the Great Hall to make a donation for snacks.

Family Movie Night



Premiere Showing on the Big Screen!

Fellowship Hall

Sunday, September 9

5:00—6:30 p.m.

Free—balloons, stickers, fun pages, posters,
popcorn & drink

Pizza slices—(free will donation)

Blankets & friends welcome!

3rd Grade Bible Presentation

Third grade students will be presented with a Bible during worship services on Sunday, **September 16.** A parent-student workshop on *Get to Know Your Bible* is on Wednesday, Sept. 26, at 6:45 p.m. in room E-9-10 following the TGIW meal.



Confirmation 2013

Ninth Grade
Wednesdays
Room E-18

Evenings start with the TGIW meal served in the Great Hall from 6:00-6:45 p.m. and includes the McCabe Family Link devotional from 6:30-6:45.

An introductory meeting for students, mentors and parents will be held September 12, at 6:45 p.m. in Room E-18. The first session will be September 19. Pastor Rick leads Confirmation.

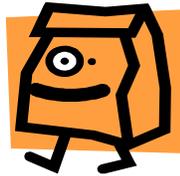
Teacher Recognition September 30 at worship services

Please take time to meet and greet teachers and thank them for their commitment.

Welcome Bags for the Homeless

"Whenever you helped any of my people, no matter how unimportant they seemed, you did it for me."

Matthew 25:40



Save from travels or purchase personal-sized toiletries for Welcome Bags that provide new arrivals at local shelters with basic personal care necessities.

Every day over 375 people are homeless in the Bismarck - Mandan area. **Items most needed** are small deodorants and combs. Other items collected are:

Toothbrush	Toothpaste	Lotion
Deodorant	Comb	Soap
Shampoo	Conditioner	



Link'n Gather

All Families of all sizes

Sunday, September 23
2:00—4:00 p.m.

Jaycee Park on Century Avenue

Play lawn games, volleyball, horseshoes, playground, & getting acquainted! Drink & Snack furnished, bring your own chair

Each family bring an item for an UM Committee On Relief mission school bag. These kits are sent around the world to children who need basic school supplies. Choose what you want to donate.

School Kit

1 pair blunt scissors	1 30-centimeter ruler
1 box 24 crayons	1 hand held pencil sharpener
1 eraser, 2 1/2 "	3 pads 8"x11" ruled paper

Items MUST be as described to pass through customs.

Christian Ed Needs Volunteers

Christmas Program	VBS
Decorating Hallways	Confirmation Dinner
Special event helpers	Mural Painting

Contact Floramay Miller or Kerrie Schlecht
255-1160, 222-4379 255-4688

Adults and teens interested in acting or backstage work for Sunday School or worship, Contact Floramay Miller.
255-1160, 222-4379



Mark Your Calendar For Link'n Gather
Family activities where children, youth, and adults can build friendships while having fun, growing in faith, and serving. Something different every month!

Sept. 23	Dec. 9	March 10
Oct. 14	Jan. 27	Apr. 7
Nov. 18	Feb. 10	

S.(ave) A.(merica's) Y.(youth) Yes After School Program Update

The progress of this exciting program has quietly continued even as we adjourned on May 15. Grants have been written and submitted in order to receive future funding. There is money in our account to finance the program's first three months. Our S.A.Y. Yes staff is in need of CPR training. We wish to work with other people on the McCabe staff to fulfill this obligation. The funds are in place to provide the food for several months. Our greatest need is for people to cook, serve and clean up before, during and after each meal. Some of our cooks and staff have had to take a break for many personal reasons. We are meeting to plan and coordinate this coming year's program.

Our S.A.Y. Yes program will begin on September 17, 2012 and continue through May 7, 2013. We ask for your prayers and participation as we begin our fall program of Monday's and Tuesday's S.A.Y. Yes After School Program.

Jacque Schauer again is donating the ground beef for us to continue to offer a substantial after-school-meal to the students in the program.

We at McCabe UMC are so fortunate to be able to offer this program. How better to live out McCabe's commitment to reach out to the Bismarck community? This is the church at work for children and their families.

Thank you to each and everyone for your continued support. If you wish to become part of our after school team or want more information, please call DeEtta at 258-4358 or the church at 255-1160.

Legalizing Medical Marijuana

On the November ballot is an initiated measure that will legalize marijuana. The Association for Addiction Professionals has spoken out at: <http://www.multibriefs.com/briefs/naadac/101811.html>

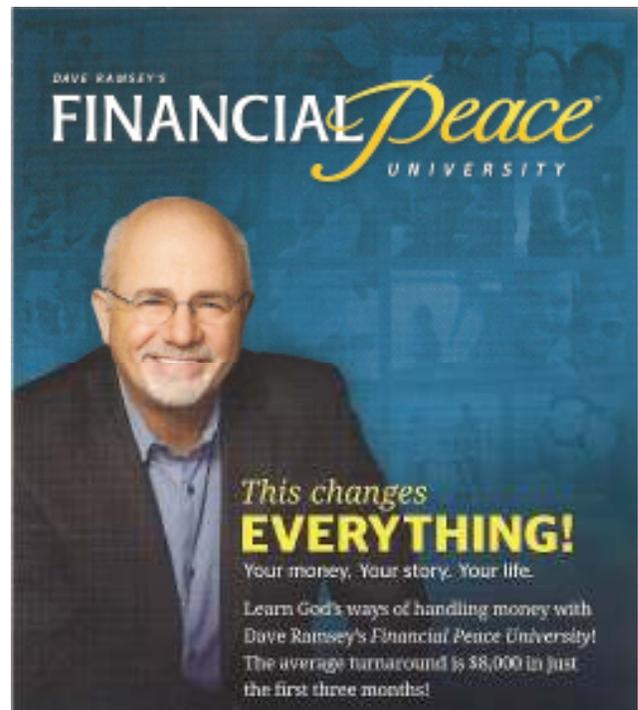
Be an informed voter by doing some research.

Focus Sessions

As part of our concentration on families, there will be eight weeks of Focus Sessions that will be held on Wednesday evenings from 6:45 - 7:45 p.m., in McCabe's Great Hall. Each session will concentrate on a different age group. You are welcome to attend one or all that apply to you and your family. Each week, we will listen to your concerns, thoughts, and ideas about that particular group. We will be holding Focus Sessions for the following categories and dates:

Pre-School	September 12
Grade School	September 19
Adults, 50 - 70	September 26
Middle School	October 3
Adults, 30 - 50	October 10
High School	October 17
Adults, 18 - 30	October 24
Adults, 70 +	October 31

Are you in any of these categories, a parent, grandparent, relative, friend or interested in or care about people in any of these categories? Then come, have your say, and let us know what is on your mind! Your input and participation is very important to help McCabe better care for, include, support, and help our McCabe Family Make Wednesday evenings a family event.



Classes are starting on Sunday, September 9, 2012 at 5:30 p.m. in McCabe's Great Hall. Contact Jeanette Gravseth, 471-5573, for more information or check out daveramsey.com.

Homecoming Sunday

September 9, 2012

Come celebrate a new church season with new worship times and classes for everyone on Sunday, September 9th with live music between services and enjoy a root beer float!

Make Wednesday Evenings A Family Event

Youth Handbells	3:45 - 4:45 p.m.
Adult Handbells	5:30 - 6:30 p.m.
Nursery	5:30 - 8:00 p.m.
TGIW Supper	6:00 - 6:45 p.m. (Includes a short devotional)
UMYF	6:30 - 8:00 p.m.
Rusty Staples	6:30 - 8:00 p.m. (1 st & 3 rd Wed. of month)
Confirmation	6:30 - 8:00 p.m.
Focus Session	6:45 - 8:00 p.m.
Chancel Choir	7:00 - 8:00 p.m.

NOTICE:

Any items for the newsletter need to be turned into the church office no later than **Friday, September 14, 2012.**

McCabe UMC

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

Pastors

Rick Fossum
Ray Baker

Office Hours

Monday – Friday
8:30 a.m. – 4:30 p.m.

Worship

Wednesdays (June-Aug.)
7:00 p.m.

Sundays (Sept.-May)
8:00, 10:00, & 11:15 a.m.

Sundays (June-Aug.)
8:00, 9:30, & 11:00 a.m.

Church School

Sundays 9:00 & 10:00 a.m.
(Sept.-May)

Fax

(701) 223.1324

E-mail

mccabeumc
@mccabeumc.com

Website

www.mccabeumc.com

Facebook

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

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Bismarck, ND 58501



September 2012

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>2 8:00 am Worship 9:30 am Worship 11:00 am Worship</p>	<p>3 Labor Day OFFICE CLOSED 6:15 pm Al-Anon 7:30 pm Al-Anon</p>	<p>4 7:00 am Sojourners 9:00 am Tuesday Workshop</p>	<p>5 3:45 pm Youth Handbells 5:30 pm Adult Handbells 6:30 pm UMYF 6:30 pm Rusty's (4th graders w/parents only) 7:30 Chancel Choir</p>	<p>6 6:30 am Men's Bible Study 7:00 pm UMW Unit Meeting 7:00 pm Adult Dominos</p>	<p>7 7:00 am Men's Breakfast at N. Perkins 10:00 am Prayer & Meditation</p>	<p>1 4:30 pm Wedding</p> <hr/> <p>8 5:00 pm Worship</p>
<p>9 Homecoming Sunday 8:00 am Worship 9:00 am Church School 10:00 am Worship 10:00 am Church School 10:00 am Teen Link 11:15 am Worship 5:00 pm Veggie Tales Movie 5:30 pm Financial Peace 6:30 pm F.L.Y.</p>	<p>10 10:00 am Faithfully Fit 11am-1pm Parish Nurse Hours 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 10:00 am UMW Execu- tive Committee 3:45 pm Youth Handbells 5:30 pm Adult Handbells 6:00 pm TGIW Meal 6:30 pm UMYF 6:45 pm Focus Session 6:45 pm Confirmation (Intro. w/parents) 7:00 pm Chancel Choir</p>	<p>13 6:30 am Men's Bible Study 10:00 am Faithfully Fit 10:00 am Precets Bible Study 5:30 pm Worship Plan- ning Team</p>	<p>14 10:00 am Prayer & Meditation</p>	<p>15 5:00 pm Worship</p>
<p>16 1st & 3rd Grade Bibles 8:00 am Worship 9:00 am Church School 10:00 am Worship 10:00 am Church School 10:00 am Teen Link 11:15 am Worship 5:30 pm Financial Peace 6:30 pm F.L.Y.</p>	<p>17 10:00 am Faithfully Fit 11am-1pm Parish Nurse Hours 3:15 pm SAY Yes 6:15 pm Al-Anon 7:30 pm Al-Anon</p>	<p>18 7:00 am Sojourners 9:00 am Tuesday Workshop 3:15 pm SAY Yes 5:30 pm Trustees 7:00 pm Finance</p>	<p>19 3:45 pm Youth Handbells 5:30 pm Adult Handbells 5:30 pm Christian Education Work Area 6:00 pm TGIW Meal 6:00 pm Eve Circle 6:15 pm Alaska Trip Mtg. 6:30 UMYF 6:30 pm Rusty Staples 6:45 pm Confirmation 6:45 pm Focus Session 7:00 pm Chancel Choir</p>	<p>20 6:30 am Men's Bible Study 9:30 am Esther Circle 10:00 am Faithfully Fit 10:00 Precepts Bible Study 1:30 pm Mary-Ruth Circle 5:30 pm Staff/Parish Committee 7:00 pm UM Founda- tion 7:00 pm Adult Dominos</p>	<p>21 7:00 am Men's Breakfast at N. Perkins 10:00 am Prayer & Meditation</p>	<p>22 5:00 pm Worship</p>
<p>23 Miracle Sunday 8:00 am Worship 9:00 am Church School 10:00 am Worship 10:00 am Church School 10:00 am Teen Link 11:15 am Worship 2:00 pm Link'n To- gether 5:30 pm Financial Peace 6:30 pm F.L.Y.</p>	<p>24 10:00 am Faithfully Fit 11am-1pm Parish Nurse Hours 6:15 pm Al-Anon 7:30 pm Al-Anon</p>	<p>25 7:00 am Sojourners 9:00 am Tuesday Workshop 3:15 pm SAY Yes</p>	<p>26 3:45 pm Youth Handbells 5:30 pm Adult Handbells 6:00 pm TGIW Meal 6:30 pm UMYF 6:45 pm Confirmation 6:45 pm Focus Session 6:45 pm 3rd Graders & Parents "Get to Know Your Bible" 7:00 pm Chancel Choir</p>	<p>27 6:30 am Men's Bible Study 10:00 am Faithfully Fit 10:00 Precepts Bible Study 6:30 pm COM</p>	<p>28 10:00 am Prayer & Meditation</p>	<p>29 5:00 pm Worship</p>

30 Teacher Recognition
8:00 am Worship/Communion
9:00 am Blood Pressure
Screening
9:00 am Church School
10:00 am Worship/
Communion
10:00 am Church School
10:00 am Teen Link
11:15 am Worship/
Communion
5:30 pm Financial Peace
6:30 pm F.L.Y.

Back to School!

