

## Fall Worship Schedule:

(September 8 - May 25)

**Saturdays: 5:00 p.m.**  
**Sundays: 8:00, 10:00,  
11:15 a.m.**  
**Sunday School:  
9:00 & 10:00 a.m.**

## Upcoming Events: September 8

Homecoming Sunday  
Sunday School Begins

## September 9

10:00 a.m. Faithfully Fit Begins

## September 15

Teacher Recognition  
11:00 a.m. Solar Oven Partners  
Luncheon

## September 18

6:30 p.m. Confirmation/ Parents  
Meeting

## September 29

1st & 3rd Graders Receive Bibles

## Check out:

**[www.mccabeumc.com](http://www.mccabeumc.com)**  
for more information about  
McCabe and our  
Ministry Groups.

## For What It's Worth:

I forget who said this, but I remember this timely quote, "Humility is like underwear, essential, but indecent if it shows."

I was given a lesson in humility last Sunday, August 18, during the last few minutes of our 8:00 a.m. worship service. I had just finished preaching. I felt good about the message I had preached. In fact, I thought, "this might have been one of my better efforts."

Have you felt that way? Have you accomplished a task or did some good deed or helped a little old lady cross the street? You felt pretty good, didn't you? In fact, maybe you felt like patting yourself on the back and saying, "Boy oh boy, I'm a good person."

This was me last Sunday. We were standing and singing our last hymn called 'It Is Well With My Soul'. As I was singing, I thought, "Rick, even the hymn is appropriate to my message. You are really good."

Dick Hipple was standing across the aisle from me, but he wasn't singing. He was looking at me. I smiled at him. And then, Dick walked across the aisle toward me. He put his arm on my shoulder and started to whisper something to me.

I thought to myself, "Rick, he wants to tell you what great message you had. He wants to make sure he tells you what a great preacher you are."

I prepared myself to say something back to him like "Oh, it's nothing. It's God working through me. I'm just using the gifts God has given to me."

And then I heard him whisper these words, "Rick, your fly is open!"

I almost fell over. My fly is open! What? No good job, Rick! No, great preacher stuff! Just 'my fly is open'.

I don't know about you, but I think God was behind the whole thing. I think this was God's way of saying, "Whoa. Slow down. This is not about you, Rick."

I can almost see God giggling that morning as Dick walked across that aisle. "Watch this," God probably said to Michael, one of the angels.

I like a God with a sense of humor. I like a God who can both teach us a lesson and make us smile at ourselves at the same time.

A passage from Philippians comes to my mind. It goes like this: "Do nothing from selfish ambition or conceit, but in humility regard others as better than yourselves. Let each of you look not to your own interests, but to the interests of others. Let the same mind be in you that was in Christ Jesus" (Philippians 2:3-5)

I learned my lesson . . . until the next time. I thank Dick for being the vessel God used.

By the way, my fly was open!

Together with you in Christ,  
Pastor Rick

## In Our Thoughts & Prayers:

Pat & Kevin Vannett and family on the death of Pat's mother, Rita Humpal, of Decorah, IA, August 14, 2013.

Marian Bold and Tom & Royann Bold and family on the death of Marian's brother-in-law and Tom's uncle, C.R. "Jack" Renner of Detroit Lakes, MN (formally from McClusky, ND), August 17, 2013.

## Congratulations



Wesley & Amber Carr on the birth of their daughter, Brinley Lynn, born August 14, 2013. Brinley's proud grandparents are Dan & Jeanette Gravseth.

## "Faith Comes By Hearing" Biblesticks

McCabe United Methodist Church will take a special offering on Sunday, September 29, for the purchase of Military Biblesticks. Founded some 40 years ago, **Faith Comes By Hearing** provides an entire audio of the New Testament and the book of Psalms to our soldiers serving throughout the world. These are pocket-sized and thus easy to have with them at all times.

The cost is \$25 for each stick and this includes an opportunity for the recipient's loved one at home to also receive a copy. More than 200,000 Military Biblesticks have been provided to chaplains who share them with our troops from all branches of services.

McCabe sees this as an opportunity to reach out to those serving around the world in a positive way showing their love and the love of the Lord Jesus Christ. Anyone interested in helping to support this project is welcome to send a check to McCabe designating it for military Biblesticks or to visit the church on September 29 and participate in one of our worship services which will be at 8:00, 10:00 and 11:15 a.m.

## Nancy Bjella's Gift to McCabe

Nancy Bjella was a loyal and supportive member of our McCabe UMC family. Her music leadership was an inspiration to both our choir members and the listening congregation. Who can forget Nancy's enthusiasm, her bluish tinted hair, her pony tails and the variety of hats she would wear? She was instrumental in keeping our music ministry strong and relevant which we continue to build on today. She was one of the saints of our church.

Nancy died on December 23, 2012. The Estate of Nancy Bjella has left McCabe UMC with a generous gift of \$50,000. Nancy had made it clear to several McCabe members that she was interested in making sure we had a quality elevator built into our remodeling project which was completed in 2005. A safe and effective elevator was incorporated. We plan to use Nancy's gift to pay down our building debt.

## 1 Samuel - A Precept Bible Study

If you are eager to know God's Word, consider joining this study where you will learn through observation, interpretation and application. As we study this book's theme. God's search for a man after His own heart, we learn how to apply lessons to our own lives. Classes begin on Thursday, September 12, 10:00 a.m., room E-17-18. Donna Kennedy will teach the 8 week course. Because study materials are needed (approximately \$20), please contact Marilyn Strutz, 255-0596. Men and women are welcome.



## Alpha Course

Come learn or refresh your memory of the basics of Christianity starting Wednesday, September 18 for 10 weeks, 6:00 p.m.

Contact Jan Joersz for more information.



# Family Ministry Minute

Mark your calendars for **Family Fun Night**...Halloween style! Join us on Sunday, October 27, from 4:30-7:30pm for Halloween games and fun, including a costume contest! We will also have pizza for \$1/slice. We are looking for volunteers to help make games, run games, decorate, etc. Contact Tina Mitchell or Justin Balzer if you are able to help. It will be a SPOOK-TACULAR time for all!

### All we need is YOU!

We have the truck, trailer, generator, and band for the **Autumnfest Parade**, now all we need is YOU! We need people to help with decorating and to march with us on September 21st. Interested? Contact Tina Mitchell at 255-1160 or [tmitchell@mccabeumc.com](mailto:tmitchell@mccabeumc.com).



## Family Link Scriptures for September

Sunday, September 1  
*Luke 10:21-24*

Wednesday, September 11  
*Luke 18:9-14*

Saturday, September 21  
*1 Samuel 8:1-9, 9:15-17, 10:1*

Monday, September 2  
*Romans 6:1-14*

Thursday, September 12  
*Matthew 26:17-45*

Sunday, September 22  
*Romans 15:8-13*

Tuesday, September 3  
*Philippians 4:9-13*

Friday, September 13  
*Exodus 4:1-9*

Monday, September 23  
*Matthew 5:43-48*

Wednesday, September 4  
*Luke 6:33-38*

Saturday, September 14  
*Matthew 25:31-40*

Tuesday, September 24  
*Isaiah 40:28-31*

Thursday, September 5  
*Matthew 14:22-32*

Sunday, September 15  
*1 Corinthians 3:6-11*

Wednesday, September 25  
*3 John 1-12*

Friday, September 6  
*1 Thessalonians 5:1-18*

Monday, September 16  
*Romans 5:1-5*

Thursday, September 26  
*2 Corinthians 4:16-18*

Saturday, September 7  
*Acts 11:19-26*

Tuesday, September 17  
*1 Samuel 17:37-50*

Friday, September 27  
*Psalms 8:1-9*

Sunday, September 8  
*Psalms 147:1-9*

Wednesday, September 18  
*Psalms 19:7-9*

Saturday, September 28  
*John 13:36 - 14:4*

Monday, September 9  
*Romans 8:18-25*

Thursday, September 19  
*John 14:15-23*

Sunday, September 29  
*Philippians 2:5-11*

Tuesday, September 10  
*Psalms 19:1-6*

Friday, September 20  
*Revelation 21:1-5*

Monday, September 30  
*Acts 2:42-47*

**Are you on Facebook?** Family Ministries will be sending out faith-based activities for you and your family to do together at home. Be sure to "like" McCabe UMC to receive these activities.





# Christian Ed Notebook

## Back to Sunday School!

Sunday School begins September 8 for all ages. If you haven't registered yet, you can print the registration form from the website. Here is the classroom assignment for each group:

### 9:00 a.m.\*

PreK-K—Room E-2

1st-2nd Grade—Room E-3

3rd-5th Grade—Room E-9

6th-8th Grade—Room Y-1

Adult Bible Study—Room E-12

Christians with Issues—Room E-11

### 10:00 a.m.\*

PreK-K—Room E-4

1st-2nd Grade—Room E-6

3rd-5th Grade—Room E-10

9th-12th Grade—Room Y-1

\*Derrick Mitchell will again lead music and singing for children up to 3rd grade at both 9:00am and 10:00am class times.

## What's Happening?

PreK-2nd grade will be learning about creation.

3rd-5th grades will be learning about acceptance.

Jr. High – Sr. High students will be studying Psalms

Offering envelopes will be sent home with your child the first day of Sunday School. Be sure your child's first and last name is on the envelope, as their offering gets included with your family's total donations.



## Sunday School Parents:

If you have a child age 3 years-5th grade, please plan on attending a brief "welcome meeting" on September 8, during your child's class time. Join us in room E-5 for coffee and juice, fellowship, and important information regarding Sunday School. See you there!

## Rusty Staples:

Students in grades 4th-5th are invited to join Rusty Staples. This group meets the 1st and 3rd Wednesday each month for games, Bible lessons, and fellowship. The first meeting of the school year will be Wednesday, September 4, from 7:00-8:00p.m. at the home of Selma and Bob Kerzman. Call 221-2063 for more information.

## Upcoming Dates....

Join us at the September 14-15 worship services as we recognize and pray for our volunteer Sunday School teachers. Be sure to thank your child's teacher for their work!

Bibles will be presentation to students in 1st and 3rd grades during worship services September 28-29. If you are a parent of a child in 1st or 3rd grade, watch your mail for important information about how this will happen.

## Thoughts from Justin Balzer

With the calendar moving towards fall, we look to the changes that fall brings. Temperatures start to drop, leaves change color, and school starts again. McCabe is also going through some changes. Tina Mitchell is the new Christian Ed Director and I am the new Youth Director. After speaking with Tina on a few occasions, I can say that we are both excited for the opportunities that we have been given and we will rise to the challenge to keep making McCabe a great place to worship. I want to also thank everyone who has given me good wishes as I embark as the new Youth Director.

One of my favorite quotes about change is that “the only thing in life that doesn’t change is that things change.” I think that quote tells you everything that you need to know about change. We cannot hope to control the world around us; and as much as we want things to stay the same, change will happen. We can only have faith in God and let God guide us through those times of change. Change can make us better if we embrace it. Remember that while things are changing at McCabe, it is how we respond to those changes that can keep McCabe a great place to worship.

This summer, for eight weeks, we had summer youth group where we discussed the book “Case for Faith” and we finished with mini-golf and games at the Superslide. Now we are getting ready for a great year of Sunday school and youth group. On August 28, we are having a back to school get-together at the Haman’s home. We will meet here at the church at 6:00 p.m. and will be back at the church at 8:30 p.m. We will have food, games, and fun.

Senior High Youth group will start on September 4 and will be for grades 10 - 12. We will meet every Wednesday from 6:30—8:00 p.m. A change from last year, FLY will start on September 1 and will be for grades 6 - 9. We will meet on Sunday from 6:30—8:00 p.m. Rusty Staples will be for grades 5 - 6 and will meet every 1st and 3rd Wednesday of the month from 6:30—8:00 p.m. Sunday School will be split this year with 9:00 a.m. for grades 6 - 8 and 10:00 a.m. for grades 9 - 12. If anyone wishes to volunteer for youth group or Sunday school, you can let me know at [justinbalzer@yahoo.com](mailto:justinbalzer@yahoo.com) or you can contact Tina Mitchell.

God Bless,  
Justin Balzer, Youth Director



## S.(ave) A.(merica’s) Y.(outh) Yes At McCabe Continues

As we concluded last year’s program, we were not sure how the S.A.Y. Yes would survive the many changes being made in the Bismarck School District. I am pleased to announce the program will be held as usual, Monday and Tuesday of each week from 3:00—5:45 p.m. I visited the open house at Will-Moore Elementary School last Thursday afternoon and had eight children sign up for our program. Only one of these is a repeat attendee. Another eight families took applications to return to the school office. By September 9 I estimate there will be between 15 and 20 students.

The challenge now is to find some new volunteers to staff our program. Both Susan Hansen and Cleo Carlson are taking some time off from S.A.Y. Yes. They have worked so diligently for three years to be with us and support this program. Rachel Merriman will be giving birth to a new son in October and will need time to recover and nurture this new little boy. Soooo, if you have time, talent or resources that S.A.Y. Yes could use, please let me know. We need cooks for each Monday and Tuesday during the school year too. Some of our cooks will be back, however we need substitute cooks for when something comes up for our regulars. We also need homework mentors. Please keep S.A.Y. Yes in mind as you plan your fall and winter schedules.

A meeting of all S.A.Y. Yes volunteers will be held on September 4, at 7:00 p.m. Yes, cooks, also! This is such a fun and much needed program. Call DeEtta Phelps at 258.4358 or the church office at 255.1160 if you can help or for any questions.

## Reminder !

The monthly Messenger along with a calendar of events is on line at [www.mccabeumc.com](http://www.mccabeumc.com). You can also get a printed or audio copy of each week’s sermon and your daily devotional material on the church website.

Please consider receiving notices including the Messenger by email to help with ever increasing postage costs.

# Wholly Healthy



Greetings McCabe friends,

Whew, was this really summer?! It seems as if summer is just getting going. Hopefully, this warm weather will continue in the months to come!

Once again, it is time to lace up the tennis shoes and begin Faithfully Fit exercise class! Beginning September 9, we will meet every Monday and Thursday morning in the Great Hall from 10:00 to 11:00 a.m. to do our best to become fit. Our motto is, "Come as you are, do as you can." We do warm-up stretching, mild aerobic exercises, strengthening with elastic bands and exercises that promote strength and balance. It is always recommended to check with your physician before beginning any exercise program. Our favorite exercise is indeed, laughter. It's a great distraction from the aches of exercise! Come on and give us try. Faithfully Fit exercise class is a fun way to get moving and enjoy the fellowship of many wonderful people!

I will continue to offer blood pressure checks the last Sunday of each month and parish nurse office hours every Monday from 11:00 a.m. to 1:00 p.m. in the parish nurse office located by the west entrance. Please stop by for a visit.

We are working hard to transition in our time of change here at McCabe. I continue to ask for prayers, patience and a positive attitude as we move forward. I am doing my best trying to get out to see all of you and feel I am failing miserably. We are continuing to work on developing ways to better serve our McCabe family. I do pray that when asked to serve, you will with a joyful heart! You will be blessed beyond measure!

Please contact me with any questions or concerns by calling the church office at 255.1160. As parish nurse, my hours are Monday—Thursday 8:30 a.m. to 4:30 p.m. I am in my office every Monday from 11:00 a.m. to 1:00 p.m. otherwise I am out visiting our McCabe family.

I so appreciate your continued support and patience. You are all so very important to me and continue to bless me beyond words.

God bless,

  
Nurse Jane

P.S. *Our happiness is greatest when we contribute most to the happiness of others.* ~Harriet Shepard



## Sakakawea District Annual Meeting, September 13 –14

The meeting has been moved from Legacy UMC to McCabe due to Legacy's move into their new building. Nyla Switlick, 258.6194 will be the contact person for reservations and payment for the September 20 dinner (\$11.50/person). Checks payable to Legacy UMC. Reservations needed by Monday, September 9.

### The Schedule:

#### Friday, September 13

5:00 to 6:00 p.m. Registration

6:00 to 7:00 p.m. Dinner, McCabe's Great Hall

7:00 p.m. Spiritual Retreat, "Quilt Trunk Show," and lessons learned. Refreshments will be served by McCabe UMC following the end of the evening events.

#### Saturday, September 14

8:30 to 9:30 a.m. Registration and Refreshments

9:30 a.m. Worship, UMW Stories, Mission Recognition, Speaker on Healthy Heart, Lunch, Memorial, Closing of Worship...ending at 3:00 p.m.

Please make your reservations **no later than Monday, September 9**, by calling Nyla Switlick at 258.6194.

### United Methodist Women September Events:

September 4, 10:00 a.m. - Executive Meeting

September 5, 7:00 p.m. - Unit Meeting, Hosted by the Officers. They are planning a "Pumpkin Feast" so be sure to come!

September 18, 6:00 p.m. - Eve Circle

September 19, 9:30 a.m. - Esther Circle

September 20, 1:30 p.m. - Mary-Ruth Circle

Let's look ahead to our traditional fall **BAZAAR** on Saturday, October 19. It's an excellent time to donate all the "good items" that have taken up too much room in our homes! And, Oh how we love those pies, bars, and goodies!

God bless,

*Bonnie Elefson*

President, UMW Executive Committee

**UMCOR KITS**...Yes, it is time to begin thinking about putting together our kits again. 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 cash 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.



Thank you to Rhonda Ames-Nelson and Dan Graveseth for their work painting the Holy Week mural in classroom E-1. It looks amazing! We want to protect this beautiful work for many years. If you are willing and able to apply a clear coat finish to the walls, please contact Tina Mitchell at 255-1160 or [tmitchell@mccabeumc.com](mailto:tmitchell@mccabeumc.com).

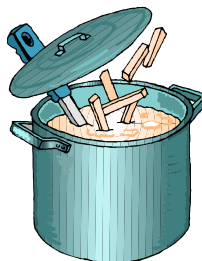
Thank you to all who donated school supplies to restock our classrooms!

### **TGIW Meals**

Thank God It's Wednesday Meals are for Everyone!

Wednesdays, Starting September 11  
5:00 - 6:15 p.m.

PLEASE COME!!





Haiti Solar Oven Partners

## MEET MONTAS & RAYMONDE JOESPH

who are the  
Director and Solar Oven Cooking School Instructress in Haiti



You are invited to attend  
“LUNCH AT MCCABE”

Sunday, September 15  
11:00 a.m. – 1:00 p.m.  
Fellowship Hall (downstairs)  
- Free Will Offering -

The Josephs wish to **THANK** the people of McCabe for their support.

Learn from Montas and Raymonde how solar oven parts sent from the Dakotas protect women’s and children’s health, purify water, increase food budgets, and bring sustainability to Haitian families.

**Learn how you can be a hands-on partner!**

### 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: (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

## NOTICE:

Any items for the newsletter need to be turned  
into the church office no later than  
**Friday, September 13, 2013.**

Postmaster: Change Service Requested

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



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# September 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 8:00 am Worship 9:30 am Worship 11:00 am Worship  6:30 pm F.L.Y.	<b>2 Labor Day</b> Office Closed  6:15 pm AI-Anon 7:30 pm AI-Anon	<b>3</b> 7:00 am Sojourners 9:00 am Tuesday Workshop  2:45 pm After School Place	<b>4</b> 10:00 am UMW Executive Meeting  2:45 pm After School Place 3:45 pm Youth Bells 5:30 pm Adult Bells 6:30 pm UMYF 7:00 Rusty Staples at Kerzman's 7:00 SAY Yes Volunteer Meeting 7:00 pm Chancel Choir	<b>5</b> 6:30 am Men's Bible Study  2:45 pm After School Place  7:00 pm UMW Unit Meeting	<b>6</b> 7:00 am Men's Breakfast at N. Perkins 10:00 am Prayer & Meditation  2:45 pm After School Place	<b>7</b>   5:00 pm Worship
<b>8 Homecoming Sunday</b> 8:00 am Worship 9:00 am Church School 10:00 am Worship 10:00 am Church School 11:15 am Worship  1:00 pm ND Paint Club  6:30 pm F.L.Y.	<b>9</b> 10:00 am Faithfully Fit 11am-1pm Parish Nurse Hours  2:45 pm After School Place 3:15 pm SAY Yes  6:15 pm AI-Anon 7:30 pm AI-Anon	<b>10</b> 7:00 am Sojourners 9:00 am Tuesday Workshop  2:45 pm After School Place 3:15 pm SAY Yes	<b>11</b>  2:45 pm After School Place 3:45 pm Youth Bells 5:00 pm TGIW Meal 5:30 pm Adult Bells 6:30 pm UMYF 7:00 pm Chancel Choir	<b>12</b> 6:30 am Men's Bible Study 10:00 am Faithfully Fit 10:00 am Precepts Bible Study  2:45 pm After School Place 5:30 pm Worship Planning Team	<b>13</b> 10:00 am Prayer & Meditation  <div style="border: 1px solid black; padding: 5px; text-align: center;">             Sakakawea District UMW Conference              3:00—9:00 pm           </div>	<b>14</b>   <div style="border: 1px solid black; padding: 5px; text-align: center;">             UMW Conference              8:00 am—3:00 pm           </div> 5:00 pm Worship
<b>15 Teacher Recognition Sunday</b> 8:00 am Worship 9:00 am Church School 10:00 am Worship 10:00 am Church School 11:00 am Luncheon (Solar Oven Partners) 11:15 am Worship  6:30 pm F.L.Y.	<b>16</b> 10:00 am Faithfully Fit 11am-1pm Parish Nurse Hours  2:45 pm After School Place 3:15 pm SAY Yes  6:15 pm AI-Anon 7:30 pm AI-Anon	<b>17</b> 7:00 am Sojourners 9:00 am Tuesday Workshop  2:45 pm After School Place 3:15 pm SAY Yes 5:30 pm Board of Trustees	<b>18</b> 2:45 pm After School Place 3:45 pm Youth Bells 5:00 pm TGIW Meal 5:30 pm Christian Ed 5:30 pm Adult Bells 6:00 pm Alpha Course 6:00 pm Eve Circle 6:30 pm Rusty Staples 6:30 pm UMYF 6:30 pm Confirmation/Parent Meeting 7:00 pm Chancel Choir	<b>19</b> 6:30 am Men's Bible Study 9:30 am Esther Circle 10:00 am Faithfully Fit 10:00 am Precepts Bible Study 1:30 pm Mary-Ruth Circle 2:45 pm After School Place 7:00 pm Adult Dominos 7:00 pm UM Foundation	<b>20</b> 7:00 am Men's Breakfast at N. Perkins 10:00 am Prayer & Meditation  2:45 pm After School Place	<b>21</b>   5:00 pm Worship
<b>22</b> 8:00 am Worship 9:00 am Church School 10:00 am Worship 10:00 am Church School 11:15 am Worship  6:30 pm F.L.Y.	<b>23</b> 10:00 am Faithfully Fit 11am-1pm Parish Nurse Hours  2:45 pm After School Place 3:15 pm SAY Yes 6:15 pm AI-Anon 7:30 pm AI-Anon	<b>24</b> 7:00 am Sojourners 9:00 am Tuesday Workshop  2:45 pm After School Place 3:15 pm SAY Yes 5:30 pm Open Door Board Meeting	<b>25</b> 2:45 pm After School Place 3:45 pm Youth Bells 5:00 pm TGIW Meal 5:30 pm Adult Bells 6:00 pm Alpha Course 6:30 pm UMYF 6:30 pm Confirmation 7:00 pm Chancel Choir	<b>26</b> 6:30 am Men's Bible Study 10:00 am Faithfully Fit 10:00 am Precepts Bible Study  2:45 pm After School Place	<b>27</b> 10:00 am Prayer & Meditation  2:45 pm After School Place	<b>28 Communion</b>   5:00 pm Worship
<b>29 Communion</b> 1 & 3 Grade Bibles 8:00 am Worship 9:00 am Blood Pressure Screening 9:00 am Church School 10:00 am Worship 10:00 am Church School 11:15 am Worship  6:30 pm F.L.Y.	<b>30</b> 10:00 am Faithfully Fit 11am-1pm Parish Nurse Hours  2:45 pm After School Place 3:15 pm SAY Yes 6:15 pm AI-Anon 7:30 pm AI-Anon					