



# Faith in Action

# NOVEMBER

## Welcome to Faith!



First, I would like to introduce myself – Cassidy Heuertz as the new Youth & Children’s Ministries Director of Faith UMC. I was born and raised in Kearney, baptized and confirmed at First United Methodist Church in middle school. Upon high school graduation, I attended Hastings College receiving a degree in Business Administration and Music Performance (violin). I then moved to Omaha and was married shortly thereafter to my husband Mike.

In 2008, my church home became Living Faith UMC in Omaha, transferring membership in 2009. From that point on my involvement skyrocketed into volunteer Worship Leader and Vacation Bible School Music Director. These were very positive, faith building adventures while Mike was deployed for twelve months. Upon his return in June 2010, I stepped down from these positions to focus on family.

In January 2011, we decided that Omaha no longer fit the direction God was giving us. March brought on new jobs in Kearney and our first home in Riverdale! A Maltese puppy, Tank joined our family in May and now the opportunity to serve Faith UMC and learn while leading the youth and children is a blessing that I am excited to have set in front of me. The coming days and months are bound to be full of excitement and transition with the children and youth of Faith an absolute priority. Take a peek at the featured family section for a few more tid-bits about my husband, Mike.

In His Service,  
Cassy Heuertz

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Receive your newsletter in **COLOR** via email!

Send your email address to [faithumc@kdsi.net](mailto:faithumc@kdsi.net).





*\* THIS MONTH'S \**  
**birthdays**

1- Rachel Brown

6- Jon Obermiller

11- Helen George

2- Roger Pollat

Kailyn Spellman

Sherri Peterson

Shirley Fischer

8- Pam Blessing

Jason Odens

3- Rick Pettit

Jack Beatty

12- Richard Chism

4- Alexandra Bray

9- Ruth Pigott

16- Lucile Schweitzer

5- Tom Russell

Marie Danburg

Archie Holoubeck

17- Evelyn Anderson

Tyler Hanson

18- Barbara Clark

24- Neil Miller

Samantha Shultz

26- George Rouse

20- Terry Korb

27- Emma Brewer

21- Averie Evans

28- Dick Larson

22- Breanna Obermiller

29- Mary Garrison

23- Brian Hegert

Jayne Samp

Larry Nansel

30- Dean Dahlke

Roberta Nansel

Linda Johnson

Mary Rishel

Rick Tighe

Trista Tennant

John Beatty

4 - Stuart &amp; Marci Gilbertson

5 - Steve &amp; Nancy Zwink

7 - Mike &amp; Crystal Duester

9 - Leon &amp; Susan Welsh

10 - Mike &amp; Linda Johnson

15 - Ron &amp; Pam Blessing

20 - Roger &amp; Sandy Townsend

27 - Bob &amp; Phyllis Bennett



*THIS MONTH'S*  
**anniversaries**

What does harvest mean to you? I am a city girl, having grown up outside of Wichita, in Phoenix and in Lincoln. So I am still learning, after only 4 years here in Kearney, about what harvest means for people. My immediate experience with harvest is, of course, with the Faith Garden. It is so exciting to watch the vegetables grow and I am always so afraid that I will miss picking that tomato or pepper at just the right moment! Can't let it stay on too long- might get "woody." Can't pick too soon- won't be ripe enough to eat. It takes experience, patience, care and nurture of the plants, and the advice and fellowship of other gardeners to have a successful harvest.

So it is in the church. 2011 has been a year of harvest at Faith. After successfully replacing many windows (which began the previous year), we began to raise money to match a generous gift of \$50,000. And we did it!

Giving to our General Budget has remained steady based on the promises and pledges everyone made on last year's Consecration Sunday. As if that weren't enough, we received a substantial estate gift from Warren and Betty Miller. So far we have received \$400,000 from that gift, with another check expected to come in after the first of the year which is estimated to be \$100,000. In 2011 we have seen new members, new excitement and new hope for our children and youth programs as well. It truly has been a year of Harvest.

It is clear to me that God intends for our church to grow and thrive! Now we must listen for God's direction, God's will, and the Holy Spirit as we have been entrusted with these good gifts. Tuesday, November 15 at 6:30 p.m. we will hold an all church meeting to share our vision, listen to one another, and pray for the future of our church. I hope that many of you can be present because we need each other's voices, advise and fellowship as we patiently care and nurture our gifts so that they will continue to produce and strengthen our congregation. We must remain connected to the True Vine, Jesus Christ, and be faithful to His desire for Faith over all our own desires. If you cannot be present, but want to share your ideas and opinions, please contact a member of the Administrative Council, or call me and I will be happy to visit with you and listen to how God is speaking through you.

Let us in all things give all the praise and glory to God our Father, who has given us all we are and all that we have, and strive to further His Kingdom in the world!

God is good!

*Pastor Michelle*



Nurse's

## Notes



Nurse's

## Notes

# *Tips to Stay Motivated*

- \* **Take it one day at a time.** The more gradually you take on an exercise plan, the more likely you are to achieve your goals. Your body will adjust better if you start slowly and you'll get stronger without injuring yourself.
- \* **Reward yourself.** There is no better way to sustain your motivation to get fit than immediate gratification. Also, share your fitness goals with your spouse or family. Receiving gratification from others is a great motivator.
- \* **Fit in fitness whenever possible.** Little spurts of exercise throughout the day can really add up when you cannot commit an hour to the gym. Just remember that taking the stairs at work or walking the dog will add up.
- \* **Skip a day.** Allowing your muscles to rest and rejuvenate is a crucial part of being healthy and achieving maximum results. Also giving yourself a mental break prevents burnout and makes you more likely to stick to a long-term exercise plan. Listen to your body if you're having an off-day, take it easy and rest.
- \* **Do not get discouraged.** At the beginning of a workout plan it is possible to even gain weight. Muscle weighs more than fat. So, as you are beginning to challenge your muscles in a new way they will grow. Plus, you are improving your health all of the time.

### Activity Converted to Steps

<u>Activity</u>	<u>Steps Per Minute</u>		<u>Activity</u>	<u>Steps Per Minute</u>	
	<u>Female</u>	<u>Male</u>		<u>Female</u>	<u>Male</u>
Aerobics (high impact)	189	181	Vacuuming	94	73
Basketball (game)	212	145	Walking	94	91
Bicycling	212	218	Washing the Car	71	73
Football Touch	212	189	Bicycling	226	218
Golf (without cart)	118	109	Basketball	226	218
Jogging (general)	189	181	Dancing	113	146
Jogging (in water)	212	199	Shopping	75	73
Jumping rope (slow)	212	199	Volleyball	113	109
Running 8 mph	354	326	Cheerleading	113	109
Running 10 mph	425	399	Clearing Dishes	75	75
Scrubbing Floors	94	91	Flag Football	226	218
Shoveling Snow	165	145	Mini Golf	75	73
Soccer (casual)	189	181	Bowling	75	73
Stair Climbing (Up)	212	199	Swimming	150	182
Stair Climbing (Down)	71	73	Ice Skating	189	181

# Events

*Save the date!*

Sunday, December 11 at 4pm

Our children will be presenting "The Light Before Christmas: A Musical About the Light of the World"! We will begin learning parts and songs during Sunday School and CCF time.

## All Church Meeting

Tuesday, November 15, 2011 ~ 6:30 p.m.  
Please be present to celebrate our church and to plan for growth and renewal at Faith!

## Lay Speaking Classes

November 11-12, 2011

Classes led by Pastor Michelle & Larry Jess, CLS. Basic, Effective Sermon, Pastoral Care & Small Group lessons offered. Contact the office via phone or email for your registration form today!

## Cluster 5 Charge Conference

November 20, 2011 ~ 3:30 p.m.

This year's Conference will be held at Gibbon Faith UMC.

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**Chancel Choir Practice**  
Wednesdays  
7:00 p.m.

# CCF Helpers

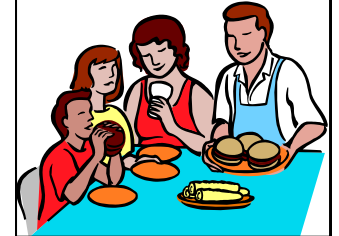
- 2 - Kim Graham
- 9 - Sandy Townsend
- 16 - Pat Hilty
- 23 - NO CCF
- 30 - Bonny Ball & Eileen Anderson



**CCF**  
Wednesdays  
3:30 p.m.

## Community Meal

November 27,  
2011  
12:00 p.m.



# USHERS



8:45 AM

- 6** - Steve & Suzann Christensen and Rick & Jacque Triplett. **Scripture** - Penny Buettner
- 13** - Steve & Suzann Christensen and Tyler & Chase Divan. **Scripture** - Rich Froid
- 20** - Bill & Alta Crapson and Darrel Pettit & Pat Bailey. **Scripture** - Marie Danburg
- 27** - Dan, Rachel, Jacob, Ashley & Shauna Brown. **Scripture** - Rachel Brown

Friends of Faith, by now you are surely aware that Sunday, November 6 is Consecration Sunday for our congregation. We believe that you have sufficient concern for your spiritual growth and the mission and ministries of Faith to attend two special events for that day- Sunday morning worship and either the Celebration Brunch (served after early service) or the Celebration Luncheon (served after the late service.) These are catered meals offered at no cost to you, so we need reservations for each person. Our goal is to have every member and friend of Faith present. If you have not made your reservation, please let us know that you will be present by calling the church office at 237-2550. The effectiveness of our church's mission and ministries next year depends on your initiative and dedication. Please make whatever sacrifices are necessary to be present on November 6.

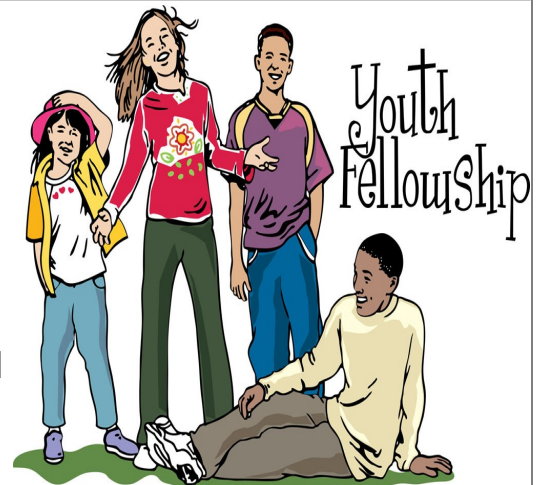
Your servant in Christ - *Pastor Michelle*

## November Youth Group Schedule

**Wednesday nights 6:30 p.m. - 8:30 p.m.**

**Supper Provided!**

UMYF will end their exploration thru ways of listening and talking with God with Pastor Michelle. From there, our new Children & Youth Ministries Director will be setting the course yet to be determined – so jump in for an adventure!



# Renovations Update

The Renovation Committee wants to thank everyone who helped donate food items, donated seed money or worked the concession stand for Prime Festival again this year. It was our 11th year of serving Prime and our best year ever with a profit of \$3002.63. 55 pies appeared at the Fairgrounds that day and we had 24 varieties of pie. Again, it was hard for people to decide what kind of pie to order when they saw the list!!! All the soup and pies were sold at the Festival so it make it easy to clean up!

We continue to be grateful to the Kearney Hub for giving us this fundraising opportunity. We have been able to do so much with the profits from Prime over the years.

We hope you will be seeing new doors on the northwest corner, south and southwest corner of the church before winter sets in. These three new tight fitting doors should help with our heating bills this winter!!!

Many thanks to everyone who supports our Renovation Committee. We really appreciate all your help!

## Welcome October 2011 Visitors!

### 8:45 AM

Georgianne Anderson \* Bryan Brede  
 Carrie Bruggeman \* Patti Chochrane-Crites  
 Gordon & Joann Leaf \* Caleb Schareman  
 Tony & Gracie Triplett \* Cindy Mangels  
 Bob Danburg \* Jane Kantor  
 Derrick, Kristin, Solana & Noah Burbul

### 11:00 AM

Gary & Pat Johnson \* Tess Hufford \* Mike Flury  
 Andrea Zecha \* Lorraine Bagaus \* Gwen Traxler  
 Marie May \* Ron Alexander \* Bob Eberhard  
 Betty Ehlers \* Michelle Green \* Stacey Holmes  
 Kim Kohel \* Abby & Danielle Larson  
 Terry Larson \* Bobby Lewelly  
 Esther Pemberton \* Carolyn Walker

# CAPITAL FUND: 3RD QUARTER REPORT

Balance, July 1	\$287,040.15
Deposits	\$ 210.00
Dividends	\$ 3006.83
Market Change (Minus)	\$ 39,105.33
Balance, September 30	\$251,151.65

By subtracting the last balance from the first, it shows that we lost almost \$36,000 in the third quarter. That is very disturbing to me and, I am sure, to all of you as well. I know of no remedy except to be patient and trust that the market will recover and we will reach \$300,000 only later than we anticipated.

## Membership Celebration



Faith United Methodist Church:

Thank you for the Covered in Prayer blanket. It's so nice. Of all the church to do this for me. Thanks again. A special thank you to Janelle Beatty.

God Bless!

Lisa Sawin & Family



# Announcements

## *Attention!*

Sunday School classes will be pausing in their current curriculum to begin focus on our Christmas Program and also the all-church Advent study.

### *Congratulations*

Congratulations to our 2 Kindergartners in receiving their first story Bible and 7 - 3<sup>rd</sup> graders for receiving their first study Bible in October. May the excitement of His word only increase from this milestone to a life-long journey full of His knowledge!

### *"The Journey" Bible Study*

Come on a journey with us starting Sunday, November 27, the first Sunday of Advent, as all ages of children and youth will be joining in the all-church Bible study "The Journey" based on Adam Hamilton's "The Journey: Walking the Road to Bethlehem". We will explore the events of the journey from Nazareth to Bethlehem, what different people involved teach us about God, relate the entire story to the world around us today, and of course – celebrate Jesus' birth and the true meaning of Christmas!

### *Safe Sanctuaries Training*

We are looking into hosting our own training session. Completion of this brief course is a standard of Faith UMC for those directly involved with our children and youth to ensure the safety and well-being of each child we come in contact with. If this is you, please contact Cassy Heuertz with your status – completed with expiration date or not completed – by *Wednesday, November 16*. (402-669-6782 or [cjheuertz@gmail.com](mailto:cjheuertz@gmail.com))

### *REFRESHED Sunday School layout!*

We now begin our time in the Sanctuary to offer our praises to the Lord in worship thru song. Each week will be led by live music or recordings with a scripture lesson tied in. This time will be followed by exploring the teachings of the Bible.





## Faith UMC Family Spotlight

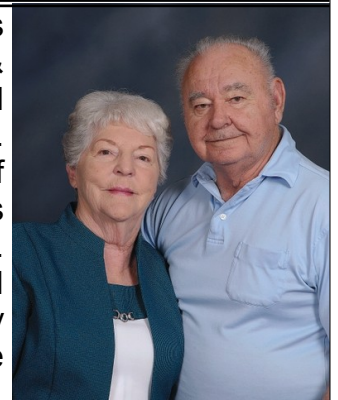


Dan & Rachel Brown live in Kearney. Dan works for Chartwells at UNK Campus and enjoys cooking, music and reading. He is also a member of the Masonic lodge in Holdrege. Rachel works for Morris Press and enjoys music, scrapbooking and cake/candy decorating. She volunteers as a Girl Scout leader and Sunday School teacher. Dan & Rachel have four children; Tristan, Jacob, Ashley and Shauna. Tristan attends UNL as a biochemistry major and is an avid card collector. Jacob is a junior at Kearney High; he enjoys video games and attends UMYF. Ashley is a 7th grader at Sunrise; she enjoys singing, dancing, reading and attending UMYF. Shauna is a 5th grader at Bryant; she enjoys music, reading and attending CCF. Together, the Browns enjoy music, reading, watching movies and ushering during the 8:45 a.m. service.

Dan & Rachel have helped with Christmas Programs, CCF, UMYF, VBS, Fall Carnivals and served on the Christian Ed and Outreach Committees.

# Dan & Rachel Brown Family

Bob & Corinne were married on December 30, 1951. Except for two years Bob served in the Army, they have made their home in Kearney. Bob & Corinne have three children; Kathy Habben of Nebraska City, Karen Olmsted who lives in Alma and Barbara (Bobbi) Runge who lives north of Kearney. They have seven grandchildren and six great grandchildren. Bob was in self employed masonry construction for many years but also spent eleven years at KSC/UNK as a maintenance supervisor at CTE. He retired 18 years ago. Corinne worked as a secretary at Faith for a number of years and also served as secretary to the Administrative Board. She worked at Buffalo County District Court and the County Attorney's Office before being elected to serve as Clerk of the District Court; a position she held for four four-year terms.



After a temporary retirement she worked for Kearney Clinic typing medical dictation. Corinne is currently serving as treasurer for the Meadowlark Manor Condo Association. She also does volunteer work for the Red Cross Blood program as an "as needed" receptionist as well as being a blood donor. Bob & Corinne enjoyed spending time at the cabin in Big Lake, MO until the 2010 flood which rendered their cabin a total loss. They enjoy spending as much time with their daughters families as possible. Olmsteds have been active members at Faith UMC for 52 years and have served on several committees, helped with weddings and funerals, set up for communion, taught Sunday School and Bible School and baked more than a few pies for various occasions.

# Bob & Corinne Olmsted



## Faith UMC Family Spotlight



Helen grew up in Ravenna and after high school graduation worked as a telephone operator. She joined the Ravenna United Methodist Church in 1933. Helen married Eli George two weeks before he entered the service. She worked at the army base signal offices in San Luis Obispo, CA and Camp Lee, VA where Eli was stationed until he went overseas. Upon his return from service he joined his brother George George at George's Grocery where both Eli & Helen worked. Their daughter, Mary, lives in Lincoln and enjoys volunteering. Both her sons and families live in Lincoln. Eli & Helen's son Jim is CFO at Form Morgan State Bank in Colorado. Both his sons and families live in Colorado. His wife Mary Alice teaches at Brush, CO. Helen

has 4 grandsons, 7 great grandchildren ranging from 2 to 22 yrs of age and 1 great great grandson.

She has helped with bible school and spent a number of years helping in the Kindergarten Department at Faith. Helen has served as a Girl Scout leader and assistant Cub Scout leader. She also helped with city and school fund drives. Helen enjoys her family, friends, neighbors, church family and playing pinochle. A miniature Schnauzer, "Lillie", lives with Helen and keeps her going.

# Helen George

Mike was born and raised in Hastings, while Cassy has always called Kearney home. They met in college while studying music – Mike Vocal Music Education and Cassy Music Performance (violin). After graduating, Cassy moved to Omaha to manage a local violin store and ended up planning their wedding while Mike attended Chaplain Assistant schooling for the United States Army Reserve.

They were married on October 4, 2008 at First United Methodist in Kearney but made a home in Omaha. While Michael was deployed for a year, Cassy remained in Omaha



working at the Strategic Air & Space Museum while serving as the volunteer worship leader at Living Faith United Methodist Church. Upon his return, they started house shopping in the Kearney area to begin building their roots and purchased a home in Riverdale in March 2011. Shortly after, their family grew with an addition of a Maltese puppy named Tank. Their note to the family of Faith UMC is, "Thank you for welcoming us into your family. We are excited to serve a community we believe in with a strong body of Christ."

# Mike & Cassy Heuertz