



# Faith in Action

Faith United Methodist Church  
1623 Central Avenue Kearney NE 68847-6021

www.kearneyfaith.org  
office@kearneyfaith.org  
308.237.2550

## SNEAK PEEK

- ◆ Anniversaries
- ◆ Birthdays
- ◆ Nurse's Corner
- ◆ Announcements



## WELCOME to Faith United Methodist Church!

8:45 a.m. and 11:00 a.m. Worship  
9:45 a.m. Sunday School

**GUESTS AND VISITORS:** Please fill out the registration information on the attendance clipboard as it is passed through the pews. More information about Faith UMC's ministries is located on our website at kearneyfaith.org.

**FAITH INFORMATION:** We have several ways for you to seek information about Faith UMC. A great way to see what is happening is to check our website at [kearneyfaith.org](http://kearneyfaith.org). You may also contact the church office ([office@kearneyfaith.org](mailto:office@kearneyfaith.org)) or 308.237.2550 to share prayer requests, update your contact information, or sign up for online giving. We also send e-mails periodically. **If you would like to be added to our e-mailing lists**, please contact the church office.

**PASTOR ROBERT PERRY** is preaching an Advent sermon series using the Gospel of Luke.

*We look forward to seeing you in church!*

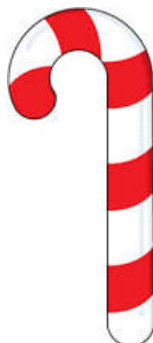


- 12/01 Tylo Spellman
- 12/02 Briggs Stubbs
- 12/03 Allie Clausen
- 12/05 Lyle Henderson
- 12/05 Dixie Obermiller
- 12/06 Carolyn Forney
- 12/06 Mike Streeter
- 12/06 Carter Graham
- 12/07 Sherilyn Hendricks
- 12/08 Angela Arentsen
- 12/10 Marlys Bauer
- 12/12 Holly Curtiss
- 12/12 Crystal Duester
- 12/12 Melanie Brockhaus
- 12/12 Cassidy Tennant
- 12/13 Don Hendrickson
- 12/14 David Runge

## STAFF

Faith United Methodist Church Staff  
(308) 237-2550  
[office@kearneyfaith.org](mailto:office@kearneyfaith.org)

**Pastor:** Rev. Robert Perry  
**Director of Christian Education:** Lauryn Gustafson  
**Office Secretary:** Suzann Christensen  
**Custodian:** Bob Eberhard  
**11:00 a.m. Choir Director:** Fran Wilson  
**Musicians:** Mary Nuss (8:45 a.m.) and Kathe Cox (11:00 a.m.)  
**8:45 a.m. Praise Team:** Penny Buettner, Keith Danburg, Jim Haws, Ed Kohel, Jake Maaske, Tari Poorman-Maaske



*Happy Anniversary*

12/16 Phillip & Patricia Hilty



## “Light of the World” Christmas Pageant

“The Light of the World” is a Christmas Pageant

performed by local residents of Minden, NE on the sides of the courthouse square every year. More than 100 Minden volunteers play centurions, angels, kings, and the Wise Men, as well as Joseph and Mary in a reenactment of the traditional Christmas story.

Every performance is free of charge and culminates in the illumination of over 12,000 bulbs that adorn the courthouse and the square itself. The spectacular Christmas lights on the Kearney County Courthouse can be seen for miles.

This year’s remaining performance dates are Sunday, December 6 at 7:00 p.m. and Sunday, December 13 at 7:00 p.m.

Faith’s **Mary Nuss**, 8:45 a.m. keyboardist, is one of the volunteers playing the part of Mary (and she is usually located on the west side of the square).

## TEAM MEETINGS

Are you interested in what each of the teams (formerly known as committees) is doing at Faith UMC? Faith’s teams include Ad Council, Christian Education, Finance, Memorial, Nurture, and Trustees.

Contact the church office, and minutes of team meetings will be e-mailed to you following their meetings (with permission from the team chairpersons).

*Please understand that if topics of a sensitive or confidential nature are discussed, those minutes will not be shared.*

Thank you.



## Mona’s Store

During the school year, Faith UMC partners with Bryant Elementary’s afterschool program. In November and December, we ask parishioners to bring items that those students

may choose as gifts for family members. Mona Ripp, a longtime Faith member, loved helping children. Mona was so passionate about this mission of sharing Christmas with neighborhood children that, after her death, we named the event “Mona’s Store” in her memory.

Mona was a cook at Bryant Elementary for many, many years. Please help Mona’s Store by bringing items of approximately \$5 value. We need gifts for men, women and children of all ages. Also welcome are re-gifted new or gently used items that are Christmas-gift-appropriate.

***(Please, no books or adult clothing.)***

Items may be brought any time during November through December 13th and placed in the overflow room shopping cart.

Thank you for supporting Mona’s Store!

***Many of us believe in angels, don't we?***

**There are angels among us.  
Some sing, some preach,  
and some listen.**

**We are all angels with one wing;  
we can only fly  
by embracing one another.  
Each one of us has a message.  
And in a very special way,  
we give the best we know how.**

~ Rev. Christopher Ian Chenoweth



Thank you so much for your wonderful Thanksgiving greeting. I have enjoyed every bit — except the loss of our beautiful tree — we were so fortunate to have it for so long! I missed some good friends, but know that they are passed on and are happy there; and the new construction which is keeping Kearney growing. I have always known the city as active and growing and I am glad for you all.

I am planning to return with my grandson, Greg, and his family, so I'll expect to be home for a while at Christmas.

Thanks again,  
Betty Geist



Dear Prayer Blanket Group,

Thank you so much for the prayer blanket that you sent to my sister Pat (Patricia James, Lincoln NE). Thank you also so very much for your prayers. Pat is tolerating chemo and radiation amazingly well (four weeks down and two to go). She can actually tell that the tumor is shrinking. Her attitude is very positive and upbeat. She will have six weeks to rest and recover after this round of chemo and radiation. Then she will have a surgery to remove the tumor and some lymph nodes. That surgery will take place in early February.

Thank you again for the blanket and for your continued prayers that God will watch over Pat through her treatments.

Sincerely,  
Colleen Carter



## Kids of the Kingdom

### CHRISTMAS PROGRAM:

Thank you for having your children at Sunday school the past few weeks during the holiday season while we practice for the Christmas program. We will have a dress rehearsal on Saturday, December 5<sup>th</sup> from 10:00 a.m. to 1:00 p.m. We will be providing lunch for the kids. We will have a final rehearsal during the Sunday school hour on December 6<sup>th</sup> at 10:00 a.m. with the program during the 11:00 a.m. service that Sunday.

### Wednesday Programs:

There will be no Wednesday programs on December 23<sup>rd</sup> and December 30<sup>th</sup> due to Christmas break.

### Winter Weather:

Just a reminder that if school is cancelled or dismissed early due to weather, then Wednesday Programs will be cancelled as well. If winter weather is bad and you are unsure if Wednesday programs will be cancelled, please contact Lauryn or the church office (308) 237-2550.

### Up-Coming Events

December 5<sup>th</sup> - Christmas Rehearsal, 10:00 a.m. – 1:00 p.m.  
December 6<sup>th</sup> - Annual Christmas program, final practice at 10:00 a.m., program during 11:00 a.m. service  
December 21<sup>st</sup> - January 1<sup>st</sup> - Christmas Break  
December 23<sup>rd</sup> and December 30<sup>th</sup> - No Wednesday Programs, Christmas Break



## Men's Bible Study

Men's Bible Study has nearly completed a study of **The Story**. On January 13, they will begin review of Adam Hamilton's **The Journey**. That is a five-week video study that teaches about the travels of Mary and Joseph from Nazareth to Bethlehem. During that time, Bible Study members will select their next study. New participants are always welcome — both men and women during this time. The group will return to men-only study after completing the review of **The Journey**.

If you have questions, please contact the church office or Lee McQueen.  
Thank you.



I wish to thank all the members of Faith United Methodist Church for the very thoughtful birthday card and all of the pictures. Faith Church has always been very close to me and all of our family, and I do miss all of you.

~ Evelyn Anderson (Mt. Carmel Home)



Dear Faith Church Members and Friends:

Lois and I want to THANK YOU for the pictures and lovely card. We so enjoyed reading all the names. We have such fond memories of Faith Church.

Yours in Christ's Service,  
Jerry and Lois Idt



Faith United,

Thank you so much for the snack bags for our vets. We passed them out to our guests. Everyone liked the explanations of the "American Blessing Mix".

Thank you,  
VFW Post 759



## Christmas in the Country Concert Featuring The Crane River Singers and Friends

At

Burr Oak Church

Saturday, December 5 at 3:00 p.m.

Refreshments Served Afterwards

Signs will be on Highway 21, 183, and  
Sumner Road



## Mark Your Calendars!

Faith Christmas Caroling  
Sunday, December 6

1:30 p.m.

Meet At The Church



# We Need You!

The Salvation Army needs volunteers to ring bells this Christmas season.

Starting at all locations in Kearney  
Black Friday through Christmas Eve  
Monday through Saturday, 2 hour minimum

Great for school volunteer hours, youth groups, families, sports teams, service clubs, individuals

Call Brenda (308) 234-9998 to sign up during business hours (Monday through Thursday 9:30 a.m. to 4:30 p.m.)

Call Captain Cassandra (308) 293-3887 to sign up after hours



## Schedule for Sunday, December 6

**8:45 a.m. Worship**

**10:00 Sunday School  
Hour**

**11:00 a.m. Worship  
and Children's  
Christmas Program**

A cookie and punch reception in the overflow area will follow the program.

*Please join us as we celebrate the season of Christmas with the help of Faith youth.*



My Dear Church Friends!

How nice to get that lovely Thanksgiving card, with all the names and messages. The sheets of pictures are so welcome. Love seeing the faces and all the others. Means a lot to me. I appreciate your thoughtfulness.

Thank you so much!  
God Bless!  
Betty Hagan



I am in the planning stages for a Wednesday Evening Women's Bible Study in my home (in the very near future).

I welcome any suggestions for short series Bible studies (or if you have one that I could borrow).

Finally, I welcome any ladies who are interested to e-mail me directly at:

**Joleen Perry**  
**jln\_elwell@yahoo.com**  
**or call (402) 310-8383**



## LET US HAVE A TRULY CHRIST-LIKE CHRIST-MAS

by Linda Drey-Nightingale

- I have always found it odd that Christmas involves consumerism. Christ was not in the habit of giving physical gifts, but spiritual gifts. We can still enjoy the spirit of giving without "buying" into consumerism.
- Here are some ideas to enrich your Christmas and not necessarily enrich the pocketbooks of businesses and deplete the environment.
- The possibilities are endless. Just let your mind be creative. While you are out during this holiday season, remember to combine trips, take along a bag for purchases or do not accept a bag for anything you can carry. Rent or borrow rather than buy supplies for parties, and enjoy moments with family and friends.
- Give a gift certificate for an outing together (January and February are the perfect times to still be festive.)
- If you have a talent you enjoy, share it with a gift certificate, e.g., pie baking, babysitting, gardening.
- Make a colorful basket of organic fruit, jams, and pasta sauces. This not only can be enjoyed by all but also introduces new people to buying organics.
- Think of what the person enjoys and give a gift certificate for that, e.g., concerts, yarn store, sporting goods, locally-owned restaurants, especially weekly music lessons for a child for a year.
- We maintain houses full of objects. Some of those objects may make perfect gifts for others, especially when passing on family treasures. Then do not replace them!
- By buying someone a membership in a nonprofit they get a double benefit. The money went to someplace they believe in, and they are not writing a thank you note for some object that they did not need.



## Faith UMC

### Christmas Eve Services

5:30 p.m.

Candle Nativity Service  
(designed for children)

7:00 p.m.

Festival of Lessons and Carols



On Thursday, November 12, a group of volunteers and staff from Aseracare (including Faith's Kathy Larson), delivered blankets and neck pillows and a flag pin to veterans in hospice. The blankets and pillows are made by the volunteers and are representative of each veteran's service area. The group went to Cozad, Minden and Kearney. Kathy said it was so rewarding to see their faces and hear their stories.



## PLEASE NOTIFY US

Please notify the church office if there has been a death, birth, or other event that you would like to share.

Also, please let us know if there has been a change in your name, address, or phone number.

If someone is hospitalized or needs prayers, please call the church office any time.

HIPPA government regulations prevent the hospital from notifying the church unless you specifically ask them to call us.

**PLEASE request that the hospital call the church office** to inform us that you or a family member are in the hospital.

**Faith United Methodist Church (308) 237-2550 office@kearneyfaith.org**



Dear All,

United Campus Ministry is participating in the "Give Where You Live" 2015 Campaign, and would love for you to join us in helping spread the word to your congregations, friends, and families!

You may make donations by going to:

<https://givewhereyoulive.razoo.com/story/United-Campus-Ministry-At-Unk-1>

Donations are accepted from **November 1 - December 3, 2015.**

Please consider prayerfully how you may be called to give in ways that support our ministry.

\*\*\*December 3, 2015 is the last day to give. Our ministry is holding an Open House that day, and would like to invite you to come to our UCM Houses (811 & 805 West 26th Street) from 8 am to 9 pm.

--We will be serving refreshments throughout the day, and starting at 11 am on we will be serving a meal (a variety of soups). Please join us!

--We would love showing you our two campus ministry houses and how we are "Making Connections" with our UNK students, community, and churches!

We ask for your prayers and support! Please feel free to contact us for additional information or questions!

God's Blessing to you,  
Pastor Laura Stubblefield  
United Campus Ministry  
@ the University of NE -Kearney  
(308) 627-6225



## 3 WAYS TO STOP STRESSING

*(taken from [www.rethinkchurch.org](http://www.rethinkchurch.org))*

We are a stressed out bunch. Even if unemployment rates have dropped, work stress is on the rise, according to a recent survey. If 83% of Americans are stressed by at least one thing at work, what do we do to chill out? Here are a few ideas.

1. **Breathe.** Seems simple, right? But anyone who has done yoga knows that breath plays an important role in nourishing our bodies. Even the Bible talks about the breath of God giving us life. So breathe deeply. Your body has a built in stress reliever.

2. **Take a hike.** Or a walk. The Mayo Clinic says that exercise in almost any form can act as a stress reliever. So go find a park or take a few laps around your building and boost those endorphins. You may actually find yourself meditating on the path right in front of you, leading you to a more peaceful state.

3. **Put your phone away.** You've been there: you find yourself checking your phone every few minutes waiting for a text, tweet or to see what everyone else is doing on Facebook. What's with our compulsive need not just to read every message that comes, but to reply immediately? It's a great thing to stay connected, but check your phone use and give yourself a break. You'll survive. Promise.

What practices calm you and help you go about your day with a little less stress?



# TEN TIPS FOR A SIMPLER, MORE MEANINGFUL CHRISTMAS

1. Plan ahead. Instead of going on auto-pilot the day after Thanksgiving, hold a family meeting to decide what the group really wants to do and who's going to do what.
2. If you need a symbol for giving (in addition to Jesus and the Three Wise Ones), learn about St. Nicholas. Santa Claus has been completely taken over by commerce.
3. Avoid debt. Refuse to be pressured by advertising to overspend.
4. Avoid stress. Give to yourself. Don't assume that things have to be the same way they've always been.
5. Draw names rather than everyone giving something to everyone else in your giving circle. Set a ceiling for each recipient. Give children ONE thing they really want, rather than so many gifts. If need be, pool funds.
6. Give appropriate gifts. Get to know the recipient. Give what they want to receive, not what you want to buy. Avoid war toys and violent video games.
7. Give alternative gifts. Give 25% of what you spent last year to the needy... individuals or groups locally, nationally or internationally.  
  
Buy crafts and clothing from developing countries at alternative gift markets, not from commercial importers, so that the artisans receive a fair price for their work.  
  
Give of yourself, not just "stuff" – a coupon book for future services (such as baby-sitting or an "enchanted evening"); something baked, sewn, handmade, composed, etc.; or a family service project, such as working together at a soup kitchen.
8. Celebrate Advent for four weeks before Christmas. Use the booklet "Whose Birthday Is It, Anyway?" or some other appropriate guide.
9. Put the gifts under the tree shortly before opening them. Then take turns opening them around the tree, not all at once, so that each gift can be admired and each giver thanked.
10. Make changes slowly but persistently. Don't try to change everything and everybody all at once. The resistance will make you feel defeated and lonely.

*For more help and free ideas, visit [SimpleLivingWorks.org](http://SimpleLivingWorks.org).*





# Stretching the Dollars in Nutrition Budgets of Our Senior Loved Ones

## Senior Care Corner

by Kathy Birkett

Many seniors need additional help to make ends meet when they face the rising cost of living on a fixed income. Their costs for health care, housing and medications could be squeezing their budget to the point of breaking, leaving too little money for food.

Do your senior loved ones face this? Would they let you know if they did?

The consequences of financial instability and limited grocery buying power for many seniors trying to age in place is poor nutrition – – for some, even malnutrition.

It is estimated that in 2013 there were 5.4 million seniors over the age of 60 who were food insecure in America – they were hungry and had limited access to nourishing food. Food insecurity also encompasses a senior's ability to have the resources they need to purchase, prepare or consume adequate nutrition.

AARP puts the number of seniors at risk for hunger at 10 million.

Seniors who are food insecure are at risk for chronic health problems, including depression, heart attack, and congestive heart failure, among others. Not eating right also leads to sarcopenia or muscle loss, which can result in an inability to age in place due to frequent falls and safety concerns.

### Supplemental Nutrition Assistance Program (SNAP)

In order to help seniors stay healthy, the federal government created the Supplemental Nutrition Assistance Program (SNAP) as a way to make it possible for seniors to stretch their limited budgets and purchase food.

Food can be obtained from the local supermarket, farmer's market, convenience stores and co-op food programs. There is something new on the horizon — home delivered meals may soon also be covered.

SNAP benefits are paid monthly on a card called an electronic benefits transfer, or EBT, card. It works like a debit card with the total of each purchase deducted from the month's allotment.

You can check your senior's eligibility for SNAP benefits (and other government assistance programs) via the BenefitsCheckUp.org site or by using this confidential calculator (<http://www.gettingfoodstamps.org/snapcalculator.php>)

Your senior could be eligible for SNAP benefits if they are collecting a pension or Social Security. A variety of factors are taken into consideration when determining eligibility including healthcare costs. They can own their own home, live with family or in subsidized housing. IRA, savings and assets including their house are not counted in the eligibility process.

### Applying for SNAP

Your senior can apply via a telephone interview or in person beginning at age 60. Here is a SNAP Local Office Locator (<http://www.fns.usda.gov/snap/snap-application-and-local-office-locators>) that can help you find the closest office.

Each state has its own application form, office and hotline number. Here is a locator for [hotline numbers](#) to call which are toll-free. Many states also take your application online.

Depending on your senior's state, you may need these documents:

- Driver's license or state ID card
- Birth certificate
- Pay stubs
- Agency letter for funds your senior may be receiving such as Social Security or VA benefits
- Mortgage statement or rental agreement
- Utility bill
- Cancelled check if your senior supports a child

Medical bills

### Using Benefits for Nutrition

Once your senior has been deemed eligible and receives their EBT card, it is time to go shopping!

There is a store locator that will help you learn which stores accept the EBT card nearest your senior.

Help your senior make healthy food choices to make the most of their SNAP benefits. It is helpful to buy with grocery sales to make their money go as far as possible.

Purchase fresh fruits and vegetables, whole grain items and other healthy food items so that seniors can stay healthy and strong.

## **SNAP benefits cover:**

- Bread
  - Cereal
  - Fruit
  - Vegetables
  - Meat
  - Fish
  - Poultry
  - Dairy products
  - Energy drinks with a nutrition fact label (not a supplement fact label)
- Plants and seeds to grow your own

## **SNAP benefits don't cover:**

- Alcohol
- Tobacco
- Pet food
- Soap and grooming items
- Paper goods
- Vitamins or minerals
- Medication

Hot food (coming soon: home delivered meals!)

You and your senior can attend classes in nutrition, meal preparation, stretching your food budget and shopping from the SNAP-Ed nutrition education classes near you. Some 'junk foods' are eligible for purchase with your senior's EBT card but are not healthy choices. You and your senior are encouraged to use your benefit for the healthiest food possible.

Your senior can designate someone to shop for them using their EBT by completing the Authorized Representative Form.

Once obtained, the benefits will be in place for two years without needing to update your senior's information.

## **Caregivers Can Help**

Family caregivers can help their seniors access and use their SNAP benefits.

You can help them overcome the two chief barriers many seniors find to enroll in SNAP.

1. Lack of knowledge about the program and how it can help them. Many seniors and their families are not aware that this program exists. Some, who may know about the program, have heard that the benefits received are too low to bother applying. This is not always the case however and even a small benefit is worth the effort when seniors health is in the balance. Getting benefits for your senior will not reduce the benefits others receive. You won't know if your senior qualifies until you apply.
2. Difficulty faced when trying to enroll. Some who may have tried to connect their senior loved one with benefits found that the customer service attitude was a barrier. Many found it hard or felt uncomfortable with the process. As with any government program with forms and red tape, try again until you are able to access benefits to which your senior is entitled.

## **Other Ways to Address Senior Hunger**

There are also other ways to connect your senior to healthy food that you can initiate if they are having trouble financially.

There are local congregate meal programs as part of the Area Agency on Aging that provide meals and socialization at the senior center.

You can investigate having home delivered meals sent to your senior loved one.

You can enlist friends and family in sharing a meal a week that they cook for or with your senior loved one or have them take your senior out to dine. Not only will nutrition get a boost, but also their social engagement.

Being sure your senior puts health and well-being first and helping them make good nutrition a reality will enable them to have an improved quality of life as they age in place.



# DECEMBER 2015

SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
		1 9:30 Women's Bible Fellowship 4:30 W.W. 5:30 Trustees 6:00 Finance 7:00 BSA 135	2 12:15 W.W. 3:30 CCF 6:00 Praise Team 6:30 UMYF 7:00 Choir 7:00 Men's Bible Study	3 5:45 W.W. 6:30 Young Adult Bible Study	4	5 8:30 W.W.
6 8:45 Worship 10:00 Sun. School 11:00 Worship and Children's Christmas Program 1:30 Christmas Caroling  <b>Second Sunday of Advent</b>	7 7:00 BSA 158	8 9:30 Women's Bible Fellowship 4:30 W.W. 7:00 BSA 135	9 12:15 W.W. 3:30 CCF 6:00 Praise Team 6:30 UMYF 7:00 Choir 7:00 Men's Bible Study	10 5:45 W.W. 6:30 Young Adult Bible Study	11	12 8:30 W.W.
13 8:45 Worship 10:00 Sun. School 11:00 Worship  <b>Third Sunday of Advent</b>	14 3:30 Mona's Store 7:00 BSA 158	15 9:30 Women's Bible Fellowship 4:30 W.W. 7:00 BSA 135	16 12:15 W.W. 3:30 CCF 6:00 Praise Team 6:30 UMYF 7:00 Choir 7:00 Men's Bible Study	17 5:45 W.W. 7:00 P.F.L.A.G.	18	19 8:30 W.W.
20 8:45 Worship 10:00 Sun. School 11:00 Worship  <b>Fourth Sunday of Advent</b>	21 7:00 BSA 158	22 9:30 Women's Bible Fellowship 4:30 W.W. 7:00 BSA 135	23 12:15 W.W. <b>NO YOUTH EVENTS</b> 6:00 Praise Team 7:00 Choir 7:00 Men's Bible Study	24 Christmas Eve 5:30 Candle Nativity Service 7:00 Festival of Lessons and Carols	25 Christmas Day Faith Office Closed	26 8:30 W.W.
27 8:45 Worship 10:00 Sun. School 11:00 Worship	28 7:00 BSA 158	29 9:30 Women's Bible Fellowship 4:30 W.W. 7:00 BSA 135	30 12:15 W.W. <b>NO YOUTH EVENTS</b> 6:00 Praise Team 7:00 Choir 7:00 Men's Bible Study	31 5:45 W.W.		