

Faith in Action November 2016 Volume II



Faith United Methodist Church
1623 Central Avenue
Kearney NE 68847-6021
office@kearneyfaith.org
(308) 237-2550

MISSION STATEMENT: At Faith United Methodist Church our mission is to worship God, teach the Word, and care for one another in Christian love by nurturing individuals in their spiritual journey.

11/01 Rachel Brown
11/02 Shirley Fischer
11/02 Roger Pollat
11/03 Rick Pettit
11/04 Alexandra Bray
11/06 Jon Obermiller
11/06 Kailyn Spellman
11/08 Jack Beatty
11/08 Pam Blessing
11/08 Mary Hall
11/09 Marie Danburg
11/11 Jason Odens
11/12 Richard Chism
11/18 Barbara Clark
11/18 Samantha Shultz-Ramer
11/20 Dean Dahlke
11/20 Terry Korb
11/21 Averie Evans
11/22 Breanna Obermiller
11/23 Tyler Hanson
11/23 Mary Rishel
11/23 Trista Tennant
11/24 Neil Miller
11/27 Emma Brewer
11/29 Mary Garrison
11/29 Jayne Samp
11/30 John Beatty
11/30 Linda Johnson
11/30 Rick Tighe



\$25,000 Challenge Match for Accessibility Addition

The congregation has been challenged by an anonymous gifter to match gifts and pledges for the Accessibility Addition up to \$25,000! This challenge pertains to new gifts and pledges between August 14 and December 31, 2016. **Over \$19,000** has been raised toward the challenge since August 14 from the elevator ride auction and

additional gifts or pledges. Thank you for considering a gift or pledge toward the match. Watch for the elevator display in the church to track progress toward the \$25,000!

Matching Funds



11/04 Stuart & Marci Gilbertson
11/05 Steve & Nancy Zwick
11/07 Mike & Crystal Duester
11/10 Mike & Linda Johnson
11/15 Ron & Pam Blessing
11/20 Roger & Sandy Townsend
11/27 Bret & Sarah Stubbs



The hot beef sundaes fundraiser meal held at the Eagles on Sunday, November 13 brought in over **\$1,000**. The Silent Auction brought in over **\$2,000**.

Thank you, Nurture Team and all who donated items and/or bid and gave toward the Accessibility Addition!

Thank You
FOR YOUR HELP

Ways to Keep the Faith When the World Seems Wicked

(Taken from <http://www.umc.org/what-we-believe/ways-to-keep-the-faith-when-the-world-seems-wicked>)

The news can bring us down. There is so much wickedness reported, we struggle to find that which is uplifting. As Christians, we assert that God has created the world to be good, even as we struggle to find the positive. In times like these we need to remind one another of the hope we know in Jesus Christ. If you find yourself caught in a swirl of negativity these days, here are several suggestions of ways to keep it from becoming all consuming.

- ◆ **Find some good news.** While it may *seem* that there is nothing but bad news, that is rarely the case. Look for positive stories to lift your spirits.
- ◆ **Read *the Good News*.** Our faith is a story of hope even in the midst of dark times. Spend some time reading Bible passages about hope and resurrection such as 2 Corinthians 4:16-18, 1 Peter 1:3-9, and Jeremiah 29:10-14. Or read through one of the gospels to be reminded of how Jesus brings hope in our struggles.
- ◆ **Give thanks for what you have.** In the midst of difficult times, there are still things for which we can be thankful. Take a few minutes to consider all the wonderful ways God has blessed you.
- ◆ **Serve someone.** While we may not be able to do much about world issues like disease or terrorism, there are problems in your community where you can be part of a solution. One church, for example, is working hard to create a hunger free ZIP code. Find places in your community to serve people in need.
- ◆ **Get more deeply connected with your United Methodist Church.** One of the best ways to combat negativity is to surround yourself with positive people. Finding a group within your church will help keep you grounded in the hope we know in Christ. If you are not connected to a church, use Find-A-Church to learn more about United Methodist churches near you.
- ◆ **Pray.** Not only will conversations with other people help elevate our mood, so will a conversation with God. You may struggle to find things for which to pray. That is OK. Today may be a time to sit in God's presence and listen. If you are looking for someone to pray with or for you, be sure to check out The Upper Room Living Prayer Center.
- ◆ **Get some exercise.** Take a walk around your neighborhood. Get on your treadmill. Take a class at your local YMCA. Moving your muscles releases endorphins that help you feel good.
- ◆ **Indulge beauty around you.** We need beauty and goodness in our lives each day. Recently, there was a trend on Facebook where people shared pictures of flowers to add beauty to what they felt was a barrage of negativity. Find your beauty – flowers, art, music, etc. – and insert it into your day.
- ◆ **Take a break.** We live in an age where we can stay connected to the news constantly. Be sure to get away from it for a period of time. Turn off the alerts on your computer or smartphone, and do something else. There will be plenty of news when you return.

As John Wesley preached, “Against hope, believe in hope! It is your Father's good pleasure yet to renew the face of the earth. Surely all these things shall come to an end, and the inhabitants of the earth shall learn righteousness” (Wesley, John. “Upon Our Lord's Sermon on the Mount, 2.” III.18). In the midst of all we are hearing, we believe in hope.

*Joe Iovino works for UMC.org at United Methodist Communications.
This story was first published in November 2014.*

From Jennifer Slack (Friday, November 4):

Here's our good news for the week.

Last Saturday, I "caught" Adelynn with a handful of hair in one hand and the scissors in the other. She quickly put the scissors away when I asked her what she was doing. I think she thought she was in trouble because she knows she can't use scissors without a big person watching her. So, I asked her again what she was doing. She finally said "I want short hair like my sister." That's when I saw she had already cut a handful (or two) of hair. So, on Wednesday, 11/2/16, Adelynn got her hair cut and donated it to Wigs for Kids, just like her sister did back in April. Hopefully you will be able to recognize her on Sunday.

By the end of the haircut, Adelynn just wanted to take a nap. So in one of the pictures she doesn't look that happy because she's getting really tired, but I did get one with a smile later in the day. Enjoy!!



Connor Henderson and Graham Duester served as acolytes on Sunday, November 6 (and did a super job!).



Bible Presentation Sunday, December 4

Bibles will be presented to Kindergarten and 4th graders during services on December 4.

Those receiving Bibles will be:

Isabella Lester, Keegan Shultz-Ramer

Shyloh Gavierrez, Zane Holoubeck, Riley Isaac, Jacob Lester, Maxwell Mizner

Youth Christmas Program, December 4 at 4:30 p.m.

Please join us as the youth of the congregation present: "Oh No, Not Another Christmas Play!" on December 4 at 4:30 p.m.

We will be rehearsing on Saturday, December 3 from 9 a.m. to 12 p.m.

CCF

We will not have CCF on November 23. Happy Thanksgiving! We will be caroling on December 7 and ending the year on December 14 with a celebration.



Mona's Store

During the school year, Faith UMC partners with Bryant Elementary's afterschool program. In October, 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 October through December 13th and placed in the overflow room shopping cart.

Thank you for supporting Mona's Store!

**OCTOBER/NOVEMBER/
DECEMBER MISSION**

Did you know that during the months of November and December The Salvation Army raises a majority of the funds needed to provide services to the families of our community?

This year's Christmas goal is to raise \$133,000.

You can help by ringing a bell or sponsoring a kettle for a day. You provide a service that is priceless.

Signup sheets are available in the office. Fill it out and drop it off at The Salvation Army or call today and reserve your spot.

Another way to support is a tax-deductible donation.

Thank you for your time and the blessing you have been to The Salvation Army in years past and in years to come.

~ Major Normalene Daniels, Kearney Corps Officer



Pumpkin, the King of Healthy Fall Food

Fall is finally here. That means it is prime picking time for pumpkins. But before you carve up your next jack-o-lantern, do your health a favor and save the insides. Whether you toast and eat the seeds or use a blender to make a puree from the pulp to put in muffins, breads, and soups, the healthy powers of pumpkins are many. Doctors and health officials consider pumpkins to be a superfood. This nutritious fruit is a great source of vitamins. It's also full of antioxidants like leutin, xanthin, carotenes, and fiber—all of which, your body needs to stay healthy.

And speaking of staying healthy, here are just a few of the amazing things pumpkins can do for you.

Reduce your cholesterol.

Just like other nuts and seeds, pumpkin seeds are rich in certain plant-based chemicals called phytosterols. In studies, these chemicals have been shown to reduce low-density lipoprotein (LDL), which is also known as "bad" cholesterol.

Protect your skin.

The antioxidant beta-carotenes in pumpkin can also help you keep your skin wrinkle-free and improve its elasticity.

Pumpkins may reduce your risk of cancer.

Pumpkins contain the antioxidant beta-carotene. This comes from a pumpkin's orange colored skin. According to the National Cancer Institute, beta-carotene may play a role in cancer prevention.

Work pumpkin into your workout.

One cup of cooked pumpkin has more potassium than a banana. Eating a little extra potassium after a workout can help restore your body's balance of electrolytes. It can also keep your muscles working at their best.

Put on a smile.

Pumpkin seeds are rich in the amino acid tryptophan. This can aid in the production of serotonin, a chemical in your brain. Increased production of serotonin can actually boost your mood.

Your daily dose of magnesium.

Just a quarter cup of pumpkin seeds has nearly half of your daily health requirement for magnesium. Your body needs magnesium for several things, including the pumping of your heart, proper bone and tooth formation, and good bowel function.

Man up. It's good for you.

Pumpkin seeds are important for men's health. They are high in zinc, and research suggests that they may be good for prostate health.

Healthy hearts and livers love pumpkin.

Pumpkin seeds are rich in healthy fats, antioxidants, and fibers. By mixing flax seeds with a few handfuls of pumpkins seeds every day, you may improve the health of your heart and liver.

Give pumpkin a chance.

These are just a few of the health benefits of pumpkin. So do your health a favor this fall. Spice up your diet by adding a little pumpkin to it. For easy and delicious pumpkin recipes, just search the Internet.

<https://www.humana.com/learning-center/health-and-wellbeing/healthy-living/health-benefits-of-pumpkin>





2016



SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
		1 9:30 Women's Bible Fellowship 4:30 W.W. 5:30 Trustees 7:00 Scouts 7:00 Men's Bible Study	2 12:15 W.W. 3:30 CCF/Confirmation 6:00 UMYF 6:00 Praise Team 7:00 Choir	3 5:45 W.W.		5 8:30 W.W.
6 Daylight Saving Time Ends All Saints Sunday 8:45 Worship 10:00 Sun. School 11:00 Worship	7 6:00 Finance 7:00 Scouts	8 9:30 Women's Bible Fellowship 4:30 W.W. 7:00 Scouts 7:00 Men's Bible Study	9 12:15 W.W. 3:30 CCF/Confirmation 6:00 UMYF 6:00 Praise Team 7:00 Choir	10 5:45 W.W.	11 Veterans Day	12 8:30 W.W.
13 Organ and Tissue Donor Sunday 8:45 Worship 10:00 Sun. School 11:00 Worship	14 6:00 Christian Ed 7:00 Scouts	15 9:30 Women's Bible Fellowship 4:30 W.W. 7:00 Scouts 7:00 Men's Bible Study	16 12:15 W.W. 3:30 CCF/Confirmation 6:00 UMYF 6:00 Praise Team 7:00 Choir	17 5:45 W.W. 7:00- P.F.L.A.G.	18	19 8:30 W.W.
20 Christ the King Sunday 8:45 Worship 10:00 Sun. School 11:00 Worship	21 5:30 Nurture 6:30 Ad Council 7:00 Scouts	22 9:30 Women's Bible Fellowship 4:30 W.W. 7:00 Scouts 7:00 Men's Bible Study	23 12:15 W.W. 7:00 Ecumenical Thanksgiving Service First Presbyterian Church	24 Thanksgiving Day	25	26 8:30 W.W.
27 First Sunday of Advent 8:45 Worship 10:00 Sun. School 11:00 Worship	28 7:00 Scouts	29 9:30 Women's Bible Fellowship 4:30 W.W. 7:00 Scouts 7:00 Men's Bible Study	30 12:15 W.W. 3:30 CCF/Confirmation 6:00 UMYF 6:00 Praise Team 7:00 Choir			