

# Congregational Health Forum

*Saturday, January 30*

John Wesley, the founder of Methodism, always believed in vital balance. He encouraged personal piety (personal commitment to Christ reflected in regular disciplines like prayer, bible study, small groups) but he also encouraged social action (working for the betterment of the poor, hungry, sick or those hurting.) And he encouraged these acts of kindness and care on a weekly if not daily basis. He loved the pageantry of the cathedral services, but he also preached in the open air – in farming fields and where factories were letting out at shift’s end. Wesley encouraged smart thinking faith ...yet with a heart and robust emotion. He pushed his clergy to provide sharp, informed and wise messages, yet also to simply offer the sacraments (communion and baptism) which sometimes cannot be understood, but only experienced. AND, John Wesley believed not only in spiritual health and well-being, but also in physical health and well-being. They go hand in hand. In fact, in the late 1700’s he actually wrote a book entitled, “Primitive Physick.” In it, the Rev. Wesley offered the people of his day both an overall preventive approach to health and a long list of remedies for specific ailments - in all more than 800 prescriptions for more than 300 different disorders! He also encouraged exercise and a good diet... wisdom way ahead of its time!

In that spirit, we at Community UMC will ourselves spend one morning devoting ourselves to our physical health and well-being. Given the widespread array of people with a wealth of knowledge and resources within our congregation, we will have a “Health Forum” that behaves like a cross between a health fair and speed dating!! At 10 am, all of us will meet in the sanctuary for a brief

address by Tricia Gruber on the biblical basis for attending to the care for our bodies ...and doing so with a passion! Then, beginning at 10:30 am (this is the speed dating moment) we will have 3 sessions of 20 minute talks in various rooms throughout the church. Different persons, with different expertise will give these “talks” (abbreviated overviews). And every 20 minutes, you will get to switch to another group! Now, while each talk will be repeated, there will be more talks than you can possibly attend. SO, pick what interests you. You won’t be able to ask tons of questions given the brevity of the talks...but you will know who to talk to another time at church. (There will also be workshops for Elementary aged children, nursery provided for babies. Teenagers can join in the adult talks and one specifically for them.)

Topics will include: Nutrition, Exercise, Good Bacteria and Digestion, Overcoming Injuries Sensibly, Sleep, and much more!

Don’t miss it! Start the New Year ... healthy!



# ANNOUNCEMENTS

Community United Methodist Church, Cedarburg

## January

Week of January 3, 2016

<b>Communion</b> <b>WORSHIP 8:00 AM and 10:15 AM</b> Sunday School for All Ages 9:15 AM Adult Sunday School Overview 9:15 AM Praise Lab 6:30 PM	Long Range Planning 6:30 PM 4	Acts 29 7:00 PM Befrienders 7:00 PM at Wilmeth's Home	Confirmation 5:00 PM Student Ministries Laser Tag 6:00 PM Handbells 7:00 PM	Men's Study 7:00 AM Student Ministries Coffee & Donuts 7:30 AM Chancel Choir 6:45 PM	8 9
<b>WORSHIP 8:00 AM and 10:15 AM</b> Sunday School for All Ages 9:15 AM Memorial Team 11:30 AM New Members Gathering 5:00 PM Praise Lab 6:30 PM	Women of Faith 1:15 PM Outreach 6:30 PM Facilities 6:30 PM Welcoming 7:00 PM Finance 7:00 PM Stewardship 7:30 PM	Acts 29 7:00 PM 12 13	Mary Martha Circle 12:30 PM Confirmation 5:00 PM Student Ministries 6:00 PM Handbells 7:00 PM	Men's Study 7:00 AM Northcott Youth Ministry Bible Study 11:30 AM Chancel Choir 6:45 PM	15 16

**Office Hours Monday - Thursday 9:00 a.m. to 2:00 p.m. Friday 9:00 a.m. to Noon**

<i>Looking Ahead</i>		<i>Sunday, January 10, 2016</i>	
<b>Greeters:</b> 8:00 a.m. - Need Volunteer		10:15 - Need Volunteer	
<b>Coffee Fellowship:</b> 8:00 a.m. - Sue Kennedy		10:15 a.m. - Tamblingson Family	
<b>PC Operator:</b> 8:00 a.m. - Need Volunteer		10:15 a.m. - Need Volunteer	
<b>Sound:</b> Bruce Krenzke		<b>Acolyte:</b> Need Volunteer	
<b>Nursery:</b> Infants 9:00 a.m. - Michelle Manz		10:15 a.m. - Aleta Cooley	
Toddler 9:00 a.m. - Madison Roupp		10:15 a.m. - Tina Wedemeyer	
<b>Welcome Center:</b> 8:00 a.m. - Need Volunteer		10:15 a.m. - Need Volunteer	



## Church News

**Women of Faith** — Monday, January 11th, 1:15 p.m. in the library at CUMC. We will begin the New Year with the study of chapter ten which is, “Martha, and Several Marys: They also Serve Who Only Stand and Serve.” This will highlight key women of the Bible. It includes their contributions, service to others, faith and encounters with Jesus.

**Mary Martha Circle** — Wednesday, January 13th, 12:30 a.m. at P.J. Piper’s in Cedarburg. All women welcome! Contact Orrene Reblin (376-9421) with any questions.

**Active Seniors** — Save the Date! Tuesday, February 2 at 1:00 p.m. “The Plain People”, a presentation by Reynold Kremer. Additional information is in the January newsletter. Sign up on the kiosk in Fellowship Hall.

## Youth Ministries

**Laser Tag** — This Wednesday, January 6th from 5:30 p.m. to 8:00 p.m., here at CUMC. Don’t miss the fun!

**Save The Date** — Winter Retreat, January 22nd through January 24th at Silver Birch Ranch in White Lake, Wisconsin. Pick up your flyer outside Student Ministry offices.

## Outreach

**Family Promise Outreach** — CUMC will be hosting Ozaukee Family Promise the week of January 17th. There are many ways to help--set up and take down rooms, provide food, cook and serve meals, be the hospitality person, stay overnight, or wash bedding. Check out the signup sheet in Fellowship Hall. Choose an area where you can assist!

**Thank You!** — Over \$730 in gift cards were generously donated by our congregation and gratefully received by United Methodist Children’s Services (UMCS) and Northcott Neighborhood House for their Christmas celebrations! Thank you for your support of these ongoing missions.

### Northcott Neighborhood Youth Ministry

— We are launching a new Ministry to serve “at risk” youths who are working to get their GEDs completed at Northcott. Under the leadership of Tyler Smoot (Tyler spoke at our church last year and he is a Global Mission Fellow of the United Methodist General Board of Global Ministries) and CUMC member Debbie Harder, a small group of volunteers will be serving lunch and hosting a Bible study on Thursdays at 11:30 am beginning January 14 and ending May 12th or 26th. We are looking for volunteers to cook and serve a meal for the youth, some of which are on the bracelet and many which have been in trouble with the law. These young men are between 15 and 18 years old. In the morning they work toward their GED and in the afternoon they help build a house which is later sold. They are earning a wage and a tradesman certificate. Please visit their web site for more information [www.northcotthouse.org](http://www.northcotthouse.org).

If you can help out with food preparation, food donation or serving see the sign up sheet on the kiosk or contact Debbie Harder, [debbiejoy54@hotmail.com](mailto:debbiejoy54@hotmail.com). After we get started with this new ministry and evaluate their spiritual needs we will be in need of trained volunteers to work with these youth beyond serving food. If you are interested in helping with this ministry contact Debbie Harder at (262)242-2276.

**Human Relations Day** — Sunday, January 17.

Human Relations Day is a Special Sunday that calls our churches to strengthen United

Methodist outreach to communities in the United States and Puerto Rico, encouraging social justice and working with at-risk youth. Such programs include help for youth caught in the cycle of human trafficking and domestic violence, drug addiction treatment and rehabilitation, counseling and legal assistance for former prisoners, outreach to children whose parents are incarcerated, summer reading programs for at-risk students and Bible studies in state prisons and juvenile training facilities. We can make a difference, so let’s give generously!

**Agape Meal** — Thursday, January 21. Please continue to support the meal program at Agape Community Center, 42nd and Kaul Ave. in Milwaukee. We need food, cooks and servers - so there are lots of ways to help. Sign up on the kiosk in Fellowship Hall. We will carpool from CUMC.

**January Food Collection** — The Food Collection for January will be going to Family Sharing in Ozaukee County.

## New Adult Sunday School Classes

Beginning Sunday, January 10, four new adult classes will be offered at the Sunday School hour of 9:15 a.m. to stretch, nourish and inspire adult participants. A preview session will therefore be held today at 9:15 in the Community room to give people a sense of what they might expect of these classes. Please join us!

Here is the 4 CLASS lineup that is diverse, yet with particular focus target audiences:

- “Choose Joy” – a Women’s book study with Lee Ann Blackmer (based on a book by Kay Warren)

- “Growing Compassionate Kids” – a study and discussion with Mike Blodgett
- “Disciple Fast Track – New Testament” – a Bible overview study with Pastor Dave
- “The 21 Irrefutable Laws of Leadership” – a DVD based study with Randy Roupp - enhancing one’s personal, professional & church leadership (DVD series, book and workbook by John Maxwell)

One is a *women’s* study, one for *parents*, one for persons desiring intensive *bible study*, one a discussion on how to improve and make effective *one’s personal influence*.

## New Members Gathering

Those interested in becoming a member at CUMC or inquiring about the priorities, ministry and mission of CUMC are invited to gather with Pastor Dave next Sunday, January 10 from 5:00 p.m. until 6:30 p.m. This

festive and informational meeting will begin with a pizza and salad dinner and immediately go into presentations regarding pertinent issues of church membership. If you are ready for the next step in your journey, please join us!