

# 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 10, 2016

<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	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	12	15	16
Family Promise Host Week Human Relations Day <b>WORSHIP 8:00 AM and 10:15 AM</b> Sunday School for All Ages 9:15 AM	Family Promise Host Week Charge Conference 6:45 PM Ad Council 7:00 PM	Family Promise Host Week Acts 29 7:00 PM	Family Promise Host Week Confirmation 5:00 PM Student Ministries 6:00 PM Handbells 7:00 PM	Family Promise Host Week Men's Study 7:00 AM Northcott Youth Ministry Bible Study 11:30 AM Agape Meal 4:45 PM Chancel Choir 6:45 PM	13	19	22
					14	20	23

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

<p><i>Looking Ahead</i></p> <p><b>Greeters:</b> 8:00 a.m. - Jack &amp; Susan Hale  <b>Coffee Fellowship:</b> 8:00 a.m. -Largin/Ronchetti  <b>PC Operator:</b> 8:00 a.m. - Michelle Rishel  <b>Sound:</b> Bruce Krenzke  <b>Nursery:</b> Infants 9:00 a.m. - Michelle Manz                  Toddler 9:00 a.m. - Need Volunteer  <b>Welcome Center:</b> 8:00 a.m. - Kim Roupp</p>	<p><i>Sunday, January 17, 2016</i></p> <p>10:15 - Geszvain Family                  10:15 a.m. - Maxine &amp; Jerry Johnson                  10:15 a.m. - Michelle Rishel  <b>Acolyte:</b> Need Volunteer                  10:15 a.m. - Liz Alfonsi                  10:15 a.m. - Linda Kunz                  10:15 a.m. - Pam Kolis</p>
---	---

*Young Adult Night*

**“Tea Tasting” with Nate Gruber**  
**Tuesday, February 2 • 7:00 p.m.**

With Nate’s extensive buying of tea from locals in China, his travels there, and his vast experience in Minneapolis with the high end tea industry ... this will be a fun and educational night.

- January Sermon Series*
- “Four Things You Need in 2016”**
- Jan.10 - Forgiveness - Healing the hurts you don’t deserve.
  - Jan.17 - Prodigals - Praying for your Prodigal.
  - Jan. 24 - Details - Can I trust God with the details of my life?
  - Jan. 31 - Faith Fatigue - How not to suffer from it.
  - Feb. 7 - “The Big Game - is not tonight” Special Sunday

## Church News

**Women of Faith** — Tomorrow, 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.” This study highlights 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

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

**Coffee & Donuts** — The next Coffee & Donuts will be January 21, 7:30 a.m. in the Youth Ministry Room.

## 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!

**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** — Next 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.

**Pecans!** — The caramel clusters are gone, but we still have plain, milk & dark chocolate covered pecans available.

**Poinsettias** — If you have not paid for your poinsettia yet, please do so as soon as possible. Thank you!

## New Adult Sunday School Classes

Beginning today, 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.

Here is the four 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) (Conference Room)
- **“Growing Compassionate Kids”** – a study and discussion with Mike Blodgett (Library)

- **“Disciple Fast Track – New Testament”** – a Bible overview study with Pastor Dave (Community Room)

- **“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) (Young Adult Room)

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 this afternoon 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!