

Congregational Health Forum

Saturday, January 30

John Wesley, the founder of Methodism, 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 booklet 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 a.m., 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 a.m. (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! 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.)

A Great Event for bringing friends!



Tricia Gruber, Keynote Address

"Fitness isn't for Me"

A talk for people of all ages in the Sanctuary

Workshops

"Nutrition: Eat Your Way to Health"

Melissa Geszvain, Nutritionist

"Fitness Excuses to Stop Making"

Jen Lange, Personal Trainer, National Academy of Sports Medicine

"Silver Sneakers - Never too old to Exercise"

Bob Hahn, owner, Real Fitness

"InstaFit for Teens"

Tricia Gruber

"Good Bacteria - Reasons to eat Fermented and Cultured Foods"

Pam Kolis, Dippy Hippy Fermenter

"Overcoming An Injury Sensibly"

Liz Alfonsi, Physical Therapist

"Fall Prevention for Older Adults"

Liz Alfonsi, Physical Therapist

"The Power of Fruits and Vegetables"

Erin Williams

Community United Methodist Church, Cedarburg

ANNOUNCEMENTS

January

Week of January 17, 2016

Family Promise Host Week Human Relations Day WORSHIP 8:00 AM and 10:15 AM 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	F P Host Week Men's Study 7 AM Youth Ministry Coffee & Donuts 7:30 AM Northcott Youth Ministry Bible Study 11:30 AM Agape Meal 4:45 PM Chancel Choir 6:45 PM	Family Promise Host Week Youth Ministries Winter Retreat	Family Promise Host Week Youth Ministries Winter Retreat
Family Promise Host Week WORSHIP 8:00 AM and 10:15 AM Sunday School for All Ages 9:15 AM Youth Ministries Winter Retreat		Boy Scout Leader Training 6:00 PM Acts 29 7:00 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 Boy Scout Leader Training 6:30 PM Chancel Choir 6:45 PM		Congregational Health Forum 10:00 AM

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

Looking Ahead

Sunday, January 24, 2016

Greeters: 8:00 a.m. - Need Volunteer
Coffee Fellowship: 8:00 a.m. - Blackmer Family
PC Operator: 8:00 a.m. - Michael Queoff
Sound: Mike Harrington
Nursery: Infants 9:00 a.m. - K. Michaelchuck
 Toddler 9:00 a.m. - Maggie Schiel
Welcome Center: 8:00 a.m. - Sue Kennedy

10:15 - Abad Family
 10:15 a.m. - Alfonsi Family
 10:15 a.m. - Michael Queoff
Acolyte: Need Volunteer
 10:15 a.m. - Emily Wellhausen
 10:15 a.m. - Tina Wedemeyer
 10:15 a.m. - Rhea Slawter

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. 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

Youth Ministries

Untamed — Next weekend is Winter Retreat at Silver Birch Ranch in White Lake, Wisconsin. Please pray for this powerful student ministry experience.

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

Outreach

Family Promise Outreach — CUMC is hosting Ozaukee Family Promise this week. 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 sheets in Fellowship Hall today. Choose an area where you can assist! We are a congregation caring for our Ozaukee community. Let's be overwhelmingly staffed.

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 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 21 and ending May 12th or 26th. We are looking for volunteers to cook and serve a meal for the youth. Please visit their web site for more information 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. 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 — Today, 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 — This 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! — We still have about three cases of pecans. There are plain and milk chocolate. *Please buy a bag now so we can close this project.* We are slightly discounting them to \$8.50 a bag. This is slightly more than our cost. If several of you buy one or two bags the project will be over. Remember the plain ones freeze well. They can be used for baking or for candied nuts to munch on or include in salads. The milk chocolate are delicious and make great snacks for the next Packers game or great Valentine gifts. Do not forget your money and look for us at church.

Finance

Will the person/family that has envelope box #136 please call the office. Thank you.

New Adult Sunday School Classes

Four new adult classes are being 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: You absolutely can still get involved! So, please select one and join us!

- **"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 Rouppe - 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*.

Active Seniors "The Plain People"



The Active Seniors group meets next on Tuesday, February 2, 1:00 p.m. At that time we will welcome a very special guest, Reynold Kremer. Reynold is a published author of the book, "Driving the Back Roads: The Amish – In the world, but not of it." In this fascinating presentation, Reynold will help us understand the "Anabaptists – the Amish, the Hutterites and the Old Order Mennonites." Through his many years of study, interviews and experiences with "plain people" he has a unique understanding to share. There are three main topics he'll cover: 1) The History of Anabaptists 2) The Beliefs of the Plain People 3) Riddles and Traditions of the Amish.

He has given this talk a few hundred times polishing what people find most useful. You will be fascinated by an understanding of these groups that is not locked in stereotypes or misunderstanding.

Our gathering will begin with dessert and coffee. Once we are gathered at tables in the Community room with our Amish Sugar Cookies and Mennonite Chewy Ginger Molasses Cookies, Reynold will begin his presentation that lasts 1 hour and 15 minutes. We will conclude promptly by 2:30 p.m. Please do bring guests as we are quite fortunate to have someone of Reynold's caliber with us. He will also have some display materials – clothing, hymn books, school text books and periodicals. With the fourth largest population of Amish in the state of Wisconsin, this is a presentation you don't want to miss. Please join us!