



Ponderings from the Pastor's Pen

"A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken."—Ecclesiastes 4:12

I recently went to the clinic for a routine check-up and was asked to complete a health questionnaire while I sat in the waiting room. Some of the questions were about how often I speak to or spend time with friends and family members, or how often I participate in a church or community group. Likewise, my health insurance company asks similar questions in the annual preventative health screening they ask me to complete online. These "social determinants of health" have been found to be incredibly significant. A podcast I listened to recently cited this statistic: "The risk of premature death due to loneliness is greater than the risk of premature death due to obesity or smoking fifteen cigarettes per day." It's pretty astonishing to know that loneliness is more deadly than obesity or a heavy smoking habit!

Dr. Vivek Murthy, the two-time (and current) Surgeon General of the United States wrote a timely book that came out early last year. It is entitled *Together: The Healing Power of Human Connection in a Sometimes Lonely World*. He described how in his first term as Surgeon General, he engaged in listening sessions all over the country to hear the most pressing health concerns with which our citizens struggle. While much of what he heard was expected (opioid epidemic, heart disease, diabetes), one of the most prevalent concerns he heard was not one that he anticipated: loneliness. What he learned in the following months and years compelled him to write a book on "the importance of human connection, the hidden impact of loneliness on our health, and the

social power of community". Even though the book was released in March of 2020, just as "social distancing" became a necessity during the early days of the pandemic he argues that "healthy relationships are as essential as vaccines and ventilators for our global recovery" because "while loneliness engenders despair and ever more isolation, togetherness raises optimism and creativity. When people feel they belong to one another, their lives are stronger, richer, and more joyful."

I find it heartening to know that scientific research and the medical community are confirming what God has told us all along: "It is not good for man to be alone" (Genesis 2:18). We are designed to be in community with one another and in relationship with God.

We may still choose to connect in different ways than we used to (using phone calls or Facebook or other technology to stay connected even when it isn't advisable to do all our gatherings in person), but we are still connected nonetheless. The church is the body of Christ, and even if it has been awhile since you've been to church it is encouraging to know that we belong to one another and our lives are still more meaningful and more fulfilling when we do life together. I hope to see you in the sanctuary (or at least in the Facebook livestream) during worship soon. It is truly a joy to be in community with you!

Grace and peace,
Pastor Wendy

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Save the Dates

Mark your calendars for two events coming up in November. First, on Sunday, November 7 right after worship Rev. Scott Carlson will facilitate a conversation about our church and all the ways our ministries change lives and can transform our community. (This is the Missional Church Consultation Initiative event that was postponed from its original date of September 12 due to COVID concerns.) We'd love to have as many voices as possible be a part of this conversation so please plan to stay after worship that day if you can.

Then, on Monday, November 8 at 6:00 p.m. we will celebrate our annual Church Conference in which we adopt our budget, set our ministry goals, and elect our leaders for the coming year. This is another great opportunity to celebrate all that we have done in the past year and prepare for the good work that we have yet to do in the year ahead. All are welcome to participate in this conference as well.

Funds for the Future

WOW!!! Our "Paving the Way to the Future" fundraiser brought in over \$24,000 this summer as we installed new outdoor lighting and re-paved our parking lot (for a total cost of about \$100,000). Thanks to over one hundred donations of all sizes we are building our Improvement Fund back up to help us prepare for the future maintenance projects our building may need.

This fall our big project is replacing the boiler (approximately a \$60,000 project in all) and we'd like to try to raise an additional \$20,000 to replenish a portion of this cost for the Improvement Fund too. If you'd like to make a donation toward this effort, just mark "Improvement Fund" on your check or offering envelope. Watch for the "giving thermometer" poster in the narthex to mark our progress through the months ahead!

Weekly Devotional, Prayer Request & Happenings Available



Each week Pastor Wendy creates a Devotional of Sunday's worship.

We also have a Prayers, Joys and Concerns and Happenings as well.

Please let Lori know at the office if you would like these emailed to you or sent to you via regular mail.

Monday's Table

Several other churches here in Menomonie offer a free community meal (on Tuesdays at St. Joseph's Catholic Church, Wednesdays at Christ Lutheran Church, and Thursdays at First Congregational UCC), currently each serving 100-150 people each week. Food insecurity and a simple longing for more human connection are both persistent needs in our community, and we'd like to help meet these needs through Monday's Table, a free community meal served here at the Menomonie UMC from 5-6 p.m. on Monday evenings.

Our church will be partnering with Feed My People in Eau Claire for free and reduced-cost ingredients so we can provide a free community meal on Monday evenings starting on October 18. Our Monday's Table Steering Team currently includes Pastor Wendy, Nichole Manson, Jim Lake, Pat Cederholm, Esther Fahm, and Jan Gehring who will help establish our handbook and policies. Nichole Manson (who serves on the Stepping Stones board with Pastor Wendy) has agreed to help coordinate this effort with us and several other volunteers from other community table meals have also volunteered to help cook and serve as needed but there is still plenty of room for YOU to be involved too. Whether you like to do behind-the-scenes work like stocking shelves or pre-counting to-go containers, whether you like to cook or bake, or whether you enjoy serving and chatting with people, we would love to have your help! Sign-up sheets will be available soon in the church narthex or you can call the church office to let us know when and how you're available to help. Financial donations are also welcome to help us cover the cost of food and packaging containers in the months ahead.

Please help spread the word to anyone you know who might need a warm meal each week or to anyone who might be interested in volunteering with us to help nourish our neighborhood with food and friendship!

We are seeking a
Child Care Provider
to assist in our nursery on
Sundays.
If interested please send your
resume to Pastor Wendy.



Open House Invitation to our Church Family

Kurt and Sarah Zarbock will be having an
Open House
on Sunday October 17th
from 2:00 to 4:00 p.m.

1411 Elm Avenue West, Menomonie

If it is raining on the 17th, the open house will be
October 24th from 2:00 to 4:00 p.m.
Mask required - thank you!



Prayer Shawl Meeting

**Thursday, October 21,
Nov. 18, Dec. 16
at 4:00 p.m.**

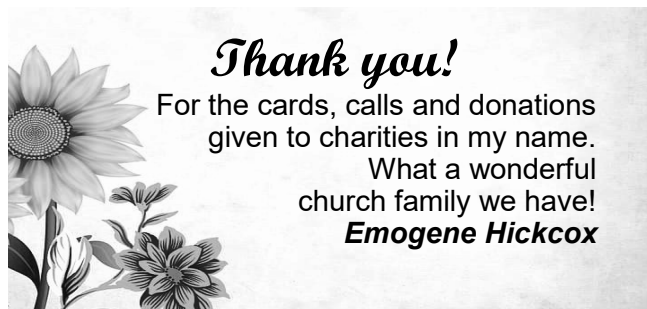
We plan to have our meeting last for up to 2
hours so if you can't get there right away at 4:00
feel free to come and join us up till 6:00 p.m.!
Feel free to bring any other crafts you would like
to work on as well!

New Class! Morning Prayer

October 19th, November 16,
December 21
at 10:00 a.m.
See Sarah Zarbock for details!

Let's Celebrate!

If you would like us to post in our
newsletter birthdays or
anniversaries, please let
Lori know at the church
office in advance.
Your church family would like
to celebrate your day!



UM Man named Outstanding Eagle Scout

Bob Spinti, former president of Wisconsin Conference UM Men, added one more title to a long list of awards. The National Association of Eagle Scouts named him Outstanding Eagle Scout for 2021. Currently serving on the Advisory Committee of the Chippewa Valley Council, Bob received the Cubmaster Key in 1968, the Scoutmaster Key in 1972, the District Award of Merit in 1973, the Silver Beaver in 1974, and the Daniel Cart Beard Award in 2008. An active member of Menomonie UMC, Bob served in many lay positions. He also served as chair of the Wisconsin Conference Board of Global Ministries for four years and chair of the Conference Board of Discipleship for four years. Bob and wife Beverly are also active in their community. They were awarded Philanthropists of the Year by Chippewa Valley in 1970, the Good Neighbor Award by the Menomonie Area Chamber of Commerce in 2007, and the Distinguished Menomonie Citizens Award by the Menomonie Area Chamber of Commerce in 2014.

**Bob Spinti
receives the 2021
Outstanding Eagle
Scout Award.**



Article was published in the Fall 2021 UM Men Magazine.

Congratulations Bob!

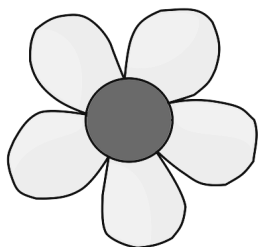


Mission Moment

The Menomonie United Methodist Church over the past several years have given more than \$10,000 to various missions. We have supported missions all across our country as well as countries far away. One of missions that we support is the Ludhiana Christian Medical College & Hospital in India. During the past 150 years missionaries from the US and other countries started mission hospitals and clinics all over the country of India. Most of these mission hospitals are struggling. There is a great need for good health care in the city of Ludhiana, population 1.4 million. Student scholarships will give qualified and deserving students from very poor families the opportunity to attend school and be trained as doctors, dentist and nurses.

Closer to home we support United Methodist Children's Services in Milwaukee. It is a health and welfare ministry in covenantal relationship with Wisconsin Conference. UMCS serves men, women, children and families with affordable housing, childcare, food, household items and neighborhood organizing in the Washington Park area.

We have also been receiving funds to support the issues presently facing Haiti and Afghanistan. If you would like to support our missions/advance specials please designate on your check that the money is to go to advance specials. We thank you.



**Celebration
of Life
for those who
turn 80 in 2021
will be held on
October 24th.**

This celebration will also honor those who turned 80 in 2020. Please join us to celebrate this event!



Find us at:
www.menomonieumc.org



Financial Footnotes

It certainly is beginning to feel like fall especially in the early mornings and the days are getting shorter. Not sure where the summer went but time moves on! I want to bring you up to speed on the finances of the church. We are in the process of finishing up the parking lot project. There seems to be a delay in getting some parts to finish up the lighting but we are expecting that to be done shortly. The line painters will be returning to put in a couple of additional handicap parking spaces closer to the building as well. We started a "Pave the Way to the Future" campaign in June and we had over \$24,000 dollars that came into the improvement fund during that time! We are now going to change gears a bit and the funds that come in to the improvement fund will be used to help finance the new boiler! Our old boiler that has served us faithfully for many years has become increasingly unreliable. We are expecting that installation should be underway the next couple of weeks. (Stay away cold temperatures!) We are looking at approximately \$60,000 to complete that project. Sooo we do have a few things on our plate at this time. We continue to take 10% of our weekly general giving income and set that aside for our shared giving/apportionment commitment and that is running a bit behind at this point in the year. The good news is that all bills are being paid and on time! We thank each of you for sharing your gifts with the Menomonie United Methodist Church. If you have any questions or concerns, please do not hesitate to contact me.

Blessings
Lynn Klatt





Sunday Study | 2021-2022 Join us most Sunday Mornings at 10:00am

Welcome back to Sunday Study!

It was so good to connect and Worship together outdoors with you on Homecoming Sunday. If you haven't had a chance to check out Sunday Study yet, you are invited to join in! Our format has changed a little as we navigate back into in-person Sunday Study this year, check out the info below to know what to expect on Sunday mornings.



Sunday Study Details:

- We will meet immediately following Worship at 10:00 am.
- We will meet primarily outdoors on the weeks that the weather cooperates, otherwise we will spread out in the Sanctuary and Fellowship Hall.
- We will be meeting as a large multi-age group with smaller break out activities and discussion.
- Our Youth will be invited to join as assistant leaders to help facilitate discussion and activities with our youngest disciples.
- Parents who are able and willing are invited to join in.
- If you or your kiddos are not feeling well, we just ask that you stay home and join us again once you are feeling well. The Sunday Study leaders will commit to doing the same!

Even though the format has changed, what has not changed is our commitment to partnering with families to help plant seeds of faith in our youngest disciples.

Below is a glimpse of the month of October:

- 10.3 - God guides us...even when we go our own way. (Exodus 32)
- 10.10 - God guides us...and gives us work to do. (Exodus 35:10-36:38)
- 10.17 - No Sunday Study
- 10.24 - God helps us be brave... when we go against the crowd. (Numbers 13-14:25)
- 10.31 - Pumpkin Painting and Pumpkin Prayer

Please pray over our children and families that this year would draw us closer to God.

Blessings,

Amanda Tireman

Email: cyfministry@menomonieumc.org

Youth Happenings

Welcome back to all youth 6th grade - 12th grade. We look forward to sharing fellowship and community through out the year. We will meet every other Wednesday and still keep the 4th Wednesday as helping at Wednesday Table. We will meet from 6:00 pm- 7:30 pm with a light meal served at the beginning for regular meetings. We will meet at 4:45 pm -6:00 pm at Christ Lutheran Church for Wednesday table.

Next meeting dates:

September 29th - Wednesday Table
October 13th - Regular meeting
October 27th - Wednesday Table
November 10th - Regular Meeting
November 24th - Wednesday Table

Blessings,
Amanda Viana



American Red Cross

Red Cross Community Blood Drive

Menomonie United Methodist Church
Monday, October 11

1:00 pm - 6:00 pm (New Time)

Call 1-800-733-2767 or visit redcrossblood.org

and go to Zip Code 54751

or call Jan F. at 715-232-8718

to make an appointment.

Rapid Pass is available.

Help is needed on Sunday, October 10 in
the Fellowship Hall after service.

We will be setting up for the
Blood Drive on Monday.

Thank you!



Find us at:

www.menomonieumc.org





Dementia Live (Virtual Event)



FREE
October 25th
3:00—4:00 pm

Have you ever wondered what it might be like to have dementia? Join me for a **virtual** dementia simulation presentation, in the comfort of your own home.



To Register Contact Carla Berscheit,
Dementia Care Specialist at
715-944-8091 or email
cberscheit@co.chippewa.wi.us

Dementia and Safety

Do you care for someone that has dementia? Are you prepared for the safety risks that could come with memory changes? Join me as I discuss common household risks and ideas to keep your loved one safe.

October 19 - 3:00 pm to 4:00 pm

or

November 15 - 3:00 to 4:00 pm

**Virtual
Event**

Wandering
Internet Safety
Kitchen Safety
Medications
And more



To register, call or email
Carla Berscheit, Dementia Care
Specialist at
715-944-8091 or
cberscheit@co.chippewa.wi.us

Monday D.I.S.H.

Dementia Informed Super Heroes

Are you working and caring for a parent or family member with dementia? Join us virtually for support and resources



First Monday of the month

7 pm to 8 pm



To register, contact Scott Seeger at 715-261-6066
Email: scott.seeger@adrc-cw.org

Dementia 101

Have you always wondered....

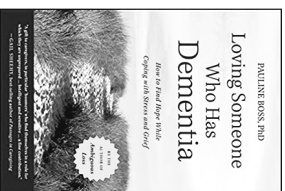
- What is dementia?
- What is normal brain aging?
- How do I support someone that has dementia?

Join Dementia Care Specialist,
Carla Berscheit **virtually**
October 4th
3:00—4:00 pm

To register, contact Carla at
715-944-8091 or
cberscheit@co.chippewa.wi.us



Book Club



Are you caring for someone with dementia? Join us virtually to learn proven strategies to increase your resiliency while caring for someone with dementia.

Every Wednesday

October 20—December 15

3:00—4:00 pm

To register call Carla Berscheit, Dementia Care Specialist at 715-944-8091

FREE

ZOOM Event!
Call in option available

Ripple Effects: Navigating the Challenges of Dementia While Staying Afloat as a Care Partner

Live ZOOM event on:

October 26, 2021 | 12-1:30 pm

Time:

Speaker:

Kay Adams

Bio:

Kay is a dementia coach, educator, author of *Still Sober While My World Burns* and *Unraveled: A Journey of Compassion Works, LLC*



Objectives:

- Describe the difference between normal brain changes and changes that result from dementia
- Identify the most common dementias under the "umbrella"
- Understand how dementia affects our brain, abilities, and influences our behavior
- Discuss common difficult emotions facing care partners and ways of coping with them
- Explore strategies to manage caregiver stress, and the art of accepting help from others
- Learn how to care/preserve oneself as a care partner
- Create a lifestyle for yourself after your loved one dies

Join Carla Berscheit, Dementia Care Specialist for a **WATCH PARTY** of this virtual event at the Chippewa County Courthouse, 711 N. Bridge Street.

Refreshments and snacks will be provided.



Virtual Dementia Education Programs

Serving Northwest Wisconsin - October 2021



Programs:

Dementia 101

Monday, October 4th, 3:00 - 4:00 pm
Carla Berscheid, cberscheid@co.chippewa.wi.us
715-944-8091

Dementia Live Simulation Experience

Wednesday, October 13th, 6:00 - 7:00 pm
Trisha Witham, www.adrcconnections.org
715-537-6225

Monday, October 25th, 3:00 - 4:00 pm

Carla Berscheid, cberscheid@co.chippewa.wi.us
715-944-8091

Ask a Dementia Care Specialist

Monday, October 18th, 10:00 - 11:30 am
Lisa Wells and Carla Berscheid, www.adrcvents.org
715-839-4735

Caregiver Book Club

"Loving Someone Who Has Dementia"

Wednesdays, October 20th - December 15th, noon - 1:00 pm
Lisa Wells and Carla Berscheid,
cberscheid@co.chippewa.wi.us
715-944-8091

"Creating Moments of Joy"

Wednesdays, October 20th - December 29th, 3:00 - 4:00 pm
Becky Woodke, Rebecca.woodke@co.trempealeau.wi.us
715-538-1930

Program Descriptions:

Dementia 101

A power point presentation packed with information on what dementia is and how it affects those living with it; provides suggestions and tips for ways to communicate with a person living with dementia to enhance interactions and minimize anxiety.

Dementia Live Virtual Experience

A simulation experience that immerses participants into life with dementia, resulting in a deeper understanding of what it's like to live with cognitive impairment and sensory changes. Dementia Live can help elevate family engagement by improving family visits, interaction and communication. Dementia Live is best experienced in person however a virtual offering is available.

Ask a Dementia Care Specialist

An opportunity to ask questions from a Dementia Care Specialist and hear from other caregivers on dementia-related concerns.

Caregiver Book Club

One hour discussion of recommended book, conversation, and sharing.



An exercise program for people living with mild to moderate dementia and their care partners



August 10—October 28

Tuesdays & Thursdays
10—11:30

Class is free

YMCA membership is not required

To participate in this program, participants must be able to perform simple exercises, be able to follow verbal directions and participate in conversation and attend all or at least 80% of classes.

Brain & Body Fitness has been shown to improve physical fitness and mood in people living with dementia. The exercise program is safe and fun. It is conducted by qualified YMCA instructors.

To register call Carrie at 715-861-2352 or email cmathwig@ymca-cv.org



Menomonie Memory Café

Memory Cafés are designed for people living with dementia and their care partners. This is an opportunity to gather and enjoy coffee and camaraderie

2021 Dates

September 14
October 20
November 17
December 15

3rd Wednesday of the
Month

10 am—11:30 am

Menomonie Public Library
600 Wolske Bay Road