

The Messenger

SEPTEMBER 2020



St. Paul United Methodist Church
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ST. PAUL IS EXTREMELY EXCITED TO BEGIN SUNDAY SCHOOL AGAIN THIS YEAR ON SUNDAY, SEPTEMBER 13TH AT 9:30 A.M.

All children will be required to wear masks to Sunday School. Please make sure that children stay home if they are not feeling well. We will also have sanitizer for everyone to use.

Thank You

The Elmwood-Murdock Backpack Program would like to thank the members of both Ebenezer and St. Paul for the VERY generous donations of food for our Backpack students and families. They will eat well because of your contributions to this ministry.

CONFIRMATION SUNDAY

Please mark your calendars for this special celebration. Because of Covid-19 restrictions, we were not able to have Confirmation Sunday last April as scheduled. Therefore, we will honor those confirmands from last year's class on Sunday, September 27, 2020 during worship service.

THOUGHT TO REMEMBER

“Acknowledging God’s powerful presence changes our perspective. Worship and worry cannot occupy the same space. Worship brings freedom from worry.”

Guideposts Daily Devotions 2020

THE UPPER ROOM

The September/October issue of The Upper Room is now available at Ebenezer and St. Paul churches. If you cannot physically pick up a copy for your devotions, let the church office know and one can be sent to you.

UPCOMING COMMUNITY EVENTS

Cass County Food Pantry Distribution

Saturday, September 19, 2020, 9:00–11:00 a.m.
Elmwood Community Center

Elmwood Community Center

The Center is open for noon meals OR the weekday lunches can be delivered upon request or can be picked up at the Center. Call 402-994-2145 to make a request for lunch on weekdays.

UMW CORNER

Elmwood UMW

Elmwood UMW's will meet on Monday, September 14th at St. Paul UMC. 6:30 p.m. We will not have a potluck supper as previously planned. We will have a guest speaker, Karen Lamb, pastor of Douglas and Burr UMC's and has LuLu's Café in Lincoln. This is a non-profit organization, feeding the community one meal at a time, committed to providing a meal to everyone who is hungry, regardless of ability to pay.

Murdock UMW

We will begin meeting again on Wednesday, September 2, 2020 at 6:30 p.m. We will not be having the usual meal before the meeting.

To Ebenezer United Methodist Church Family,

Thank you for supporting my college education through a scholarship. I am very thankful for the scholarship funds. They will be used as I begin my education at Peru State College in the fall. I will be studying to be a middle school social sciences teacher and I also plan to earn my coaching certification. Then, I hope to teach in a rural Nebraska school just like the one I attended.

It is very generous of you to provide a scholarship for youth members so they can continue their education. I will make good use of these scholarship funds and I very much appreciate receiving them. Thank you for investing in the education of future leaders.
Spencer Koehn



September Birthdays-Elmwood



Michael Krass – September 1
Elsie Schweitzer – September 3
Caleb Kraeger – September 4
Layton Bornemeier – September 6
Genia Leone – September 7
Bruce Vogt – September 8
Michael D.L. Vogt – September 8

Kathy Frahm – September 8
Frank Leone – September 10
Marvin Stewart – September 11
Clint Bornemeier – September 14
Timothy Rorie – September 17
Coleman Lenz – September 17
Stella Burrows – September 17

Dan Bornemeier – September 17
Austin Hawks – September 18
Breanna Romero – September 19
Sydney Kunz – September 21
Kelly Meisinger – September 21
Jordan Vogt – September 24
Marthana DeGarmo – September 25
Gary Vogt – September 29



September Birthdays-Murdock



Madison Mills – September 2
Betty Burnham – September 8
Maximus Meyer – September 11
Don Mills – September 11
Ellen Luetchens – September 26

St. Paul United Methodist Church Wellness Committee

September Challenge

The Wellness Committee challenge for September is to be physically active for at least 30 minutes per day or 150 minutes per week. Being at least moderately physically active for 30 to 60 minutes, most days of the week, will reduce your risk of high blood pressure, heart disease, stroke, high cholesterol and diabetes. In addition to increasing your overall sense of well-being, regular physical activity will also help to control your weight and relieve stress.

Use the Physical Activity Log (on back) to keep track of your and your family's activity. Print off extra copies for each family member or download from our Facebook Group: St. Paul United Methodist Church Wellness Committee September Challenge - <https://tinyurl.com/y25ddv2e>. Post the log where you will see it frequently (e.g. in your child's room or on your fridge). Remember, the keys to improving your level of health and fitness are to slowly increase the:

- frequency of your activity (how many times a week), and/or
- length of time you are active, and/or
- the effort or intensity of your activity.

Other important things to remember:

- Listen to your body. Don't push yourself to the point of pain or exhaustion.
- Vary the intensity (effort) at which you work from day to day.
- Do a variety of different activities to reduce boredom and the risk of injury. For example, walk one day, swim the next and bike the third.
- If you can't get in 30 minutes at one time, opt for a quick 10 minutes three times a day. In fact, a study published online March 22, 2018, by the *Journal of the American Heart Association* showed that several five- or 10-minute exercise sessions spread throughout the day can have the same effect on long-term health as a continuous 30-minute workout.

If you have not been physically active or have any questions or concerns about your activity program, you should talk to your primary care physician before beginning.

If you are on Facebook, please share in the fun by joining the St. Paul United Methodist Church Wellness Committee September Challenge Group (<https://tinyurl.com/y25ddv2e>). Keep us updated on your achievements and fun activities. At the end of September, take a look back and see what you've accomplished. Reward yourself! Oh, maybe you haven't done as well as you had hoped. Not a problem, because any activity is always better than none. Stay strong – keep going. Hopefully we'll have some beautiful September and October fall days – get and out and enjoy some autumn activities. Don't give up - keep building your activity level! Most of all – have fun doing so!!

30-Minutes-a-Day Physical Activity Log

Date	Type of Exercise/Activity	Effort (High, Moderate, or Light)	Total Minutes	How I Felt
Tues, Sep 1				
Wed, Sep 2				
Thurs, Sep 3				
Fri, Sep 4				
Sat, Sep 5				
Sun, Sep 6				
Mon, Sep 7				
Tues, Sep 8				
Wed, Sep 9				
Thurs, Sep 10				
Fri, Sep 11				
Sat, Sep 12				
Sun, Sep 13				
Mon, Sep 14				
Tues, Sep 15				
Wed, Sep 16				
Thurs, Sep 17				
Fri, Sep 18				
Sat, Sep 19				
Sun, Sep 20				
Mon, Sep 21				
Tues, Sep 22				
Wed, Sep 23				
Thurs, Sep 24				
Fri, Sep 25				
Sat, Sep 26				
Sun, Sep 27				
Mon, Sep 28				
Tues, Sep 29				
Wed, Sep 30				

Hello St. Paul United Methodist Church Members!

Each month I receive the Scholastic Book Club fliers to send home for students to share with their families and purchase books if they would like. Some families cannot afford to purchase books to have at home, especially at various times of the year where holidays and new school supplies spread us all thin. Year after year, my heart smiles at their excitement to take a book home and share with their family. Reading is ESPECIALLY important this year, and I want to continue to spread the love of reading with my students.

Here is my idea:

How cool would it be for each student to receive one free book each month of the school year at no cost to his/her family? Scholastic Book Club has books ranging from \$1.50 to \$15.00. I would LOVE for each of my students to be able to bring home one new book each month during the school year from September to May. Children look forward to taking something positive home that they can call their own!

If I select the \$1.50 book, that is only \$13.50 per child for the school year! Would you be interested in sponsoring a child in my class? You could sponsor a child by mailing a donation of \$13.50, or whatever amount you would like, to the church so that a new book can be ordered to take home each month! The church will then send me a check so I can then send in all the money to Scholastic and my Scholastic account would have a credit that I could use to order from each month. My class size is currently 21 students, so for each child to get a book each month, I'd need at least 21 church members to volunteer! Remember, you can send your check to the church and write in the memo that your donation is to be used for ordering books for children!

I'm very grateful for all of the support the church provides to the community. New books are always so fun and it's a great way to build a lifelong love of reading! Thank you for helping to spread the word of God each day. Let me know if you have any questions!

Carae Oehlerking
2nd Grade
Elmwood-Murdock Elementary School
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402-429-1615



PASTOR'S PEN



Greetings!

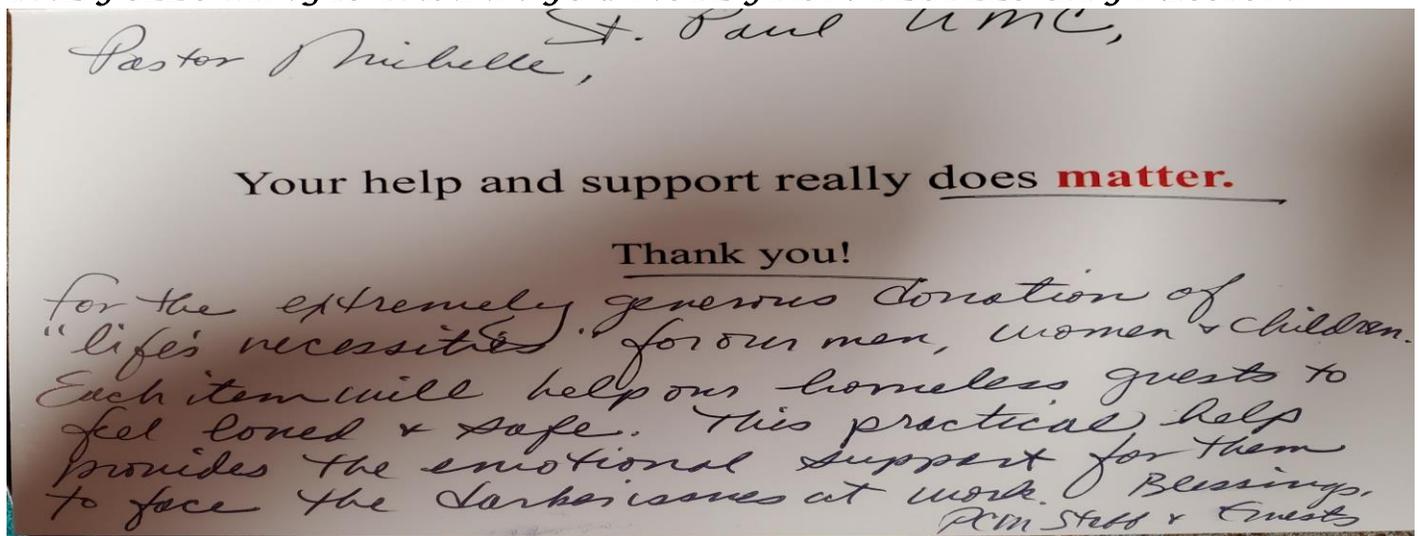
Can you believe that September is here? At times it seems like the year is flying by; but at the same time, the year has seemed to roll slowly by. This month however is different than any in months. I get to announce that we are going to start back with in-person worship in September. This of course will look different than worship did in March. Masks will be required; people from different households are asked to sit apart. There will be no congregational singing, no passing of the offering plate and no passing of the peace but we will be together! I cannot tell you how much I have missed seeing your faces. It is also important to point out that if you do not feel comfortable attending worship in person, that is totally fine. Also, we are asking people to stay home if you are not feeling well. We will continue to offer virtual worship via Facebook Live as we have done throughout the pandemic. The worship time will change as we will go back to having two services in Sept. So, Murdock will be live at 9:00 a.m. and Elmwood will be live at 10:35 a.m.

With the start of in-person worship means the start-up of other things as well. We will start Sunday School on Sept 13th. We will confirm our confirmands on September 27th and the UMW is having their meetings this month as well. At all events and meetings, masks are required but it will be great to have activities happening and a chance to see many of you again.

The Gospel of John chapter 4 says ²³But the time is coming—and is here!—when true worshippers will worship in spirit and truth. The Father looks for those who worship him this way. ²⁴God is spirit, and it is necessary to worship God in spirit and truth.” The time has come for us to come back to the church for worship. I am very thankful that we have the gift of social media and technology that has allowed us to be connected even when we could not meet in person but I am excited for us to be back in the church and together. We continue to make it through this together.

Until Next Time,
Pastor Michelle Chesnut

THE FOLLOWING IS THANK YOU NOTE FROM PEOPLES CITY MISSION:



September 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 6:30pm UMW - M	3 7:00pm Bible Study via Zoom	4	5
6 9:00am Worship Service – M 10:35am Worship Service – E	7 <i>Labor Day</i>	8 7:00pm Church Council - M	9	10 7:00pm Bible Study via Zoom	11	12
13 9:00am Worship Service – M 9:30am Sunday School – E 10:35am Worship Service – E	14 6:30pm UMW - E	15 7:00pm Church Council - E	16	17 7:00pm Bible Study via Zoom	18	19 9-11:00am Food Pantry Distribution
20 9:00am Worship Service – M 9:30am Sunday School - E 10:35am Worship Service – E	21 Camp Fontenelle starts its Pumpkin Patch and Corn Maze	22	23	24 7:00pm Bible Study via Zoom	25	26
27 9:00am Worship Service – M 9:30am Sunday School - E 10:35am Worship Service – E Confirmation Sunday	28	29	30			

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Address Service Requested

The words "LABOR DAY" are rendered in a large, bold, 3D-style font. The letters are filled with the colors and patterns of the United States flag: blue with white stars for the 'L', 'A', and 'B'; red and white horizontal stripes for the 'O', 'R', 'D', and 'A'; and red and white horizontal stripes for the 'Y'. The letters have a slight shadow effect, giving them a three-dimensional appearance.

Monday, September 7, 2020