

CONNECTION @VMUMC



Pastor Cathy's Corner

Dearly Beloved,

October 2026

Grace and peace to you, Van Meter UMC Family! When I think of fall, I usually think of cool, crisp days, the beauty of green leaves turning to bright shades of red, yellow, and orange, and the way a hot drink makes you slow down, sip, and savor the warmth and flavor, the experience of that drink. This year it seems like life has moved at a faster pace. Certainly, my life is not nearly as wildly busy as it is for many of you who have several small children, or multiple children involved in multiple sports, and on several teams, while also working full or part time.

After caring for two of my grandchildren from early spring to early summer, finishing confirmation classes, attending annual conference, and summer sports, along with the usual pace of ministry, VBS, Confirmation Sunday, and on into September, I noticed I was physically and spiritually tired and in need of some time to rest, recharge, and be spiritually refilled. While considering what I might do to rest, and notice where God is showing up around me, I stumbled quite unexpectedly across as a pilgrimage to the sacred island of Iona, a place I first heard about early on in ministry. It's a place that for centuries has been a place where spiritual seekers (pilgrims) have experienced God's Spirit in new and restorative ways.

People go on a pilgrimage for a number of reasons, one of which is a longing to draw closer to God, to experience new spiritual inspiration to help guide their lives. This resonates deeply with my spirit. These verses from Psalm 139 come to mind: ¹You have searched me, Lord, and you know me. ²You know when I sit and when I rise; you perceive my thoughts from afar. ³You discern my going out and my lying down; you are familiar with all my ways. ⁴Before a word is on my tongue, you, Lord, know it completely. ⁵You hem me in behind and before, and you lay your hand upon me. ⁶Such knowledge is too wonderful for me, too lofty for me to attain. ⁷Where can I go from your Spirit? Where can I flee from your presence? ⁸If I go up to the heavens, you are there; if I make my bed in the depths, you are there. ⁹If I rise on the wings of the dawn, if I settle on the far side of the sea, ¹⁰even there your hand will guide me, your right hand will hold me fast. ²³Search me, God, and know my heart; test me and know my anxious thoughts. ²⁴See if there is any offensive way in me, and lead me in the way everlasting. (Psalm 139: 1-10, 23-24 NIV)

October 2026

Pastor Cathy's Corner

Continue.....

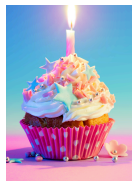
By the time you read this, I will be about to head home from a pilgrimage to Iona with a small group of other United Methodists. I was the last one to sign up for this pilgrimage, and it seems more than coincidence that all the arrangements seemed to fall into place for this pilgrimage to happen.

I don't know exactly what this experience will be like, or how God's Spirit will show up during this time away, but I am certain that I was meant to go on this pilgrimage, and it will be transformational. I trust that not only will God's Spirit be with me, but also with all of you while I'm away. How might God's Spirit be nudging you to draw closer, to watch where God shows up, and join God there? I can't wait to see all that God will do in and through all of us as we move forward together.

Grace and peace to you all, Pastor Cathy

HAPPY BIRTHDAY

Sherry Hallberg
Curtis Russell
Shea Maffin
Eleanor Jay
Val Schweiger
Kim Frankhauser
Karen Bishop
Margo Suckow



Jamesen Jaspers
Jess Jaspers
Kimberly Sacker
Warren Stueve
Keith Gunzenhauser
David McNase
George Beck

Happy Anniversary

Kevin & Lisa Hess
Jesse & Jess Jaspers
Dan & Jill Redmond
Matt & Miranda Steinfeldt



UPCOMING DATES

3	Light the Night	6 PM
4	ADG	9:30 AM
	Worship, World Communion	10:45 AM
	Children's Christmas Prog. Practice	5-6 PM
	Youth Group	6:30-7:30 PM
5	Exercise Group	1:30 PM
6	Trustees	6:30 PM
7	JAM	6:15-7:45 PM
	Chancel Choir	7 PM
	Christmas Cantata Practice	8 PM
11	ADG	9:30 AM
	Worship Service	10:45 AM
	Children's Christmas Prog. Practice	5-6 PM
	Youth Group	6:30-7:30 PM
12	Exercise Group	1:30 PM
	City Council	6:30 PM
13	Ad. Council Mtg.	6:30 PM
14	JAM	6:15-7:45 PM
	Chancel Choir	7 PM
	Christmas Cantata Practice	8 PM
16	Newsletter(Nov.) deadline	
18	ADG	9:30 AM
	Worship Service	10:45 AM
	Children's Christmas Prog. Practice	5-6 PM
	Youth Group	6:30-7:30 PM
19	Exercise Group	1:30 PM
21	JAM	6:15-7:45 PM
	Chancel Choir	7 PM
	Christmas Cantata Practice	8 PM
24	Youth Skate Night	5:30-8:30 PM
25	Worship Service	10:45 AM
	ADG	9:30 AM
	Trunk or Treat	6-7:30 PM
26	Exercise Group	1:30 PM
28	JAM	6:15-7:45 PM
	Chancel Choir	7 PM
	Christmas Cantata Practice	8 PM

October 2026



JAM

We are off to a great start!!
In October we will be learning all about Moses and our memory verse will be:
"When I am afraid, I will trust in you". Psalm 56



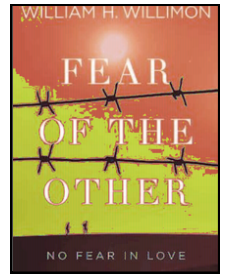
Youth Group

For October, we will be continuing our Bible Series "REFOCUS".
This month's youth service project will be our annual Trunk or Treat. We invite the entire community to join us on October 26th, 6-7:30pm. This is a great event so help spread the word. Please see the attached flyer for ways to help make this a big success.



Adult Discussion Group (ADG)

Sunday mornings @9:30
Come join in on the study by William Willimon.



Charge Conference

The annual Charge Conference gathering.
November 15th

2:00pm

DeSoto UMC

All members are invited to attend as we approve ministry goals for 2027.

All Saints Sunday

Join us November 1st for All Saints Sunday. This is a special time of remembrance to honor those who came before us.



If you would like to honor your loved one who passed in the last 12 months, please email the church with the following information:

A name, a picture, a set of dates, and whom they are related to.

Christmas Cantata

Rehearsals for this year's Christmas Cantata will begin on Wednesday, October 7th, @ 8:00 pm in the choir room. Anyone who loves to sing is welcome to join.

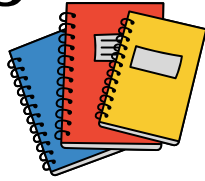


This year's Christmas Cantata is titled: "Were You there On That Christmas Night" It will be held on December 13th during our morning worship service.

October 2026

MISSIONS

STUDENT KITS



Missions is collecting materials for Ingathering student kits. The kits will go to underprivileged children in the US and in support of international humanitarian aid missions. A student kit may be a child's primary educational resource.

School supplies are now on sale. Please consider filling a student kit for Missions. The list of materials for each student kit is very specific, so please use the list below when shopping. Place all items in the cloth bag you can get from the church or in a plastic grocery bag. We will collect these kits until **Sunday, October 25**.

STUDENT KIT

- ☒ 3 notebooks - 1 subject spiral, 8" x10¹/₂"
 - ☒ 1 ruler - 12" long with metric
 - ☒ 6 unsharpened pencils (please, no advertising)
 - ☒ 1 pencil sharpener
 - ☒ 1 eraser - 2" or larger
 - ☒ 1 box 12 colored pencils
 - ☒ 1 box 24 crayons
 - ☒ 1 pair student scissors (round tip)
- Place all items in the cloth bag.



Adel Good Samaritan Food Pantry Donations

Feminine Hygiene products are the personal item of the month.

Place your donations in the tub marked in the entryway.

Feminine
HYGIENE

Thanks for the donations!

this Month

Mission of the Month:
The Good Samaritan Food Pantry

During the week of **Oct. 4–9**, our church—partnering with the Van Meter schools—will be collecting **non-perishable food items** to support the Good Samaritan Food Pantry's **BackPack Program**. The week will conclude with a "pass-the-bucket" monetary collection at the home football game.

Ways You Can Help

- **Donate Food** - Bring non-perishable items to the school office, the church (collection bin inside the main doors), or to the home football game on Friday. Please check expiration dates before donating.
- **Give Financial Support** - You can donate through Venmo or through the church offering. Since the food pantry does not have its own Venmo account, please use the church's Venmo and include "GSFP" in the description.
- **Volunteer at the Game** — Help collect food and pass the bucket during the football game.
Contact Suzy Lowman at 515-577-2632 for details.

About the Backpack Program

When school is closed for weekends or holiday breaks, some children lose access to the breakfasts and lunches they rely on during the week. The Good Samaritan Food Pantry's **BackPack Program** helps fill that gap.

In partnership with the Food Bank of Iowa, ADM, and the Van Meter School District, the program provides **free, kid-friendly, easy-to-prepare foods** for students from Pre-K through high school. These items are sent home so children have something nutritious to eat over the weekend.

More than 130 children benefit from this program every week!

October 2026

Consecration Sunday is Coming: Sunday November 8!

This year, our Finance Committee has again selected the Consecration Sunday Stewardship Program as a way to help us reflect on the biblical and spiritual meaning of generous giving. We have selected a theme to accompany Consecration Sunday and invite our congregation to reflect on what it means to be **rooted in faith and growing together as a church community**.

Just as a tree begins with roots, our lives of faith begin with our relationship with God. As those roots grow deeper, they give us strength to grow together, reach out through ministry and service and bear fruit in the lives of those around us.

Financial stewardship is an important part of that growth. From a biblical perspective, giving is about much more than meeting the financial needs of the church. Generosity is one way we nurture our relationship with God and participate in the work God is doing through our church. Through our giving, we help strengthen our church community, support ministries and outreach, and create opportunities for people to experience the love of God.

Consecration Sunday invites each of us to prayerfully consider the question:
“What percentage of my income is God calling me to give?”

Rather than viewing giving as a requirement or obligation, Consecration Sunday encourages us to see generosity as an act of worship — a personal response to God’s blessings and an opportunity to help our church continue growing and serving.

During morning worship on Consecration Sunday, we will have an opportunity to make our financial commitments to support our church’s mission. Each person will have the opportunity to prayerfully consider what they feel called to give and to complete an Estimate of Giving Card as a voluntary and confidential act of worship.

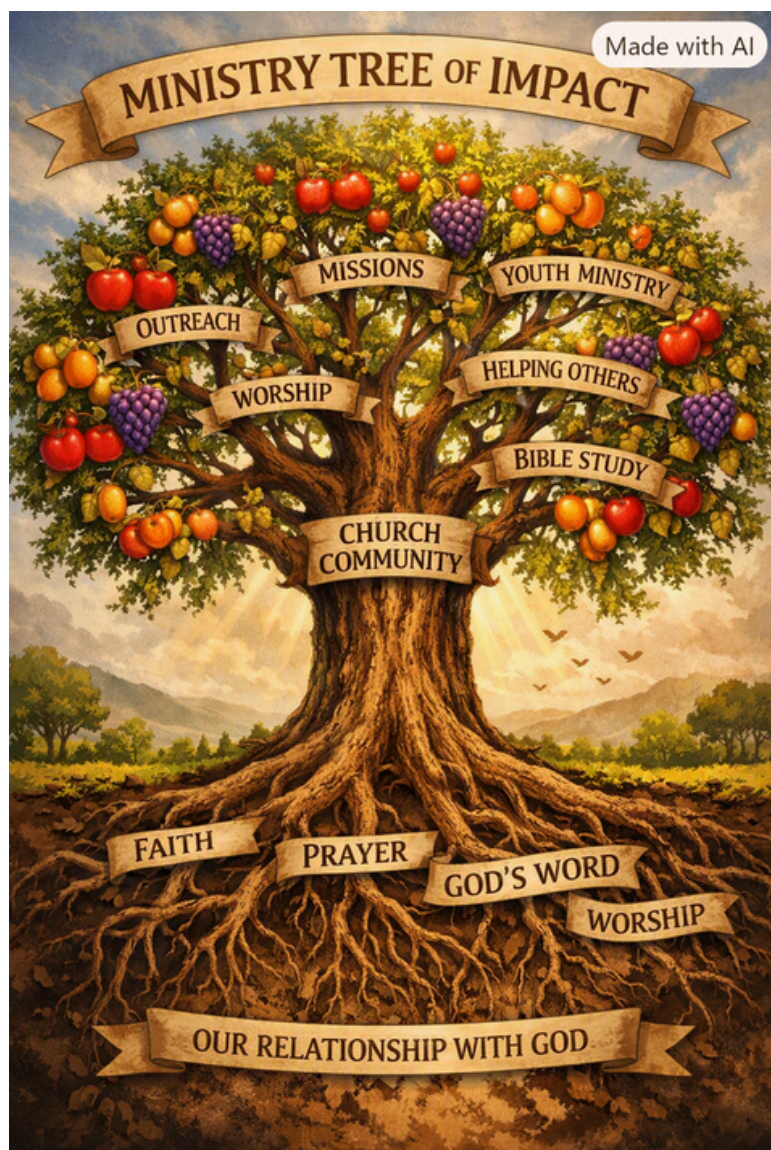
There is no expectation that anyone feel pressured to participate. Those who have questions or concerns about completing a card are warmly invited to join us for worship as well. Our hope is simply that each of us will take time to prayerfully consider how God may be calling us to respond.

Between now and November 8, we hope you will join us to reflect on what it means to be a congregation that is rooted in faith and growing together. Through worship, ministry, generosity, and community, each of us has a part to play in helping our church flourish.

Thank you for being part of our church family and for the many ways you help our congregation grow, serve, and share God’s love.

Sincerely,

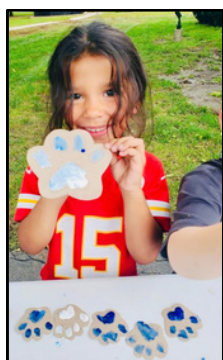
Your Van Meter United Methodist Finance Committee





Kid's Care

Kids Care had a fun week celebrating Van Meter's Homecoming.



Children's Christmas Program

Practice begins Oct. 4th

Van Meter United Methodist Church

Children's CHRISTMAS PROGRAM

All students PK-8th grade are invited to sign up!

 Sign Up by emailing childrensministries@vmumc.com	 Practices Sundays 5:00-6:00 PM	 Performance December 13th at 6:00 PM
---	--	--



SAVE THE DATE

Kids Shopping Day

SATURDAY, DECEMBER 5TH

 Van Meter United Methodist Church

Donations can be dropped off beginning on **Thursday, November 19th.**



LAITY BOOK STUDY

FIVE MARKS OF A METHODIST

Join Rev. Melissa Drake, Director of Leadership Development and Spiritual Formation & author Steve Harper



Upcoming Laity Book Study

Join Rev. Melissa Drake, Director of Leadership Development and Spiritual Formation, for a Laity Study on the Five Marks of a Methodist, with special guest Steve Harper, author of the study!

iaumc.org/

hello
FALL

October 2026

Please Pray For...

*those under medical care

Abbie(Courtney's friend), Annette(Kim's friend), Tom H. & family(son of Sherry H.), Kim(Marva's friend), Todd B, Jeremiah and Jackson(Cody J's nephews), Geri R, Delores, baby Lydia(Pastor Cathy's granddaughter) and her parents Emily and Stephen, Roger C, Clark and Mary M(Holly G's parents), Bailey B, Ray(father-in-law of Amy F), Betty J, Kathleen G, Melvis J, Gene D, Nyla P, Keith G, Ila T.

*those recovering (from illness, abuse, natural disasters, loss)

*those living with challenges (immigrants, caregivers, refugees, disabled)

*those in harm's way (in war zones, first responders, medical professionals, people defending civil liberties)

*communities with immigrant populations

*those who grieve



Booneville Happenings

BOONEVILLE UNITED METHODIST CHURCH

CHICKEN NOODLE

— Luncheon —



HOMEMADE NOODLES.POTATOES.SALAD.DESSERT

SATURDAY, OCTOBER 24, 2026
31135 HIGH ST., BOONEVILLE, IOWA

SERVING 11AM - 1PM OR UNTIL GONE	ADULTS \$15 KIDS 5-12 \$5 UNDER 5 FREE	MINI BAZAAR crafts, baked goods, frozen egg noodles
---	--	---



TABLES OF TREATS

BOONEVILLE UNITED METHODIST CHURCH

An indoor trick or treat event!

Join us for an evening with games, treats, and a **FREE** community meal.
(hot dogs, chili/soup/mac & chz, dessert and a drink)

Thursday
October 29, 2026
5:30 - 6:30 pm
31135 High St. Booneville, IA

VMUMC Admin. Council Minutes

Sunday Sept. 13, 2026

In attendance: Terry McNace, Leslie Herman, Connie Cooper, Lindsay Dea, Kim Fankhauser, Christy Jungman, Pastor Cathy, John Armstrong, & Margo Suckow

Terry opened the meeting with a devotion. Joys and concerns were shared.

Secretary Report:

- Margo presented the minutes of the August 11th, 2026 Ad Council meeting which were approved.

Treasurer Report:

- Kim presented the treasurer's report and it was approved.
- The board voted to renew the CD one more year for the Iowa United Methodist Fund.

Children's Ministries:

- Courtney presented the following updates in absentia:
 - Jam started up on the 9th. Several 6th & 7th graders are now volunteering with JAM.
 - Trunk or Treat is Oct. 25th from 6:07:30 pm. Based on last year's success, anticipating needing many more volunteers and candy.
 - Looking for a company to provide candy again this year. Last year's corporate donation made a huge difference. Might your company be interested in helping out?
 - The Christmas program is Dec. 13th. Rehearsals begin in Oct.

Youth Ministries:

- Courtney presented the following updates in absentia:
 - Youth group has started, meeting Sunday evenings @7:00pm.
 - Nadia Sparks is helping to lead youth group.
 - Service project at Children Family Urban Movement was on Sept. 4th.
 - Needing youth to help with Trunk or Treat.

Missions:

- Kids Shopping Day planning is in the works.
- Mission of the Month September: Blood Cancers United.

Kids Care:

- Nothing to report.

Finance/Stewardship:

- Year over Year continues to show positive improvement.
- Meeting for Consecration Sunday, November 8th. followig the board meeting.

Trustees:

- Lighting updates are still in progress.
- School bus is in storage.
- Discussions with interested parties regarding the property on R Ave are on-going.
- Dishwasher is having some issues.
- Decision was made to stay with Grinnel Mutual Insurance.
- There is on-going review of personnel coverages within the insurance policies.

SPRC:

- November 15th is Charge Conference in DeSoto.
- Form I meeting will be held in Oct.
- Danene is working well.
- A new website is in place but still being updated.

Lay Leader:

- Stacy had nothing to report.

Pastor Report:

- Pastor presented the following:
 - Heidi is preaching the next two Sundays while Pastor Cathy is out.
 - There will be a zoom bible study offered by the conference that will be put in the Grapevine and on the website.

Terry closed the meeting.

The next meeting of the Administrative Council will be Tuesday Oct. 13, 2026 at 6:30 pm.

Respectfully submitted,
Margo Suckow, Secretary



October 2026

CONNECTION

Van Meter United Methodist Church
P.O. Box 149
Van Meter, IA 50261



CONTACT US BY:

PHONE: 515-996-2572



EMAIL: office@vmumc.com



Website: www.vmumc.org



P.O. Box 149, 100 Hazel Street, Van
Meter, IA 50261



Worship Service 10:45 AM
Pastor Cathy Nutting

Ways to Give to Your Church

Your gifts help to nurture children, support families, create community, and share our faith. All your gifts are greatly appreciated.

You can now give through:

- * our Van Meter UMC Venmo account (use QR code below)
- * the Bill Pay function offered by your bank or credit union
- * in person
- * mailing a check to:
Van Meter UMC
P.O. Box 149
Van Meter, IA 50261



October 2026