# CONNECTION @VMUMC




## Pastor Cathy's Corner

Dearly Beloved, November 2026

Grace and peace to you, Van Meter UMC Family!

Have you ever thought about how amazing trees are? Trees are like sentinels, silently growing wherever they are planted, withstanding sweltering heat and bitter cold, doing their best to thrive despite drought, floods, storms, fierce winds, and damage from animals and humans. How do trees survive given all the challenges they face? What can we learn from trees about relationships, growing in faith, and creating community?

Did you know what appears to be a forest of individual aspen trees is actually a single living organism? Each "tree" is a stem sprouting from an extensive underground root system. This phenomenon, called a 'clonal colony", means that aspens are among the largest and oldest living organisms on Earth. When one aspen stem faces challenges, like drought or disease, resources are redirected through the root system to support it.(1)

Giant redwoods, the world's tallest trees, have a different but equally powerful way of helping each other. Despite their immense height, potentially reaching 350 feet or more, these giant trees have surprisingly shallow root systems. Redwood's secret power that helps them stay upright during storms, is their roots intertwine and interlock with the roots of neighboring redwoods, creating a vast supportive network.(2)

Our theme for Consecration Sunday is Rooted in Faith, Growing Together.

In what is your life and faith rooted?

Paul the apostle, wrote to the Colossian Christians; [6] So then, just as you received Christ Jesus as Lord, continue to live your lives in him, [7] rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness. Col 2:6-7 NIV.

Like with aspen and giant redwood trees, Jesus is the extensive "underground root system that gives us life. But we must intentionally work to root our lives in Jesus day by day. When we do; Jesus becomes our solid, lifegiving foundation. The more we root ourselves in Jesus, the deeper and more intertwined our roots become. Then, even when uncertainty comes, when life changes unexpectedly, and everything feels like it's falling apart, our strong, interlocked network of roots holds us up, and helps us stand firm in the storms of life.

# Pastor Cathy's Corner Continue.....

A natural result is thankfulness that overflows, helping us encourage other people to grow in Jesus, especially people who may feel uprooted, who are looking for a place to belong, to put down roots, to grow in faith as part of this community of faith.

Let's root ourselves more deeply in Jesus, continuing to grow together, that an ever expanding community is formed, where all belong, growing together in faith and love.

In Christ's great love, Pastor Cathy

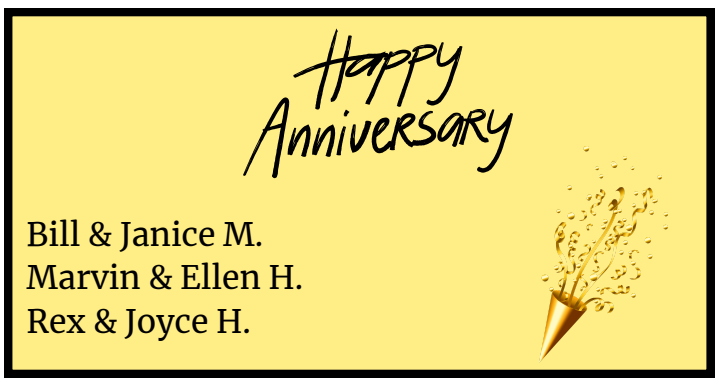
(1) Adams, Bob, Rooted Together: Relationship Wisdom From Aspens and Redwoods. 2-23-25. Rooted Together: Relationship Wisdom from Aspens and Redwoods | Accessed 10/26/2026.
(2) Ibid.




Stephanie C.
Amy F.
David T.
Rick G.
Jacob S.
Jacob B.
Ronda W.
Betty J.



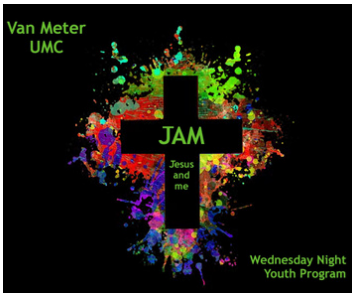
Becky V.
Ronald C.
Lisa B.
Emerick C.
Shelby P.
Lisa H.
Tyler R.
Evelyn F.




Bill & Janice M.
Marvin & Ellen H.
Rex & Joyce H.

# UPCOMING DATES

| | | |
|---|---|---|
| 1 | All Saints Sunday | |
| | Daylight Savings ends | |
| | Adult Discussion Group(ADG) | 9:30 AM |
| | Worship, Communion | 10:45 AM |
| | Children's Christmas Prog. Practice | 5-6 PM |
| | Youth Group | 6:30-730 PM |
| 2 | Exercise Group | 1:30 PM |
| 3 | Trustees | 6:30 PM |
| 4 | JAM | 6:15-7:45 PM |
| | Chancel Choir | 7 PM |
| | Cantata Practice | 8 PM |
| 7 | Youth Skate Night | 5:30-8:30 PM |
| 8 | Consecration Sunday | |
| | ADG | 9:30 AM |
| | Worship Service | 10:45 AM |
| | Catered Celebration Lunch(RSVP) | 12:00 PM |
| | Children's Christmas Prog. Practice | 5-6 PM |
| | Youth Group | 6:30-7:30 PM |
| 9 | Exercise Group | 1:30 PM |
| | City Council | 6:30 PM |
| 10 | Ad. Council Mtg. | 6:30 PM |
| 11 | JAM | 6:15-7:45 PM |
| | Chancel Choir | 7 PM |
| | Cantata Practice | 8 PM |
| 15 | ADG | 9:30 AM |
| | Worship Service | 10:45 AM |
| | Charge Conference - DeSoto UMC | 2:00 PM |
| | Children's Christmas Prog. Practice | 5-6 PM |
| | Youth Group | 6:30-7:30 PM |
| 16 | Exercise Group | 1:30 PM |
| | Prayer Shawl | 6:30 PM |
| | Newsletter(Dec.) deadline | |
| 18 | JAM | 6:15-7:45 PM |
| | Chancel Choir | 7 PM |
| | Christmas Cantata Practice | 8 PM |
| 21 | Youth Service Project | 8:45 AM-1:00 PM |
| 22 | Worship Service | 10:45 AM |
| | ADG | 9:30 AM |
| 23 | Exercise Group | 1:30 PM |
| 26 | Thanksgiving | |
| 29 | First Sunday of Advent | |
| | ADG | 9:30 AM |
| | Worship Service | 10:45 AM |
| | Children's Christmas Prog. Practice | 5-6 PM |
| | Youth Group | 6:30-7:30 PM |




## JAM

Every month at JAM we focus on a Bible character and a memory verse. The Character for Oct. was Moses and the memory verse was: "When I am afraid, I will trust in you". Psalm 56:3









## HUGE NOTE OF THANKS

It was a beautiful night & a great turnout for **Trunk or Treat.** Thanks to everyone who volunteered & donated to this annual event.













## Youth Group

**Thanks to everyone who volunteered and helped make Trunk or Treat a huge success!!**

November's youth service project will be packaging meal at Meals for the Heartland on Nov. 21st .











# this Month

# MISSIONS

## Mission of the Month: JOPPA

**Joppa** helps homeless people survive, find housing, and rebuild their lives. Their mission is to create communities of unconditional love, support and hope for the homeless as we work together to end homelessness in the Des Moines area. To learn more about Joppa and the work they do, you can visit their website at https://www.joppa.org/.

During the month of November we will be collecting winter coats, hats, mittens, and socks. There will be a donation tote set up in the entryway. Deadline for all donations is **November 30th.**

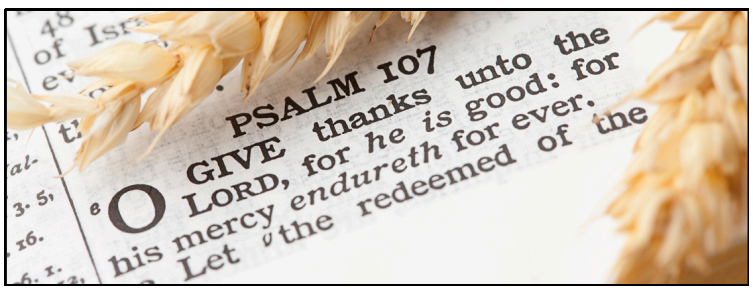
*"In **Joppa**, there was a disciple named Tabitha; she was always doing good and helping the poor"* - Acts 9:36, NIV

## Adel Good Samaritan Food Pantry Donations



**Dish Detergent** is the personal care item of the month.
Place your donations in the tub marked in the entryway.
Thanks for the donations!

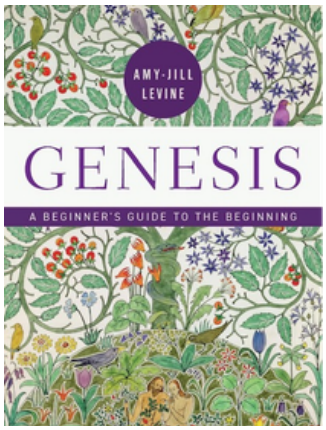





## Adult Discussion Group (ADG)

Sunday mornings 9:30.

We will be doing GENESIS.
By Amy-Jill Levine.







## More Trunk or Treat fun!












November 2026

## All Saints Sunday



Join us Sunday, **November 1st** for All Saints Sunday.
A time to remember & honor the lives of church members and others who have passed away this year.



*Shirley Lou Jackson*

*7/28/1934 - 8/13/2026*



*Peggy McDonald*

*Friend of Connie & Mike Cooper*

*6/29/1950 - 9/6/2026*



*Keith Gunzenhauser*

*10/19/1933 - 10/20/2016*

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## 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.

# 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, 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**

***Our deepest sympathy to the family & friends of Keith Gunzenhauser who recently died.**

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## Prayer Shawl Group



This month's prayer shawl group meets on **Monday, Nov. 16th 6:30 pm.** @Elizabeth Alexander's.
Feel free to join us.

## Kids Shopping Day

This is a long standing tradition for kids to shop garage sale-priced items to give as gifts.

Donations can be brought to the church starting **November 19th**.

Clean, new or gently used items such as toys, games, puzzles, knick-knacks, jewelry, hats, unopened lotions, ties, gloves, tools, etc. are appreciated. **NO CLOTHING PLEASE.**

You can also donate gift bags and tissue paper, no boxes or wrapping paper please, to minimize wrapping time.

Thanks for your support to help those in need and in helping provide a memorable day.









# VMUMC Admin. Council Minutes
# Tuesday October 13, 2026

In attendance: Stacy Peterson, Leslie Herman, Lindsay Dea, Jess Jaspers, Christy Jungman, Pastor Cathy, John Armstrong, Kim Fankhauser, Dan Redmond, Margo Suckow

Pastor Cathy opened the meeting with prayer and Stacey led a devotion. Joys and concerns were shared.

**Secretary Report:**
● Margo presented the minutes of the September 13, 2026 Ad Council meeting which were approved.

**Treasurer Report:**
● Kim presented the treasurer's report and it was approved.

**Children's Ministries:**
● Courtney presented the following updates in absentia:
●JAM is going well with 70 students signed up.
● Christmas program, "The Toy Shop" practice has begun with 30 students and performance is December 13th.
● 20 Trunks signed up for Trunk or Treat.

**Youth Ministries:**
● Courtney presented the following updates in absentia:
● Four Seniors have been sent scholarship information. Applications due April 1, 2027.
●Service project for October is Trunk or Treat.

**Missions:**
●Nearly $300 was collected at the football game for the Food Pantry in Adel

**Kids Care:**
● Kids are a great group and things are going well.
● Help with Trunk or Treat will be helpful

**Finance/Stewardship:**
● Year over Year continues to show positive improvement.
● November 8th is Consecration Sunday. Speakers will be presenting three weeks leading up to the event.

**Trustees:**
● Furnace replaced in the Fellowship Hall
● Paper Towel holders will be replaced in the bathrooms
● Snow removal being researched
●Carpet will be cleaned
● Terrazzo will be cleaned
● Problems with the phone line, considering options
● Inspection of the parsonage will be done before Charge Conference
● Updates to the Website is underway, suggestions, ideas are welcome

**SPRC:**
● Annual paperwork for Charge Conference was brought forward to the board to review.
● The Pastor's Salary review was presented to the board and approved..

**Lay Leader:**
● Stacy had nothing to report.

**Pastor Report:**
● Pastor presented the following:
● Pastor Cathy shared the communication from Bishop Kennetha Bigham-Tsai with suggestions on how she encourages us to respond to the proposed public execution.
● Rev. Drake is leading a Book Study and all are encouraged to join even if you missed some of the meetings.
● Charge Conference is November 15th
● Advent begins the 29th of November

Pastor Cathy closed the meeting.

The next meeting of the Administrative Council will be Tuesday Nov. 10, 2026 at 6:30 pm.

Respectfully submitted,
Margo Suckow, Secretary



# CONNECTION

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

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**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

**November 2026**