



# OUTREACH



Volume 31, Issue 4

First United Methodist Church

April 25, 2019

Greetings in the Name of the Risen Christ!

Easter is over and it is a time when life gets back to a somewhat normal routine, although the month of May is one of the busiest for most folks! Here at Hays 1st UMC, May begins with a very special United Methodist Women's Sunday on May 5th. The UMW will lead the service and Rev. Shelly Cox-Petz, who grew up in this church, will be the featured preacher. Come and show her your support! Then on May 12th, there are graduations to be celebrated, along with Mother's Day to honor the women who give life to us and love us through all the ups and downs of life. During worship, we'll honor the Mother's in attendance and also our Hays High graduates. Then, during the Sunday School hour we will have a 'meet and greet' for the graduates in the Parlor. Be sure to stop by and have some refreshments and congratulate our Hays High grads personally...you might even want to give them a card of encouragement as they move into a new phase of life. Don't forget to ask them about their plans. They are an amazing group of young men and women. Then May 26th is Memorial Sunday and we will honor those Hays 1st UMC members who have died since last Memorial Day.

Finally, at the end of the month of May, Hays 1st UMC Annual Conference Lay Representative Armin Kelly and I will represent the church at the Great Plains Annual Conference in Topeka, May 29 -31. Armin and I have both put our names in the mix to be elected Great Plains General Church Conference delegates for 2020 in Minneapolis, Minnesota, so that could make the Annual Conference interesting, whether we are selected or not.

Whew! That's a lot! But it's not all, because I want to invite you to be a part of a very special after-Easter study called "Simon Peter: Flawed but Faithful Disciple". It's Rev. Adam Hamilton's newest study and will focus on the disciple called Simon, who Jesus re-named Peter, as the foundational 'Rock' of the new church. Peter, who walked on water with Jesus, would deny him three times on the night of his arrest, would be forgiven and called three times, by the Risen Christ on the shores of Lake Galilee at breakfast after a miraculous catch of fish.

A choice of two different class times for the Simon Peter study will be offered. One will be during the Sunday School hour- 9:35 a.m.- in the Chapel starting Sunday, April 28th, and the other will be on Wednesday evenings at 6:15 p.m. in Room 207 beginning Wednesday, April 24th. Below is a class schedule for each:

Wednesdays at 6:15 p.m.	Sundays at 9:35 a.m.	Study Topic
April 24th & April 28th		The Call of the Fisherman
May 1st & May 5th		Walking with Jesus in the Storms
May 8th & May 12th		Bedrock or Stumbling Block?
May 15th & May 19th		I Will Not Deny You
May 22nd & May 26th		From Cowardice to Courage
May 29th & June 2nd		The Rest of the Story

Please email your OUTREACH item to [haysumc@hotmail.com](mailto:haysumc@hotmail.com) before Sunday, May 19, 2019. The next Outreach should be received by **May 23**. Please place the name of the church in the subject line, please your item, clearly labeled for the Outreach for all ages and people.

Grace and Peace, Pastor Mike

### Thank You

God bless you and thanks for the radio worship service. I tune in when I can and just wanted you to know I'm grateful for your worship service since I usually can't get to church.

Thanks to all who have helped with the UM Campus Center this spring semester by providing food for the Thursday night meal and worship: Marilyn Wood, Wendy Beougher, Marcia Bannister, Carol Purdy, Sarah Schumacher, Bev Bearley, Donna Cooper, Jill Arensdorf, Patty Nicholas, Hannah Barrett, Sheryl Blair, Laura Haffner, Karen Owings, Donna Weaverling, Randy Goodale, Linda Palmberg, Linda Beech, Joey Roth, Jolie Green, Brad Schumacher and Karen Wilson.

Thanks to Matt Dumler, Sarah Schumacher, Lisa McGrath and Johnny Matlock for leading the Confirmation Class.

### INTRODUCING OUR STAFF PROGRAM STAFF

Pastor: Pastor Mike Rose  
Congregational Care Director, Troy Miller  
Director of Music: Johnny Matlock  
Special Music Coordinator: Meredith Cory  
Organist:: Charlotte Rathke  
Pianist: Alexis Robinson  
Handbell Choir Director: Shawn Henderson  
Children's Ministry Director: Jo Swayne  
Asst. Children's Director: Melissa Pyle  
Youth Ministry Director: Matt Dumler  
Outreach Editor: Wendy Beougher

### SUPPORT STAFF:

Administrative Secretary: Beverly Bearley  
Administrative Assistant: Wendy Beougher  
Financial Secretary: Don Forssberg  
Childcare Director: Sandy Henningsen  
Building Supervisor: Aaron Van Der Wege

### Sympathy

Our sincere sympathy is extended to the family & friends of Curt and Jennifer Kitson on the death of Curt's brother, **Gregg**, on March 18th. Lois Lutz, on the death of her sister-in-law, **Margo Clark**, on April 3rd.

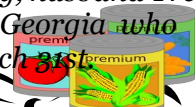
### Congratulations

to Trevor & Nicole Ottley on the birth of a daughter, Georgia Rhian on March 9th.

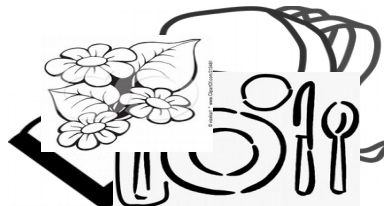
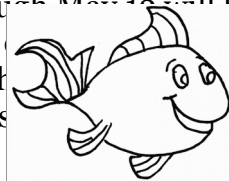
to the confirmands who joined FUMC in March: Shelby Craig, Elle Dreiling, Carly Lang, Corey Musil, Rilee Schwarz, Peyton Unruh and McKinley Wamser. to our newest member,

to Nicole Ottley, husband Trevor and daughter Georgia who joined on March 31st

to Don & Leona Forssberg on their 65th wedding anniversary on April 11th.



The Feed the Fish offering through May 20th will be used to help help lunch 489 s USD



### Circle News

**Naomi Circle** met Wednesday, April 10 in the home of Virginia Kraus with Nancy Jones co-hostessing. Ten members and guests Lisa McGrath and Marguerite Stewart were present. Lisa presented the program and shared fun facts of her journey while writing her book, *The Journey Between Us*. She ended her presentation with a question and answer session. UMW Sunday will be May 5th with Rev. Shelly Cox Petz as the guest speaker. Our next meeting will be held on Wednesday, May 9th in the home of Debra McDonald with Virginia Lehman co-hostessing.

**Shalom Circle** met April 8 in the church parlor. Shirley Green presented the program "Resurrection Women". Roll call was answered by 11 members with a Bible verse pertaining to Jesus's resurrection. Lois Lutz conducted the business meeting. Shalom members were thanked for hosting & providing the spring brunch April 6. There were 94 members & guests in attendance. Linda Beech & Patty Nicholas provided refreshments for a time of fellowship. Next meeting will be May 13 with Linda Beech presenting the program.

UMW Sunday will be May 5. Rev. Shelly Cox Petz will be our guest minister. There will be special music and UMW members will participate in both services. You will want to be present!

Please submit names to the church office of family members that will be graduating from colleges & universities this spring.

# KIDS CORNER

Thank you to everyone who helped clean our church durir to be a prayer monitor, danced during a service, took an hour to pray in the chape service, sang in the choir, ordered an Easter lily, tied a balloon or anything else to FUMC extra special! Jesus is Risen...Alleluia!



Doing Good Deeds for Jesus

WOW is wrapping up for the year on April 24 with grilled burgers and hotdogs an Club and Ignite Youth children. Look for some fun changes next fall as we work to improve reaching our kids and leading them to a deeper relationship with Jesus.

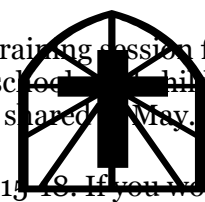
Our Camp Fund Bake Sale was another huge success! Thank you to everyone who baked, set up, cleaned up or donated. We raised \$923 that will be used to send our kids to church camp this summer. Your continued support of our camping ministry is very humbling and awe inspiring, thank you!



If th any high school youth, age 16 and up, that are looking for summer employment, Camp Lakeside is hiring summer staff and counselors for their various camps. Apply online at <http://camplakeside.net/employment/>.

Regular Sunday School classes will be taught during the month of May. Beginning June 2, we will switch to summer Sunday School when all the children 4th grade and under will meet together. Melissa and I have a fun "Cooking with Jesus" curriculum that will incorporate Biblical teachings with food! Win-Win! Look for more details next month.

Also on June 2, Melissa and I will be hosting a volunteer appreciation and training session for all teachers, leaders and volunteers that consistently work with our elementary and preschool children. This will take place during the Sunday School hour from 9:30-10:30. More details will be shared in May.



VBS dates to include in your summer calendar are Monday-Thursday, July 15-18. If you would like to help us out for this fun and festive week, let Melissa or I know! Our theme is "To Mars and Beyond."

Thank you for caring about the children of our church. If you ever have questions or concerns, don't hesitate to contact either Melissa Pyle (pyle\_melissa@hotmail.com) or Jo Swayne (jswayne33@gmail.com).

## Congratulations to the 2019 Hays High Graduates

Eli Booth	Logan Harris	Keaton Schlaefli
Cody Conger	Benton McGrath	Kaden Schwartz
Jack Fort	Neil Raynesford	Cade Swayne
Emily George	Savannah Schneider	Peyton Thorell

You are invited to a reception to honor the graduates on May 12 at 9:30 in the church parlor.



The Sociology department at Fort Hays State University is leading a trip to the 4-corners area of Colorado, Utah, Arizona, and New Mexico right before classes start in August. The trip will study the archaeology of the area and is open to the public. Flyers are available in the welcome center in the parlor. If you need more information you can call 785-628-5840.



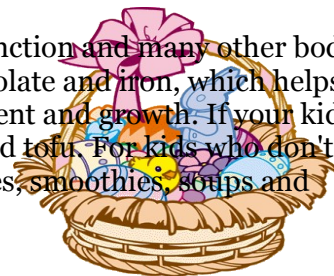
Roberta Martine, PhD, Lecturer  
Sociology Dept., FHSU

Get into the swing of spring produce with these four seasonal favorites.

# Healthy Living

THE VEGGIES, THE MILD FLAVOR OF SPINACH IS EASILY MASKED. JUST PUREE AND MIX IT INTO SAUCES, SMOOTHIES, SOUPS AND MEATBALLS.

A and C, which are essential for eye health, immune function and many other body functions. Vitamin K which helps build strong bones. Spinach delivers folate and iron, which helps with muscle development and growth. If your kids don't like spinach, you can make spinach salads or serve it sautéed with meat, fish and tofu. For kids who don't like spinach, you can puree it and mix it into soups, smoothies, soups and meatballs.



## Beets

A cup of beets is an excellent source of folate and a good source of fiber and potassium. Did you know the greens also are edible? A one-cup serving of cooked beet greens is an excellent source of vitamins A and K, potassium and magnesium, and a good source of calcium. Challenge the stereotype of beets being one of the most-hated vegetables by preparing these nutritious roots in tasty ways. Roast beets and serve hot or cold for a touch of sweetness and a pop of color. Blend cooked beets into soups and sauces or shred raw beets as a crunchy topping for salads, tacos and more. Make a beautiful dip your kids will love by pureeing cooked beets into hummus!

## Strawberries

Loaded with vitamins, minerals and phytonutrients, fresh strawberries are a seasonal superstar. Just one cup provides more than a day's worth of vitamin C, plus a hearty dose of manganese, which is important for bone development. A serving of strawberries also packs three grams of fiber. Try them alone, in a fruit salad, in a green salad, over cereal, with yogurt or even blend frozen strawberries in a smoothie for a thicker consistency. And don't toss those strawberry tops that you cut off! Add them to still or sparkling water for a refreshing, fruity thirst-quencher.

## Asparagus

Asparagus is an excellent source of bone-building vitamin K as well as folate. It also provides vitamin A and iron. Available in green, purple and white varieties, asparagus spears are fun to eat and go with all kinds of foods. Asparagus is super tasty when roasted in a little olive oil, salt and pepper. Serve as a side with dinner or cut into pieces to add to pasta, stir-fries, salads and more.

## Strawberry, spinach and asparagus salad

2 cups fresh asparagus cut into 1-inch pieces  
2 heaping cups fresh spinach  
~~2 cups fresh strawberries sliced in half~~

1 large spring onion chopped  
1/2 cup pea shoots  
2 tablespoons sliced almonds  
1 ounce goat cheese crumbled  
juice from 1/2 lemon  
2 tablespoons olive oil  
1 tablespoon honey  
salt and freshly ground black pepper to taste

1. Bring a large pot of water mixed with a teaspoon of salt to a boil over medium heat. Set aside a bowl of iced water. Add the asparagus to the boiling water and cook for 2 or 3 minutes. Drain the asparagus and immediately add it to the ice water.

2. In a large bowl combine asparagus, spinach, strawberries, onion, pea shoots, almonds and goat cheese. In a small bowl, whisk together the lemon juice, olive oil, honey, salt and pepper. Pour dressing over salad and toss lightly to coat.





# City Wide Garage Sale

May 31 8a.m.-dark  
June 1 8 a.m.-dark

Set up one or both days.  
To list your sale post the date, time and address on:  
HaysPost.com's and Nex-Tech Classified garage sales.



## Workday at Camp Lakeside

**When:** April 27, 2019  
**Where:** Meet at church parking lot, 8th St. entrance  
**Time:** Leave at 8:00 a.m., return at 4:00 p.m.  
**Why:** Service project for the congregation to prepare camp facilities for summer camps

To sign up, call the church office, 625-3408.

### UMW Spring Brunch

There were 94 UMW members & guests who were inspired by the program "The Joy of the Lord is my Strength" presented by Lisa McGrath, April 6 in Fellowship Hall. She shared her experiences of tragedy and faith in God, who sustained her. Her song "Blessings" by Bob Dylan, "Be with Me" by Bob Dylan, and "Amen" by Barbara Streisand, provided special music in singing "Blessings".

Members hosted & provided the brunch. Debra McDonald made the programs, Mrs. Theresa Rose decorated the tables with beautiful spring centerpieces. I was the judge of the door prize drawings. Thanks to all who came to share

Marsha  
great fellowship



### General Meeting

Hosted the Luncheon March 20 in the church Fellowship Hall. Ruth Briney presented a very informative program on the 150th anniversary of United Methodist Women. Clippings of events over the years were displayed on a trifold board. The UMW purpose was sung by the group, accompanied by Sheryl Cox.

Kathy Koehn, Hays District Shepardess, Quinter, was a special guest. She announced Hays District churches are providing supplies for flood victims in Nebraska.

Marsha Swanson conducted the business meeting and introduced guests representing the following local missions receiving monetary gifts from Peddler's Fair profits:

- Karen Harvester-Ministerial Alliance
- Tonia Houghton-Hospice of Hays
- Jeff Nelssen-Ember Hope
- Lori Mortinger-Community Assistance Center
- Laura Allen-First Call for Help
- Rev. Kathy Bannister-UMCampus Ministry
- Charmane Kandt-FHSU Neuromuscular Wellness Center
- Mandy Hachmeister & Jennifer Hecker-Options

Gift checks were sent to Salvation Army, Camp Lakeside, Genesis Family Health (Mexican American Ministries), Lydia Patterson Institute of El Paso, Texas; Ogden House near Junction City; McCurdy School in New Mexico; Four Corners Ministry in Shiprock, New Mexico; Cookson Hills Indian Mission in Oklahoma; Grace Medical Center in Wichita and Hays District Treasurer for UMCOR.

Jo Swayne, children's ministry, received \$1,000 for camp scholarships, Matt Dumler, youth ministry, received \$200 for the wonderful dining room help at Peddler's Fair. \$900 was given to the Parsonage Fund.

Our thanks to all who supported Peddler's Fair last year. We could support these missions because you care! We anticipate your support of the Peddler's Fair this year, November 2, 2019.

# April OUTREACH

*First United Methodist Church  
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**www.HaysFirstUnitedMethodistChurch.com**

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## Upcoming Events



**Saturday, April 27**  
**Sunday, May 5**  
**Monday, May 6**  
**Sunday, May 12**  
**Sunday, May 19**  
**Sunday, May 26**  
**May 29-June 1**  
**Sunday, June 2**

**Workday at Camp Lakeside**  
**UMW Sunday**  
**Red Cross Blood Drive**  
**Graduation Sunday**  
**SS Teacher Appreciation Day**  
**Memorial Sunday**  
**Annual Conference, Topeka**  
**First Summer Sunday School**  
**Heritage Sunday**