

Faithnews

Alda United & Wood River First United Methodist Churches

December 2018



Mark Your Calendar

12.3

Ruth Circle Pot Luck

12.6

Rachel Circle Lunch

12.11

Blood Mobile

12.19

UMW Cookie Plates
MYF Meeting

12.24

Evening Services

Outrageous Kingdom of JOY!!!

Our new message series that will go through Advent and Christmas is **Outrageous Kingdom Joy**. My hope over the next few months is to gain a Kingdom of God perspective when it comes to understanding JOY. It is outrageous JOY because it goes against the world's definition of JOY. Kingdom JOY is not based on our circumstances of whether we are successful or have what we want or need. Kingdom JOY is based on the person of Jesus Christ. Jesus states, ***"As the Father has loved me, so I have loved you. Now remain in my love. If you keep my commands, you will remain in my love just as I have kept my Father's commands and remain in his love. I have told you this so that my joy may be in you and hat your joy many be complete*** (John 15:9-11). The JOY of Jesus in us! The apostle Paul tries to explain and show the OUTRAGEOUS JOY of a life lived for Jesus Christ in his letter to the Philippian church and so we will use the book of Philippians as our guide to discovering deeper JOY this Advent and Christmas. We want to deepen our understanding and have a little fun along the way so we will be using "The Charlie Brown Christmas" for illustrations. Join us and grow in JOY.

Praying you have a blessed Advent Season as you embrace the Good News that JOY has come and JOY is present, because Jesus is Emmanuel (God With Us).

Pastor Trudy Hanke

Financially Fulfilling Our Mission

Wood River UMC wants to finish the year fulfilling our mission and financial responsibilities. In order to meet our responsibilities thru Jan 1, 2019, we need - at a minimum- \$17,000. This does not include paying any bills in January except the first payroll.

We recognize that we had a large expense of replacing two air conditioning units and we thank you for your generous giving.

We invite you to prayerfully consider your end of the year giving to the church.

Wood River FUMC Giving Report

Monthly Expenses - \$11,000

11/4 - \$2955

11/11 - \$976

11/18 - \$539

11/25 - \$700

Total Given: \$5170

UMW News

By Linda Thompson

President Mary Bilslend led the business meeting. Roll call was taken with 8 members present. The minutes from the October meeting were read and approved. There was no treasurer's report. A report from the Bazaar will be later. It was well attended and everyone enjoyed the food and shopping.

The entertainment for our Annual Salad Supper will be The Basement Ladies from St Paul, NE. A date hasn't been confirmed.

Joys and Concerns were shared and lifted in prayer by Mary Bilslend.

Our next meeting will be on Wednesday, Dec 19 at noon! At this time we will pack cookie boxes to be delivered. Mary will order the fruit and the Circles were asked to bring cookies. Anyone that would like to donate cookies please have them at the church by noon on the 19th. Sylvia McTavish furnished the Guide post Christmas Cards for them. Our Youth Group will deliver the Wood River boxes.

Mary Ann Apfel gave the lesson "Women Offering Community", our Thanks lesson. Jan Carter was hostess.

Children's Connection: "Letters To God"

Bring your children each Sunday as they receive mail from God and send mail to God. We even have a mailbox in the front of the church. Our Children's Message will be about helping our children to understand Scripture as God communicating with us and that we can communicate with God. We want to help our children grow in prayer and prayer is kind of like receiving and sending letters. The children will also see Charlie Brown clips to help them gain a deeper understanding. During Sunday School, the children will be experiencing the Christmas story as a letter of God's love as they read from the book "Christmas Letters from God," by Glenns Nellist. Sunday school starts at 10:45 am. Give your children the gift of growing with others in their faith this Christmas.



December 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 9:30 WR Worship 10:30 WRSunday School 11:00 Alda Worship 6:00 Girl Scouts	3 8:30-12:00 Pastor Trudy in Office 6:30 Ruth Circle Christmas Pot Luck 7:00 Cub Scouts <i>Gary & Ida Quisenberry Hunter Davdison</i>	4 12:00 Pastor Trudy at WR Ministerial Association meeting 1:00 Alda Sewing Circle	5 9:30 Bible Study	6 1:30 Rachel Circle 7:00 Alda Solutions Group	7 Office Closed - Pastor Trudy's Sabbath 10:30 Alda Healthy Living Meeting	8
9 9:30 WR Worship 10:30 WRSunday School 11:00 Alda Worship <i>Kaye Doane Galen Wescoatt Robert Williams Emily Ogden</i>	10 8:30-12:00 Pastor Trudy in Office <i>Hezekiah Reyes Anna Miller</i>	11 12:00-6:00 Blood Mobile 1:00 Alda Sewing Circle	12 9:30 Bible Study <i>Marques Valdez Bailey Burr</i>	13 7:00 Alda Solutions Group <i>Mark Codner Lauretta Rice</i>	14 Office Closed - Pastor Trudy's Sabbath 10:30 Alda Healthy Living Meeting	15 <i>Nathan Mayhew Marcia Almquist Patrick Schofield</i>
16 9:30 WR Worship 10:30 WRSunday School 11:00 Alda Worship 6:00 Girl Scouts <i>Rachelle Valdez Stacy Hayes</i>	17 8:30-12:00 Pastor Trudy in Office 7:00 Cub Scouts	18 12:00 Alda Meet & Eat 1:00 Alda Sewing Circle	19 9:30 Bible Study 12:00 UMW Christmas Cookie Plates 6:30 MYF Meeting <i>Brad Desel</i>	20 7:00 Alda Solutions Group	21 Office Closed - Pastor Trudy's Sabbath 10:30 Alda Healthy Living Meeting	22 <i>Aaron Burr</i>
23 9:30 WR Worship 11:00 Alda Worship <i>Barb Meguire</i>	24 Christmas Eve - Office Closed 5:00 WR Service 7:00 Alda Service <i>Merlin & Maxine Rathman Shirley Roark</i>	25	26 9:30 Bible Study <i>Philip Denman Natalie Shears</i>	27 7:00 Alda Solutions Group	28 Office Closed - Pastor Trudy's Sabbath 10:30 Alda Healthy Living Meeting	29 <i>Cara Odenbach</i>
30 9:30 WR Worship 11:00 Alda Worship	31 8:30-12:00 Pastor Trudy in Office <i>Gunnar Hayes Jamie Riley</i>	Jan 1 Office Closed				

Parish Nurse

Mary Bilslend

The holidays are upon us and it seems that this occurred with no warning. I was looking at ways to stay healthy and enjoy the season so here are some tips that came my way.

To stay healthy, the information out is that we need to watch the weight we gain over the holidays because most of us (me) never lose those extra pounds and we know that the accumulation of these are very detrimental to our health. The advice is pick just one or two events to eat what you want without guilt and then eat healthy all the rest of the time. When you know you are going to an event that will be tempting, eat at home first so you are not hungry and will be satisfied to only have a small snack and not a full plate. Also, when making that special dish for a holiday event, make a healthy version of the dish. An example would be have steamed green beans instead of the green bean casserole or add cauliflower to the mashed potatoes.

Get moving and stay active. Plan an active event with the holiday dinner such as a walk afterward or a game of volleyball, basketball or whatever. Get moving. You can enroll in a wellness challenge program. This will help hold you accountable, make it more fun and may make you do what you wouldn't on your own.

Try to maintain a normal sleep routine. Avoid caffeine and heavy meals 4 hours before bed. Limit your alcohol intake. When it metabolizes, it can disrupt sleep. Remove devices that give off blue light such as cellphone and tablets in your sleep area.

Exercise is considered critical. The Estimate is 150 minutes per week minimum of moderate intensive cardiovascular exercise and at least 2 sessions of strength training targeting the major muscle groups. When shopping, park far from the store and walk the perimeter of the building several times before going in to shop.

Stay healthy. Wash hands frequently when in crowds. If soap and water is not available, use hand sanitizer. Encourage all to cover their mouths when coughing or sneezing and above all else, get a flu shot.

Manage stress. 31% report feeling frantic at times. 62% report increased stress levels. Ask for help. Don't plan on having a perfect holiday season. Gift yourself with me time. You may have to add this to your schedule. Plan lunch with a friend after shopping, take in a movie, go for a walk in a quiet, secluded place. Go to the coffee shop with your book and take 30 minutes of me time. Go device free even 10-15minutes.

Remember when enjoying the fellowship and joy of the season to include those who may have had a recent loss or change in circumstance (in new living place, retired, empty nest etc.) The best gift of this special season is to give of yourself. As we honor the Reason for the Season, let us be sure to include Him in our plans, all of them and give the best gift, our time, resources and ourselves. Merry Christmas and Happy New Year's.



*"I bring good news to you -
wonderful, joyous news for all people.
Your savior is born today in David's city.
He is Christ the Lord."*

— Luke 2:10-11



Blood Mobile

The Blood Mobile will be at the Wood River United Methodist Church on December 11th from 12 noon to 6 pm. Please call Rozella Sidders at 308-583-2728 or register online at American Red Cross. We look forward to seeing you at this special time of the year as you give the greatest gift you can to someone, the gift of life.

Christmas Eve Services

Wood River Church: 5:00 pm
Alda Church: 7:00 pm

Giving Tree

Please look for the Giving Tree in the Fellowship Hall. On there, you will find tags with gift options for a family in need. Gifts will need to be returned to the tree, with tag attached, by Dec 17.

Rachel Circle - By Bonnie Schurer

Rachel Circle met November 1, with nine members present. Sylvia McTavish called the meeting to order. She read the opening, Harvest Time. Catherine Miller took roll call and read the minutes of our last meeting. Marilyn Webster gave the treasurer's report. Prayer concerns were given, followed with a prayer by Sylvia. The annual salad supper will be April, 17, 2019. Our December meeting is the 6th. We are having our Christmas dinner at The Vault in Cairo at 11:30. If you need a ride or can take someone, be at the church by 11:00. We played a Bible game that all enjoyed. The

UMW Thank You

We wish to "Thank" all the ladies of our church for their soups, pies and hard work during our Bazaar and our Service dinners. We appreciate all of everyone's help.

Fellowship Committee Thank You

The Fellowship Committee would like to Thank everyone for the contributions for the meat, all the food and help for the Thanksgiving Dinner! It was enjoyed by all!





Wood River Ministerial Association Offers Community Support

The Wood River Ministerial Association is the gathering and cooperative work of the pastors and churches in the community of Wood River. We partner together to help support the Food Pantry, Mobile Food Pantry and food backpacks for children. We also give encouragement and financial assistance when families are struggling to make ends meet. We provide rent, utility and fuel assistance. Our goal is to provide help so people can gain stability again. The Wood River Ministerial Association has also written a letter of support for the Stick Creek Kids Child Development Center because we believe it is important that families thrive and having a quality child development center will reduce stress for families and will provide children a consistent and safe place to grow. We thank you for your support of the Ministerial Association and the people who are helped when we work together as a community.

Worship Cancelled Announcements

We recently called off worship services because the wind was blowing the snow faster than we could keep it scooped off the walk. In the future, for any announcements please check your email, Facebook, 1011 news, KSBN Channel 4, 1340AM, Hits106FM, 101.5FM, 107FM, or NTV Nebraska Television. We also have our own app. If you have a smartphone, tablet, or iPad, search for our app on your store for Wood River First United Methodist. Once downloaded, you can set it up for “push” notifications to receive news that way as well.

