Pastor Jenny’s Ponderings: Manna, World Communion, & CROP – Food for the Journey

As we continue in worship in our Foundational Stories series, we have now officially begun the Israelites’ 40-year journey of freedom in the wilderness. They’d been freed from their slavery in Egypt, but it’s important for us to realize and remember that the early part of their freedom story was not easy: first they encountered the Red Sea and then they came face-to-face with the fact that they didn’t have enough food to last them very long in the wilderness. They prayed to God for sustenance (that’s not true...they complained), and then God sent them a bread-like substance called “manna” every single day.

We’ll be experiencing the story of God sending manna to the Israelites on October 5 & 6, which happens to be the weekend of World Communion Sunday. Though it has been McCabe’s general practice to celebrate Holy Communion on the weekend of the last Sunday of the month, we’ll be starting a practice of celebrating Communion on the weekend of the first Sunday of the month – beginning with this year’s World Communion Sunday weekend.

In The United Methodist Church, World Communion Sunday weekend offers us an opportunity to think about how we are connected to our brothers and sisters in Christ all over the world; it also offers us an opportunity to give in response to some of our brothers and sisters who struggle financially. The United Methodist World Communion Sunday offering goes to support educational scholarships to students around the world who might not otherwise have the resources to fund their education. Through gifts to this special offering, we will be providing “bread” for someone’s educational journey as they become the servant God is calling them to become.

This month we also have the opportunity to provide bread to those in need by supporting our local CROP Walk on Sunday, October 12, at 1:30 p.m., (starting on the Capitol grounds). CROP Walk is a fundraising walk through Church World Service; funds raised by the walkers (or by organizations) go to support hunger relief programs around the world, with 25% of funds raised staying in each local area for hunger-related assistance. In fact, Bismarck was host to what was perhaps the very first CROP Walk back in 1969!!!

There are so many important ways we can provide bread for the journeys of others. I hope you’ll join with me this October as we provide that bread through World Communion Sunday and our Bismarck-Mandan CROP Walk. Donations can be given to both with a gift to McCabe UMC (noting “World Communion Sunday” or “CROP Walk”). When we give to others, it’s part of how we give thanks to God for all we have been given. So, thank you, in advance, for your generosity.

Peace in Christ,

Pastor Jenny Hallenbeck
Wholly Healthy

Greetings McCabe friends,
Shh…..do not say a word.  I think Mother Nature is a bit confused as we are enjoying this beautiful summer-like weather in autumn. If all goes according to my plans, we will be enjoying this weather for three months…right?!  God is good!

You have probably been hearing many advertisements for the flu shot already. Again, it is highly recommended for those 6 months and older. The influenza vaccine, "flu shot", is also available as a nasal spray for healthy people two years through 49 years of age. There is a high-dose flu shot available to those 65 and older. And, there is an intradermal flu shot given to those 18 to 64 years of age. This vaccine is injected in a small amount directly under the skin. It is best to discuss with your doctor which vaccine is recommended for you.

Some people should not get the flu vaccine. This would include those who have had a severe, life-threatening allergic reaction after a flu shot, severe allergy to eggs and anyone ever having Guillain-Barre Syndrome (a severe paralyzing illness).

The flu shot does not cause the flu but if you are not feeling well it may cause your symptoms to worsen so it is best to wait until you are feeling better to get the vaccine.

It takes about 2 weeks for protection to develop after the vaccination, and this protection lasts several months up to a year. Mark the Date! I will be offering the regular flu shot to those 18 and older on Sunday, November 9th (from 9 to 10 am and after the Contemporary service) and also on Monday, November 10th (11am-1pm) in the Parish nurse office. Sanford Hospital is providing the flu vaccine again this year and will also handle the billing process. Please bring your insurance/ Medicare card and your bravery with you. You do not have to be a patient of Sanford to take advantage of this flu shot clinic. Sanford will bill your insurance company for you. You will receive a bill only if your insurance company does not cover the cost of the flu shot.

The flu shot is also available at many pharmacies, City Nursing and your doctors’ office if the above dates do not work for you. If it is difficult or you are unable to get out of your home to get the flu shot, please contact the church office and I will bring it out to you.

In the meantime, please protect yourself from the flu by washing hands with soap and water for 20 seconds (sing a verse of “Jesus Loves Me”) and avoid touching eyes, nose and mouth with unwashed hands.

If you have any questions or concerns regarding the flu shot or anything else please contact me through the church office and I will be happy to assist you.

Enjoy this beautiful gift of autumn splendor that God has given us.

God bless,

Nurse Jane

P.S. Our son once said to us that God made us all wrong. When asked what he meant he said, “He made our noses run and our feet smell!” He was dealing with a terrible cold at the time.

TGIW

Thank God It’s Wednesday meals are every Wednesday evening, 5:00 - 6:00 p.m. The meals are open to anyone. Give your spouse a break! Come and fellowship with others. Several kinds of pizza, casseroles, soups, drinks and desserts are available for a free-will offering. Sign-up in the Great Hall kitchen to provide dessert or cook the meal. Help is appreciated in preparing the meal and cleaning up.

United Methodist Women’s Annual Bazaar - Saturday, October 18

8:30 a.m. - 10:00 a.m.  Coffee Shop
9:00 a.m. - 1:00 p.m.  Silent Auction
9:00 a.m. - 2:00 p.m.  Rummage Sale, Bake Shop, Craft Shop, Rada Knives, Book Sale, Christmas, Fair Trade Coffee, Dollar-A-Bag Sale
11:00 a.m. - 1:00 p.m.  Luncheon (Pulled pork sandwiches, chips, pickle, coleslaw, pumpkin bar.

If you have items to donate for the Rummage Sale, you can drop them off beginning Wednesday, October 1. Collection tables will be setup in the Fellowship Hall.

Help is always appreciated as well as baked goods for the Bake Sale. If you have questions regarding the Rummage Sale you can contact DeEtta Phelps at 258.4358.
Family Ministry Minute

FREE Fall Family Carnival

All kids have heroes. At our Heroes Unmasked event, kids will meet heroes worth having—and have a ball at carnival games as well. Heroes Unmasked is an exciting way for kids to learn more about God’s love. Children and their families will encounter costumed Bible hero actors, play carnival games, win prizes, do crafts, enjoy a snack, and collect Bible Hero Cards to trade and treasure. Want to be part of this fun and exciting event?

Contact Tina at 255-1160 or tmitchell@mccabeumc.com.

Sunday, October 26, from 3:00-5:00 p.m.
Come dressed in your Halloween costume and invite a friend!

Family Link Scriptures for October

Wednesday, October 1
2 Corinthians 12:6-10

Sunday, October 12
Romans 8:1-17

Thursday, October 2
Philippians 3:1-15

Monday, October 13
Jonah 1:1-17

Friday, October 3
Ephesians 5:19-20

Tuesday, October 14
Exodus 3:7-15

Saturday, October 4
Isaiah 6:1-10

Wednesday, October 15
Luke 22:14-20

Sunday, October 5
Psalm 63:1-8

Thursday, October 16
Exodus 35:20-29

Monday, October 6
Leviticus 23:1-7

Friday, October 17
Deuteronomy 33:26-29

Tuesday, October 7
John 20:24-29

Saturday, October 18
Psalm 138:1-8

Wednesday, October 8
Psalm 51:1-12

Sunday, October 19
Matthew 11:28-30

Thursday, October 9
Romans 12:9-13

Monday, October 20
1 Peter 4:7-11

Friday, October 10
Luke 12:22-31

Tuesday, October 21
James 1:2-5

Saturday, October 11
Colossians 3:12-17

Wednesday, October 22
2 Corinthians 5:11-21

Thursday, October 23
Lamentations 3:22-33

Friday, October 24
John 4:1-26

Saturday, October 25
Psalm 1:1-3

Sunday, October 26
Matthew 7:1-5

Monday, October 27
Exodus 35:30-35

Tuesday, October 28
John 15:8-17

Wednesday, October 29
Exodus 17:8-13

Thursday, October 30
Romans 12:14-21

Friday, October 31
Isaiah 38:1-5
What’s Happening?

October 5—Service Project Sunday—Children will assemble “activity bags” for the Sanford Children’s Hospital
October 19—Heroes Unmasked Presentation

PreK-K students will be learning how to trust God thru Bible stories about Jonathan, Asa, Ezra, and Nehemiah.
1st-2nd grades will be studying kings and queens of the Bible, including Solomon, Jehoshaphat, and Joash.
3rd-5th grades will study the book of Joshua.
4th-6th grades will be learning about Saul in the book of Samuel.

PLEASE NOTE:
Due to safety and security issues, the South door to the Education Wing will remained locked during Sunday morning programs. Please use the West or South doors to drop kids off for J.A.M.

J.A.M. Leaders and Helpers Rock!

Thank you to all those who threw caution to the wind and signed up to work with McCabe Kids in our Sunday morning J.A.M. groups. You are a blessing!

Karlee Chase  Amber Haman  Gerry Ann Small
Alex Cleary  Caroline O’Keefe  Deanna Toepke
Issy Cleary  Rachel Merriman  Angie Wescott
Kris Cleary  Gail Schauer

Got a Headache?

Great Adventures

Now Boarding Students in 2nd—5th Grades
Join us the 1st and 3rd Wednesdays for our new mid-week children’s discipleship program—Great Adventures!
Our destination is The Armor of God. We will meet in rooms E9-10.

Sign Up Now:
Acolytes and Benediction Bell
Children as young as age five can participate in worship services by ringing the Benediction Bell at the end of service, while children ages 3rd grade and up are encouraged to serve as acolytes at the 10:00am worship service. If you would like to sign up your child, please contact Tina Mitchell.
Bismarck Teens Experience Heartbreak And Call of Mission

Bismarck teens Alex Cleary and Sara Bolme knew going to Haiti would be life-changing, and so did the McCabe UMC members who supported their mission trip to Haiti this summer. With three adults and Director Rick Jost, the teens battled extreme heat to build 110 ovens for a future seminar. The 2-day cooking seminar had to be postponed because of the unrelenting heat.

Haiti Solar Oven Partners Advisory Board member Karen Workman, who chaperoned the young women, said, “It is obvious from hearing the girls’ comments that the spark to serve in mission has been ignited in their hearts.”

Sara came home with a new view of Haiti’s challenges. “Haiti was a really awesome experience in general, but one trip isn’t enough to solve all the problems in Haiti. The people are really hardworking and resilient, but they could use more help.”

Alex says she’s determined to return as soon as possible. “I’ve always know that I have a heart for mission, but this trip secured that fact, and now I know for sure that helping people in third world countries and bringing them to Christ is what I want to spend the rest of my life doing.”

Photo: Jeanné Milcar, HSOP Production Manager, coaches Alex Cleary how to build a solar oven as Sara Bolme waits her turn. “The people of Haiti touched, and then broke my heart. They are so happy amidst their never-ending struggle just to get by. I look forward to going back sometime soon,” says Alex. (Photo courtesy of HSOP)

Thank You, McCabe

We would like to express our sincere appreciation for the free-will offering that was taken on behalf of Rebuilding Together and featuring our organization at Vacation Bible School. The kids did such a great job on the birdhouses and cards.

Because of you, we are even stronger in fulfilling our mission in our Bismarck and Mandan communities.

Rebuilding Together Bismarck/Mandan
Congratulations to:

Leigh Jirges & Brandon Due on the birth of their son, Halvor Paul Due, September 24, 2014. Grandparents are Barb Thorsen and Allan Jirges, Uncle/Aunt Chris & Erin Jirges, and Great Auntie/Uncle, Jan & Jerry DeLange, and cousin, Neal DeLange.

In Our Thoughts & Prayers:


Help in Times of Grief

We have the most wonderful cooks and shoppers that provide cookies and bars for funerals and special events! Thank you! Our cookie caller for the funeral committee is Joan Simons and she appreciates your willingness to help with this important ministry.

When a funeral is scheduled and the family wants cookies at the reception, Joan starts calling people from her list of members. When she has enough, she stops calling. The next funeral she starts calling again from where she left off the last time so you may be called only once a year depending on the number of funerals that year. Usually she has only a few days to get the requested number so she doesn’t have time to try again later or leave a message; she needs to know immediately. Also, with people switching to cell phones, she may not have your number. If you would like to contribute more often, haven’t been called in a long time, or have changed to a cell phone and don’t mind being called on it, please let Jan Joersz or the church office know so Joan can get hold of you.

Serving in this ministry is easy to do and very important to those in their time of need!

Spiritual Gifts Assessment

When you accepted Christ, you not only got saved...you were given something very special from God: a giftedness to serve God in a unique way. God’s plan for your life is that you would meet a specific need in the church family, and have been gifted in a special way to meet that need.

If you have trusted Christ, then you have a spiritual gift! Even if you don’t know what it is or don’t feel particularly gifted in a specific area, the Bible teaches that you do have a special gift that you can use to serve God. And, believe it or not, your gift is vital to the work of God in our church family; otherwise God would not have placed you here.

God’s Word teaches that as a member of His Body, you are important to His work in this place. He has appointed you a gift and a purpose for being here…and you will greatly enjoy discovering and using that gift for His purposes!

Contact Jan Joersz, 255.1160 or jjoersz@mccabeumc.com, to discover your spiritual gifts and find your place to serve God in the church family.

Ushering/Greeting???

Have you forgotten when you signed up or would you like to sign up for ushering and/or greeting? What about other serving opportunities?

Current lists of ushers, greeters, décor team, mission team, audio/visual, and other needed servants will be posted every week on the wall next to room E-7 (Serving Ministries office - Mid Level of the education wing, across the hall from the Family Ministries office). If the list you are looking for is not there, leave a note or contact Jan Joersz, 255.1160 or jjoersz@mccabeumc.com, and let her know where you would like to serve. Come check it out!

Did You Know?

The monthly Messenger along with a calendar of events is online at www.mccabeumc.com. You can also get a printed or audio copy of each week’s sermon and your daily devotional material on the church website.

Please consider receiving notices including the Messenger by email to help with ever increasing postage costs.

Have you Lost Something?

Please check the upstairs kitchen (across from the dishwasher) for your pans and containers. They are piling up and anything still there by the Bazaar in October will be sold at the Rummage Sale.
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Come Hang Out with Heroes!

Sunday, October 26
3:00 - 5:00 p.m.
McCabe UMC Fellowship Hall

Want more information? Contact Tina at:
tmitchell@mccabeumc.com
Christmas Shoe Boxes

Oh yes it is time already! Time goes by quickly...and now we begin to collect items for our shoe boxes so that they are ready for pickup November 19th and distribution early in December. If you are unfamiliar with this program, simply put, this shoe box may very well be the only gift that the children of the Spirit Lake Reservation receive. There are about 4000 children and each year the churches of North and South Dakota answer the need. This is the 10th year that McCabe has participated and with each year the number of boxes we donate increases. Let's keep up that good pace.

This is a simple project. Wrap a shoebox, top and bottom separately, and then fill them with whatever you think a child of the age you pick will like. Put a rubber band around the box and mark it with a gift tag indicating the age and gender and bring it to the church. Because of the difficulty in matching sizes only hats, mittens and scarves should be put into the boxes.

The following are the age groups and suggestions as to items to be given:

Infants-2 years: baby powder, bibs, blankets, bottles, infant toys.

Girls 3-5 and 6-8: age appropriate education items, reading books, dolls, stuffed animals, crayons, watercolor paints or markers, games, puzzles, hair accessories, hats, mittens, gloves, scarves.

Boys 3-5 and 6-8: age appropriate educational items, cars, trucks, coloring/painting books, watercolors, markers, construction toys, Legos, reading books, games, puzzles, card games, hats, scarves, gloves, mittens.

Older girls 9-11 and 12-14: they love purses, makeup, nail polish, hair accessories, hair products, perfume, games, puzzles, reading books, hats, gloves, mittens, scarves.

Girls 15 and up: similar items to above, just a little more grownup.

Older boys 9-11 and 12-14: electronic handheld games, card games, watches, flashlights, reading books, hats, mittens, gloves.

Boys 15 and up: similar items as above, just more grown up.

All items and/or boxes need to be brought to the church by Sunday, November 16th.

This is a project of the Dakotas Conference and is run by Mike and Libby Flowers who are missionaries to the Spirit Lake Reservation. If you have questions, please contact Linda at 250-7303.

We are not taking extra, non-shoe box clothing this year so if you have those type of items perhaps you can find another place to give them. Thanks so much.

Welcome Missionaries Teri & Evelyn Erbele
Sunday, October 26

Our congregation has a Covenant Relationship with Rev. Teri, and we have invited Teri and Evelyn to visit us during their itineration journey to the Dakotas and New England. You are cordially invited to attend a Potluck Luncheon in their honor which will begin at 12:20 p.m. in the Great Hall immediately following the Contemporary Worship Service. After lunch the Eberle’s will make a short presentation on their life-time experiences as Missionaries in Alaska, Lithuania, Russia and Nigeria. Teri is currently serving as Pastor at Ketchikan First UMC in Alaska, and last visited McCabe in October of 2010. A free-will offering will be taken to help with itineration journey travel costs.

Gardening for Mission

The veggies have been pouring in from the garden of Dave & Renae Silbernagel at Moffit, ND. Thank you for stopping by the Gardening for Mission display in the Great Hall to pick up potatoes, corn, zucchini and apples, etc. Haiti Solar Oven Partners extends a huge thank you for the wonderful donations for the veggies—the proceeds will be used to purchase materials needed to build solar ovens for Haitian families. Watch for pumpkins and squash at the display!

Diapers from T-Shirts Project

Our McCabe sewers along with other sewers in the Dakotas Conference of the United Methodist Church provided missionary Gloria Borgman with over 300 diapers recently! Gloria is a member of Spearfish UMC and leads medical teams to Honduras. She will deliver the diapers to Village Hope in Honduras in February 2015. In November of 2014 a volunteer-inmission team with Haiti Solar Oven Partners hopes to deliver diapers to Grace Children's Hospital in Haiti. Our talented sewers recycle used donated T-shirts into diapers for mothers in third world countries. Diapers from T-shirts is an ongoing project at McCabe.
Bismarck Emergency Food Pantry Needs Donations

The pantry exists on the generous donations of food and money from the community. It was started in 1980 with the help of a number of local churches. It operates with an all-volunteer staff and receives no grant or government assistance. Our purpose is to help families and individuals in Burleigh and Morton Counties who are facing crisis because they have little or no money to purchase food (even though many are employed).

In 2013, $106,000 worth of food was given to 1,576 families (3,838 people). For the year of 2014, January - June, the pantry gave out $54,483 worth of food serving 781 families (1,952 people). Incredible, considering we are open only 9 hours a week.

The majority of our clients are referred to the pantry by helping agencies like Burleigh county social Services, West Central Human Services, churches, and numerous other local agencies.

Items most needed are:

- Canned Creamed Soups
- Soda Crackers
- Canned Fruit, Tomatoes
- Pork & Beans, Caned Tuna
- Instant Potatoes
- Hamburger Helper
- Mac & Cheese, Ramen Noodle Soup
- Baking Mixes, Pancake Mix w/syrup
- Spaghetti Sauce
- Rice, Pasta, Cereal, Sugar
- Coffee, Tea
- Hamburger or other Meats
- Fresh fruit & garden produce (when available)
- Soaps & Toiletry Items

**NOTICE:**
Any items for the October newsletter need to be turned into the church office no later than **Wednesday, October 15 2014.**