

# Faith in Action



## Nebraska Brass Concert

Sunday, March 13, 2011 ~ 3:00 p.m.



The **Nebraska Brass** is one of the Midwest's most popular brass quintets. Audiences young and old enjoy the group's serious musicianship and light-hearted humor as they present a variety of music ranging from classical to popular, Dixieland, and jazz. The ensemble presents an annual series of five concerts in both Lincoln and Omaha, as well as five additional series concerts in other Nebraska communities. In addition, the Nebraska Brass participates in the touring programs of the Nebraska Arts Council and the Heartland Arts Fund, performing throughout the Midwest.

The **Nebraska Brass** is comprised of musicians with a wealth of experience in both classical and commercial idioms. Members have performed with ensembles such as the Omaha Symphony Orchestra, Lincoln Symphony, Nebraska Jazz Orchestra, Dallas Symphony, Chicago Symphony Orchestra, Strategic Air Command Band (USAF) and Mannheim Steamroller. In addition, members have toured and performed throughout the United States, Europe, South America, Japan, and the Caribbean with numerous musical ensembles.

Admission to this concert is \$12 per adult, \$10 per Senior and students of any age are FREE. The Faith Youth Group will be selling tickets or call the church office (237-2550) if you are planning to attend as limited seating is available.

### Inside this edition:

Birthdays, Anniversaries & Announcements	2
Nurse's Notes	3
Events	4-5
Capital Fund	6
Events & Misc.	7
Thank You Notes & Nominee	8
Family Spotlight	9-10
Calendar	11



Usher's Schedule  
Page 5

### March 2011

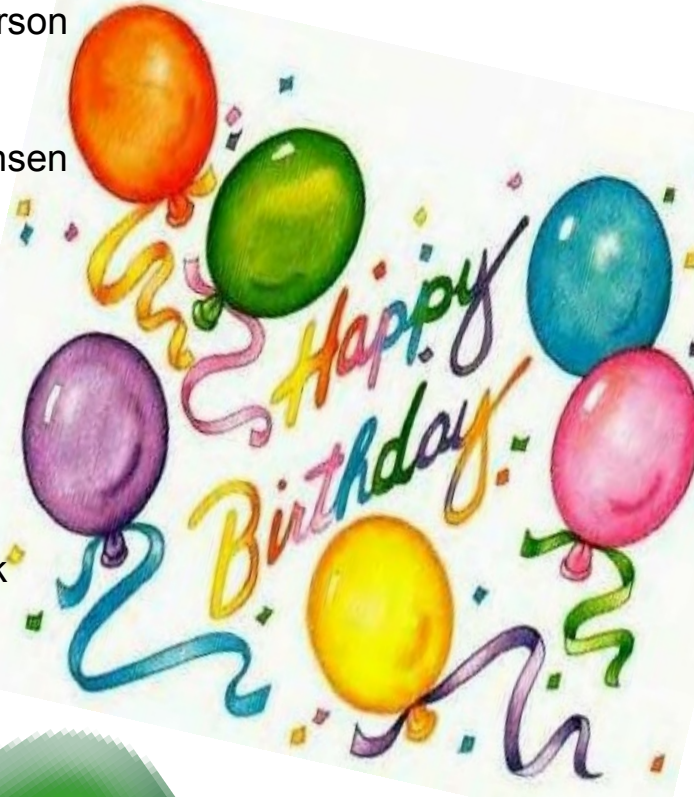
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Receive your newsletter in **COLOR** via email!

Send your email address to [faithumc@kdsi.net](mailto:faithumc@kdsi.net).



- 1 - Madelyn Henderson
- 3 - Alyssa Jennings
- 4 - Sue Divan  
Suzann Christensen
- 5 - Madisyn Miller
- 6 - Evelyn Routh
- 7 - Kyle McBride
- 9 - Kyle Garrelts
- 10 - Mona Ripp  
Jessica Wilson
- 11 - Susan Welsh  
Kathy Garrelts
- 12 - Diane Steinbrink
- 13 - Phyllis Wilsey  
Alice Wilson  
Michael Fox



- 14 - David Reed
- 15 - Alex Miller
- 16 - John Divan  
Jake Greder
- 18 - Kennedy Evans
- 19 - Sydney Gabriel
- 20 - Melinda Bray
- 21 - Joan Epping
- 23 - Kurt Johnson
- 25 - Jodi Pettit
- 26 - Lee McQueen  
Levi Ramer
- 29 - Colton Holoubeck
- 31 - Abbie Duester
- 28 - Sherry Foley

*March  
Anniversaries*

2 - Doug &  
Deb Jesch

3 - Merland &  
Barbara Clark

5 - Casey &  
Angela Arentsen

9 - Terry &  
Mae Smith

10 - John &  
Sue Divan

20 - David &  
Charlotte Wisch

*Altar Flowers*

2011 Dates Still Available  
include:

April 3 & 24 ~ August 28

October 9, 30 ~ November 13

NOTICE:

Ad Council minutes will be sent  
as an attachment on the  
eNewsletter. For those who  
prefer hard copies, please  
contact the office. Thank You!

**Committee Meetings**

1st Tuesday: Finance - 6:00 pm

2nd Monday: Trustees - 6:30 pm

2nd Tuesday: Nurture - 5:30 pm

Ad Council - 6:30 pm

3rd Monday: Christian Ed - 6:30 pm



Nurse's  
**Notes**



## *Natural Mood Boosters*

### *Simple Ways to Chase Away the Winter Blues*

Feeling sad or 'blue'? Its not unusual to feel down during the winter. There can be many causes for these feelings - sadness over missing loved ones or worries about higher winter heating costs and holiday bills. Some people feel down because they don't get enough exposure to sunlight during winter. The mornings are darker and days are shorter. This health problem is known as seasonal affective disorder (SAD). The American Academy of Family Physicians reports that about 4 to 6% of people may have SAD. If you've been feeling low, try some of these tips to help yourself feel better.

- ♣ Keep a journal. The simple act of writing down your thoughts can relax and help you unwind. Writing about things that are stressful help you to let go of them.
- ♣ Visualize. Take a 5-minute mental break. Close your eyes and listen to some soothing music. Try to picture yourself in a peaceful setting like the beach or country. Or choose some other special place, real or imagined.
- ♣ Breathe deeply. Breathe in through your nose and feel the air reach down to your stomach. Follow by exhaling through your mouth. Taking long deep breaths helps you relax and slow down.
- ♣ Choose a healthy lifestyle. Eat nutritious snacks such as fruits and vegetables and prepare balanced meals. Get the right amount of rest, 7-8 hours of sleep each night. Drink plenty of water. Cut back on alcohol and caffeine - both can disturb your sleep and drinking can add to feelings of sadness.
- ♣ Get moving. Exercise is not only good for your body but good for your mood. It helps keep levels of the brain's 'feel good' compounds, called endorphins, in balance. A good form of exercise is walking. It can be done at any time and anywhere. Try other relaxing activities such as yoga or t'ai chi ch'uan. Both will help balance your mood and improve your physical balance.
- ♣ Go outside. Spend some time outdoors in your yard, a park, a field or the woods. Make sure you get sunshine especially if SAD is making you feel dark.
- ♣ Do one thing at a time. Choose an important task and work on it. When done, move on to the next item on your to-do list.
- ♣ Get support. Reach out to family and friends. Spend time with people who care about you.
- ♣ Think positive. Keep an upbeat outlook and remember that spring is not that far away.

"Each of you has your own gift from God; one has this gift, another has that" 1 Corinthians 7:7



## **Faith Talent Show**

### **Friday April 1, 2011 ~ 7:00 p.m.**

Got talent? All ages, all abilities, all welcome!  
Email Pastor Michelle or sign up in church with your act today.

## **Lenten Lunches**

Beginning Friday March 11, 2011



The Kearney Ministerial Association once again will offer a Lenten Lunch series this year, beginning on Friday, March 11. Event is held at First United Methodist and begins with a sandwich lunch at noon, and features a speaker and special music. Topics include "Finding hope in the midst of despair," "finding victory in the midst of defeat," and "finding light in the midst of darkness," and others. Friday, March 18, Faith UMC will provide the speaker and musician.

## **SCOUT SOUP SUPPER**



**SUNDAY MARCH 6, 2011**

**11:00 A.M. - 1:00 P.M.**

Please come support Troop 158 by enjoying a delicious lunch!



## **Lay Speaking Blitz**

March 18 & 19, 2011

Classes Offered:

- ♣ Basic Lay Speaking
- ♣ Advanced: Teach Adults
- ♣ Advanced: Lead Bible Study
- ♣ Advanced: From Your Heart to Theirs

Registration due by March 10, 2011

Check out the bulletin board for more information.

## **Ash Wednesday Service**

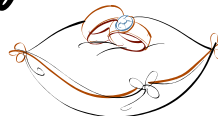
March 6, 7:00 p.m.



Ash Wednesday

Ash Wednesday marks the beginning of the church season of Lent in which we remember the journey of Jesus to the cross. The service will include hymns and prayers, and a time for persons to be "marked" with ashes in order to symbolize this season of repentance and renewal.

## **Marriage Encounter 2011**



Give the gift of love to your spouse by attending a Marriage Encounter Weekend!! 2011 weekend dates are: March 18-20 in Omaha; September 23-25 at Camp Comeca near Cozad and October 14-16 in Lincoln. For more information, please contact: Russell and Lanita Evans ~ 2002 Cedarberry Rd. North Platte, NE 69101 ~ [russellevans@internet-usa.net](mailto:russellevans@internet-usa.net) or call 308-520-1491.



**Chancel Choir Practice**  
Wednesdays  
7:00 p.m.

*Hobby Sunday*

March 20, 2011  
1:00 p.m. -  
6:00 p.m.



**CCF**

Wednesdays  
3:30 p.m.

**Community Meal**

March 27, 2011  
Noon



**USHERS**  
THIS MONTH



**8:45 AM**

**11:00 AM**

**6** - Steve & Suzan Christensen & Rick & Jacque Triplett. **Scripture** - Lynda Henderson

**6** - Mike & Sue Lamkin  
**Scripture** - Carolyn Forney

**13** - Steve & Suzann Christensen & Tyler & Chase Divan. **Scripture** - Suzann Christensen

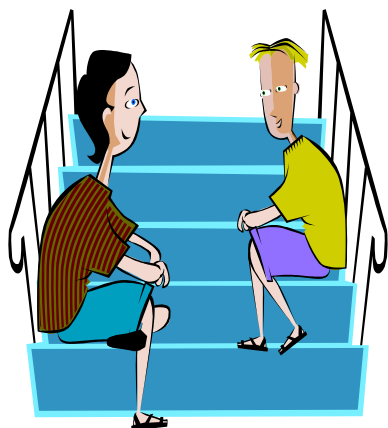
**13** - James Jennings Family  
**Scripture** - James Jennings

**20** - Bill & Alta Crapson & Darrel Pettit & Pat Bailey. **Scripture** - Penny Buettner

**20** - Peter Rishel Family  
**Scripture** - Brooke Rishel

**27** - Dan & Rachel Brown & Jacob, Ashley & Shauna Brown. **Scripture** - Rachel Brown

**27** - Chet Graham Family  
**Scripture** - Barb Saum



*March Youth Group Schedule*  
**Wednesday nights 6:30 p.m. - 8:30 p.m.**

- ♣ Plan the Talent Show
- ♣ Attend Ash Wednesday Service (March 9)
- ♣ Schedule Lock-In with Shelton Youth
- ♣ Continue to learn about the Creed
- ♣ Play Games
- ♣ Eat! and all that fun stuff!



**RECENT CONTRIBUTIONS TO THE CAPITAL FUND**

**In honor of the Ushers & Greeters**

*Bob & Phyllis Bennett, Otto & Elma Lohrenz, Darlene Cerny, Steve & Suzann Christensen, Fran Wilson, John & Sue Divan, Phillip & Pat Hilty, Bob & Corinne Olmsted*

**In honor & appreciation of Pastor Michelle**

*Sharon Buck, Merlin & Esther Burgland, James & Regan Jennings, Mary Helen Samp, Marv & Carol Hilton.*

**Donations with no designations**

*Barb Saum, Tari Poorman-Maaske, David & Carolyn Forney, Dayla Rhodus, Rich & Annette Froid and an anonymous donor.*

**In honor of Steve & Suzann Christensen**

*Rick & Jacque Triplett, Randy Shackleton, Dan & Zeanna Odens*

**In honor of Otto & Elma Lohrenz**

*Chet & Kim Graham*

**In honor of all 2010 nominees**

*Peter & Mary Rishel*



We wish to thank all contributors; your support is greatly appreciated.  
Otto Lohrenz, Chairman, The Capital Fund Committee.

**CAPITAL FUND: BREAKING NEWS!**

**\$ 50,000 GOAL!**

Faith has been blessed with the opportunity to reach a long time goal- to bring the Capital Fund up to \$300,000! This has been made possible by a donor who is willing to match our giving to the Fund dollar for dollar until May 31, 2011. Each member and friend of Faith will have the opportunity to give and will be contacted. Once the Fund reaches this goal, it will be placed in a fixed rate fund that will provide the Trustees with a 5% (approximately \$15,000) dividend each year. This will give us the opportunity to continue to improve our building and parsonage! Please make your checks to Faith United Methodist Church and note "Capital Fund" in the memo line.

## Home Lawn & Garden Show

March 19th & 20th, 2011



Renovations will again be hosting the concession stand at the Home, Lawn & Garden Show March 19th and 20th at the Fairgrounds.. The hours for the show this year are Saturday from 9 a.m. to 6 p.m. and Sunday from 11 a.m. to 4 p.m.

A list of the needed food items is in the overflow room at the church. This year we are adding baked potatoes with chili, cheese, sour cream and/or butter as topping choices to our menu. We will also be serving chili, hot dogs, nacho and cheese, chili dogs and homemade pies. Our pies are always a "hit" at our concession stands. We can use fruit pies or cr me pies and they can be brought to the Fairgrounds on the 19th.

We had a profit of about \$1500 from this fundraiser last year so with your help and support this year's Home, Lawn & Garden Show can be as successful (or maybe more so)!!

If you have questions, please call Annette Froid at 237-7849 or any of the other Renovation Committee members. Than you in advance for your help!

## **Weight Watchers is coming to Faith!**



Faith will soon be the site for Kearney Weight Watchers meetings! Hosting Weight Watchers is an opportunity for our church to offer hospitality, to meet new people, and to receive some new income. Meetings will be held on Mondays at 9:30 -10:00 a.m., Wednesdays 12:15-12:45 and Thursdays at 5:45- 6:15 beginning March 2. The Administrative Council has graciously approved this opportunity to minister to the health of our community.

## *Renovation Update*



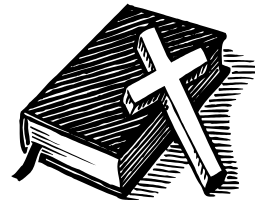
The Renovation Committee has obtained bids for the rest of the tile floors at the church. This would include all four stairways and the second floor by the balcony and Sunday School rooms. With Trustees approval, we hope to start this project the middle of March.

The tile work on the wall in the kitchen around the coffee make will also be done in the next couple of weeks.

Watch for the new changes at Faith!!

## **Lenten Worship & Bible Study**

Beginning March 13, 2011



When: Sundays at 6:30 p.m.

Where: Faith UMC Overflow Room

Come discover what the Bible has to reveal on immigration!

## *SCJ Clergywomen Event*



Pastor Michelle will be in New Orleans from Tuesday, March 22 through Friday, March 25 to gather with other clergywomen from the South Central Jurisdiction of the United Methodist Church. Please be in prayer for the event. Pastor Dale Lambert from Holdrege UMC will be on call during this time.

# Thank You



A note of thanks for all your prayers and the "Covered in Prayer" blanket. During my mom's illness, she use it everyday. Unfortunately she passed several months ago, but her blanket is still with us. Thanks so much again!

Roberta Hagofeian  
(Friend of Ron & Pam Blessing)



Thank you to Suzann Christensen for bringing the church office to ship-shape condition. Its amazing!  
Selia Houchin

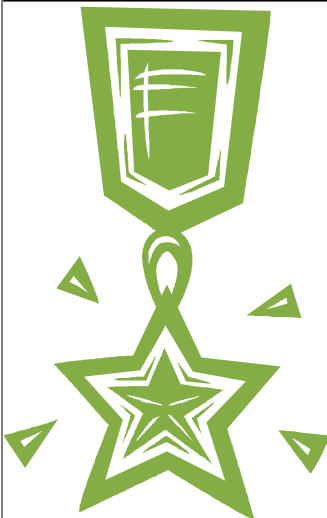
Thank you to all of you for your prayers and concerns throughout the last few months. Also for the prayer blanket I received.  
Dick Larson



## *March Honoree*

Roger Wisch is well-known in Kearney as an experienced and highly respected carpenter and contractor. He is the son of Marian Wisch and the late Glen Wisch, the builder of our sanctuary. What is probably not known is that Roger has done a lot of the work for the Renovation Project at Faith Church, all without recompense, thereby saving our church a lot of money. Roger has often assisted our custodian, Bob Eberhard, with a variety of church projects. Roger is an important member of the bass section of our choir. The Committee recommends that you recognize Roger for his commitment to Faith Church with a donation to the Capital Fund in his honor.

~ The Capital Fund Committee ~





## *Faith UMC Family Spotlight*



Lyle and Lynda were married at the Wood River Methodist Church in 1970. This was the same church where Lynda was baptized as a baby. Lyle attended Faith (EUB) all his life. They lived on a ranch north of Doniphan, along the Platte River, until 1972 when they moved to Kearney and Lyle started working with his Dad in the Platte Valley Saddle Shop. Lynda bought and operated a beauty shop on South Central Ave. After Lyle's Dad passed away in 1979, Lyle and Lynda started working together in the saddle shop. Along with having the shop, they now travel to several equine shows each year where they sell their handcrafted products. They have one son, Mike and his wife Abby, and the joy of their lives, two grandchildren Madelyn, 7 and Connor, 18 months. Lynda served on the Buffalo County Extension Board, Extension Programming Unit, and was a member of the Prairie Center Extension Club. Lynda was also a 4-H leader. She likes to cook and read. Lyle was a member of the Buffalo County Ag Society and also helped with 4-H. Many hours have been spent volunteering at the county fair, horse shows, Gateway and other ag related venues. When he was younger, Lyle was active in rodeo. They are both members of the Kearney Area Chamber of Commerce. Lyle and Lynda are active members of Faith, serving on several committees over the years. Lynda has served many funeral dinners.

### *Lyle & Lynda Henderson*

Betty (Eileen) Anderson married Louis (Andy) Anderson in 1954 in Denver, CO. They were married 47 years before cancer took Andy's life in 2001. Eileen has five children: Tere, Robert, Roland, Rob and Tanya. Eleven grandchildren and three step-grandchildren. Four great-granddaughters and one step great-granddaughter.

Eileen worked at Kearney State Teachers College (UNK) at the food service for eight years, then worked at Baldwin Filters for the next 27 years.

She has volunteered for the American Cancer Society in the office and for their Christmas Tree Fund Raiser. She has also volunteered for Asera Hospice Care in the office.

Eileen's hobbies are crossword puzzles, Sudoku and in her "younger" years, she enjoyed league bowling.

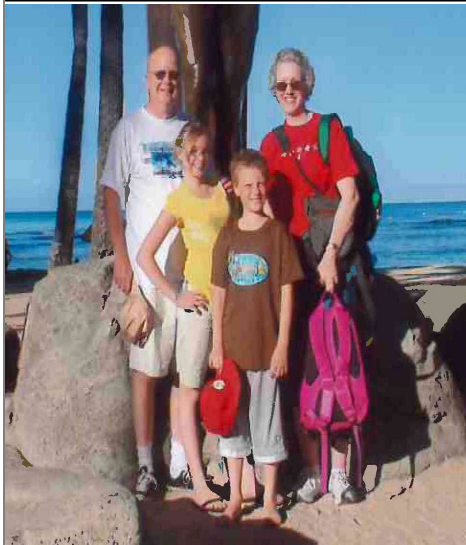
Eileen joined Faith UMC in 2007, is on the Nurture Committee and helps with funeral dinners.



### *Betty (Eileen) Anderson*



## *Faith UMC Family Spotlight*



Peter and Mary Rishel joined the Church when Rev. Cole Fowler was here and have been active in many of the various committee's and clubs throughout the years. They have 2 children, Brooke and Daniel who are active in CCF and Youth Group. Peter is passing on his Hot Wheels collecting bug to Daniel while Brooke is quite the dancer and gymnast. Daniel is also a Cub Scout, takes guitar lessons and Brooke plays the flute up at Horizon Middle School.

Peter loves to travel and has been to all 50 states plus a few foreign countries. Mary is the cook for the CCF kids on Wednesday's, helps the Cub Scouts and is secretary for the Fort Kearny Genealogy Society. Rarely is there a dull moment at the Rishel household.

## *Peter & Mary Rishel Family*

James & Regan met at Virginia Tech and were married in Pittsburgh, PA. US Navy training took them to VA, FL and CT where Tyler was born.

Submarine duty took them back to VA where Alyssa and Zachary were born, and finally to MD. Heading to a bright new future, the young family moved to SC where James would work for Michelin and that is where cheese entered their lives. A new cream cheese factory lured them to



TX, a cheese shredding line pulled them to MO and finally, string cheese packaging brought them to NE where they have lived for FOUR years now. The Jennings have three pets Blastoise the turtle,

Smokey the cat and Kodiak the dog. The kids... Tyler is a sophomore at Duquesne University in Pennsylvania where he "studies" psychology and theater. Alyssa is a junior at Kearney High and Zak is a sophomore. Alyssa and Zak both enjoy marching band, taking music lessons, and playing in the Faith UMC Youth Praise Band. They attend UMYF and the Sr. High Sunday School class.

James works for Schreiber Foods in Ravenna and Regan works for KAAPA in Kearney. They like to escape to sailboats in the tropics and even take the kids – occasionally. James has served on the Christian Ed Committee, is Transportation Chairman and on SPRC. Regan is chair of the Trustees Committee. They both cook for UMYF although James is the undisputed pizza king.

## *James & Regan Jennings Family*