August Worship

Words to Live By, If you Like a Challenge - Wisdom in the Old Testament

August 4
Celebration of Holy Communion
Psalm 44
Rev. Rachel McIver Morey

August 11
Song of Solomon 8:6-7
Rev. Rachel McIver Morey

August 18
Proverbs 16:1-9
Rev. Jerad Morey

August 25
Esther 4:10-17
Rev. Rachel McIver Morey

Summer Worship Schedule
Sunday worship 9:30 am
(No Sunday School or Adult Forum during the summer)

Nursery provided during our worship service.

Join us for fellowship and coffee on Sundays in the Fellowship Hall following worship.
Dear NUMC Friends,

One of my favorite parts of my week is my community office hours that I hold at various coffee shops around Northfield through the year - I try to spread the wealth, so to speak, amongst our many such places here. There are some where I get more traffic than others (which is why you will find me at the Starbucks at Target during the holidays season!) I occasionally (rarely, really) have a day where no one stops in. But usually I have a handful of folks taking care of church business, or to share some family concern, or to talk through some issue that has been nagging them.

A pleasant, if unplanned, side affect of this is the number of community folks I have ended up engaging with who don't have connection to our congregation.

At one place it was a missionary who worked on Bible translations for tribal groups in South America. At another, it was folks I know through volleyball in the area. At others, community activists who are working on various projects (climate, civil discourse, etc.) in and around Northfield. Sometimes these conversations are project-specific and functional; at other times, I end up as a pastor to someone who didn't even know that's what they needed.

Sometimes I end up in conversations with people who have no idea who I am, and they share things they didn't know they needed to share.

I have a clergy colleague who has a slightly different take on how to be a pastoral presence in the wider community. She serves a congregation in Amherst, Massachusetts, and each week she sets up shop at a particular corner in town with an A-frame sign that says, "BLESSINGS TO GO!". Her stories from this ministry are a hoot. except when they are not, because someone approaches and has need for a deeper blessing in the midst of on-going hurt. She keeps it up, clad in a parka and clergy collar, even through the winter.

I think about these encounters that we and other community-minded pastors end up having, and how each one can be awkward, dangerous, beautiful, and life-altering. We literally never know what might happen, or how Jesus might come to us.

Here's where I go with this: the truth is each of us is connected to more individuals than I as pastor could ever be. And - hope you are sitting down for this - you are exactly the person someone needs to share something with, something hard, something honest, something that could change how they see themselves or you operate in the world.

So here's a thought experiment: if you were to set up your own community office hours somewhere, who would you hope showed up? What is it you hope you would learn or hear? Or - if you are more like my Amherst colleague! - what blessing would you want to offer?

I am at Goodbye Blue Monday through the end of August, 9:30-11am each Monday morning. I will give Little Joy (a new one!) downtown a go for September and October before switching to Target Starbucks for the holidays. I would love to see you there, or to set up a time that works for you, if you have something in you that needs to be shared. ...or if you need to check dates for a church function...or to talk about how this God you have read about in the Old Testament gives you pause...or anything else. I hope you will consider yourself open for others to have the same conversations with you. In this way, the word becomes flesh again and dwells among us.

Blessings,
Pastor Rachel

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**Coming this fall: NEW SCHOOL YEAR WORSHIP TIME!**

We have some exciting news for our worship schedule this coming school year! After much prayer and discernment, our MCCI worship schedule discernment team recommended that for this year we move to a single service on Sunday mornings at 9:30 am. This was approved by the July meeting of the administrative council. While this could make for tight quarters some Sunday mornings come fall and winter, this will allow both our children's and adult Christian formation times more freedom and allow for robust fellowship time. So be prepared to bump elbows and share hymnals and (gasp!) move pews some Sundays - we will all get to benefit from the wide array of music and arts gifts in our congregation, from the band to the choir to youth music ensembles to dance!
NEW WELCOME STATEMENT

At our July 14 church conference, Northfield UMC adopted a new welcome statement:

We affirm that all people are created in the image of God and, as beloved children of God, all are worthy of God’s love and grace, regardless of their sexual orientation, gender identity, family status, race, ethnicity, physical or mental ability, socio-economic status, or age. We unreservedly support and affirm the full inclusion of persons of all sexual orientations and gender identities in all facets of ministry at Northfield UMC, including ordination and marriage. Following Christ’s example, we open our hearts, minds, and doors to welcome all who come to us in God’s grace.

This new welcome statement clarifies that Northfield UMC has discerned God’s calling to become a Reconciling Church. For more information or to join the conversation, email the church office at info@northfieldumc.org to connect with our Response Team.

LAWN SIGNS AVAILABLE

Display your personal support of being an inclusive church.
Lawn signs available in the Narthex after Sunday services. Free will donation.
Questions? Contact Marla or Jonie at 507-663-7952.

SUPPORT THE EXISTING CAPITAL CAMPAIGN - TRUSTEES TEAM UPDATE

We have had a great Capital Campaign over these past 2 years, and we are approaching the finish line of the work that needed to be done with our brick work project starting this fall. This is largest effort of the Campaign and will cost about $200,000. This work is set to start in late August/September and will take two months to complete. We will need to pay 50% of that after the first month and the remainder after the work completes.

We are asking for new members that have just joined in the last two years if they would like to contribute to this important, foundational work that the church is undergoing. This work allows us to manage the ongoing expenses of the church each year without unexpected and crippling large expenditures for the foreseeable future. This allows all of the other groups and committees to do the move forward confidently and committedly toward the great work they do for the church members, the youth and the community.

We deeply appreciate the current contribution of all our new NUMC members and ask that they continue with their commitments and pray on their willingness and ability to additionally contribute to the capital campaign. This will allow NUMC to move forward in a stronger position and offer enhanced and improved programs and services to those in need and those that benefit from the amazing energy of our team members.

Pledge cards will be available August 4th. Pledges can be made beginning September 1st or any time in September. Thank you again for your generous support and if you have any questions, please contact Scott Rodning at Scott.Rodning@gmail.com or at 612.845.2397, or you can talk to any member of the Trustees, or Stewardship and Finance.

All that we have is a gift and we stand grateful recipients of God’s abundance.
Let us in turn graciously share what we have been given.

General Fund June 2019 contributions $30,442.16
General Fund June 2018 contributions $22,133.16
General Fund YTD 2019 contributions $190,824.59
General Fund YTD 2018 contributions $186,975.32
Confirmation Overnight: Adult female volunteer needed
August 24-25
The current confirmation class of students entering 10th grade will enjoy a lock-in at church. We will explore the building, our spirits, and our relationship with God. One adult female volunteer will ensure that we can maintain a safe and friendly space.

A great group - Idaho Mission Trip recap
"Thank you for such a great group! They are doing an amazing job. We love having them here." This was what one Northern Idaho Habitat for Humanity site coordinator shared via email with our Idaho Mission Project director after some Northfield UMC youth helped paint a home in Post Falls, ID. While 19 youth and 7 adults were on mission in Idaho, we were blessed to:

- Feed nutritious produce to people who can't afford it by maintaining a community garden
- Keep warm the elderly poor of northern Idaho as we split wood for their woodburning stoves
- Support veterans and Gold Star families by stocking and maintaining a thrift store for them
- Ensure poor students had access to quality goods as we helped start up a new ministry
- Feed hungry people throughout Idaho as we packaged over 20,000 pounds of goods with Northwest Harvest
- Help disabled adults to retain their dignity of place as we painted a home with Habitat for Humanity

Your adult volunteers were proud of the hard work our youth put in at each of the sites - regardless of how "fun" the tasks may or may not have been. As we worked alongside other youth groups from places like Olympia, WA, and Butte, MT, we learned more about how to care for each other as well.

There were other highlights to our experience - a water park, cliff jumping, a state park, leading worship, and evening wrap-ups. Everyone who has donated $300 or more to defray travel expenses or otherwise significantly supported this mission project is invited to come listen to the youth share their own experiences at the Idaho Ice Cream Social on August 14, 6:30pm at church.
NUMC Youth hand-in-hand with God serving the people of the Spokane River Valley July 7-13, 2019.
Talk about immediacy! Which is what periodicals are all about. A not to be missed article is in the August Sojourners. Look for the cover reading “Letters to the American church from Christians around the world” and find the story on page 22.

Or, give your attention to the July 17th. Christian Century article “Playing with Hate.” I hope you noted the Century June 5th. article, the one headlined with this quote from Deuteronomy 10: 19. “You shall also have the stranger, for you were strangers in the land of Egypt.” This issue is now in the Church Library.

Like any of the magazines, it is yours to check out and take home to read. Yours to sit and read here at the church. Yours to stand by either library display and read on the spot. They are that short, that informative, that “easy” summer read and autumn and winter and spring reads. Try them, you’ll like them.

Continuing the “short read” theme, consider the collections of short stories available displayed on the library desk and on the table in Fellowship Hall. Read one story, read several, just simply enjoy! Summer is coming quickly to an end.

Worship with Arizona Territorial Brass on August 4th

The Arizona Territorial Brass, Arizona’s Official Historical Brass Band, will play for worship on Sunday, August 4th when they visit Northfield for Vintage Band Festival 2019. We are pleased to welcome the Arizona Territorial Brass to our church!

For more info visit: https://territorialbrass.com/
https://vintagebandfestival.org/vbf-2019/

Musicians Wanted!

Use your talents to provide special music for a Sunday morning worship service. Instrumentalists, pianists, vocalists, groups or soloist, you are invited! If you would like to sing or play for worship, please contact Wendy Smith at 507-645-5689 ext. 23 or wendynumc@aol.com. We would love to include you on the music schedule.

Wanted! Technical Volunteers

Wanted occasional technical volunteers for Sunday morning worship. Must be comfortable with Windows operating systems, presentation software, external display settings. Please contact Wendy Smith at wendynumc@aol.com.

Second Sunday Drop in Choir August 11th.

Meet at 8:45 am. Sing for 9:30 am worship.

All are invited to sign with the NUMC Second Sunday Drop in Choir. If interested, meet in the choir room at 8:45 am to prepare for that morning’s worship. All ages and all voices are welcome, no experience needed!
Summer is a time when we are often out-of-doors biking, picnicking, camping, swimming, boating, and hiking. It is a joyful time to be out in God’s glorious world, but it is also a time to take precautions to be safe. All people can be affected by high temperatures and a high heat index, but older people are especially susceptible to heat-related illnesses. One should take precautions before getting too hot, because excessive heat can impair a person’s judgment and cause confusion. Many older adults have health risk factors that can increase their chance of getting hyperthermia. These include: poor circulation, dehydration, obesity, inefficient sweat glands, chronic illnesses, a salt-restricted diet, use of certain medications, dementia, and disabilities that restrict mobility.

As the air temperature increases and the humidity rises, one should take protective measures against heat-related illnesses.

- Stay inside in air conditioning. If you don’t have air conditioning at home, go to a location that has it. Some possibilities are: a movie theater, library, shopping mall, or senior center.
- Stay hydrated by sipping water all day, whether you feel thirsty or not. Older adults often don’t recognize thirst and thus can get dehydrated easily.
- Cut back on physical activity, and rest if you feel fatigued or light-headed.
- Take a tepid bath or shower to cool your body.
- Wear loose-fitting, light-colored cotton clothing and a wide-brimmed hat.

Heat-Related Illnesses

- Heat cramps, painful muscle spasms in the legs or abdomen, are often the first sign that someone is having a heat-related illness. Other symptoms can be sweating, fatigue, and thirst. Usually resting in a cool place and drinking fluids will help a person recover.
- Heat exhaustion is a more severe form of a heat-related illness. Symptoms can include headache, blurred vision, nausea, vomiting, profuse sweating, dizziness, and weakness. Skin appears cool, moist, and pale. Treatment includes getting the person out of the heat, loosen tight clothing, apply cool wet cloths to the skin, fan the victim, and give cool water to drink if the person is conscious.
- Heat stroke is the least common but most severe heat emergency. It can occur when a person ignores heat exhaustion symptoms. Signs of heat stroke include red, hot, dry skin; changes in consciousness; rapid, shallow breathing; and rapid, weak pulse. Call 911 immediately as heat stroke can lead to seizures, coma, and even death. Wrap the person in a cool wet sheet, or place cold packs on the person’s wrists, ankles, groin, and armpits to help cool large blood vessels. Out in nature immerse a person in a lake or stream to start cooling the body.

Enjoy your summer fun and adventures, but to prevent heat-related illnesses, be sure to moderate activity when temperatures are high and maintain an adequate intake of fluids.

FREE BLOOD PRESSURE SCREENING

The August blood pressure screening day will be moved to the third Sunday of the month. It will be held at 10:30 am on Sunday, August 18th.
United Methodist Women (UMW)

United Methodist Women at Northfield UMC has often been the conduit through which God’s work is supported for mission. On June 28 & 29, the United Methodist Women sponsored a Rummage Sale for Missions. Women from Esther Circle and Mugs and Muffins signed up to help. But we needed more helping hands of both women and men from the church. We thank all of you who said “yes” and showed up to help. The sale brought in $1,899. Through efforts like this, we support climate justice through reuse, recycle, and repurpose the stuff around us.

For 150 years women of the Methodist church have been the catalyst for mission alleviating the suffering of women, children, and youth. It all started when eight (8) women met to do something about sending women missionaries to India. They wrote to women throughout the United States asking for their pennies and nickels to help send two women missioners to India who could give the women of India a woman doctor and a woman educator to help them live.

Our United Methodist Women members at Northfield have been a catalyst by taking their mission studies seriously. While studying the Public Schools a circle of ladies researched how they could help the Northfield schools. Operation Backpack was born. It has grown over the years to giving more than 500 backpacks filled with school supplies. Books will be added this year. If you have new or slightly used children or youth books to donate, there is a box in the gathering area for them.

Northfield UMW has been a conduit through which we have helped support Emma Norton Services (ENS) in Minnesota. ENS provides a safe place for healing to women with addiction, mental health, and economic problems at Emma’s Residence, and a place to grow for single parent families with three or more children housed at Emma’s Place. Today the Tuesday Women’s Bible Study is filling two to three welcome baskets for ENS women who are going out on their own.

We educate and train church women at NUMC, in Minnesota, and in the world through our reading program, Mission u studies, and leadership development retreats. I once heard a minister say, if you want to know what will be important two to three years ahead, look to what the United Methodist Women are studying and reading today. We help to make leaders for the church tomorrow.

Here in Northfield we help the community families with Christmas Sharing, Northfield Promise, the Keys, and other activities as needed. We give to our own children and youth at NUMC with added funds for the Kid’s Club bus, and the youth mission trip. We operate on a budget adopted each year. It is printed in our UMW Directory on the Welcome Table in the Gathering Area.

The United Methodist Women of NUMC continue to be the catalyst, the conduit, and the educator through which all members of NUMC can take part in supporting God’s work in mission in the world. Thank you for your continued support.

Catherine Williams, UMW President

Other activities of the United Methodist Women at NUMC this year:
Apple Pie baking fund raiser August through September
   We are looking for “ugly apples” – apples good for eating but are too misshapen to sell.
   We need them by the second Wednesday in September.
   We are also inviting all pie bakers to help us make the pies on the second Wednesday in September.

The Silent Auction is in November
   Save your special items for silent auction. This is not a rummage sale.

Christmas Cheer is the first Monday evening in December
   We thank the Friday Morning Men’s group who often serve at this event.

Christmas Bake Sale is in mid-December

Anyone interested may become a member of the United Methodist Women of NUMC. You can be Methodist, or not. You can join one of the existing groups or start a new one. We would anticipate starting one in the evening or on the weekend if there are enough interested (3 or more).

Esther Circle meets the second Monday of the month, September – May at 1:00 PM in the Kildahl Park Point, 888 Cannon Valley Drive, in their community room.

Mugs and Muffins group meets the second Friday of the month, February – December at 9:00 AM in the church library.
A Visuals Thank You

As I retire from the Visual Arts team at Northfield UMC, I am very appreciative to have had this opportunity for 22 years. Creating worship settings that visually express the message of Sunday worship services has been a satisfying way for me to give my time and efforts, hopefully for the glory of God.

Much gratitude goes out to many people who have made this work possible. Firstly is the support of the other members of the Visuals team. We are all going to miss the camaraderie of our working together. I am in awe of the team's patience as we go through the trials and errors involved in preparing a setting, before the final result is reached. Other members on our team are: Barb Hanisch, Jane Dupay, Barbara Brown, Alice Kevern, Joene Edwards.

In the early years, Trustees Dave Jennings and Jim Finholt provided our storage areas so close to the sanctuary. We use the only loft and basement space in the church. Cal Kuhnau and Allan Cox provided a pulley system for hanging banners from the ceiling in the loft – as well as many other engineering tasks for us. Without Al's help, I would not have been able to do this work.

Don Enberg and the sanctuary light bulb changing crew added hooks in the ceiling with black fishing line pulley systems for us while they were up on the scaffolding. Don Price installed anchoring posts in the masonry on the front wall for the lines. Don also created weathered fencing for us that has been used many times.

Dave Drentlaw has researched and helped us acquire a theater grade spotlight – and also coached us in how to use this technology.

Thanks to the many people who have given us support by: donating fabrics and other items, contributing memorials gifts to the Visuals account, and by offering kind supportive words. All this support has helped to keep us going.

There have been many occasions when we felt God's hand guiding us. Sometimes a setting will end up much better than we had planned and we can only give the credit to God.

We also felt watched over, as there have been a few near accidents, but thankfully, no one has incurred injuries.

This experience has been a blessing in my life and I am very grateful to “the NUMC village”.

Sincerely,
Darlene Cox

Prayers for:
• Our world and its leaders
• Law enforcement and the communities they serve
• Victims of violence in our country and the world
• Places in the world where there is unrest and conflict
• Peace and understanding among peoples of different faiths

Prayers of Celebration with:
• Lyle and Betty Lieder celebrating their 75th Wedding Anniversary
• Mary Jane Goerts celebrating her 95th Birthday
• Pierce and Melanie Follansbee Delong on the birth of their son Mason Jacob Follansbee Delong

Prayers of Sympathy with:
• Family and friends of Cal Kuhnau

National and World Concerns:
• Those studying and working internationally
• Prayers for those serving in the military around the world

Remembering Those in Military Service
Luke Erickson

If you have family deployed in military service, please let us know so that we can include them in our prayers.

THE POWER OF PRAYER
Operation Backpack was started in 1993 by five women from the United Methodist Church. They had been studying the plight of children around the world, and they thought that maybe there would be something locally that they could do to benefit children. They consulted with the Community Action Center and learned that many families in the area were finding the start of the school year to be a very stressful time. They were having trouble finding the funds to buy the school supplies for each child as well as the other added expenses at the beginning of the year. The Operation Backpack Program started with providing backpacks for children in the elementary classes. The CAC qualified families for the program, and in 1993, the group handed out 175 backpacks.

The Northfield United Methodist Church, as well as the wider community, responded very positively to the program. In 1994, they were able to add junior and senior high students as recipients. On the distribution day in late August, each student that has been qualified for the program can receive a new backpack and a bag of school supplies appropriate for their grade. 4-year-old children, who are enrolled in a preschool program, may receive a backpack if they are qualified for the program by the CAC.

August is a very busy time for the 8 members of the Operation Backpack Committee. They shop the back-to-school sales and purchase high quality items at the best prices. The CAC helps by informing families about the program and qualifying the children. They also help to coordinate the distribution day. The need has grown over the years, and in 2018, nearly 600 children participated in the program.

A new addition this year will be the opportunity for each qualifying child to choose a book of their own. This project is a part of the Northfield Promise program. This year, the books will be provided by Northfield Promise, but we have begun collecting new and gently used books for next year’s distribution. Books to be donated can be placed in a collection box in the church Narthex throughout the year.

The Northfield community has been very supportive of the Operation Backpack Program through the years. They have given gifts of money, backpacks, and school supplies. Individuals, businesses, churches, service groups, and others can be depended upon to contribute yearly. It is very gratifying to have their support.

Northfield United Methodist Church has been very supportive of Operation Backpack. With your help, we will again be able to help many children in Northfield get their school year off to a great start. The excitement of everyone on distribution day makes all of the time spent planning and organizing worthwhile.

Many of you have been bringing aluminum cans for recycling, and the money from these also goes to Operation Backpack. A collection can will continue to be available behind the church kitchen.

Thanks also to Del Gustafson for donating the proceeds from his egg sales at church to the Operation Backpack Program. We appreciate his efforts.

If you have questions about the program or wish to have more information, please contact one of the committee members.

2019 Operation Backpack Members
Pam Franz, Carol Korda, Kathy Lillevold, Ruth Paulson, Marge Randolph, Ruth Sommers, Merrell Thornton, and Lin Wolf
August 1st is our next scheduled turn to set-up, serve, and clean up for the community meal at Community Action Center. We do this 6 times a year, the first Thursday of the month for even numbered months. This is an easy way to participate in a service project for the community. Sign up sheet at the Welcome Center at church. If you have questions, contact Jeanne Martin at jimar34@yahoo.com.

**Family Fare Receipts**

Thank you to everyone who has continued to bring their Family Fare (formerly Econofoods) sales receipts to the box on the Welcome Desk.

We are almost half way to our goal!

We have new volunteers keeping the tally so please keep bringing those receipts.

Let’s see how fast we can reach our goal!

At 9:00 am on the 4th Wednesday of each month a group meets at NUMC to make quilts and sew other items for various causes.

The Mission Sewing group is kept busy each week making quilts for the Masonic Cancer Hospital, the Masonic Children’s Hospital, Operation Joy and quilts to be given to children baptized at Northfield United Methodist Church.

So far this year they have made 189 diapers and 9 layette gowns as well, which were donated to Midwest Mission Distribution Center for distribution in Haiti.

Last year they donated 26 quilts to the Masonic Hospitals, 10 to Operation Joy and 6 to the Northfield Key.

The quilts and other items they make not only provide comfort and warmth to many in need but they are beautiful works of art as well!

If you would like to be a part of the Mission Sewing group here at NUMC, new members are always welcome! Contact Dorothy Orde at 507-649-1732 for more information!
Greetings from Northfield Nursery School preschool! We have had another great year here in our classrooms. The preschool continues its long tradition of providing community experiences and early childhood education to Northfield’s youngest students. We very much appreciate the care and partnering that NUMC continues to show us each year! A great example would be the annual ART CRAWL when we view and learn about art right here in your building. The children also enjoy the use of the “indoor playground” gym for use when weather is too nasty to be outdoors. We always feel a part of the mission of the church as we welcome young families to take part in our program at N.N.S.

Thank you!
Kathy Lansing - Director, Northfield Nursery School

Pictured is a visit by Keith and Kimberly Johnson with their horses “Penny” and “Libby” during our Cowpoke Camp which was held July 8-11.

To My Church,
Thank you so much for the amazing $1500 donation to me for my education. It means a lot to both me and my family that our church has taken such an interest in my future. I have grown up in this church, and throughout the years have constantly felt supported in my life. Thank you for all that everyone does for me and the church that goes unnoticed. There are certain people in the church that are key roles in the direction of my future. Most importantly, Kathy for all the years that she dealt with me and my crafts in Kids Club, and Sunday School. My pastors both past and present, and of course a lot of the congregation.

Thank you! Claire Nielsen

MICAH has Zatoun Palestinian Fair Trade Virgin Olive Oil for sale

Currently we have 500 ml bottles @ $15.00 per bottle. Also available are 150 g. packages of Za'atar @ $5.00. Za'atar is made with wild thyme and sumac mixed with roasted sesame seeds and salt. Recipe sheets are available with the Za'atar, but it is also great with olive oil for dipping. These items are available in the church office. Support the farmers of Palestine in the struggle for their livelihood and land. (Zatoun = Olive)
Bible readers…welcome to August! If you have fallen a week (or two. . or three. . .maybe a month!) behind, here’s where we have been - it is never too late to catch up. We will have another informal gathering of those reading through the Bible in a year at the beginning of October - stay tuned for details.

Pastors on vacation!
After the fun and work of the Idaho Mission Project, Pastor Jerad will be on vacation July 28-August 10.
Pastor Rachel will be on vacation August 4-11; if you have need of immediate pastoral care while they are out of town, please contact the church office: 507-645-5689.

Enjoy the Convenience of Electronic Giving!
NUMC wants to remind you that we offer electronic giving as a way to automate your regular offering. Electronic giving offers convenience for individual congregation members and provides much needed donation consistency for our congregation. Authorization forms are available in the Church office. We also provide “I give electronically” cards for you to place in the offering plate each week. These cards can be found on the tables in the back of the Sanctuary.

W.O.W. LUNCH
(Widows or Widowers)
August 14 - noon
Perkins Restaurant - Northfield
The monthly WOW lunch meets the 2nd Wednesday of each month. All widows and widowers are invited to attend!

Monday’s at Blue Monday
You can find Pastor Rachel at Goodbye Blue Monday every Monday from 9:30-11:00 am. Drop in anytime for conversation through August 26th. No appointment needed!
Because every picture has a story to tell...

UMW held their annual garage sale in June with proceeds benefitting the missions of UMW. NUMC church members and others donated their unwanted treasures to help raise money for the needs of others in the world.

On the final Sunday in June we celebrated leadership and transitions, prayed for children at the border, and baptized a precious little girl wearing a gown three generations deep...just another Spirit-filled Sunday at NUMC, holding hope for the world to come and offering ourselves in service.

We sent our 17 youth and 6 adults headed on the Idaho Mission Trip off with prayers and blessings in worship on the morning they left! We blessed the effort with our church mission cup - which stayed on our altar table for the duration of the adventure.

Pastor Rachel is IN every Monday at Goodbye Blue Monday 9:30-11:00 am so stop for some conversation, no appointment needed, through August 26th.

NUMC youth ranging from grades 5-12 spent the last year planning for the Idaho Mission Project where they worked in service to the people of the Spokane River Valley.
A Fox Tail ....by Sandy Vesledahl

As most of you are aware, I love animals of all kinds (well maybe not the slithering kind so much). Being around animals is my “happy place” and many times I find it to be great therapy for anything that ails me. My own version of Pastor Jerad’s Forest Therapy except with animals, I guess. The actions and habits of animals intrigue me, whether wild or domesticated, and we can learn so much from them. As we see every day at the Humane Society (one of the other hats I wear) animals love unconditionally, forgive easily and trust faithfully. Wouldn’t it be great if all humans had those traits?

So, when a mother fox and her 3 babies showed up one day you can imagine how excited I was to watch them (and how difficult for me to accomplish much else, just ask Pastor Rachel). Many of us have seen the mama fox around the church grounds numerous times. I see her often when I arrive for work early in the morning. She isn’t overly frightened when she sees me, she will trot a short distance away and watch while I get out of my car and walk in the church. I enjoy seeing her and she always brings a smile to my face. I’m happy that she finds living here on the church grounds a safe space, (even the wildlife think NUMC is special) but I’m also a bit sad for her that society has encroached so much on wildlife habitats and that she is truly an “urban” fox. We may question if we should be frightened of her or concerned that she is living in “our” space. We don’t understand her so therefore we should not co-exist in the same space. That’s a human trait. She has figured out how to co-exist with us, that’s an animal trait and that’s what I love about the animal world. "Some people talk to animals. Not many listen though. That’s the problem." — A.A. Milne (author/creator of Winnie the Pooh)

To my delight and surprise, on this particular morning when I arrived there were two fox pups playing in the parking lot. As I pulled in the lot, one ran under the bushes outside the office windows and the other sat in the grassy area and watched me. By the time I got into the office and looked out the window mom had appeared with the one pup. The pup was trying to play with mom, but she seemed none too interested in it. She was more inclined to lay on the warm sidewalk and soak up some sun. Mom tried moving to the grass under the trees outside the office windows to lay in the shade, but the pup wanted to play. They seemed to not have a care in the world, what a gift from nature to experience!

After watching them for a short time, I wondered what happened to the other pup, so I looked under the bushes outside the window and low and behold there he was, curled up in a ball, sound asleep, right under the office window! This was too much, could this get any better? Yes, I guess I was a bit excited. The Women’s Bible Study group was arriving, so they got to see mom and her pups as well. As one Bible Study attendee said “Need a reason for coming to Tuesday Morning Bible Study? You get to see this threesome.” There are many good reasons to come to Tuesday Morning Bible Study, but this was an added perk no doubt!

After about an hour mom trotted off but stopped first to look in the front door of the church. I thought perhaps she was looking for the sleeping pup under the bushes. The other pup stayed in the grassy area by himself. He’d occasionally go over to the pavement and roll around for a bit then come back and lay in the shade. It was almost as if mom had told him “you stay here while I look for your brother”. While watching him I noticed another brownish/red looking spot under a tree by the corner of the gym. Sure enough, there was another pup! There were 3 of them! Mom eventually returned and the sleeping pup finally woke up and wandered out from under the bushes. Then the whole little fox family trotted off around the corner of the building. They had entertained us for over 2 ½ hours (well, at least me).

The next morning when I arrived there was mom again, but only one of the pups lounging on the sidewalk. As is her usual routine, she trotted a short distance away and watched me as I entered the church, but the pup stayed on the sidewalk rolling around in the sun. Once again, not a care in the world. When I went to unlock the south door, mom had made her way to the other side of the church and was sitting in the driveway watching me. I got a better look at her that morning and she was looking a bit haggard and thin. I suppose taking care of 3 pups would make you look haggard. She hung around that side of the church all morning. The pup left shortly after that, but not before coming to look in the front door, just like mom had done the day before. That was the last I saw of the pups. I like to believe he was saying goodbye and thanks for giving them a safe haven, or he heard Pastor Rachel gives an awesome sermon and he wanted to check it out!  

(continued on next page)
Watching this mother fox and her pups got me curious as to the life of a fox so of course I had to do some research to learn more about them. What I discovered was that a female fox has a territory that she will live in most of her life. NUMC is evidently this mama fox’s territory. Which I guess means those of us inside the building must belong to her as well?

When the pups (kits) are old enough she will show them around and help to disperse them to find their own territories. You may see the pups without mom during this time, but mom is always nearby watching them, just out of site, until they are dispersed. I believe this is what we were witnessing. While we were watching her pups, she was probably nearby watching us and them. Several folks commented that it seemed odd to see them during the day and hoped they were not sick. What I found out in my research is that it is not unusual to see “urban” fox in the daytime, especially when the pups are getting ready to leave their mother. While I loved watching them, we need to remember that they are wild animals and need to be left alone, not feared but respected, co-existing with us in this space at Northfield United Methodist Church. But still better than watching anything on TV!

I choose to believe that while mama fox was teaching her babies to fend for themselves, she left them near the church building because she knew it was a safe place. The people inside this building are good people and her family was safe. Animals can sense those things. I keep watching each morning when I arrive for our little fox family, but I have not seen them since. Those couple of days watching them reminds us that animals are gifts from God, and we are responsible for being good stewards of the earth and all its inhabitants. Thank you, mama fox, for sharing your pups with us and reminding us that we can co-exist with you without fear, but with respect for all God’s creatures. And yes, in the end she is correct…NUMC is a building filled with good people and a safe space.

“All things bright and beautiful, all creatures great and small, all things wise and wonderful, the Lord God made them all”.

FREE DILL FROM NUMC

Are you ready for pickles yet? Or tasty potato salad? Or a refreshing dill dip? If so, please help yourself to FREE dill located along the north church boundary. Cut however much you want – there’s plenty!

Dill Dip Recipe

INGREDIENTS:
1 1/2 cups sour cream (can use low fat)
1/2 cup mayonnaise (can use low fat)
1 tablespoon dried parsley
2 tablespoons dried minced onion
2 tablespoons dried dill weed
1 1/2 teaspoons seasoning salt
fresh or dried dill weed for garnish

INSTRUCTIONS:
1. Place the sour cream, mayonnaise, parsley, onion, dill weed and seasoning salt in a bowl.
2. Stir until combined.
3. Serve immediately or cover and store in the refrigerator for up to 2 days. Sprinkle with fresh or dried dill for garnish before serving.
4. Serve with chips and cut vegetables.
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<td>9:30 Worship</td>
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<td>9:30 Worship &amp; Idaho Mission Trip Report</td>
<td>10:30 Blood Pressure Screening</td>
<td>9:00 Women's Bible Study</td>
<td>Noon - Herald Newsletter Deadline for September</td>
<td>7:00 Ad Council Mtg.</td>
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**Don't Miss the DEADLINE!**

Weekly deadline for the Sunday announcement page is NOON on Wednesday each week.

The next monthly HERALD NEWSLETTER DEADLINE is **NOON on Tuesday, August 20th** for the September issue. Thank you!
Northfield United Methodist Church offers an electronic option for our monthly newsletter. By having our newsletter available electronically, we will save costs on paper, postage and copier usage. The newsletter will still be available to those who want to receive a hard copy in the mail.

For those that sign up, you will receive an e-mail directing you to a link to view the newsletter. If you have more than one member in the household that would like to receive this e-mail, please list them also.

Please cut out this form, fill in the information and place it in the basket in the church office or place it in the offering plate on Sunday mornings.

Please print clearly! Thank you!

Name _______________________________________
E-mail Address ________________________________

Name _______________________________________
E-mail Address ________________________________

Retired Clergy: Wayne Abdella, Carl Caskey, Richard Collman, Jeanne Martin, Dick Waters, Mary Keen, Gordon Orde