February Worship

THE MOUNTAINS WE FACE, WHO ARE WE CALLED TO BE?

February 2
Celebration of Holy Communion
Matthew 5:33-37
Rev. Jerad Morey

February 9
Matthew 5:38-42
Rev. Rachel McIver Morey

February 16
Matthew 5:43-48
Rev. Rachel McIver Morey

February 23
Transfiguration Sunday
Matthew 17:1-9
Rev. Rachel McIver Morey

February 26
ASH WEDNESDAY - 6:30 pm
Rev. Jerad Morey & Rev. Rachel McIver Morey

Worship Schedule
Sunday Worship 9:30 am
Discovery Zone Children's Church 9:45 am
Discipleship Hour 10:45 am
Nursery provided during worship. Join us for fellowship and coffee on Sundays in the Fellowship Hall following worship!
NUMC 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.

LAWN SIGNS AVAILABLE

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

Nurturing Generous Living - Stewardship & Finance Team

"Generosity is a matter of action, intentions, and heart. One way to describe it is the grateful outpouring of gifts to others, out of our love for God. Outpouring is a terrific description, since the priceless treasure of the gospel (and all the gifts of covenant, relationship, and life that go with it) comes from God and is meant to be poured out, through our living, upon others.

"Generous living is not just about giving money, or even just about giving. It has to do with the whole of who we are and how we care for our neighbors (see Mark 12:28-31). Each of us brings our heart, mind, soul, and strength. The Old Testament word for “heart” is literally the leaning or thrust of our lives. We might call it our lifestyle or nonverbal witness. In other words, it is how we steward 100 percent of our lives, not just the “religious” sector or the percentage we give away.

"So how do we lead stewardship in our local church? By nurturing generous living in our personal lives and in our life together as part of our congregation and Christ's interconnected, connectional church."

Taken from the website for the Petersburg United Methodist Church in Petersburg, Illinois: https://umcpetersburg.org/stewardship/

Please consider electronic giving. It’s fast, easy, and a convenient way to support the Northfield United Methodist Church. It’s also a way to make stewardship a routine part of your life.

General Fund December 2019 contributions $60,232.16
General Fund December 2018 contributions $68,999.36
General Fund YTD 2019 contributions $390,390.77
General Fund YTD 2018 contributions $407,048.55

Enjoy the Convenience of Electronic Giving!

Electronic giving offers convenience for individual congregation members and provides much needed donation consistency for our congregation. Please consider electronic giving. Authorization forms are available in the Church office.
Dear NUMC friends,

I write this one week returned from my early January pilgrimage to the Holy Land. My purpose was two-fold: to see the geography of Jesus’ ministry as best as one can 2,000 years removed from the events of the Bible (think about how differently our own landscape in what now call "Northfield, Minnesota" would have looked 2,000 years ago, and you have a sense of the distance we are talking about!), and to begin discerning whether NUMC is called to sponsor a trip for the congregation at some point.

It was an intense and profound experience, and - as with all such things - processing and making meaning of my time will not happen quickly. As we begin asking ourselves individually and as a congregation "who are we called to be?", I want to bring this journey to the conversation about what it means to be the people of God.

So I will share one story as I begin my own integration work...

That first day we traveled up to Nablus to see Jacob's well, and to begin the work of reading the landscape of Jesus’ ministry. Peter Miano, our leader, whose scholarship is in the area of New Testament studies, said that a truism in his field is that “the land is the 5th gospel.” That's how important understanding the geography of a place is to understanding its people, both then and now. Our trip took an hour and a half or so, and the whole time we were in the occupied West Bank, watching it go by through windows and then walking it once we arrived at our destination.

I might as well have been on some planet in the Andromeda galaxy for all I could make of what I was seeing.

For one thing, the obvious: walls, barbed wire, giant signs warning Israeli citizens that by Israeli law they were forbidden to enter the occupied territories at risk of harm or death, young men and women at checkpoints with machine guns, the obvious disparity between the poverty of Palestinian villages and the prosperity of Israeli settlements. Post-1947, even the name you call this land by carries weight: "Israel" to some, "Palestine" to others, there is no neutral agreed-upon name for the ground we walked on. Even "Holy Land" carries with it negative political connotations in a space where religion intersects with physical locations in ways that become permanently politicized. So it is important as guests in a space defined by occupation and conflict to approach these questions with humility and caution - we can never fully know all the dynamics at play as strangers there.

Beyond the obvious, though, there was something else that began that first day and nagged at me the whole trip: how do people grow food and provide for themselves here? If you have seen pictures of this part of the world, you have probably seen rocks, deserts, rocky deserts, and mountains varying from kinda desolate to outright moonscape-y. That first day, I looked for what my farm-kid eyes knew as the signs of farming - crop rows, irrigation systems, sheds, corrals, silos, etc. I saw none. Zero.

So when our guide talked about how famously fertile the ground of Palestine is ("it's a just-add-water kind of soil," he claimed), I called time-out and asked where these farms and gardens are. Everywhere I looked were Palestinian villages perched on hilltops, giant plastic water cisterns dotting the top of the multi-story apartment structures favored by the locals ... I could maybe make out some decent valley ground that looked to be cultivated, but nowhere near enough to sustain the population of that place. Even so, Israel-Palestine is self-sufficient in nearly all food provision, with the exception of grain (last year they imported about 80% of their grain).

The farms, it turned out, were right in front of me - the terraces so ancient in some places the rocks had deteriorated but left the layered ground. The trees, particularly olive trees, verge on ancient in some places, and the citrus groves in the hill country are planted to move with the landscape. So when your background is grain farming (like mine), what counts as "farm ground" at all is different from someone who tends to trees older than they are for their livelihood.

I use this as an example of how this land that defined the stories of Scripture, if indeed it is the "5th gospel," needs to be read as though we are reading it in something other than our native language. If you have ever learned a second language, you know that fluency is a tough thing to get to, and very few of us get to a point where we really "understand" that language the way someone who grew up speaking it can. So once I accepted that in this agrarian place I didn't know any of the words, I could start learning the rudimentary vocabulary the landscape offered: where I saw rocks and desert, a local shepherd saw 3 months of tender green grass followed by hay on the stalk for 9 months. Plenty of fodder for all the sheep.

This early insight helped me approach the whole pilgrimage as a learner in the lab rather than an expert in my field - I know nothing of life in mountains and deserts, and generations of people have lived their lives finding abundance where my eyes could only make out variations of rocks.

"Who are we called to be?" Learners in the lab rather than experts in the field - carrying more questions than assumptions, always ready to find out we have read the landscape wrong...or at least incompletely...and that abundance is right in front of us if we have eyes to see it.

I invite you into the journey of shared humility into this question of who we are called to be, and to listen carefully for where God’s voice is calling. It may be to landscapes familiar or to science fiction moonscapes - in either place, we would do well to recognize all that we do not know. It is good to travel to such places among friends.

Blessings, Rachel

Society for Biblical Studies
group that was traveling.
34 of us, all originating from the
US, but over 2/3 were born
outside the US (Philippines,
Ghana, and the
Caribbean Islands).
Photos from Pastor Rachel’s Holy Land Pilgrimage

Sheep fighting over a plastic bag. Note: green grass is juuust over my left shoulder, so they are well within reach of actual fodder.

Image of Bethlehem in the West Bank where our group stayed most nights during the pilgrimage.

Hebron, at mosque housing tomb of the patriarchs (Abraham, Sarah, Isaac, Rebecca, Jacob, and Leah). A mosque and synagogue both share ownership of the site, and security is heavy and ever-present.

Jordan river, site commemorating Jesus' baptism. Actual site likely further upriver by Galilee, but this site was developed for pilgrims and tourists by state of Israel.

You cannot out-eat Palestinian hospitality. Don't even try. Pictured: lunch in downtown Jericho.

Church of the Nativity in Bethlehem, built over the grotto where oral tradition names Jesus' birthplace. Built in 4th C BCE - lit up for Orthodox Christmas, celebrated January 7th.

Bet She'An - important tel (hill comprised of layers of human civilization overlaid on top of each other) and archaeological site depicting the Hellenized world Jesus occupied in the first century CE. Note: tree on tel was used in 1970's "Jesus Christ Superstar" movie production as site of Judas' hanging.

Sea of Galilee (largest freshwater body in the Levant, 32 miles in circumference). Water level highest in 10 years - 80% of Jesus' ministry in Gospels happened in proximity to the sea. So for everyone who feels closest to God at "the lake," you are in good company.

From Sephoris (regional capital during Jesus' adulthood) looking north - closest neighborhood is Israeli, far neighborhood is Palestinian. Israel maintains policies that support the separation of the Palestinian communities (both Muslim and Christian) from Jewish Israeli communities.

I hadn't intended to get my feet into the Sea of Galilee, but after I fell in, there was no point in not wading...
Boat ride in the sea of Galilee. . .it was wet and cold, but we sang and danced and learned a few songs in Hebrew from the boat owner, who identifies as a Jewish Christian.

Shrine of the beatitudes - on a hillside overlooking the Sea of Galilee. We read the beatitudes together, then had the opportunity for silent reflection walking the grounds.

Scribes’ room at Qumran, where the Dead Sea Scrolls were written. . .immediately after this picture was taken, I dropped my phone and it shattered the screen.

Images from the site of Rachel's tomb (Rachel, Jacob's second wife, mother of Joseph and Benjamin). The tomb lay on the other side of the wall, adjacent to a Palestinian refugee camp.

Courtyard of Church of the Nativity, under which Jerome translated the Latin Vulgate.

Olive tree in Garden of Gethsamane, outside the Church of the Agony - commemorating the place where Jesus awaited his arrest.

Masada - site of Jewish Sicarii confrontation with Rome in 73 AD.

Images of Boat ride in the sea of Galilee, Shrine of the beatitudes, Scribes’ room at Qumran, Courtyard of Church of the Nativity, Olive tree in Garden of Gethsamane, Masada.

Images of浮在死海。虽然冷，滑，而且闻起来像坏了的鸡蛋，但所有人都玩得很开心。
Photos from Pastor Rachel’s Holy Land Pilgrimage - continued

We were privileged to visit the Dome of the Rock AND go inside because of a relationship with the Islamic Land Trust. Specific clothing requirements for women pictured here.

Barbed wire tops the walls of Old Jerusalem.

Bethlehem at sunset.

Picture of the Dung Gate leading into Old Jerusalem, taken by request.

Me with my roommate, Petra - we didn't know each other when the pilgrimage began, but ended so grateful to share this time in the Holy Land. Here we pray in the Church of the Agony on the Mount of Olives.

Mount of Olives facing the Temple Mount - the site of the most intense scenes of the Holy Week journey.

This is a minefield immediately adjacent to the site commemorating Jesus' baptism at the Jordan - one of the frequent visual reminders of the conflict zone we were in.

St. George's monastery - one of hundreds established in the 4th C CE by Christian pilgrims; still in operation today with 8-10 monks. Deep in the heart of the trans-Jordan wilderness.

Jacob's well in Nablus - there is only one spring in the city, and - as our guide said, "you can't fake a well." So this is one site where history and archaeology both point to the same biblical story.
Wow! So much has happened since the last Herald article. I continue to feel truly blessed to be a part of this awesome ministry team and to serve and walk alongside these wonderful young disciples. I really sense that we are in the heart of the year now. I definitely have had adequate time get to know the youth in KC3 and they have now gotten to know me as well. For one am having a blast and I think we have really developed a nice rhythm for our Wednesday after school program.

These last couple months have included a lot of winter fun outside, some great crafts and games, learning some hymns and the content has been centered around the Church seasons and what these seasons mean to us as Christians. We have passed though Advent and Christmas and now we are focused on our current season of Epiphany.

During Advent we focused on the call stories of Elizabeth and Zechariah, and Mary and Joseph. We pondered what it means to be called by God, what we might be called to do in our lives and how can we respond. As we read through these Bible stories, Elizabeth, Zechariah, Mary and Joseph were great models of God’s people that we can learn from.

We celebrated and learned about Christmas with lots of fun crafts, games and a Christmas party (pin Mary on the donkey was a favorite game). The kids had a wonderful opportunity to rehearse and perform in “A Not So Ordinary Night,” our Christmas pageant this year, under the fabulous writing and directing of our own Michelle Gibbs. As we discussed the meaning of Christmas we talked about how Jesus was not born in a lofty place with fancy robes but came to the tattered, humble and possibly even smelly place of of a stable. This shows us that God truly came to be with us in our world even as it is-sometimes great yet often with many imperfections. We can trust that Jesus is not afraid of the humble, tattered and possibly smelly parts of our lives and that we can trust that he will meet us in our lofty places and in our places of difficulty and humility.

Since returning from a long and rejuvenating Christmas break the energy has been fun, exciting and full of enthusiasm. We have been focusing on the season of Epiphany. We have practiced “We Three King’s” with piano accompaniment, made Epiphany stars and camels. The content focus has been-what does this Christmas thing mean? While Christmas celebrates the birth of Jesus, Epiphany really extends that divine miracle to focus on what Jesus’ birth means for us. As a Church, in Epiphany we realize what this all means-that Christ came for us and for all people around the world. We are also thinking about what personal epiphanies this great news might inspire in our lives. These conversations have been the center of our discussions for the last couple of weeks since the beginning of Epiphany. The Church season of Epiphany runs right up until Ash Wednesday, which this year lands on the 26th of February, and I encourage anyone of any age to ponder these things: Think about the meaning of Christ’s birth and how he came for all people, including you, no matter your background. Furthermore, like the wise men, what spiritual road might we be called to follow this Epiphany season? Are there any personal realizations in our lives to be celebrated or any paths we are being called to follow?

Again I feel so blessed to be a part of this community and I wish you a wonderful Epiphany season.

Gods Peace,
Gregory Ennis
Family Ministry Calendar and Other Info

Tuesdays and Thursdays 8:30am-10am: PLAYTIME for toddlers!
Our gym (and our hearts!) open for Northfield's youngest kiddos who need some running room in the colder months. For kids 5 and under, under parent/guardian supervision. We provide space, a BOUNCEHOUSE!, and other large muscle toys to play with through March 19th. Interested in being a host for this vital ministry? Connect with us - info@northfieldumc.org.

Called to teach? Here's your chance!
Our Discovery Zone children's church has been a wonderful newly formatted Sunday morning opportunity for our younger kids (5th grade and under) to experience worship in a space and way that speaks to them specifically. This fall has been our pilot season, and we are pleased with what we have seen God do - so now is the opportunity to join the fun as a leader/leader's aid for our children. If you would like to hear more about joining this team, contact the church at info@northfieldumc.org.

KC3 for kids aged 2nd grade-5th grade
This year we offer a more age-appropriate program for our preschool-1st graders in the nursery after school. This will allow additional opportunities for the older kids to experience off-site service projects and fun fellowship, and more time to play for our youngest disciples!

Wednesday Bible Playdate
For preschool-1st grade, contact Pastor Rachel or Patty Gangloff for more information.

6th-12th Grade on Wednesdays:

February 5th- 6:30pm
SALT - a church family opportunity to Serve And Learn Together! The first Wednesday of each month our team of confirmed youth and adults lead us in a project to bless our community.

February 12th - 6:30pm
9th Grade confirmation (High School room)
Sundaes on Wednesdays (Middle School room)
Parent Fellowship (Cider and conversation in the welcome area)

February 19th - 6:30pm
PEPPER (Praying and Preparing for the 2020 summer service trip)
CAC Food Shelf service night!
Parents and youth will gather at the South entrance at 6:15 pm to carpool over to the food shelf - we will learn more about how hunger affects our community, and put our hands to God's work.

February 26th - 6:30pm
Ash Wednesday worship (sanctuary)
Our invitation for the Lenten season - a 40 day period preparing us for Holy Week and Easter - is to consider what decisions God is calling each of us toward. Come ready to offer yours to God in prayer and to begin the journey to the cross and empty tomb.

2020 Youth Mission Trip - Long Term Flood Recovery Partnership of Juneau County
Juneau County, Wisconsin was devastated by flooding two years ago. Fortunately UMCOR, the United Methodist Committee on Relief, was there to partner with local agencies and get folks back on their feet, ensuring people could live in healthy homes again.

That work is ongoing. This summer our middle and high school youth and adult chaperones will be going to Juneau County to help with construction related to ongoing flood recovery in people's homes. Not only will we be loving our neighbor, but we'll also grow in fellowship with a fun day at one of the Wisconsin Dells' world-famous waterparks. Please pray for our youth and adults as they prepare for this July 19-24 mission trip through the year. Please also plan to generously support this and future mission projects of the church.
The Discipleship Forum takes place in the Reception Room at 10:45am after Sunday morning worship. The 45-60 minute sessions dig deep into our faith and community. Youth and adults are invited to participate.

As a congregation we began the year asking ourselves "Who are we" and are now asking "who are we called to be?" This call includes the word we hear from the prophets, the passions given to us by our lived experiences and encounters with God in our mission field, and our own ability to reason. Our Discipleship Forum topics will help us attend to the questions:

**February 2: Living with Mental Illness**
Many of us and many people in our mission field live with mental illness diagnoses. How can we best support ourselves and our neighbors? Eric Lundin is a psychologist who sees underinsured and uninsured patients. He has worked with children, families and adults and will share his perspective as Outpatient Therapist with Rice County Social Services. (Rescheduled from December and January)

**February 9: ISAIAH Caucus Training**
Ours is an ISAIAH member congregation, meaning we intend to use the gifts of living in a society with democratic participation to love our neighbors. The caucuses are a powerful and strategic opportunity to engage with neighbors and candidates on a Faith Agenda, and make it a reality. This non-partisan Faith Delegate Caucus Training is designed to prepare you for this mission. Especially if you are new to the caucuses or haven't participated through ISAIAH before, join us to get the inside scoop on our special and pretty FUN approach to caucus participation!

**February 16: Pastor Rachel's Holy Land Review**
For those who have been reading the Bible in a year and those curious about Holy Land geography, Pastor Rachel will share information gleaned from her recent Society for Biblical Studies trip in the Holy Land.

**February 23: Hosanna Study Preview**
A Lenten Bible study will kick off to occur simultaneously with other Discipleship Forum topics. Join NUMC member Crystal Greenfield for a preview of the Hosanna study, which explores each gospel author's story of Holy Week and the apostle Paul's writing of the resurrected Christ. Those who wish to continue exploring Holy Week will begin meeting separately in the library during Discipleship Hour starting on March 1.

**March 1: The Census**
The United States Census counts the nation's population and helps determine each state's electoral votes, the make-up of congressional districts, and informs many other decisions. Learn about the census, why it is important to count every one, and how you can be involved.

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**Financial Peace University**
Was one of your new year's resolutions to be a better steward of the financial resources you've been given? Consider taking Financial Peace University at Northfield UMC. One of last year's participants tells of how their life changed putting the principles into practice: "I now have a fully-funded emergency fund. I am also saving more than before."

Financial Peace is a curriculum designed by Dave Ramsey to help people better manage debt and make decisions about money according to what is really important. It also includes financial literacy and inside perspectives on things like credit scores and insurance coverage. We are offering this class again in 9 sessions, February 23 - May 3, after church during the discipleship hour.

To register, go to http://fpu.com/1112543 or talk with Pastor Jerad.
How Shall We As United Methodists Participate Politically?
Faithful Civic Engagement in the 2020 Election Cycle

The short answer to the question is by “putting our faith into action and working for systemic change to make our world more just and peaceful.” The longer answer includes many possible actions – claiming our story, connecting with decision makers, engaging in the voting process and creating change together. We are fortunate to have the Wesley Quadrilateral as a guide in discerning ways to evaluate possible actions:

- What does Scripture tell us?
- What guidance can we get from our history and tradition?
- What experience have we had that inform us?
- What conclusions do we reach by using reason?

February and March provide opportunities to engage in the voting process.

Be sure you are registered to vote with your current address and current name. If you need to make changes you can do this before **February 11** at your City Hall, or on **March 3rd** at the precinct-polling place.

**March 3rd** is the presidential nomination primary when we choose the candidate that is endorsed by a political party. We go to our regular polling sites and vote on either the Republican or Democratic ballot. Early voting is already available.

**February 25th** at 7:00 pm the process for party endorsement of candidates for all federal and state other positions begins.

Each major party will hold precinct caucuses at which they:
(1) Elect delegates to the Party’s local organizing convention.
(2) Gather resolutions.

Resolutions will be combined and winnowed and eventually inform the platform for that party. Any individual can introduce a resolution that, if accepted by a majority of those present, is passed along to the local organizing convention in that party.

Check with your party leaders or a friend who is also with the party to find out the location of your precinct.

To learn more about how we work through ISAIAH to be a significant force at these caucuses and conventions, come to the Discipleship Hour on **Sunday, February 9th**. Kathryn Lozada, from ISAIAH-MN, will help us better understand what that means and how to get more deeply involved.

**“from the forward to Creating Social Change: A Toolkit for Civic Engagement published by the General Board of Church and Society**
NUMC ADULT CHOIR
Sing great music with great people - the NUMC Adult Choir! We invite anyone HS through adult who would like to sing in choir to join us! Rehearsals are Wednesday evenings from 7:00-8:15 pm. The choir sings for worship most Sundays during the school year. Talk with director Randy Ferguson rferguson@charter.net or any choir member for more information. Adult Choir Rehearsal on February 26th will be held following the Ash Wednesday Service at approximately 7:30 pm.

Musicians Wanted!
We’d love to have you share your gift of music with our church! Please of all ages and abilities are invited to play for worship. Accompaniment is available if needed. Please contact Wendy Smith at church, by phone at 507-645-5689 ext. 23 or email wendynumc@aol.com.

MS/HS Church Band
Interested instrumentalist and singers please talk with Wendy Smith and other church band members in the sanctuary after worship any Sunday morning.

Dixieland Music Transfiguration Sunday, February 23rd
Join us for worship on Transfiguration Sunday with music led by our very own Dixieland styled band, the Methodist Dixiecats!

Coffee at Caribou
Come visit Pastor Rachel or Pastor Jerad at Caribou Coffee for community office hours 12:30-2:00 pm every Tuesday through March 17. No appointment necessary!

Winter weather reminder:
If Northfield Public Schools are closed due to weather conditions, the church policy is that the church office will be closed and church sponsored activities cancelled. Check with your team leader for specific meeting cancellations. This only applies to weather related closures not Holiday or pre-scheduled school closings.

New Member Class
February 16 & April 26 - 10:45 am - 12:45 pm
Are you exploring membership in Northfield United Methodist Church? Come meet with other explorers, share your journey, learn about United Methodist and learn about our congregation in this interactive time together. RSVP with Pastor Jerad at jmorey@northfieldumc.org or (507) 403-0070.
SUPER WEDNESDAY SHARED MEAL MENU

February 5 - Mock Chow Mein, Normandy blend, jello, French bread, and brownies.
February 12 - Shrimp Alfredo, broccoli, Caesar salad, French bread, Red Velvet cupcakes.
February 19 - Tator tot hotdish, green beans, fruit platter, French bread, chocolate chip bars.
February 26 - Ash Wednesday - Tilapia, green rice, corn relish, French bread, pineapple upside down cake.

Joys and Concerns

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

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

Prayers of Celebration with:
- Nick and Mary Weaver and Bob and Laurie Kodet on the birth of their granddaughter Cora Jan Kodet, parents Josh and Sam Weaver Kodet

Prayers of Sympathy with:
- Carl Caskey and family on the death of Carl’s brother John
- Liz and Dave Littlefield on the death of Liz’s mother
- Julie and Paul Thornton family on the death of Julie’s father Dick Rademacher
- Family and friends of Ada Eyler
- Family and friends of Larry Jones

Remembering Those in Military Service
Luke Erickson
Andrew Nielsen

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

Church Library

From Pope Francis’ take on the environment crisis, to books on John Wesley and other Methodist notables, to Joseph Campbell’s book in which he presents his insights of modern psychology with his understanding of comparative mythology, all are available in the church’s library.

Kudos go to the Discipleship Hour planning committee. They have brought in speakers on issues pertinent to the church community and the community at large. Those guest speakers have generally provided attendees with summary hand-outs. Available at one or the other of the Library’s display areas are copies which may be checked out for a week or easily reviewed at the moment.
In February our thoughts turn to our hearts: Valentine hearts filled with love, our spiritual journey as we begin the Lenten season, and our physical hearts as it is American Heart Month. We should be concerned about heart disease because “heart attack and other cardiovascular diseases are America’s number #1 killer of adults.” Stroke can cause death, but it is also considered the leading cause of severe, long-term disability.

**Heart Attack Warning Signs**
- Pressure, squeezing, or severe pain in the chest which lasts more than a few minutes
- Pain or discomfort in one or both arms, back, neck, or jaw
- Shortness of breath with or without chest discomfort
- Nausea, lightheadedness, or cold sweat

**Stroke Warning Signs**
- Sudden dizziness, loss of balance, or trouble walking
- Sudden blurred vision or trouble seeing with one or both eyes
- Sudden numbness or weakness of face, arm, or leg (especially on one side of body)
- Sudden confusion, or trouble speaking or understanding
- Sudden severe headache without known cause

**When you see stroke symptoms, BE FAST!** Allina Health says this acronym is a way to remember the stroke warning signs listed above. It stands for Balance, Eyes, Face, Arms, Speech, and Time. The American Heart Association reminds us that if one has any of the heart attack or stroke warning signs, call 9-1-1 immediately.

Prevention of cardiovascular disease is important. The following risk factors of cardiovascular disease are ones you can do something about. They are: smoking, high blood pressure, high cholesterol, diabetes, being overweight or obese, and lack of exercise or physical inactivity.

The American Heart Association suggests “10 Ways to Love Your Heart.”
- Get regular checkups.
- Know your blood pressure and cholesterol numbers.
- Follow your doctor’s recommendations for diet and exercise.
- Take prescribed medications as directed.
- If you smoke, quit now.
- Get at least 30 minutes of moderate physical activity each day.
- Eat a heart-healthy diet, including fruits and vegetables, whole-grain food and fish.
- Limit food high in saturated fats and dietary cholesterol.
- Limit your salt intake to 2300 mg of sodium a day.
- If you drink alcoholic beverages, drink in moderation.

For more information check out the following websites: www.goredforwomen.org or www.americanheart.org

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**Free Blood Pressure Screening**
Sunday, February 9th
10:30 am
Thank You! From Emma Norton Services

Everyone at Emma Norton is so grateful for the incredible generosity shown by our community of supporters and sponsors this holiday season. We shared the wish lists and needs of the adults and youth we serve, and our individual donors and community partners answered in abundance. Supporters old and new worked together to provide holiday gifts for nearly 100 children and youth across all of our programs, as well as gifts and gift cards for all of our adult clients. Thank You!

An Evening of Christmas Cheer

Over 50 women attended an evening of Christmas Cheer. Mothers, daughters, friends, all had a special time sharing punch and desserts at festively decorated tables. Over 30 of the Northfield Troubadors shared their harmonies of the season. Thank you to all that participated. Sara Newberg’s skill on the piano gave ambiance to the evening and support to the sing-a-long. The Friday Morning Retired Men’s Group were invaluable in the kitchen and serving the ladies. Desserts were provided by members and friends of Esther Circle and Mugs and Muffins. About $325 was given to UMCOR from the free will offering. Thank you all.

United Methodist Women Sunday, March 1, Invitation to Participate!

All NUMC women that have ever wanted to take part in presenting a worship service are invited to be a part of the March 1, UMW Sunday worship. Reverend Jeanne Martin and Lay Speaker, Catherine Williams will do most of the planning, but there are many parts for supporting participants. Here is a special opportunity to uplift the mission activities and vision of the women of NUMC. Come, be a part of the success of the day. Please sign up to help at the Welcome Table.

UMW Mission Support in 2020!

God’s work and the needs of the world never stops. A new year brings repeated ways to meet those needs by action and fundraising. We will continue with the Rummage for Mission Sale in June, Apple Pie Baking for Emma Norton in September, Silent Auction in November, and Bake Sale for Children's Bus in December. These have proven to be fun activities that all NUMC members and friends willingly take part in.

Everyone is not a listed member of UMW at NUMC, but we are all women in the United Methodist Church. We have our own strong sense of mission to fulfill God's work. An opportunity to pledge to that mission will be extended through pledge cards received in a mailing in February.

An updated UMW Directory is forthcoming in 2020. Our Yearly Budget is included and a list of dates for all NUMC UMW, River Valley District UMW, and MN Conference UMW dates and events. Everyone is invited to all events.

Thank you for your generous extension of time and talent given in the past and pledged to the future.

Catherine Williams, UMW President
MICAH NEWS
( methodists investing in care and action for the holy land) Micah 6:8

Here are some thank you messages to Northfield NUMC from our Bethlehem family and the Shepherd Society:

Thank you and your church for gifts for the Marlene Zreineh family. We will give them the gift next week. Have a blessed day!
Muna Nour
Social worker, The Shepherd Society

I want to express our gratitude for having friends like you who continue to support our ministry in this time. While we have faced many challenges due to the political situation over the past year, with your help, we have been able to bring joy and blessing to many families. Christmas is a reminder that even when things look dark God is at work in the midst of our situation, meeting us where we are.
With gratitude
Sari Zeidan, Head of the Shepherd Society

How are you hope you are doing well.
We are fine, this Christmas was very nice, Nicola and Fadi attended Bethlehem tree lightning and they are participating in many Christmas events with the Boy Scouts! They are excited for this season and waiting for the new year.
Nicola is doing well at university and he is trying his best especially that now is the final exams. And Fadi is busy with studying too. It’s his last year at school, I hope he will succeed too.
Here the weather is nice, but a little cold, not snowing yet!
Thank you for everything, and God bless you and give you health and happiness.
Marlene Zreineh

NEW ITEM AVAILABLE FOR PURCHASE!

We now have 100% olive oil soap, available in the church office with the olive oil.
This much-loved soap feels like silk on the skin!
Handmade naturally in Palestine using the traditionally cold process method.
No chemicals or preservatives.
Scent-free.
$5.00 each.

MICAH has Zatoun Palestinian Fair Trade Virgin Olive Oil and Za’atar for sale
These make great gifts!

Currently we have 750 ml bottles @ $20.00 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)
The first Wednesday of each month, we worship and serve together! Beginning at 6:30 pm, we will gather in the gym/mult-purpose room for service and learning. This is for all generations – young and old, new to our church and seasoned hands alike.

Make us ready, O God – our hands are yours.

Family Fare Receipts
Thank YOU to everyone for continuing to "fill the box" located on the information table in the Fellowship Hall. Like winter, it seems a loooooong slow march to our goal, but, we CAN and WILL make it - we’re over half way there now. Keep watching the Herald (or maybe even the box!) for a more exact figure of receipts to date.

Can you read and write?
If so we need you!
If you can read and write you are qualified to help record the weekly offering. We are in need of a couple of volunteers to help with recording the weekly offering on Monday mornings. If you can commit to 1 - 1 ½ hours, once or twice a month on Monday mornings (not every week) and you are able to write numbers on a piece of paper you are qualified to be a counter! No accounting, banking or mathematic skills required! If interested or for more info talk to Sandy in the church office.

Like Super Wednesdays shared meal? Sign up to help!
We can't put on the Super Wednesday meals without our volunteer help; so please sign up to help. We welcome volunteers to help on an occasional basis and this is an easy way to contribute to the ministry of NUMC.

You will find the clipboard for sign-ups on the table at end of Fellowship Hall. Questions? Contact Ellen Trotman at thetrotmans@gmail.com or Cindy Anderson at donderson@msn.com.

Habitat for Humanity (Rice County)
Winter does not stop us in Minnesota and the same goes for Rice County Habitat for Humanity. We have a lot of plans for 2020. We will be starting 2 new builds in Faribault by Daikin, building with 2 more families. In Northfield we will be building our first Faith Build, a 4 plex, this summer. This will be a big undertaking involving 4 families, churches and community members. If you want to help build and stabilize with us please go to our website and sign up to volunteer on the "Build Schedule" icon. If you or someone you know is interested in affordable housing in Rice County they can sign up for an information session on our website, habitatricecounty.org, as well. Rice County Habitat for Humanity selects families based on need for housing, ability to pay a mortgage and willingness to partner.
Composting Corner

Compost Corner - Thinking of "R" words as we move away from the season of Resolutions (did you make any for 2020?). It's a common resolution to lose weight (ie reduce our waist), but it's also important to resolve to reduce our waste.

Composting continues to reduce NUMC's "contributions" to the local landfill.

Recycling is important but so is Rethinking purchasing habits. Can products be purchased with less packaging? Are there things that could be Refused because the environmental cost is too high?

Remember to take plastic bags (including clean zip locs, potato and bread wrappers) back to stores.

Remember to take your own bags to avoid taking any new plastic store bags.

Can we recruit others to reflect on ways to support each other; to share ideas/suggestions?

As we move towards Lent, a season of reflection and repentance, think about what God is asking us to do as stewards of the earth. Reflect on the meaning of repentance - not just being sorry for wrongful behavior, but changing the behavior.

Rejoice in our bounty but reduce the waste.

Look for the bins around the church for:

**COMPOST** - food scraps, leftover, parchment paper, napkins, paper towels, soiled paper and cardboard, shredded paper, plant trimmings, and bio-plastic items (which are usually labeled compostable or have a green stripe).

**RECYCLING** - clean flattened cardboard, clean paper, rinsed glass containers, rinsed cans, rinsed hard plastic containers (look for the recycling triangle; please make sure caps/lids are put back on plastic containers) and aluminum foil wiped/rinsed clean of grease and food.

**LANDFILL** - items that are not compostable or recyclable or that are composed of more than one material (e.g. paper and foil, plastic and paper, plastic and foil).

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**Card Making with Margie**
Thursday, February 20th
6:30-9:00 pm in the Fellowship Hall

Cost: $10 to cover supplies.
Join Margie Brockton for a fun evening of making greeting cards.
She will have all the supplies needed.
Call 507-649-2324 for more info!

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**W.O.W. LUNCH**
(Widows or Widowers)
February 12th - noon
Perkins Restaurant back room - Northfield

We would welcome any widow or widower to join us. There is a core of both men and women who regularly enjoy conversation on many subjects.
Because every picture has a story to tell...

The pageant was called "An Ordinary Night"...which hardly does justice to the hard work of our kids and volunteers for our annual retelling of the Christmas story! Thanks to all who worked so hard to bring the words to life.

Last months SALT (Serving and Learning Together) project was tying blankets for homeless youth at The Key. Folks of all ages came together in fellowship to keep our community's housing-unstable youth warm and to pray for a more secure future.
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**Additional Events:**

- **Sunday, February 19:**
  - Transfiguration Sunday
  - 9:30 Worship
  - 9:45 Discovery Zone
  - 9:45 Children's Church
  - 10:45 Discipleship Hour
  - 10:45 Financial Peace University

- **Monday, February 20:**
  - 9:00 Care Team
  - Noon - Herald Newsletter Deadline
  - SUPER WEDNESDAY
  - 3:30 KC3 & Bible Playdate
  - 5:30 Shared Meal
  - 6:15 Mission Knitting
  - 6:15 Handbell Choir Rehearsal
  - 6:30 SALT
  - 7:00 Adult Choir Rehearsal

- **Tuesday, February 21:**
  - 9:45 Care Team at Millstream
  - 10:30 Coffee at Millstream
  - SUPER WEDNESDAY
  - 3:30 KC3 & Bible Playdate
  - 5:30 Shared Meal
  - 6:15 Mission Knitting
  - 6:30 Ash Wednesday Service
  - 7:30 Adult Choir Rehearsal
  - No Handbell Rehearsal

**Regular Church Office Hours:**

- Monday-Thursday, 8:00 am - 4:00 pm
- Friday, 8:00 am - Noon

**Don't Miss the DEADLINE!**

The next HERALD NEWSLETTER DEADLINE is NOON on Wednesday, February 19 for the March issue.

Please submit your items in a digital format to Sandy at northfieldumc@gmail.com.
Northfield United Methodist Church

1401 South Maple Street
Northfield, MN  55057

Phone:  (507) 645-5689
Email: northfieldumc@gmail.com
Website:  www.northfieldumc.org

Offering Christ

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 ________________________________

Our Church Staff

Pastors
Rachel McIver Morey
Jerad Morey

Parish Nurse
Ruth Kruse

Office Administrator
Sandy Vesledahl

KC3 Coordinator
Gregory Ennis

Worship & Music
Wendy Smith

Child Care Provider
Kathryn Steed

Organists/Accompanists
Bob Henstein
Donna Paulsen

Handbell Choir Director
Kathy Szydlo

Adult Choir Director
Randall Ferguson

Projection Coordinator
Molly Peterson

Custodian
Arturo Rosas Avila

Building Security
Margie Brockton

Sunday School Superintendent
Diana Huseth
(Volunteer)

Treasurer
John Stull
(Volunteer)

Web Site
Jesse Steed
(Volunteer)

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