March Worship

AT THE INTERSECTION OF HEAVEN AND EARTH

March 1
UMW Sunday
Celebration of Holy Communion
Pray for the intersection of Cannon Valley Drive and Lincoln Parkway

March 8
Matthew 4:1-11
Rev. Rachel McIver Morey
Pray for the intersection of Jefferson Parkway and Raider Drive

March 15
Matthew 5:1-12
Rev. Jerad Morey
Pray for the intersection of 5th and Division Streets

March 22
Matthew 17:14-21
Rev. Rachel McIver Morey
Pray for the intersection of Jefferson Pkwy. and Hwy. 246

March 29
Matthew 18:10-14
Rev. Rachel McIver Morey
Pray for the intersection of I-35 and Hwy. 19
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.

2019 FINANCIAL UPDATE
The Steward and Finance Committee has good news to share: we finished 2019 with all our bills paid, including the brickwork on the north side of the sanctuary. Contributions to our General Fund, or the money we use to pay for programs, staff, and ministries, were especially generous in December and donations to the Jubilee Campaign were also significant. In addition our expenses were down.

Although we finished 2019 on a strong note, total contributions for the year were less than in 2018. What caused this decrease? While we lost some donors after the General Conference in February 2018 and some others after we voted to become a reconciling church, the major factor contributing to the decline was life changes among regular and generous givers. Some experienced changes in their lives such as moving to care centers or changes in their health which impacted their personal finances. Others simply died. The loss of these habitual and bounteous givers will have a significant impact on our church’s bottom line until they are replaced.

Fortunately there is good news to share about this: the total number of people donating to NUMC in 2019 compared to 2018 increased by a staggering 70%! This is fantastic and a great cause for celebration as it shows more people becoming active stewards of our church. We pray that they will become regular and generous donors both this year and in the future.

Our church’s financial health and its ability to support programs, pay staff and engage in various ministries depends upon monetary gifts from our members. Please resolve this year to be a good steward and support your church as generously as you can.

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<th>General Fund 2019 Year End contributions</th>
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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,

In each new members’ class one of the things we talk about when it comes to United Methodism’s “distinctives,” what makes it different from other denominations potential new members might have belonged to, is our connectional system. We are part of a global church with global agencies. Our ministries go far beyond our walls. Part of NUMC’s budget is allocated to "apportionments." This one way we and every other United Methodist Church participate in the ministries of the broader church. These ministries include:

- Africa University in Harare, Zimbabwe - where a recent Rotary exchange student told me he hoped to go to college.
- Hamline University - the alma mater of many NUMC members.
- The General Board of Church and Society - which advocates for justice in the US and abroad based on the Social Principles.
- UMCOR, the United Methodist Committee on Relief - which organizes disaster relief and recovery efforts.

It is through UMCOR that we found our mission trip this summer. You may recall that last year there were one or two fundraising events every month to ensure our group of 26 youth and adults could go to Idaho. Parents and youth this year decided something less funds-intensive was the way to go. We discovered Long-Term Recovery Partnership of Juneau County.

Juneau County, Wisconsin, suffered historic flooding in late summer of 2018. Residences and businesses were wiped out. Houses were damaged beyond repair and people got vouchers to sleep in motels. But some churches came together to apply for, and receive, an UMCOR grant for disaster relief. Since then they have set up a shelter for volunteers and welcomed mission groups from across the country to help restore homes and provide healthy places to live for area residents.

A dozen middle and high school youth and adult chaperones from our church will be staying in the volunteer dorms the week of July 19. We will be participating in reconstruction and recovery, providing shelter to others and learning how better to love our neighbor and our only costs will be mileage and extras. Our lodging and meals will all be covered thanks to the UMCOR grant, allowing the team to focus more on growing in fellowship and stretching their aptitude for various kinds of service rather than constantly fundraising.

Please pray for our youth and adult chaperones. They are meeting monthly with others on PEPPER nights as they prepare and pray for the mission project. Keep them and the still-recovering people of Juneau County in your prayers. Remember them when you tithe on Sundays - a portion of your tithe goes to support UMCOR. And remember that, while mission trips are wonderful you hardly need to set foot past your front door before you, too, are in a mission field. How will you love your neighbor this month?

Pastor Jerad

**LENTEN CALENDAR**

A Silent Meditation opportunity will be held Thursdays at 6:30 pm during Lent. We will gather at the red window in the sanctuary for about 20 minutes of silence, beginning on February 27th. This is open to all who would like to set aside a quiet time for meeting with God, a time to quiet and calm our souls.

**Palm Sunday Worship** - April 5, 9:30 am
**Holy Wednesday Service** - April 8, 6:30 pm
**Easter Celebration of the Resurrection** - April 12, 9:30 am and 11:00 am

**Easter Flowers**

Order forms for flowers for the Easter worship setting will be available March 15 in the church office. You may deposit your completed form with a check in the marked box that is also on the counter. All orders are due with payment **Wednesday, April 1st.**
MCCI PRESCRIPTION TEAMS – ROUND 2
Where am I called to put my hands, feet, and heart?

Our first MCCI teams launched in summer of 2019, and SOOO much has happened as they have discerned how God is calling us forward...our new welcome area and signage, changes in the worship schedule, significant growth in the number of people contributing to God's mission here...all driven by our prayerful discernment of who we are, who we are called to be, and who we are called to serve. We have new opportunities in this process in the areas of guest welcome, worship, children's ministry, and youth ministry - take a look, and pray: "God - what are you calling me to do?" Make us all ready indeed, O Lord - our hands are yours.

_____ Families First Youth in Ministry Team:
This team will be for folks in our congregation called to work alongside staff and support the implementation of our vision for youth (6th-12th grade students) and family ministry centered in service and community in Christ. This could include direct ministry on Wednesday nights or on mission trips or local service opportunities, as well as creating other new fellowship or service opportunities throughout the year.

_____ Families First Children in Ministry Team: This team is for folks in the NUMC congregation called to explore opportunities and develop and implement vision for NUMC children's ministry while working alongside staff to bring the vision to life. This could include direct ministry with children, supporting staff indirectly, and/or shaping the vision for how we are called to be in ministry alongside families with young children throughout the Northfield community.

Guest Welcome Team: We all have the opportunity to serve in welcoming one another into worship and community! Please check any that you would be interested in doing.

_____ usher
_____ greeter
_____ coffee server
_____ welcome desk
_____ I am interested, but I need more information!

_____ Experiencing God on Sunday Morning Team: Our Worship Schedule Discernment Team completed its work July 2019, bringing two worship services into one. Our next MCCI step in this area is to “continue the ongoing journey of helping worship services at Northfield become ever more powerful, inspirational and filled with a sense of God’s presence” (from 2019 MCCI report). Interested in hearing more? Let us know! We are looking for a representative group of folks across the congregation for this important work.

Name:_____________________________________________

Phone Number: _____________________________________

Email:______________________________________________
Prayer is the Key - News from Kids Creating Community in Christ-KC3

In my last article I spoke about Epiphany and encouraged everyone to think about what personal epiphany God might be calling us to have this season. In KC3 we have since finished up the Epiphany stories and the stories of Jesus’ early life. While doing so we made some really fun crafts, practiced hymns, and took home a very cool Epiphany blessing in which we chalked our homes as an invitation for God’s guidance and peace for us this year.

I think that God has been calling us into a more prayerful state so this has been the focus of KC3 for the past few weeks. We have been learning the hymn and studying the words to “What a Friend We have in Jesus.” This hymn is such a great reminder that we often carry so much more than we need to without the help of God and when we “take it to the Lord in prayer” God really can lighten our burdens. This hymn makes me think of the passage from Matthew 11:28-30.

28 “Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. 29 Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy, and my burden is light.”

We have studied this passage along with Romans 8:26.

26 Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words.

This is a helpful reminder that we do not need wordy prayers and that we do not need to articulate everything perfectly. Sometimes just a thought, or a word, and a sigh, or a breath, is all that is needed. I have been reminding the children that the power of prayer is not dependent on our abilities, how good we are, or how well we pray; it is dependent on God’s goodness and how much God loves us. God does love us and provides this amazing opportunity to communicate. God does listen to, respond to, and care about our prayers.

We looked at a model for prayer in which many of our thoughts and concerns can be placed before God. One way to organize our prayers would be to say,

1) God, you are good
2) I need help
3) They need help
4) We need help
5) Thank you God.

We can place all the issues in our heart, mind and soul into this model. Sometimes just a thought and a breath while following this form is enough. The word for “spirit” and “breath” are the same in Biblical Greek. The simple act of focusing on our breath can clear our minds and open up space to hear God.

As we finish our unit on prayer we will also study the Lord’s Prayer and make this a regular part of our lessons. This study on prayer will transition nicely into Lent as we focus on self reflection and spiritual practices.

Please feel free to reflect on and practice some of these ideas about prayer whether you are a youth or the oldest member of this congregation.

We have also had a lot of fun in the snow and have played some exciting games indoors as well, including a few hilarious games of sardines. The crafts and the music we have been learning have all been focused on these themes and I am so proud of the job that these children are doing in all aspects of KC3.

I want to make a note that in March we will be collecting food for those in need right here in our state. Anyone in the congregation is encouraged to bring food that will then be donated to the food shelf. We will have our own food drive in KC3 that will be added into the NUMC food drive.

I hope this article finds you feeling blessed and more prayerful and I look forward to letting you know what’s happening with KC3 next month.

Peace and blessings, Gregory
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.

Lenten opportunities...
The 40 day season of preparation for Easter which begins February 26th (Ash Wednesday) is also a chance to consider what you as a family might do together as a spiritual practice. Consider reading through a gospel (recommended: Mark!) aloud to each other, or introducing mealtime/bedtime prayers, or choosing to only buy second-hand goods, or fasting for a meal and donating the saved money to the CAC Food Shelf. How are you as a family called to seek God in a new way in this season?

6th-12th Grade on Wednesdays:
March 4 - 6:30 pm
SALT (Serving and Learning Together) night! Our team of confirmed youth will lead us in making sandwiches for Simpson shelter, a longtime partner for NUMC. This will kick off our Minnesota Foodshare month opportunities! 6:30pm in Fellowship Hall.

March 11 - all at 6:30 pm
9th Grade confirmation (High School room)
Sundaes on Wednesdays (Middle School room)
Parent Fellowship (Cider and conversation in the welcome area)

March 18 - 6:30 pm
PEPPER night! We will be praying and preparing for our youth service trip for long-term flood relief to Juneau county, Wisconsin. 6:30pm in the high school room.

SPRING BREAK - March 21-29
No Super Wednesday!

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 we continue to ask ourselves "who are we called to be" the discipleship forum is experimenting with its own identity. Three adult discipleship opportunities are being offered after church this month: The regular discipleship forum, which takes place at 10:45 am in the Reception Room; Hosanna! Bible Study, which may take place at 10:45 in the library, and Financial Peace University, which will be meeting at 10:45 am in Room 126.

These are all happening at the same time in order to expand the opportunities available for NUMC visitors and guests who may not find themselves drawn to the standard outside speakers invited into the Discipleship Forum but still look to grow in their relationships with God and each other after worship on Sunday mornings.

The Hosanna Bible study, explores the key events leading up to Christ's resurrection during Holy Week through the gospels and Paul's letters. It is being led by Crystal Greenfield, a close friend of the author and begins the week of March 8. Register online or talk to Crystal to vote on the specific time of the meetings.

Financial Peace University started on February 23, but if you are curious about a session you could attend one as late as March 8 and still join the group with the majority of the classes yet ahead of you.

In the Discipleship Forum we will be blessed by:

The Census
March 1, 10:45 am
There are 20 references to a census in Scripture, and it still occurs today. Learn about it, why it is important and how to participate.

Northfield Climate Action Plan
March 8, 10:45 am
Developed with a vision of the world we are called to create, city staff will share about the climate action plan and how we can plug into it as a church and as individuals.

Gender and Pronouns
March 15, 10:45 am
We are a Reconciling Congregation, which means we fully embrace LGBTQIA+ individuals into the full ministries of our church. It can be difficult to know what all those letters stand for, though, and the ways we understand gender and sexuality has changed over generations. NUMC member and health educator Lisa Weis teaches at Northfield Middle School. She will provide some adult education on gender and sexuality terms. All are welcome.

The Hymns of Fanny Crosby
March 22, 10:45 am
ArtMakers has been practicing a presentation on Fanny Crosby, a Methodist who wrote over 8,000 hymns. Learn about her contribution to Christianity and hear how she shared about her relationship with God.

TBD
March 29, 10:45 am
• **Final reminder** to participate in your party’s presidential primary at your regular election site on March 3rd.

• **Early alert:** The 2020 census count begins in late March. Please participate. Watch for a mailing from the government telling you how to complete the census form – online, on paper, or by phone. The questionnaire is very short and can be completed in 5 to 10 minutes.

**Why is there a census this year?**

The federal government does a census every ten years and uses this information to drive policymaking and shape the future of our country, especially in the following six areas:

1. Apportionment - State population counts are used to reapportion seats in the U.S. House of Representatives.
2. Redistricting - State and local officials use results to draw congressional, state and local district boundaries to ensure each person’s voting power is closely equivalent to another person’s.
3. Money to states and localities - Census totals help determine the amount of funding that state governments and local communities receive from the federal government for the next decade.
4. Planning - Data from the census informs a wide range of government, business and non-profit decision-making.
5. Emergency response - Detailed population information is critical for emergency response in the wake of disasters.
6. A base for federal surveys - The census Bureau’s Population Estimates Program uses census data in combination with birth, death and migration data to create control data, so that when other sample surveys are done the sample is representative of the total population.

Complete your form on time and be counted!

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**Consider Becoming a Volunteer Visitor**

For many of us, Sunday morning is not only a time for worship, but also a chance to connect with friends we have not seen during the week. Do you ever wonder how church family members who have become homebound or live in a care facility stay connected to our church? For many, it is through social visits with an NUMC volunteer visitor – who could be you!

We recognize that many of you already visit congregation members who are no longer able to come to church, and we bless that. We also know that others of us feel the urge to reach out, but then hesitate because we aren’t sure how to make contact, especially if we do not know the person well. We might also worry about what we would talk about during a visit, how long to stay, or how to gracefully take our leave. These concerns are perfectly natural, but need not keep us from becoming involved.

The NUMC Care Ministry Team is looking for men and women who might be interested in helping us to keep church family members connected to our NUMC family in a meaningful way when their life circumstances prevent them from physically getting to church.

This program of congregational care is modeled on the ministry of Jesus, who offered compassion, understanding, healing, and wholeness as a way of offering God's transformative gift of grace.

The Care Ministry Team will offer an informational/training workshop on **Saturday, March 14 from 9–11:30 a.m.** The goal of our time together is to further explain the Volunteer Visitor program, to answer your questions, and to offer resources that will prepare participants to make visits that are respectful, meaningful, and comfortable for all concerned. Attending the workshop does not commit you to becoming a volunteer visitor.

If you are interested in learning more about being part of this ministry, we invite you to contact Parish Nurse Ruth Kruse at 507-645-8046 or ruthakruse@gmail.com. If you would like to attend, please sign up at the sign-up table in Fellowship Hall by **Sunday, March 8, 2020.**

NUMC Care Ministry Team: Ruth Kruse, Clare Mather, Mary Lynn Oglesbee, Marge Randolph, Ruth Sommers, Pastor Rachel.
NUMC ADULT CHOIR
All HS through adult singers are invited to join choir! Rehearsals are Wednesday evenings from 7:00-8:15 pm. The choir sings for worship most Sundays throughout the school year. For more information, please speak with Randy Ferguson rferguson@charter.net or any choir member.

Musicians Wanted!
People 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.

Card Making with Margie
Thursday, March 19th
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!

W.O.W. LUNCH
(Widows or Widowers)
March 11 - 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.

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.

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!

New Member Class
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 beliefs 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

March 4 - Chicken fried rice, oriental salad, broccoli, French bread and assorted cookies.
March 18 - Club sandwich, salad bar, chicken noodle soup, potato chips and assorted bars.
March 25 - Spring Break – No Super Wednesday

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 Sympathy with:
- Family and friends of Joene Edwards
- Tom Brown and family on the death of Tom’s mother Betty Lou
- Carl Caskey and family on the death of Carl’s brother John

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.

From Peanut Butter Lovers Day on March 1st. to Take a Walk in the Park Day (3/30), which sounds good for body and soul since the First Day of Spring will have already arrived (at least for Minnesotans to see noted on calendars), your church librarians will attempt to provide you with resources to match the occasion.

Probably not anything on peanut butter, but for World Day of Prayer (3/6), and any time, there is Anne Lamott’s *Help, Thanks, Wow* or consider William Barclay’s *The Lord’s Prayer*. Irish blessings for the 17th. are legion; look for some posted.

We have just begun the season of Lent. Note these resources: *The Case for Easter, a Journalist Investigates the Evidence for the Resurrection* by Lee Strobel, Marcus Borg’s numerous works, or the Lenten bible study based on African-American spirituals.

This names just a few, and along with the two books on prayer, the search for a meaningful Lent is just beginning.

Use of the aforementioned reading material helps get us through the practicalities invading our daily life. For those “mountains” we climb in order to prevail in being whom “we are called to be,” the following are available: *Ex Etiquette for Parents – Good Behavior After a Divorce or Separation, Her Place at the Table* (which is not a reference to the kitchen table) is one of several books new to the library’s collection on women moving into leadership roles.

If a Lenten “step” for you in your “climb” is to look for a way to serve, such as a Care Ministry volunteer, then the small volume *Joy Boosters*, by Missy Buchannan will make that easy if you only look at her list of 25 brief open-ended questions or “Tips for Those Visiting from Churches,” page 14.

March is a full month; for the Christian it is a time of focus and preparation… Easter is coming!
Chronic kidney disease (CKD) is a growing public health problem. This disease affects more than 26 million American adults, with 1 in 3 adults being at risk for the disease. Most people do not know that they have CKD or are at risk for it. The leading causes of CKD are diabetes and high blood pressure. Chronic kidney disease, which has no symptoms, can be a life-threatening illness, but often goes undetected until very advanced. People at risk for CKD, “may be able to prevent the need for dialysis and kidney transplantation with early identification and a dedication to healthy habits.” Through simple tests, it can be diagnosed early, managed, and kidney damage can even be slowed or stopped. March is National Kidney Month. In preparation for this event, the National Kidney Foundation (NKF) offers a 6-step primer for protecting one’s health. Listed below are the six steps in abbreviated form.

**Step 1: Know These Facts**

6 Things Healthy Kidneys Do: regulate the body’s fluid levels, filter wastes and toxins from the blood, release a hormone that regulates blood pressure, activate vitamin D to maintain healthy bones, release the hormone that directs production of red blood cells, and keep blood minerals in balance.

8 Problems CKD Can Cause: cardiovascular disease, heart attack and stroke, high blood pressure, death, weak bones, nerve damage, kidney failure, and anemia.

**Step 2: Assess Your Risk**

4 Main Risk Factors: diabetes, high blood pressure, cardiovascular disease, and family history of kidney disease or diabetes or high blood pressure. Other risk factors include: over the age of 60 years, obesity, prolonged use of NSAIDS (pain medication such as ibuprofen and naproxen), and chronic urinary tract infections or kidney stones.

**Step 3: Recognize Symptoms**

8 Possible Trouble Signs: fatigue or weakness; difficult, painful urination; foamy urine; pink, dark urine; puffy eyes; swollen face, hands, abdomen, ankles, feet; increased thirst; and increased need to urinate (especially at night). Poor appetite, difficulty sleeping, dry and itchy skin, and muscle cramping at night are other symptoms.

**Step 4: Get Tested**

4 Simple, Life-Saving Tests: blood pressure, protein in urine (ARC or albumin-creatinine ratio), creatinine in blood, and glomerular filtration rate (GFR), which tells how well one’s kidneys are working to remove wastes from the blood.

**Step 5: Stay Healthy**

9 Things Everyone Should Do: exercise regularly, control weight, follow a balanced diet, quit smoking, drink only in moderation, stay hydrated, monitor cholesterol levels, get an annual physical, and know your family medical history. Kidney-healthy snacks include: unsalted nuts (peanuts, almonds, and walnuts), fruits (both fresh and dried), fiber bars, and vegetables (grape tomatoes, carrots, bell peppers, broccoli, cauliflower, and cucumbers). Reducing salt intake, keeping blood sugar levels under control (if diabetic), and maintaining a normal blood pressure are important too.

**Step 6: Learn More**

Contact the National Kidney Foundation at www.kidney.org or 1-800-622-9010 to learn more about chronic kidney disease.

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**Free Blood Pressure Screening**
Sunday, March 15th
10:30 am
Northfield UMW Finance Report for 2019

Last year, Northfield UMW raised $6,971 through a combination of bake sales, cookbook sales, apple pie sales, a rummage sale, a silent auction, a free-will collection at Christmas Cheer (December event), and through member pledges/donations. All of these fundraising efforts are supported by the people of our church. Thank you for donating items for the rummage sale, silent auction and bake sale, and thank you for buying items offered at our fundraisers! With gratitude, we also offer a big “thank you” to the Friday Morning Men’s Breakfast group for helping with event set-up/clean-up.

So, what did we do with the money we raised? We send $2,670 (or 47% of the money) to the River Valley District UMW where it combined with money from around the world to help women, youth, and children globally. There are more than 120 programs carried out in more than 100 countries; from helping widows in Sri Lanka to learn new skills to support their families, to helping survivors of child trafficking and slavery in Bulgaria. There are also more than 100 mission projects sponsored by UMW in the United States. One of them is in St. Paul, MN—Emma Norton Services which helps women/female identifying people, and children who are experiencing homelessness. Our local UMW sent $750 to Emma Norton. To support UMCOR last year, we sent $347 for disaster relief efforts.

What have we done locally?

- We gave $59 to fund baptismal gifts.
- We spent $190 on books for the UMW Reading Program (on the wheeled cart in the church library).
- We spent $147 for event expenses.
- We gave $100 to support our Mission Sewing group for supplies.
- We donated $700 to help fund the Youth Mission Trip (summer 2019).
- We gave $700 to our church to help fund the bus that transports children to our Wednesday after-school programing.

In closing, many hands make work light; thank you all for your support.

Respectfully submitted,
Marla Erickson
Treasurer Northfield UMW

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**Mark Your Calendars! You are Invited!**

**Esther Circle of the United Methodist Women**

invite you to join us for a Salad Luncheon.

**12:00 pm, Monday, May 11th.**

Conversation with a short program will follow. If you are working, try to plan your day to join us for about an hour. Everyone is free to stay for the Circle meeting after.

**River Valley District United Methodist Women**

invite all those interested, to their Spring Gathering, **April 25**, at First UMC in Red Wing, MN.

Red Wing’s Prison Ministry will be the focus of the day. Catherine Williams (cwilliamsteach3r@aol.com) and Thalia Duffield will provide rides for those interested.

Thank you to all that helped make the United Methodist Women’s Sunday Worship possible. This Lenten Season join with United Methodist Women to connect with our fellow Christians, to set aside a time of reflection on the scriptures and our relationship with God, to learn more about Jesus’ in the world, then getting active doing something about what we see needing to be done.

Make this Lent a time of action! God Bless.
MICAH NEWS
(Methodists Investing in Care and Action for the Holy Land) Micah 6:8

What is UMKR (United Methodists for Kairos Response)?
UMKR has been the driving force behind United Methodist Church (UMC) support for justice in the Holy Land since 2010 and has been growing in the grassroots of the UMC amongst clergy and laity. Through nonviolent action, and in partnership with our Palestinian sisters and brothers in Christ, UMKR seeks freedom, justice, and equality for all Palestinians and Israelis.

UMKR has been answering the call from Palestinian Christians in Bethlehem who, IN 2009, sent to believers around the world a heartfelt message of faith, hope, and love – and an urgent call to action.

This call is called The Kairos Palestine Document (A copy is in the NUMC church library). This document has been called the "Letter from Birmingham Jail" of our time.

UMKR will have a presence at GC2020 in Minneapolis supporting resolutions on these issues:
- Opposition to the settlements and the Israeli military occupation
- Ending child incarceration
- Protecting the right to boycott

What happens in the UMC has a significant global and financial impact because:
- The UMC is the 3rd largest church in the US and 12th largest in the world
- The UMC is the leading voice for justice among 80 million Methodists
- The UMC is a financial leader with the largest faith-based pension fund in the world.

Visit UMKR at www.kairosresponse.org

100% Olive Oil Soap
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/multi-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
The total of the Family Fare receipts as of January 31, 2020 is (wait for it)......
$111,366.00!!!
So keep those receipts coming into the box on the table in the Fellowship Hall. We’re well on the way to making the goal of $150,000.

School Bag Sewing Day
Come to a Workday to make School Bags for children in third world countries. Wednesday, March 11, 2020, 9:00 am - 2:00 pm.
The bags will be distributed by Midwest Mission Distribution Center. We are looking for folks to cut, to sew, to press and to bag. Bring your lunch, your scissors and come to the church to work and share in a fun day to help children around the world. Come and stay as long as you can.

Worship Setting Visuals Team Seeking Volunteers
"Visual arts stimulate the brain pathways and power the soul."
The purpose of the visuals team is to offer worship images that enhance the spoken word, opening a window to experience the divine Creator in added ways. We are looking for individuals who would like to serve on this team.

There are a variety of ways you could be involved. You may enjoy imagining how to "display" a concept, you may like to create once the idea has been established or help with set-up. The time commitment is up to you - it could be once or twice a year - Easter and Christmas, for example, or on-going. If this interests you, please contact Mary Lynn Oglesbee at mlonorthfield@gmail.com, or 507-301-8001.

Habitat for Humanity (Rice County)
March Newsletter: More than 7 million. That's how many people Habitat for Humanity served around the world in fiscal year 2019 while enlisting the support of more than 1.4 million volunteers. That means that Habitat for Humanity helped another family access new or improved housing somewhere in the world every 21 seconds. In the U.S., affiliates and state support organizations served 33,570 people through new construction, rehabs, repairs and market development. We, at Rice County Habitat, dedicated our 50th home on February 6, 2020. Our affiliate tithes a portion of our donations to Habitat for Humanity International. As of 2019, with your help, we have built 42 homes around the world. Help us build more homes to create strength and stability for more families. Please visit our website at Habitatricecounty.org.

Jump Start to Summer Hot Dog & Brat Fest
Sunday, April 5th, 10:00 am—1:00 pm
Right here at the church!
Brats, Hot Dogs, Salads, Chips, etc.!
A fundraiser for the NUMC softball team!
Composting/Recycling Corner

A gentle reminder - church policy requires that items purchased for and/or brought into the church for use at church functions be compostable where possible; or recyclable. No single use disposables please. The compost policy is posted in the kitchen and we have shared it again here in the newsletter. If you have any questions, please ask.

People are doing a good job - especially on Super Wednesday - of putting items in the proper containers. Thank you for helping to care for God’s creation, our planet.

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).

Northfield United Methodist Church Composting/Recycling Policy:
1. Eliminate the purchase with church funds of single-use non-compostable, non-reusable, non-recyclable items such as straws, plastic eating utensils, plastic-lined/coated paper products (e.g. cups, bowls, plates).
2. The first choice for all single use items purchased with church funds and/or for use at any NUMC function will be compostable, if possible. The second choice is recyclable.
3. All persons and groups using NUMC facilities must separate their refuse into compostables, recyclables, and trash; and discard such items appropriately in the containers provided.
4. Compost, recycling, and trash should NOT be mixed. Users may not deposit one type of refuse in a collection container designed for another type of refuse.

Dear Members of NUMC,

It has been an incredible year at Community Action Center of Northfield! 2019 was a year of change. We remodeled the Food Shelf, we opened a fully staffed drop-in Resource Center to be more responsive to the needs of our community, we opened a new emergency shelter (our 4th), we purchased land for future affordable housing needs, we built a new partnership to make CAC services available to youth in schools, and we did all of this with the help and support of everyone in our community. Thank you for your generosity, your hours of service, and your commitment to taking action. We couldn’t do any of this without you. The Northfield community is a better place because of you!

Total 2019 Donations from NUMC $3,992.20

Thank you for helping create a truly healthy, caring, and just community for all. We are looking forward to 2020!

Scott Wopata
Executive Director
Because every picture has a story to tell...

Wednesday Bible Playdate kids draw a mustard Bush and all the animals that can call it home- a reminder that God uses small things for big purposes!

Wednesday Bible Playdate kids having way more fun than anyone else!

The Northfield Union of Youth spoke to us about the host homes program. Two of our households also shared their own experience hosting a young person. All you need to help our community's housing insecure youth is "a spare bedroom and to care."

KC3 (Kids Creating Community in Christ) Kids having fun in the snow!

SALT - Serving And Learning Together - Project night! Our team led us in making Valentines which were then delivered by our SALT youth to Three Links, NRC, and Millstream care centers to our NUMC friends there… extending the love of God across generations and beyond doors! One recipient even reciprocated, working with one of our care team members to make Valentines for staff and caregivers. Let the chain of love continue - find your place in it today!
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The next HERALD NEWSLETTER DEADLINE is NOON on Wednesday, March 18th for the April issue. Please submit your items in a digital format to Sandy at northfieldumc@gmail.com.

Regular Church Office Hours
Monday-Thursday, 8:00 am - 4:00 pm
Friday, 8:00 am - Noon

Don't Miss the DEADLINE!
Northfield United Methodist Church

1401 South Maple Street
Northfield, MN  55057

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

NORTHFIELD UNITED METHODIST CHURCH

Compassion  Justice
Devotion  Worship

Offering Christ

E-NEWSLETTER SIGN UP

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