

United Methodist Herald

February 2024



The "Other" Hidden Falls, photo credit: Dave Vesledahl

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February Worship

News of the Weird: Strange things happen when Jesus shows up...

February 4 - Celebration of Holy Communion

Mark 1:29-34

Rev. Rachel McIver Morey

February 11 - Transfiguration Sunday

Mark 9:2-9

Rev. Rachel McIver Morey

February 14 - Ash Wednesday (6:30 pm)

Mark 10:17-31

Rev. Jerad Morey

Lenten Series: Sacred Places

February 18

Mark 6:1-6

Rev. Rachel McIver Morey

February 25

Mark 8:22-26

Rev. Rachel McIver Morey



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.

FINANCE UPDATE

How to make tithes and offerings

You can make your tithes and offerings a few different ways:

1. Make automatic donations from your bank account. Contact northfieldumc@gmail.com for a form.
2. Donate online using a credit card, by clicking on the GiveMN tab on the church website northfieldumc.org.
3. Drop a check in the offering basket during in person worship.
4. Mail a check to: Northfield United Methodist Church
1401 S. Maple St., Northfield, MN 55057

Enjoy the Convenience of Electronic Giving!

Electronic giving offers convenience for individual congregation members and provides much needed donation consistency for our congregation. Authorization forms are available on our website northfieldumc.org or by emailing northfieldumc@gmail.com.

2023 End of Year Financials were not available at time of print for this newsletter edition. 2023 End of Year Financials will be posted in the March 2024 Herald newsletter.

Super Wednesday Community Meals

Food for the soul and the stomach! 5:30-6:30 on Wednesdays during the program year.



Watch our Facebook page and our website for future menus and any cancelations due to weather.

(NOTE: NUMC follows the policy of Northfield Public Schools for weather closures.)

RESERVE A ROOM

Need to reserve space at the church for your committee, community group, or special event? Fill out the form to make a reservation request and review the building use policy.

[Reserve](#)

PLEASE RESERVE YOUR MEETING SPACE WITH THE CHURCH OFFICE

It's really important that you reserve your meeting space with the church office in order to avoid conflicts. This can easily be done via our website:

Go to northfieldumc.org and click on "Reserve a Room".

Just fill in the blanks and click on submit.

Need help? Call the church office and we will be happy to walk you through making the on-line reservation.

Meet on a regular basis? You can reserve multiple dates on one form. (Reserving your space also schedules the HVAC/Air Sanitizing system for your meeting room.)

Message from the Pastor

The church calendar is built on the idea of "sacred time" - ie, part of our walk with God is setting aside certain times to be or do certain things. Thus, we live a season of preparation and expectation in the four weeks leading up to Christmas; the Epiphany happens 12 days later, on January 6; and then we begin the cycles of fasting and penitence for Lent, and celebration for Easter.

As parents, we do something similar with the day, particularly when our children are younger: we break up the hours into chunks that hold different things - getting ready and eating breakfast, school and after school activities, and then evenings with bedtime routines. This helps kids feel like they have a sense of what to expect and what is expected of them.

Our Lenten season this year will have a focus not on sacred time, but rather on "sacred place." Reading through the gospels and the life of Jesus, it is quite clear that different places mean different things: Bethlehem is not Jerusalem; Jericho doesn't have the same stories as Nazareth. We will spend some time exploring the holy sites of the Holy Land in these ancient words.

The invitation for each of us, then, is to consider the "holy sites" of our own stories. Where has God met us? What street address (or addresses) hold our sense of belonging and home? Where have we faced danger, learned courage, or had to swallow our pride? Where have we grieved, and where have we celebrated?

When my dad was diagnosed with terminal cancer in 2019 and I was called back to the family farm to help care for him in his final days, I took the overnight shift in our family caregiving schedule. Never a nocturnal person, by the end of the week I was absolutely a mess for lack of sleep and the emotional exhaustion that such work demands (many of you know this

very, very well.) My brother saw my condition early that morning, and took over for a couple of hours so I could go take a walk. I let my feet take me down the dirt roads around the farm - it hadn't been, and hasn't been, "home" for me for many years, but it is still a place of deep familiarity and rootedness, and I am more at ease walking the roads there than I am doing anything else.

My feet took me to the CRP ground south of our section where Dad had planted trees as part of a soil conservation program sometime back when I was in high school. The trees were well rooted by this point, and it was in the shade and solitude of these pasture pines that I finally let myself go and weep for the loss that was happening in real time in front of my eyes. I cried as I hadn't for a long, long time. Since then, every time I go back to the farm, I walk to the CRP ground with its trees.

Three years ago, I also started hiking back to the old sand pit at the very back of that same field of trees - a pit that has long since been neglected into wildness and has become a refuge for local wildlife. The sand that came out of that pit was the gravel that, in the 1930s and 40s, built the roads that I walk to get to the CRP field and sandpit. In my adulthood, this has become a sacred place. And the roads that lead me there are built of the same sand under my feet as I find when I arrive.

Lent is a sacred time in our church calendar, set aside for confession, repentance, and the work of repair. We need a place to do that work. The church is as good as anywhere to start, but I wonder for you: is that where it ends? If you let your feet take you to where the Spirit is leading, where might you find yourself? Is it the road, the destination, both, or something more that you need in this season?

Space is made sacred by what happens there - holy ground is hallowed by story. Pay attention to how you tell your stories - what places show up? What echoes of Jesus' story do you hear in your own life? And where are you called to find yourself when Easter comes, a few short weeks from now?

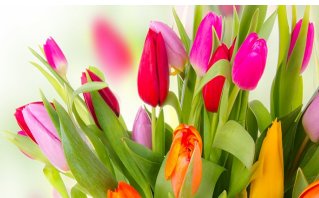
Blessings,
Rachel

Easter Flower Orders

We will be taking Easter Flower orders from February 25-March 13.

Order forms will be available during that time on the Welcome desk, tables outside the sanctuary and the church office.

If you have any questions contact Mary Lynn Oglesbee at 507-301-8001.



Ash Wednesday

Ash Wednesday formally begins the season of Lent - a time of confession, repentance, discipline, and prayer in preparation for the Easter celebration. We will gather after the Super Wednesday evening meal on February 14th to begin the journey together. We will talk about "sacred spaces" - places in our life journeys where we have received grace - or had to leave something behind. May this season find you ready for "where" God will take you next.



FAMILY ministry

For September-May, we invite our youngest disciples into both Sunday and Wednesday opportunities for fellowship, faith development, and fun. For more information: info@northfieldumc.org

Sundays

10:00am - Children's Church (5th grade and under) in Nursery immediately following the children's message.

Super Wednesdays

3:30-5:30pm - KC3 (Kids Creating Community Through Christ) for our grade school kids, K-5th grade.

5:30-6:30pm - Community Meal (ALL are welcome - free will donation)

6:30pm-8pm - Youth Group (6th-12th grade) in the youth room.

February 7: Cardboard Sledding (6:30pm)

At youth group on Wednesday night February 7, we will make sleds out of cardboard that we will take across the street to the sledding hill. Got some big pieces of cardboard that you are looking to get rid of? Bring them anytime before the 7th so that the youth can make good use of it!

Playtime! - Tuesdays and Thursdays 8:30am-10am

For children five and under with their caregivers - if you have a little in your life in need of some space to run and play this winter, we offer an open gym (with bouncehouse!) two mornings a week.

Weather Closings

Tis the season to watch for bad weather. . .NUMC policy is to follow the school district on any closures. So if the school closes, we do not have activities that day.

Youth Scripture Readers!

The second Sunday of each month we invite a youth to read scripture in worship. Volunteer to be a reader by emailing Pastor Jerad at jmorey@northfieldumc.org.



15 NUMC Youth and friends went bowling at Flaherty's the first Wednesday in December!





It's time to act for a strong democracy. Let your voice be heard!

On February 12 the MN state legislature will convene its 2024 session, addressing bonding requests and also taking action on proposed bills. Watch for calls to action on ISAI AH's priorities: climate justice, expanding democracy, access to housing, healthcare, and childcare affordability.

On February 27, parties will caucus to endorse candidates – including representatives to the state legislature – and pass resolutions for possible inclusion in party platforms. Attend the caucus of your choice and introduce resolutions that are based on ISAI AH values.

On March 5, the Presidential Primary Election will be held in which you may vote on the ballot for just one of the political parties recognized in Minnesota – Republican, Democratic-Farmer-Labor, or Legalize Marijuana Now. You can also vote early during the 19 days prior to the election. If you prefer to vote absentee, you need to apply online or through your county's election office. On that application for an absentee ballot, you will need to indicate the party for which you want a ballot and you will receive only that ballot in the mail.

The MN Secretary of State website, <https://www.sos.state.mn.us/elections-voting/> is the one-stop website. You can (1) register with your current address and/or (2) apply for an absentee ballot if you want to vote by mail.

Or you can contact your county's election office in person or by mail.

Rice County Elections
320 3rd St NW, Faribault, MN 55021
Election official: Denise Anderson
General phone: 507-332-6104
Fax: 507-333-3754
Website: www.ricecountymn.gov
Email: rcelections@ricecountymn.gov

Dakota County Administration Center
Attn: Elections
1590 Highway 55
Hastings, MN 55033-2343
Email: elections@co.dakota.mn.us
Fax: 651-438-4391

Find contact information for other counties on the MN Secretary of State website.

If you have other questions or wish to join the ISAI AH-NUMC Team, contact Evelyn Burry (507-581-4684 or evelynburry@hotmail.com)



Mugs and Muffins

Mugs and Muffins will not meet until March 18th. We take the winter months off. We will be continuing our study of the "Boys of the Bible Quilt Block Series."

New members and guests are always welcome.



Mission Sewing Project

A big thank you to Peg Jones who made 85 hats and 7 scarves that were donated to Operation Joy. Peg is the founding member of Mission Sewing. Mission Quilts donated 30 quilts to Operation Joy.

Our next meeting is Wednesday, February 28th to tie quilts and discuss projects for 2024. We meet at 9AM in Room 120.

Dismantling Racism Team (DRT)



In honor of Black History Month, the Dismantling Racism Team brings you an excerpted article from the Association for the Study of African American Life and History (ASALH). ASALH founded Black History Month and provides a theme each year to focus the attention of the public. The 2024 theme is "African Americans and the Arts." The full article can be found at asalh.org/black-history-themes/.

African American artists have used art to preserve history and community memory as well as for empowerment. Artistic and cultural

movements such as the New Negro, Black Arts, Black Renaissance, hip-hop, and Afrofuturism, have been led by people of African descent and set the standard for popular trends around the world.... For centuries Western intellectuals denied or minimized the contributions of people of African descent to the arts as well as history, even as their artistry in many genres was mimicked and/or stolen....

The suffering of those in bondage gave birth to the spirituals, the nation's first contribution to music. Blues musicians such as Robert Johnson, McKinley 'Muddy Waters' Morganfield and Riley "BB" B. King created and nurtured a style of music that became the bedrock for gospel, soul, and other still popular (and evolving) forms of music. Black contributions to literature include works by poets like Phillis Wheatley, essays, autobiographies, and novels by writers such as David Walker and Maria Stewart.... In the 1920s and 30s, the rise of the Black Renaissance and New Negro Movement brought the Black Arts to an international stage. Members of the armed forces, such as James Reese Europe, and artists such as Langston Hughes, Josephine Baker and Lois Mailou Jones brought Black culture and Black American aesthetics internationally, and Black culture began its ascent to becoming a dominant cultural movement to the world....

The 1960s continued this thread through the cultural evolution known as the Black Arts Movement, where artists covered issues such as pride in one's heritage and established art galleries and museum exhibitions to show their own work.... This period brought us artists such as Alvin Ailey, Judith Jamison, Amiri Baraka, Nikki Giovanni and Sonia Sanchez.... In 1973, in the Bronx, New York, Black musicians started a new genre of music called hip-hop.... Since then hip-hop has continued to be a pivotal force in political, social, and cultural spaces and was a medium where issues such as racial violence in the inner city, sexism, economic disinvestment and others took the forefront.

The term Afrofuturism was used approximately 30 years ago in an effort to define cultural and artistic productions that imagine a future for Black people without oppressive systems, and examines how Black history and knowledge intersects with technology and science. Afrofuturist elements can be found in the music of Sun Ra, Rashan Roland Kirk, Janelle Monáe and Jimi Hendrix. Other examples include sci-fi writer Octavia Butler's novels, Marvel film Black Panther, and artists such as British-Liberian painter Lina Iris Viktor, Kenyan-born sculptor Wangechi Mutu, and Caribbean writers and artists such as Nalo Hopkinson, and Grace Jones.

In celebrating the entire history of African Americans and the arts, the Association for the Study of African American Life and History (ASALH) puts into the national spotlight the richness of the past and present with an eye towards what the rest of the twenty-first century will bring.



IT Tech Corner

By Jesse Steed

HELP WANTED: The streamdesk is looking to add some dedicated volunteers to the team! Who would be a good streamdesk volunteer? Is any technical know-how needed? A degree in video mechanics perhaps? While a background in technology never hurts, what really makes for a qualified volunteer is the ability to follow a recipe, heed instructions, and enjoy contributing to the audio/visual experience of church members and viewers online. Learn how to operate a video camera remotely using the joystick and numbered preset positions. Click "Next" on the PowerPoint slides as we transition through the worship service. Learn the basics of the sound board and contribute to a smooth auditory experience. We'd love to have more volunteers trained on various components of our worship technology and provide opportunities for volunteering and skill development. Contact Jesse to chat about getting involved - jsteed@northfieldumc.org.



Notes from the Parish Nurse

Eating Disorders Awareness Week (EDAW), which is February 26-March 3, 2024, “is an annual campaign to educate the public about eating disorders and to engage in efforts to provide hope and to engage support for individuals and families affected by eating disorders....Eating disorders are serious illnesses that can be life-threatening. They are also extremely complex illnesses, arising from a variety of biological, psychological, and social factors.” These disorders include “extreme emotions, attitudes, and behaviors surrounding weight and food issues.” www.nationaleatingdisorders.org. They can affect one’s health, productivity, and relationships.



There are three main types of eating disorders with a fourth more general type. They are anorexia nervosa, bulimia nervosa, binge eating disorder (BED), and other specified feeding or eating disorders (OSFED). In particular with anorexia nervosa and bulimia nervosa, prompt, intensive treatment improves chances of recovery. Included here will be an overview of these two illnesses.

Anorexia nervosa is characterized by excessive weight loss and self-starvation. Whole body systems and organs are affected by this disorder: heart, bones, muscles, kidneys, skin, and hair. Women and girls comprise 90-95% of anorexia nervosa sufferers. In the United States, between 0.5-1% of women and 0.3% of men suffer from this disorder.

Warning Signs of Anorexia Nervosa

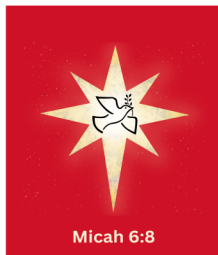
- Dramatic weight loss
- Preoccupation with weight, food, calories, fat grams, and dieting
- Refusal to eat certain foods (no carbohydrates etc.)
- Anxiety about gaining weight or being fat
- Denying hunger; avoiding mealtime
- Excessive, rigid exercise regimens
- Withdrawing from usual friends and activities
- Dressing in layers to hide weight loss or to stay warm

Bulimia nervosa is characterized by “a cycle of bingeing and compensatory behaviors such as self-induced vomiting designed to undo or compensate for the effects of binge eating.” Recurrent binge-and-purge cycles can damage the digestive system, affect the heart, possibly rupture the esophagus, and cause tooth decay. About 80% of bulimia nervosa patients are female. Overall it affects 1-2% of women and 0.5-0.7% of men in the United States.

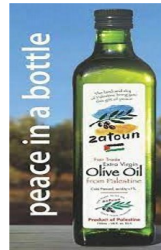
Warning signs of Bulimia Nervosa

- Evidence of binge eating (finding wrappers and containers from large amounts of food)
- Evidence of purging behaviors (frequent trips to the bathroom after meals and signs or smells of vomiting)
- Rigid, excessive exercise regimens
- Stained teeth, bleeding gums, eroded tooth enamel, cavities, dry mouth
- Schedules that allow time for binge-and-purge sessions
- Calluses or cuts on knuckles from self-induced vomiting

If anyone you know is suffering from any of the above symptoms or warning signs, seek help immediately. The problem will not go away on its own. For more information, check out the following websites: www.nationaleatingdisorders.org, www.mayoclinic.org, www.healthpartners.com, and www.hopkinsmedicine.org.



Methodists Investing in Care and Action for the HolyLand



Olive Oil for Sale

Palestinian organic, fair trade,
extra virgin olive oil.

500 ml/16.5 oz for \$20.00

750 ml/25.4 oz. for \$25.00

Now available in the church office

We are currently well stocked
with olive oil.

“What does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God.” - Micah 6:8

MICAH highlights of 2023:

- MICAH's 10th Anniversary year culminating in a Palestine Dinner on November 5th. Thank you to the many who supported this event with time and finances: Attendance was 93 , with \$1,700 from tickets sales and donations sent to The Shepherd Society for support of needy Palestinians in Gaza and in the Bethlehem area.
- MICAH is assigned a new Bethlehem Family with two young children for needed sponsorship. Our former family is now financially independent.
- MICAH's logo was designed
- A Candle Lighting opportunity of Lament was offered several Sundays after worship following the Oct 7th tragedy in the Holy Land.

United Women of Faith (UWF) statement in support of a Ceasefire in Gaza.

United Women in Faith urges the Biden Administration and Congress to support the following statement and ask us to pray and act to support this statement. Thank you UWF!

- An immediate permanent ceasefire.
- Abidance of international humanitarian laws and release of all civilian hostages.
- Lifting the 16-year blockade on Gaza that has subjected 2.2 million Palestinians to collective punishment.
- Full, unhindered humanitarian access and delivery to all parts of Gaza.
- An end to providing U.S. arms to Israel and an overall arms embargo on the whole region.
- The inclusion of women, women's organizations, and gender perspectives in peace negotiation and future resolution, complying with the global framework laid out in Security Council Resolution 1325 on Women, Peace and Security.

To see the full press release: <http://bit.ly/uwfgaza>

MICAH hosting two February Forums 10:45-11:30 am

Fellowship Hall (West end)

Feb 04 A Modern View of Gaza Speaker: Fred Rogers

Feb 11 What are you doing to open Bethlehem before next Christmas? Speaker: Fred Rogers

Fred is probably the best expert in Northfield on this topic. He spent 10 weeks in the Holy Land last spring and has had connections to the area since high school.

The World Day of Prayer service on Friday, March 1st will be led by Palestinian Women. worlddayofprayer.net





United Women in Faith Meeting Dates:

February 5, 2024 - UWF Executive Board meeting - 3:00 Fellowship Hall

February 12, 2024 - Esther Circle – 1:00 PM

Kildahl Park Pointe, 888 Cannon Valley Drive, Northfield, MN

Mugs and Muffins does not meet until the spring of 2024.

Website: UWFaith.org – National UWFaith

mnconfumw.com – Minnesota UWFaith

United Women in Faith support

“Resolution to Engage Minnesota UMC in Alleviating Hate Crimes” (here abbreviated)

Whereas the United Methodist Revised Social Principles (for approval at General Conference 2024) states:

“We condemn racism, ethnocentrism, tribalism, and any ideology or social practice based on false and misleading beliefs or ideologies that one group of human beings is superior to all other groups of human beings. Additionally, we utterly reject laws, policies and social practices that marginalize, discriminate and/or encourage the use of violence against individuals, communities or other social groups based on perceived racial, ethnic or tribal differences.

“We call on congregations and on pastors, bishops, and other church authorities to educate themselves about the root causes and manifestations of racism, ethnocentrism, and tribalism within communities of faith and to develop strategies for overcoming these kinds of social divisions. We likewise urge governments, businesses, and civil society organizations to renounce statements, policies, and actions aimed at promoting exclusion, discrimination and violence.”

Be it further the resolved that Minnesota Conference of the United Methodist Church work with the General Board of Church and Society, the General Board of Global Ministries, and United Women in Faith on this concern.

Be it further the resolved that Minnesota Conference of the United Methodist Church call on its congregations to commit to two or more of the following actions:

- Participate in studies that build understanding of the systemic nature of racism, sexism, homophobia, and other forms of marginalization.
- Enter into dialogue and action, speaking out for compassion and against hate.
- End complicity with hate by speaking out whenever jokes, disparagements, and stereotypes are based on difference.
- Create opportunities to hear from excluded groups about the reality and impact of hate and partner with them to act for justice.”

Are you ready to join us in these resolutions?

Emma Norton Residence, Restoring Waters, capital campaign is in full swing. There is a need for \$1 million yet to be raised to complete the project. You are called to help lift the response over the top. Contact Shawna Nelsen-Wills, Advancement Dir. at snelsen@emmanorton.org or call 651-251-2632.

Holiday Bazaar and Bake Sale - December –Thank you to all the bakers and craft makers that contributed their talents to a successful Holiday Bazaar. Proceeds helped UWFaith contributed \$500 to toddler’s play time and \$700 to the Wednesday afternoon bus for K3C kids. Plan ahead to 2024. Questions? Call or email Lin Wolf – 612-532-1467 or lin_wolf@charter.net



Did You Know? - The “Other” Hidden Falls

Most of you are probably familiar with the beautiful “Hidden Falls” at Nerstrand Big Woods State Park, you’ve probably even hiked to it multiple times and even had your photo taken there, (if you haven’t, I highly recommend you do) but did you know there is a second “Hidden Falls” in the area?

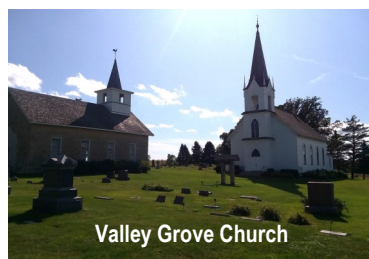
Known as “The Other Hidden Falls”, (Herald cover photo) this falls is mainly known only to locals, folks who grew up in the area, and probably a few deer hunters. The Hidden Falls in the



The “Other Hidden Falls”

main park area is a very well-known and highly photographed location with a beautiful walking trail maintained by the Nerstrand Big Woods State Park. The Other Hidden Falls is also located on State Park property however there is no actual trail to get to it, it’s a bit of a walk, sometimes difficult. Very few people ever go to it, but if you are lucky enough to find it, it’s a hidden gem that’s bigger than the falls in the main park area, and located in a beautiful, serene setting.

Located in the northeast section of the Big Woods State Park property, it is not accessible from the main park area. While I won’t give you exact directions on getting to it in this article, (that’s a local secret) I will tell you that it is accessible from the Valley Grove Church prairie preservation area as a starting point, but be prepared for a good hike if you are going to try to find it.



It’s fitting that in order to find this beautiful location you start your journey from another beautiful location, [Valley Grove Church](#). If you’ve never visited Valley Grove, you are really missing something special. I grew up in the Valley Grove area and many of my relatives are buried there, (I will be at some point as well) so I may be a bit partial to it. Valley Grove was built by Norwegian immigrants including some of my relatives. It is the site of a stone church built in 1862 and a white clapboard church built in 1894. It is surrounded by acres of rolling prairie grasses and an oak savanna, adjacent to the Nerstrand Big Woods State Park property. Limestone from my ancestor’s property was used to help build the stone church. My grandmother was an organist in

the wood church. My father was on the cemetery board for many years until he passed away, then my brother took over his position. My roots run deep at Valley Grove.

The church was decommissioned in 1973, it no longer has a congregation or services, with the exception of special events. It is a very special location maintained by the Valley Grove Preservation Society. Every visit I make to it, whether to visit my father’s gravesite as well as other relatives, walk my dog on the prairie trails or just sit on a bench under the many oak trees in the quietness of Valley Grove, it always leaves me with a feeling of peace, calmness and closer to God. If you go for a visit in the summer take a picnic with you and find a place in the cemetery to sit for a time while you eat. That may sound odd, having a picnic in the cemetery, but you’ll be glad you did as it is the most tranquil location, on a hill, under oak trees and surrounded by beauty. I guarantee you will leave feeling better than when you came. So, as I mentioned, it is very fitting that in order to find the Other Hidden Falls, you have to start your journey at Valley Grove.



My favorite Valley Grove spot

The Other Hidden Falls is one of those unique places that has remained untouched by most humans and reveals itself only to a few lucky searchers and hikers. There are no trails to it. It is one of God’s many beautiful creations in nature that sometimes we take for granted or maybe don’t even know about, it simply exists in peaceful wonder waiting for the few lucky enough to find it.



If you prefer to forego the hunt for the Other Hidden Falls, as well as the hike, you can just look at these photos to the right, taken by my brother on a recent hike he made there in early January to see its frozen beauty. (He’s a local, he knows how to get there!)

If you choose to go on the hunt for the falls, since there are no trails to it plan accordingly for a possibly challenging hike. A clue as to how you will find this hidden gem is to listen carefully as you walk. You will hear the creek running before you see anything. Once you find the creek, follow it upstream and you will eventually find the falls. Listening it seems is always good advice! Sometimes you have to do some work in order to find the most beautiful things in life, but they are there and once you find them it’s well worth the effort. A deep search on the internet “may” give you some better hiking instructions in order to find the “Other Hidden Falls”, or maybe just ask a local for directions...you’ll find one in the church office. - Sandy Vesledahl, Office Administrator



Announcements

Join us for fellowship and coffee in the Fellowship Hall following worship every Sunday!

For Sunday 9:30 am livestreamed worship service, visit our website: northfieldumc.org



Aluminum Cans for Operation Backpack

Collect your aluminum cans and place in the container behind the church kitchen. All proceeds from the cans go towards Operation Backpack.

Compost Volunteer

Would you like to help your church help the environment? Looking for a volunteer to help supervise the compost/recycling/trash bins at Super Wednesday meals (and other occasional meal events). Please contact Mary Ann Polley (507)645-6271; mapks@msn.com with questions or to volunteer.



Card Making with Margie

Monday, February 19, 2024
2:30-4:00 pm, in classroom #120
Cost: \$10 to cover supplies.

Join Margie Brockton for a fun time of making greeting cards. She will have all the supplies needed. Call 507-649-2324 to register.



The Methodist Mile

These boots were made for walking, and that's just what they'll do. . .right here on Tuesdays and Thursdays, 2-4pm! Need a place to get your steps in while the weather outside is still frightful?

Our Methodist Mile is a 7 lap route you can walk (please no running!) inside our church facility. Just follow the signs with the feet! Our Methodist Mile has become a very popular destination in the community!

Is That Compostable?

Wondering what to do with your napkins or paper towels at the church? Well guess what, they are both compostable!

You can place your napkins and paper towels in the same green (or green bagged) container as your other compostable items.



Don't Miss the **DEADLINE!**

March Herald Newsletter Deadline

The deadline for the March issue of the Herald Newsletter is:

Noon on Wednesday, February 21, 2024

Please submit your items for the newsletter in a digital format (word document) to northfieldumc@gmail.com.

Late submissions will not be accepted.



Regular Church Office Hours
Mon.- Thurs.,
8:00 am - 4:00 pm
Friday - 8:00 - noon

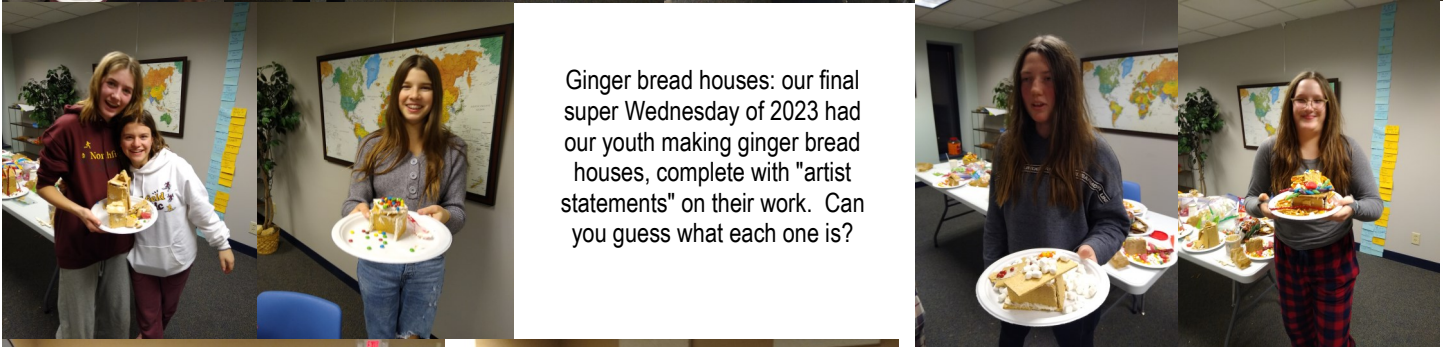
Because every picture has a story to tell...



Parents' Day Out: SALT hosted a childcare opportunity for families needing some "Christmas errand time" ahead of the holidays.



Ginger bread houses: our final super Wednesday of 2023 had our youth making ginger bread houses, complete with "artist statements" on their work. Can you guess what each one is?



NUMC Choir "Twinning".



Youth build shelters in the "wilderness" the first Super Wednesday of 2024.



KC3 back at Wednesday night chaos on January 10th.



FEBRUARY

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|--|--|
| <p>"Community Reservation" designates a room reservation for a non-church related community organization.</p> | | | | <p>1 8:30-10:00 Playtime for Toddlers 12:00 Community Reservation 2:00-4:00 Methodist Mile</p> | <p>2 8:00 Men's Breakfast</p> | <p>3 8:30-11:00 Community Reservation</p> |
| <p>4 9:30 Worship with Communion 10:00 Children's Church 10:30 Coffee in Fellowship Hall 10:45 Adult Forum: A Modern View of Gaza</p> | <p>5 3:00 UWF Board mtg 4:30 Community Reservation 7:00 Community Reservation</p> | <p>6 8:30-10:00 Playtime for Toddlers 9:00 Bible Study 2:00-4:00 Methodist Mile</p> | <p>7 9:00 Mission Sewing 11:30-1:00 Community Reservation Super Wednesday 3:30 KC3 5:30 Shared Meal 6:00 Adult Choir 6:30 Youth Fellowship Cardboard Sledding 6:30 Handbell Choir 6:30 Open Gym</p> | <p>8 8:30-10:00 Playtime for Toddlers 10:30 Community Reservation 12:00 Community Reservation 2:00-4:00 Methodist Mile</p> | <p>9 8:00 Men's Breakfast 5:00-10:00 Community Reservation</p> | <p>10 8:30-11:00 Community Reservation</p> |
| <p>11 9:30 Transfiguration Sunday Worship 10:00 Children's Church 10:30 Coffee in Fellowship Hall 10:45 Adult Forum: What Are You Doing to Open Bethlehem Before Next Christmas 6:00-8:00 Community Reservation</p> | <p>12 1:00 Esther Circle - Kildahl 7:00 Community Reservation</p> | <p>13 8:30-10:00 Playtime for Toddlers 9:00 Bible Study 2:00-4:00 Methodist Mile</p> | <p>14 9:00 Mission Sewing 11:30-1:00 Community Reservation Super Wednesday 3:30 KC3 5:30 Shared Meal 6:30 Ash Wednesday Service Adult Choir and Bell Choir check with your leaders for rehearsal info</p> | <p>15 8:30-10:00 Playtime for Toddlers 12:00 Community Reservation 2:00-4:00 Methodist Mile 7:00 Renewal via zoom</p> | <p>16 8:00 Men's Breakfast</p> | <p>17 8:30-11:00 Community Reservation</p> |
| <p>18 9:30 Worship 10:00 Children's Church 10:30 Coffee in Fellowship Hall</p> | <p>19 2:30 Card Making with Margie 7:00 Community Reservation</p> | <p>20 8:30-10:00 Playtime for Toddlers 9:00 Bible Study 2:00-4:00 Methodist Mile 7:00 Facilities Team mtg</p> | <p>21 9:00 Mission Sewing 11:30-1:00 Community Reservation Noon - Herald Newsletter Deadline Super Wednesday 3:30 KC3 5:30 Shared Meal 6:00 Adult Choir 6:30 Youth Fellowship 6:30 Handbell Choir 6:30 Open Gym</p> | <p>22 8:30-10:00 Playtime for Toddlers 12:00 Community Reservation 2:00-4:00 Methodist Mile 5:00-7:00 Community Reservation</p> | <p>23 8:00 Men's Breakfast</p> | <p>24 8:30-11:00 Community Reservation 10:00-12:00 Community Reservation</p> |
| <p>25 9:30 Worship 10:00 Children's Church 10:30 Coffee in Fellowship Hall</p> | <p>26 7:00 Community Reservation</p> | <p>27 8:30-10:00 Playtime for Toddlers 9:00 Bible Study 2:00-4:00 Methodist Mile</p> | <p>28 9:00 Mission Sewing 11:30-1:00 Community Reservation Super Wednesday 3:30 KC3 5:30 Shared Meal 6:00 Adult Choir 6:30 Youth Fellowship 6:30 Handbell Choir 6:30 Open Gym</p> | <p>29 8:30-10:00 Playtime for Toddlers 12:00 Community Reservation 2:00-4:00 Methodist Mile</p> | <p>1 8:00 Men's Breakfast World Day of Prayer</p> | <p>2 8:30-11:00 Community Reservation</p> |

**NORTHFIELD
UNITED METHODIST CHURCH**

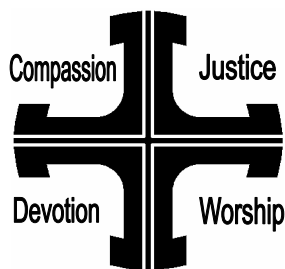
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**E - NEWSLETTER
SIGN UP**



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 _____

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E-mail Address _____

Our Church Staff

| | |
|--|--|
| Pastors | Rev. Rachel McIver Morey Rev. Jerad Morey |
| Parish Nurse | Ruth Kruse |
| Office Administrator | Sandy Vesledahl |
| Child Care Provider | Kathryn Steed |
| Children's Ministry | Gregory Ennis |
| NUMC Band | Dave Miller |
| Handbell Choir Director | Kathy Szydlo |
| Adult Choir | Deborah Rae Miller |
| Custodian | Arturo Rosas Avila |
| Information & Worship Technology Consultant | Jesse Steed |
| Treasurer | David Wolf (Volunteer) |
| Retired Clergy: Wayne Abdella, Carl Caskey, Richard Collman, Jeanne Martin, Dick Waters, Mary Keen, Gordon Orde, Clay Oglesbee, Melvin Henrichs, Dana Hauck | |