

# United Methodist Herald

April 2024



Photo credit: Tim Freeland, NUMC Campus Spring 2022.  
Soon the crab apple trees will be in bloom once again!

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## April Worship

### Easter Season Series: Stories of Surprise

April 7

Celebration of Holy Communion

John 20:19-31

Rev. Rachel McIver Morey

April 14

John 21:1-14

Rev. Rachel McIver Morey

April 21

John 21:15-19

Rev. Jerad Morey

April 28

Zechariah 7:8-14

Luke 9:57-62

Rev. Dana Houck



## 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](mailto: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](http://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](http://northfieldumc.org) or by emailing [northfieldumc@gmail.com](mailto:northfieldumc@gmail.com).

**General Fund February 2024 contributions \$36,603.66**

**General Fund February 2023 contributions \$22,056.66**

**General Fund YTD 2024 contributions \$65,129.32**

**General Fund YTD 2023 contributions \$47,343.32**

## Treasurers Report for January and February 2024

### General Fund

The CRB checking account balance at the start of 2024 was \$47,795.27. The end of January balance was \$44,890.56 and increased to \$54,822.10 at the end of February. January apportionments of \$4,645.58 were paid.

Respective Monthly Offering Income for January and February were \$28,525.66 and \$36,603.66. YTD Actual Offering Income was \$65,129.32; \$17,786.00 more than YTD Last Year and \$1,537.38 less than YTD Budget of \$66,666.70. Respective General Fund Income Totals for January and February were \$35,080.70 and \$37,822.85. General Fund YTD Actual Income was \$72,903.55; \$23,129.34 more than YTD Last Year, and \$3,278.45 more than the YTD Budget of \$69,625.10. Other Income Totals of \$7,774.23 came from Interest Income, Super Wednesday Meal Proceeds and Regular Facility Usage.

Respective Monthly Expenses for January and February were \$32,236.57 and \$33,236.76. YTD Actual Expense Totals were \$65,473.33; \$6,204.99 less than the YTD Budget of \$59,268.34. YTD we are \$7,430.22 in the black, compared to \$10,356.76 we budgeted to be in the black at the end of February.

### Physical Plant

Respective Monthly income (Support from General Fund) for January and February was \$9,359.07 and \$8,003.15. YTD Actual Income was \$18,862.22 and was made up of \$17,362.22 from General Fund Support for Physical Plant and \$1,500.00 from continuing contributions to the last Building Campaign. YTD Actual Expenses were \$25,784.71 which leaves a negative balance of \$6,922.49.

### Endowment Funds

At the end of December, these funds totaled \$941,047.78 which includes \$334,802.54 that we owe ourselves. The YTD Balance at the end of February was \$951,107.82 which is a YTD gain of \$10,060.04.

## Northfield UMC Leadership Board - January 31, 2024, Meeting Minutes

**In attendance:** Thalia Duffield, Crystal Greenfield, Allie Lyman, Bruce Benson, Jesse Hoffer, Kevin Dahle, David Wolf and Pierce Follansbe-Delong, Ruth Kruse, Pastor Rachel McIver Morey

**Absent:** Warren Winkelman and Carolyn Seas

The meeting was called to order at 5:34 pm

NUMC Prayer

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### **Approval of Minutes**

*Bruce made a motion to approve the minutes, second by Allie. Motion was approved.*

### **Approval of Agenda**

*David made a motion to adopt the agenda. Bruce seconded. Motion was approved.*

### **Facilities Budget**

*Major unanticipated expenses last year were related to the organ. There is a need to replace the oven, but there is not enough cash flow to replace it at this time. Bruce made a motion to accept the facilities budget, Allie seconded the motion. The motion carried.*

### **Financial Report**

*David Wolf provided an overview of the 2023-24 budget. See report for details. Allie made a motion to move \$10,000 from the memorial fund to the income ledger. Bruce seconded the motion. The motion carried.*

### **Closed Session**

*Allie moved that we move to closed session. Bruce seconded. Motion carried. Minutes from closed session have been redacted.*

### **Nominating Committee**

*Ally moved and Sara seconded that Bruce, Carolyn and Warren, who are leaving the board, will form the nominating committee to find three new board members. The motion carried.*

### **MICAH Resolution**

*Bruce moved and Allie seconded to adopt a resolution from the MICAH Team. The motion carried. The resolution is as follows: The MICAH Team recommends that the NUMC Board will adopt the following statement by the United Women in Faith: The United Women in Faith urges the Biden administration and congress to support:*

- *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.*

### **Wallflower project**

*Rachel announced that there is a new Executive Director at the Northfield Union of Youth.*

### **Next meeting**

*The next meeting will be March 20th at 5:30 pm in the library. Sara moved to adjourn the meeting and Allie seconded. Motion carried. The meeting was adjourned at 6:18 pm.*

## **NUMC Single Board: Purpose, Structure, and Function**

**Background:** The administrative council began exploring options in spring of 2021 for how we could better shape church governance for the future of ministry at Northfield UMC. This document was drafted by a task force (Pastor Rachel Morey, Bruce Dalgaard, and Catherine Williams) assigned to begin this work by the Administrative Council and is intended to create a concrete picture of what church governance for NUMC would look like if the functions of staff/parish relations, stewardship and finance, facilities, and elected leadership were held by a single body.

**What would this do?** Transition Staff/parish relations committee, stewardship/finance committee, and elected leader teams to a single team ("NUMC Board") of 11-13 members, an odd number in total, as duly elected by NUMC charge conference. "Trustees" will convert to a Facilities team, migrating their governance/legal obligations to the new board, but keeping the facilities upkeep as their ministry.

The NUMC Board is an at-large body, with a new class of 3-5 replacing an existing class of 3-5 each year. A member is elected to a three-year term. While the new elected class will be at large, one or two people will be elected as SPRC point persons, and one will be elected as treasurer. The facilities team chair will have voice but not vote. The chair, lay leader, SPRC, communication leader/secretary, and finance roles will all be voted on by the board itself. The board is charged with care and oversight of the functions and

continued on next page

ministry of the church, ensuring that appropriate leadership is in place for the ministry priorities of the congregation. In the unfortunate event that a board member needs to be removed, it may happen by a 2/3 charge conference vote. Such action would be triggered by a 2/3 vote of the board itself. In the event of a resignation, a seat may be filled by appointment or election to fill the term. Terms will be limited to three years, with a necessary three-year gap in between terms of service for any one person.

**Staff relationship to board:** The lead pastor will function as the executive director of the organization, executing the vision as discerned by the collective body of the church and as expressed by the board. All other staff will be supervised by the lead pastor. The SPRC designees of the board will serve as liaisons should there be need for an intervention at the staff level. The board chair will serve as liaison for the pastor in the same case. The employee handbook of NUMC will serve as the basis for staff benefits, corrective actions, and other personnel matters. Staff may attend board meetings with voice, but they do not have vote.

**Meetings:** Meetings will be on a published schedule and open to the congregation, with a minimum of six of meetings per year. A quorum of 2/3 will be necessary for decisions, and the board cannot meet without the pastor present (per its SPRC function) unless there is written consent of the pastor or district superintendent. The minutes of the meetings will be available via publication in the Herald, excepting any confidential personnel matters (minutes held in the pastors' office). A closed meeting may be called for the following matters: personnel, litigation, arbitration, adversarial matters, attorney communication, personal member matters, contract negotiations, or investigations into wrongful conduct. Closed sessions are initiated by action of the board itself. Special meetings for urgent needs can be called by the chair and/or the pastor.

**Relationship to other groups/teams/individual members in the church:** all leadership in the UMC is elected. Each year 3-5 people will be needed to take on the mantle of leadership; if any group wants to put forward a candidate for the board, that will serve as a nomination at charge conference.

Nominations can also come from the pastor, or from the membership at large at the charge conference for elected leadership. Nominations will be brought to the floor of a charge conference by June 30 of each year for election. Recognizing the importance of lay leadership and congregational ministry, any church group or individual member may have a voice at a board meeting, but only the duly elected members of the board may have a vote. Annually, the board will host an opportunity for the congregation to reflect on the vision and goals set, and to collectively discern God's intentions for the church. Teams and groups of the church will be asked to provide a report to the board via email or in person as appropriate to their scope and purpose. This will ensure the board's ability to coordinate calendar, mission, and fundraising priorities for the church.

New ministries emerge from many directions – from the Spirit at work in the church community, from the leadership of the congregation, or from outside opportunities presenting themselves in some way. The board is charged with ensuring that emerging ministries are within the vision and values of the church and discerning appropriate relationships with new groups and efforts, whatever direction they come from.

**Decision making by the board:** All decisions will be determined by a majority of those voting with a quorum of members in attendance. Either voice or ballot can be used as determined by the board chair. A simplified version of Robert's Rules of order will be used for board proceedings.

**Budget and fundraising:** The board will have final authority and responsibility to determine the budget for each fiscal year. If any ministry area has needs beyond what is budgeted, the board may determine adjustments as necessary. The facilities team representative will oversee the facilities budget and line items, and need only petition the board for more if the physical plant expenses will exceed the total allotment. Any capital or other fundraising campaigns will be need board approval, as well as any decision to take on debt.

**Ad hoc groups:** For hiring, campaigns, or specific ministry objectives, the board may form ad hoc groups relevant to the task at hand that may be dissolved upon its completion. Ad hoc group members can be recruited from the wider congregation.

**Relationship to the Minnesota Conference of the United Methodist Church:** The district superintendent will meet annually with the board, and the board will complete clergy evaluations as mandated by the conference each fall. The board will ensure that our obligations to the wider church are met.

As the global church finds its way regarding separation, the board of NUMC will monitor the situation closely to ensure that NUMC congregation's wider connection reflects its vision and values, and the board will initiate any necessary processes toward that end.

**Probationary year: July 1, 2022-June 30, 2023**

**Approved by NUMC Board: April 19, 2023**

**Adopted by Church Conference: June 2023**



# Message from the Pastor

On Sunday March 17 it was announced that the Rev. Donna Dempewolf will be taking the helm here at NUMC on June 30th.

Donna and I have worked together for years and we came into ministry at roughly the same time; she has a corporate executive background coupled with a passion for ministry leadership development. Her track record in our annual conference makes her a magnificent fit for who NUMC is, who you are called to be, and who you are called to serve. I could not be more pleased with this news.

If you would like more information about Donna, we have printed brochures in the church office with biographical information and ministry career highlights - I encourage you to stop in and grab one sometime soon.

She and I will be in touch and she will have visited one of our Super Wednesdays to get a feel for our character and general chaos those nights! That said, do not assume she knows everything that I or Pastor Jerad have done or the ways we did them - nor that everything Pastor Jerad and I have done and the ways we did them should continue! This will be a new era for the church, and I am glad for the fresh eyes that are coming to join you in ministry to the greater Northfield community.

As for me: by the time you receive this, I will have begun my new position at Interfaith Action of Greater Saint Paul as their director of Opportunity Saint Paul, a program connecting faith community volunteers with anti-poverty programs and agencies in the east

metro area. Pastor Jerad remains on call as your appointed clergy, and he has both me and our retired clergy supporting him during these transition months. I will continue working with him as a volunteer for youth group on Wednesday nights. As for Sundays, my last Sunday preaching will be April 14th. Our formal farewell will be May 19th; we will be around through graduation Sunday June 9th, and we move June 11th.

Transition periods are always messy and lousy with loose ends - it is fitting that this moment coincides with the post-resurrection period of the church calendar, between the empty tomb and the ascension and Pentecost. The disciples are understandably trying to make sense of what Easter means, and why Jesus both is and is not with them, and wondering what happens next. While I am certainly not Jesus (!), I think the congregation would do well to think of itself as the disciples in the same "in-between" time.

So what did the disciples do in that messy space?

They went fishing, they gathered for meals and fellowship, they talked and talked and TALKED about what it all meant, they bore witness to the miracles they had known, and they looked toward the future unsure, but together. They kept their eyes peeled for where Jesus might appear, because it was clear that the old rules no longer applied to how Jesus was going about his business in the world.

So while I am no Jesus, you are certainly the latest in the great communion of saints - you are today's disciples. Keep your eyes open for where Jesus appears among you; gather at the table; bear witness to what God has done in and amongst you; face the future with wonder. Lean into the truth that you already have everything you need to do what God calls you to do. And embrace Pastor Donna with readiness to be about the new thing God is doing here at NUMC.

Blessings, Pastor Rachel

## Welcome, Pastor Donna!

Fast facts:

Family - Three sisters, one brother, six nieces and nephews

Education - BS in Accounting, University of MN; MBA, University of MN; MA, United Theological Seminary (TC); M. Divinity, Boston University; D. Ministry, Wesley Theological Seminary

Dog owner - Ignatius (miniature golden doodle)

Outside church - coffee with family and friends, hiking, curling, golfing, cycling, mosaics and stained glass art, going to sporting events with nieces and nephews

Music? - you betcha! Trombone and euphonium

Call to ministry - "I experienced a heart-felt call to ministry as a young child and preached my first sermon in high school. As a young adult, I was an active lay leader. I began to study theology in my late 20s. Like St. Augustine, 'My soul was on fire with this most intricate riddle.' I answered God's call to ordained ministry in my mid 30s. Since my faith was formed as a child, I have a heart for children and youth ministries."

Pastor Donna will join the NUMC family the last week of June. Please hold her, our NUMC Board, and all church leadership in prayer in the time of transition.



# 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](mailto:info@northfieldumc.org)

## Sundays

10:00am - **Children's Church** (5th grade and under) in Nursery immediately following the children's message.  
Last Children's Church Sunday: May 12

## 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.

**Last Super Wednesday: May 1**

**Graduation Sunday: June 9**

**Trailblazers Camp (Camp Koronis) for kids age 8-12! July 21-24**

Sign up at: [campminnesota.org](http://campminnesota.org) Need any financial assistance? We're here for you! Let Gregory Ennis, children's ministry coordinator, know what you need at [info@northfieldumc.org](mailto:info@northfieldumc.org)

## Thank you to the following for contributing to our Easter flower display

Dennis and Marge Randolph in memory of Brian Randolph  
Perry and Ruth Kruse in memory of our parents  
Phil and Patty Gangloff in memory of Marian Gangloff  
Phil and Patty Gangloff in memory of Robert and Sharon Gangloff  
Patty and Phil Gangloff in memory of Darlene Kuhnert  
Patty and Phil Gangloff in memory of Ronald Eggert and Ruth Virnig  
Clare Mather and Philip Spensley in memory of our parents  
Patricia Warner in memory of Tom Warner and Jill Warner-Klimek  
Mike Boehne in memory of Colleen Boehne  
Jody and Al Mousel in memory of Robert & Evelyn Mousel and Shirley Claude  
Marla and Alan Erickson in memory of Gwen and Jack Erickson and Marietta and Allen Viergutz  
Clay and Mary Lynn Oglesbee in memory of our parents  
Robert and Cheryl Anderson in memory of Kyle and in honor of Reid, Edie, Stefani  
Stephen and Mary Twitchell in memory of our parents, brothers and granddaughter  
Peg Jennings in memory of Dave Jennings  
Catherine Williams in memory of John and Harriet Micensky and Eugene and Edna Williams  
Ann and Kent Lundstrom  
Ann Richards



## UMC Council of Bishops Calls for Ceasefire

Citing Matthew 5:9, "Blessed are the Peacemakers," the [UMC Council of Bishops](http://www.umenews.org) released a statement "The lack of a true cease-fire after more than five months of this deadly conflict compels us to raise our voices now. We call for an immediate and permanent cease-fire in the Gaza Strip and a commitment from all involved parties, including Israel, Palestinians, surrounding Middle East countries, the U.S., and others to pursue a lasting peace. We pledge our prayers and commitment to work for a durable peace, an end to the violence and the release of the hostages."



The Minnesota state legislators are working hard and fast. By the time this report is published in the NUMC newsletter, all committee work will be done. Some actions will already have been brought to the House and Senate floors. But the deadline for this article came before specific actions could be listed. You'll need to stay up to date by reading print or digital news or listening to news broadcasts.

ISAI AH team members have been active in advocating for particular bills by testifying in committee hearings and by contacting their legislators. Issues of particular importance focus in these four areas:

**Child Care** – A Great Affordability Scholarship Program to reduce childcare costs for Minnesota families is a top priority. Based on a sliding scale related to income, this plan would increase the number of families eligible for child care scholarships. It also asks for support of a living wage for child care workers.

**Climate** – Geothermal pilot projects are proposed. Using networked geothermal sources, we can heat and cool our homes without using fossil fuel. Pilot projects offer the opportunity to learn best practices.

**Housing** – Local zoning codes have made it difficult to find affordable housing throughout the state. HF4009/SF3964 and SF3980 would help create more types of homes that Minnesotans can afford whether they are first-time homeowners or older folks looking to downsize.

**Healthcare** – First steps towards a MinnesotaCare Public Option were taken in 2023. But additional steps are needed this year to continue planning for full implementation of a public option buy-in within the next few years.

For more information about any of these and suggested text to use with your legislators, contact Evelyn Burry, NUMC ISAI AH Team Leader (507-581-4684 or [evelynburry@hotmail.com](mailto:evelynburry@hotmail.com)).



## Mugs and Muffins

Mugs and Muffins will meet on April 15th. We are continuing the “Boys of the Bible Quilt Block Series.”

In April we will be studying Amos, Hosea and Nehemiah.

New members and guests are always welcome. We will meet in the church library at 9 AM.



## Mission Sewing Project

Mission Sewing is working hard to meet their goal of having 30 quilts done by early December to donate to Operation Joy. We also are working on items for Midwest Mission Distribution Center.

We are always looking for more people to help meet our goals.

Our next meeting is Wednesday, April 24th to tie quilts and start other projects. We meet at 9AM in Room 120.



## Dismantling Racism Team (DRT)

At the end of April and early May, the 2020 General Conference of The United Methodist Church will finally be held in Charlotte, North Carolina. Many pieces of legislation will be brought forward, but what the DRT wants to highlight is a proposal to restructure the global church with a plan called Worldwide Regionalization. According to material from the Connectional Table, “The regionalization proposal aims to address what many United Methodists see as a longstanding problem limiting the denomination’s missional effectiveness—namely that the church in the U.S. and the central conferences have unequal standing in decision-making.” The proposed legislation would create a U.S. Regional Conference and the current Central Conferences—Africa, Central and Southern Europe, Congo, Germany, Northern Europe, Philippines, and West Africa—would also become Regional Conferences. Each Regional Conference would have equal standing and the autonomy to adapt specific parts of The Book of Discipline that have to do with the organization and administration of the church.



Why is this such a big deal and why does the DRT care about it? Because this proposal attempts to acknowledge and remove the practices of colonialism that have been part of Methodism since the beginning. The values expressed by the groups behind the proposal include equity, unity, de-centering the U.S., honoring each region’s cultural context, and decolonizing our mission, relationships, and structure. “The regionalization puts an end to imposing cultural views of one region of the world onto another, fostering a sense of identity and belonging that’s essential in our global connection. By celebrating the diversity of our respective mission settings, regional governance offers a vibrant and hopeful vision for The United Methodist Church now and into the future.”

To read more about the Worldwide Regionalization proposal or watch a video spotlighting the words of United Methodist bishops from each of the proposed regions, visit <https://www.resourceumc.org/en/churchwide/the-connectional-table/regionalization-legislation>.



## IT Tech Corner

By Jesse Steed

### Subscribe to NUMC on Youtube

Did you know that NUMC has a Youtube Channel? We post our recorded Sunday worship services and special church services such as Good Friday and Christmas Eve. Subscribe to our channel to receive notices of new videos. Catch up on any services that you missed any time. You’re welcome to share our worship service videos with your friends and family.

On Sunday mornings we usually have around 20 online viewers on Youtube and 10 on Online.Church. What is Online.Church? It is a platform that allows for a limited amount of online interaction between church members as they watch the service together.

## THANK YOU!

Dear NUMC:

We have been honored by the cards, calls, gifts, prayers and support we have received as we remember Paul.

Your friendship and love have been a blessing.

With much gratitude,  
The family of Paul Lieder Hanson

Dear Northfield UMC:

Thank you so much for the use of your beautiful facility. The kids (and parents) had a great time!

We are so grateful for your generosity.

Thank you,  
Black & Brown Futures





# Notes from the Parish Nurse

“Experiencing occasional anxiety is a normal part of life. However, people with anxiety disorders frequently have intense, excessive, and persistent worry and fear about everyday situations.” ([www.mayoclinic.org](http://www.mayoclinic.org)) Normal anxiety might be experienced when giving a speech or during a job interview. It is adaptive, in that it helps us deal with real danger, or perform our best in an activity. “We experience anxiety when we PERCEIVE or THINK that we are in danger. This response is great when there is an actual danger (such as encountering a bear), but becomes a problem when the ‘perceived danger’ is not actually dangerous (giving a talk, seeing a dog).” ([www.anxietycanada.com](http://www.anxietycanada.com)) Anxiety is not dangerous or harmful, but the sensations are there to protect you from danger. It will not last forever; it is temporary.

Anxiety disorders are the most common mental illness in the United States, with over 40 million adults being affected by them. Women are twice as likely as men to experience this illness. There are five major types of anxiety disorders. The most common one is generalized anxiety disorder (GAD) where a person has feelings of nervousness with recurring thoughts of worry and fear. Physical symptom may manifest too. Anxiety attacks or panic attacks, social anxiety, obsessive-compulsive disorder, and post-traumatic stress disorder are the other four. In this article GAD will be discussed.

“As with many mental health conditions, the cause of generalized anxiety disorder likely arises from a complex interaction of biological and environmental factors. They may include genetics, differences in brain chemistry and function, differences in the way threats are perceived, and development and personality.” ([www.mayoclinic.org](http://www.mayoclinic.org)) At this point, it is not fully understood how life experiences can trigger this anxiety disorder. Another cause might be a side effect from a medication.

Twelve common habits might make anxiety worse. They include skipping meals, drinking caffeine, “reaching for sugar”, eating processed foods with additives, having poor eating habits, not exercising, watching the news, ignoring anxiety symptoms, becoming dehydrated, consuming alcohol, lacking enough sleep, and comparing oneself to others.

Symptoms of generalized anxiety disorder signal an “alarm reaction” to the body. (These will be listed, but not discussed in detail.) Individuals experiencing anxiety might experience a few or many of these symptoms.

- Shortness of breath/tight chest
- Rapid heart rate
- Rapid breathing with choking sensation
- Nausea/stomach ache
- Sweating or hot and cold flashes
- Dizzy/light-headed
- Hyperventilation resulting in numbness and tingling of fingers and toes
- Heavy legs
- Bright vision from dilated pupils

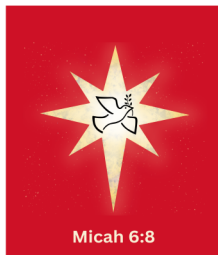
Conventional treatment for GAD includes medications and psychological counseling. These treatments would be orchestrated by physicians and therapists. Also, an individual could try complementary techniques that might help alleviate anxiety. These include massage, acupuncture, yoga, aromatherapy, music therapy, art therapy, practicing mindfulness and relaxation techniques. Meditating, walking, calling a friend, journaling, prioritizing sleep, reading, and thinking positive “self-talk” could also be helpful.

As pointed out by another United Methodist parish nurse, we should remember how comforting scripture can be. It is written in the Bible 365 times “Do not be afraid.”

- Hebrews 13:6 “...The Lord is my helper; I will not be afraid.”
- Philippians 4:6-7 “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds.”

[www.anxietycanada.com](http://www.anxietycanada.com), [www.mayoclinic.org](http://www.mayoclinic.org), [www.NIMH.nih.gov](http://www.NIMH.nih.gov)





**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*

**Olive Wood Hearts**

The MICAH Team has been selling wooden hearts (2" x 2") crafted from olive wood by carvers in Bethlehem for \$5 each.

This project is in support of the olive wood carvers of Bethlehem who are experiencing tough times due to the lack of tourists and the closure of Bethlehem by the Israeli military. MICAH will continue to look for ways to support Palestinians.

Thank you to all those who purchased Olive Wood Hearts on Sunday March 17. MICAH has placed another order, which will take a couple weeks to arrive, but should be here in time for Mother's Day and Graduation. These hearts were purchased from the Star Bazaar gift shop of Bethlehem Bible College. This college is an Advance of the United Methodist Church.



**An Easter Prayer from a Bethlehem Palestinian working with the olive wood carvers:**

*While we are celebrating and remembering the resurrection of our Savior, we hold in our hearts all people who are still suffering from war and oppression. Praying that this season of continuing prayers will bring peace to this land. And with the women at the doors of Jesus's tomb, we will not be afraid (Matthew 28:5-6: "The angel said to the women, 'Do not be afraid, for I know that you are looking for Jesus, who was crucified. He is not here; he has risen) and we too shall not be afraid, as we trust in God that all these sufferings will be healed and will have an end. In the name of the Risen Christ.*

*- Michael Zoughbi*

**Methodist Liaison Office in Jerusalem - Join in Wednesdays at noon**

The Methodist Liaison Office offers a way for United Methodists to hear directly from Palestinians in the Holy Land through a weekly online gathering every Wed. Noon CST. Register by sending an email request to [office@MLOJerusalem.org](mailto:office@MLOJerusalem.org) and the office manager will send the link to join the hour-long meeting. (Usually more like 40 minutes long.) There is a speaker each week (20 min) Then there are breakout groups to meet other Methodists and to pray together.

**UMC General Conference 2024 April 23-May 3 - Resolutions on Palestine-Israel**

Copies of these resolutions are available on the hallway bulletin board at church. Or go to [www.kairosresponse.org](http://www.kairosresponse.org) and click on GC2024 in the menu bar. See where you can endorse all or some of these resolutions.

Interested in more information from the MICAH team? Join our email list by contacting us at [micah@northfieldumc.org](mailto:micah@northfieldumc.org).



United Women in Faith

## “Happy Hearts” Quilt Raffle May/June 2 HOPE Center presentation April 8

### United Women in Faith :Meeting Dates

April 1, 2024 – UWF Executive Board meeting – 3:00 Fellowship Hall

April 8, 2024 - Esther Circle – 1:00 PM

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

April 15, 2024 - Mugs and Muffins – Church Library – 9:00 AM

Website: [UWFaith.org](http://UWFaith.org) – National UWFaith [mnconfumw.com](http://mnconfumw.com) – Minnesota UWFaith

**Life is full of Possibilities. United Women in Faith of Northfield UMC has one for you. Picture yourself under the cozy, vibrant, Queen sized “Happy Hearts” quilt.**

Dorothy Orde has lovingly pieced a quilt top of happy hearts. Marcia Spiker, from Faribault, has quilted it. Raffle tickets for “Happy Hearts” quilt go on sale May 5th and continue through the month of May! Raffle is open to friends and neighbors. Drawing will be after worship June 2nd.

**UWFaith has a goal of \$750 for Emma Norton’s operating budget this year.**

**How can you help? Donations to our quilt raffle!**

**Quilt Raffle Tickets: \$2 for one ticket or \$5 for three tickets.**



**Queen Size  
Pieced with many hearts on a white background. Backing is red with white quilting swirls. Winner is the owner.**

All interested are invited to: **April 8, 1:30 PM: Esther Circle.** Interested in learning about **HOPE Center? Executive Director, Erica Staab-Absher speaking the second Monday in April.** Meet us at: Kildahl Park Pointe – 888 Cannon Valley Drive, Northfield, MN. If not a circle member, let Catherine know you are coming so we can plan accordingly. [Cwilliamsteacher303@gmail.com](mailto:Cwilliamsteacher303@gmail.com)

**Palm Sunday Bake Sale – March 24** –A thank you to all that baked, worked on, and purchased baked goods during the UWFaith Bake Sale. A new year’s budget begins with mission in mind. Your support is greatly appreciated. The more we work together, the more we can get done.

**Emma Norton Residence, Restoring Waters,** capital campaign is in full swing. You are called to help lift the response over the top. Contact Shawna Nelsen-Wills, Advancement Dir. at [snelsen@emmanorton.org](mailto:snelsen@emmanorton.org) or call 651-251-2632.

**Alliance Stamp Ministry:** All types of cancelled postage stamps and Stamp collections are accepted. Put them in the box in Fellowship Hall. This is an ongoing ministry.



## The Human-Animal Bond

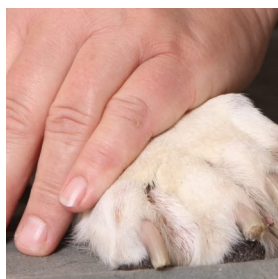
I was at a Blessing of the Animals at my previous church where there was a young boy who cried all through the blessing. Once the pastor finished, he asked the boy why he was upset. The boy replied, "I didn't know I could bring my pet to church". To which the pastor replied, "You can bring your pet to church next week and we'll do a special blessing, our pets are a blessing to us every day not just on one day." The pastor failed to ask however what "type" of pet this little boy had and on the following Sunday he did indeed bring his pet, a very large lizard, to church and a special blessing was said for this special pet. As funny as this turned out to be, the pastor was correct, pets are a blessing to us every day.

The human-animal bond is an important relationship with mental, emotional and physical benefits for both pets and people. The bond between an animal and human is unconditional and nonjudgmental. Our pets are with us through thick and thin, they add joy, laughter, comfort, support and even protection. Studies have shown that pets can reduce anxiety and stress, lower your blood pressure, decrease the risk of heart disease, increase social interactions, provide assistance and help people manage their mental health. I have a sign in my house that reads *"My dog does this amazing thing where he just exists and makes my whole life better because of it."* Many of you feel the same way, so we want to hear about your pets. **Email me at [northfieldumc@gmail.com](mailto:northfieldumc@gmail.com) by April 15<sup>th</sup>, with a digital photo of your pet/pets (current or past), tell us about them and how they make your life better. We'll include these in the next Herald Newsletter.** I have had many pets over the years including horses, dogs, cats and a rabbit, as well as fosters. All animals hold a special place in my heart. Here are just a few of my most memorable 4 legged family members.

Sophie and Molly, were Basset Hounds who were known to my friends and family as "The Girls". Sophie was a Basset/Lab mix and the happiest, most social dog there ever was. She believed every person/creature should be her friend. She knew only how to love everyone and did so truly unconditionally. There was no one she disliked. Not a bad way to live your life. Sophie happily welcomed every foster dog into my home sharing her toys, blankets and love, whether it was a 12 week old puppy or a 13 year old senior dog, she seemed to understand they needed her patience and love. She was my best friend for 12 fun filled wonderful years.



Molly & Sophie "The Girls"



My Molly's paw

Molly was stubborn, unbelievably food motivated and a complete goof ball. They say Basset Hounds are the clowns of the dog world and that was Molly. She made me laugh every day. Molly was a very special girl, diagnosed with Addison's Disease at one year old. Addison's affects the body's ability to produce the hormones to maintain stress levels and control electrolyte levels. It's a deadly disease if not treated. Molly took daily medications as well as an injection every 21 days to control her Addison's. Even with this disease, she lived a wonderful life doing all the normal dog things. We had a unique bond, one that I have never had with any other dog, she seemed to read my mind and if there is such a thing as an animal who could be your soul mate, Molly was mine. She passed away very unexpectedly at the age of 9. Addison's is a rare disease and Molly was one of the first

dogs ever diagnosed with Addison's at Cannon Valley Veterinary Clinic here in town. My veterinarian told me that because they learned so much from Molly's case they were now testing more often for Addison's and were able to diagnose this disease early enough to save other dogs as most die before they are diagnosed. While I wish Molly would never have had Addison's Disease, I give thanks that her life had a purpose because of it, and perhaps other dogs were saved thanks to my funny, sweet girl. She was here for a reason.

Just a few weeks after Molly passed, I was asked if I would foster a beagle who really needed some TLC. She had been "dumped" along with other dogs believed to be puppy mill breeding dogs at a rural Rice County park. She was in rough shape, had numerous infections, missing most of her teeth and a bad heart and even though my mind was saying I was not ready to take this on, I could not say no to this dog. We named her Marley, and she turned out to be the best medicine for my broken heart after Molly's passing. Having spent her life in a cage producing numerous puppy litters, she had no idea what toys were, what living in a house meant or what grass felt like on her feet. She feared carpeted floors and grass



Marley

because she didn't know what it was. My dog Sophie became her teacher. Sophie was here to be more than just my best friend, she was here to help show another dog what happiness could be. Marley followed Sophie all over and learned to play with toys by watching Sophie play. It was amazing to see in real time a dog learn how to be a dog. Marley spent 5 months getting healthy and ready for adoption, but by this time, this little girl had my heart and I adopted her. I have fostered several dogs and have always been able to send them on to their new forever home, but Marley was different. She came to my home when I needed her as much as she needed me. You can't tell me that God didn't have a hand in that. Sadly, her previous life as a puppy mill breeding dog had taken its toll on her poor little body, especially her heart, and our time together was short, she passed away just 6 years later.

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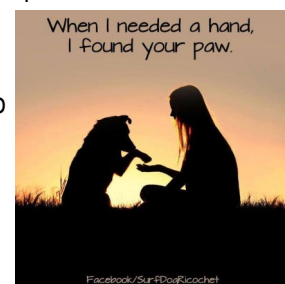
Fletcher

Out of all the dogs that I have fostered I have only adopted two. Sophie passed away two years before Marley, and I wasn't quite ready to get another dog so I decided I would foster for awhile. I received a call that there was a Shiba Inu dog named Fletcher who needed a foster. He was turned into the shelter when his owner, who he had been with since a puppy, had to move to assisted living. I knew nothing about Shiba Inu dogs. After reading as much info as I could about them, I learned that Shiba's are known for their extreme loyalty to one person and Fletcher made it clear that I was not that person. He was depressed and wanted nothing to do with me. His world had been pulled out from under him and he didn't understand why. Shiba's are highly intelligent, unique dogs. They have more of a cat-like personality than a dog and I was at a loss with him.

I had to take everything I thought I knew about dogs and throw it out the window because none of it applied to this dog. Someone familiar with Shiba's told me to just let him be as he was studying me, and he would come around in his own time once he figured me out. They were correct. It took several weeks but one day it was as if someone flipped a switch, and it was clear that he had decided I could be his person. When it was time for him to be made available for adoption, I couldn't do it. He now trusted me, and I couldn't put him through the loss of another person that he had bonded with. Plus, I was now in love with this boy and I have always believed that we don't necessarily find the dog that needs us, God gives us the dog that we need at the time, and this was the second time I believed God had a hand in sending me the dog I needed just at the time I needed it. I adopted Fletcher and 2 1/2 years later he is absolutely my loyal best friend. He may be an odd character at times, he doesn't like anything moved out of place, but he is so in tune with whatever is going on with me. It's true, Shiba's do love with every ounce of their being.

Animals love unconditionally, forgive easily, and appreciate us no matter if we deserve it or not. God gave animals some of the best traits which can sometimes be missing from us humans. Perhaps it's a stretch to think that animals were put here to teach us about God's love, but with all that they mean to us, is that too much to consider?

I can't wait to see photos and hear about your pets! And just so you know, there is always a bag of dog treats in my desk for "special" visitors to the church office. Sandy Vesledahl – Office Administrator



### Every Day is Earth Day at NUMC

April 22 is Earth Day 2024. There will be activities in Northfield on Sat, April 27th at Armory Square but, of course, every day can be Earth Day and at NUMC, it is. (see Northfield Earth Day info on Announcement page)

NUMC has reduced the amount of trash sent to the landfill. Prior to composting, NUMC regularly filled TWO 63-gallon trash barrels each week that went to the landfill. Now, thanks to the compost policy, food waste goes to compost. Also, the church buys compostable products for use at church functions. In addition, outside groups that use the building can bring their own compostables or purchase compostables from the office in whatever numbers (small or large) that they need. (see items listed on announcement page)

So, instead of adding to the landfill, now at least 63 gallons of compost go to Shakopee for composting **EACH WEEK**. This is 3,276 gallons that are **NOT** sent to the landfill every year. This is important because Rice County Commissioners project that the landfill will be full (and thus closed) within 15 - 20 years. This might seem like a long time away, but time flies. The costs and logistics of sending trash to a farther away location are many.

Another benefit of composting is that no methane gas, a worse greenhouse gas than carbon dioxide, is released. We in Northfield are so fortunate to have access to commercial composting because organics (food, paper napkins, paper towels, etc.) that are sent to the landfill do eventually decompose there, but also release methane gas which can (and sometimes does) escape from even the sealed landfill and contribute to global warming.

Recycling also keeps items out of the landfill, though it is a bit more complicated than composting because sometimes there isn't a market for recyclables or what is put in the bins is too contaminated and ends up sending the whole load to the landfill. The NUMC recyclables are checked to be sure the items are clean and actually recyclable.

Items that are generally successfully (i.e. - there's a market for them) recycled are office paper and aluminum cans. Shredded paper goes to compost so that stays out of the landfill. Aluminum cans go to the Operation Backpack and cashed in for the proceeds. Used or non-working electronics are delivered to electronics recycling.

Currently, only 2 or 3 very small garbage bags (less than 10% of one 63-gallon trash container) go to the landfill each week from NUMC. If you ever wonder "what goes where", please refer to the signs by the wastebaskets in all locations around the building. Or, check out the lists which can be found on the church website under "Reserve a room." - Mary Ann Polley

# 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](http://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

Could you spare 15 minutes during Super Wednesday dinner to help scrape dishes at the dish window? This helps the clean-up and also the environment by sending organics to compost. Contact Mary Ann Polley at [mapks@msn.com](mailto:mapks@msn.com), or 507-645-6271, or in person if you can help!



## Card Making with Margie

Tuesday, April 16, 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.



## DRIVERS NEEDED

For many years our church has had a list of individuals who were willing to drive others to church services or appointments. We no longer have a list of volunteer drivers but would like to build that ministry again, as we continue to get requests for this kind of assistance. Please let Ruth Kruse, Parish Nurse, know if you are able to join this ministry of offering rides to others.

You may put your name and contact information on the sign-up sheet at the Welcome Desk, email Ruth at [info@northfieldumc.org](mailto:info@northfieldumc.org), or leave a note in her mailbox in the church office. Thank you!

## Meals for Habitat for Humanity

Four teams of two people provided meals to Habitat volunteers for last year's build in Faribault. This year's build is in Northfield and the same four teams will continue to provide a monthly meal. I would like to add one more team of 2 so that UMC continues to provide and serve one meal a month, yet each team would be responsible for only 2 meals per season. Can you help with this UMC service project? Contact Ann Richards at 763-221-4823 or [delightfulread@yahoo.com](mailto:delightfulread@yahoo.com).



Don't Miss the **DEADLINE!**

## May Herald Newsletter Deadline

The deadline for the May issue of the Herald Newsletter is:  
**Noon on Monday, April 22, 2024**

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

**The church office will be closed Monday, April 1st**



# Announcements continued

## Facilities Workday: April 27th 8:00 am - Noon

Spring comes, and with it comes spring cleaning! Facilities Team spring work day is Saturday April 27th, from 8:30 - noon-ish. Bring appropriate outdoor work clothes and gear; brush cutting equipment, rake, shovel, tough boots, gloves, etc.. There will be inside tasks to do and in case the weather does not cooperate, we will all be inside. Many hands make quick work! No need to RSVP.



## SUPER WEDNESDAY MEALS

**Wednesday evenings 5:30-6:30 pm**

For the weekly Super Wednesday meal menu  
visit our facebook page

<https://www.facebook.com/NorthfieldUMC>  
each week or call the church office at  
507-645-5689.

**FINAL SUPER WEDNESDAY - MAY 1**

Northfield will hold its Earth Day Celebration on Friday April 26th and Saturday April 27, 2024. This year, the theme for the Celebration is: "It's Up to Us", hoping to provide ideas and inspiration for all of us to take action.

The Celebration kicks-off the night before, Friday, April 26, with an evening Contra Dance at Armory Square in Northfield. On Saturday, April 27, at Armory Square, the Celebration continues. It starts with morning workshops from 9-11 am and continues into the afternoon with the Earth-Friendly Action and Idea Fair exhibitors from 12-4 pm. Outside Armory Square, along Division Street from 12-4 pm, will be Farmer's Market Vendors, children's activities, music, food vendors, the Northfield Public Library bookmobile, an electric vehicle (EV) display, and more. Wrapping up the Northfield Earth Day Celebration on Saturday at 4:30 pm at the Armory will be speaker Pete Wycoff., the Assistant Commissioner in the Energy Division at the Minnesota Department of Commerce. For more info visit [northfieldearthday.com](http://northfieldearthday.com).  
May Every Day be Earth Day!

**NORTHFIELD  
EARTH DAY  
CELEBRATION**

**Saturday, April 27, 2024**  
Armory Square | Northfield

[www.northfieldearthday.com](http://www.northfieldearthday.com)



## 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](http://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.)

## SERVING FOOD/BEVERAGES AT YOUR MEETING? NEED COMPOSTABLE SUPPLIES?

The Church has a supply of compostable items and will provide free of charge for church related meetings/events, just let Sandy in the church office know in advance what you will need. Items available for your use:

Forks, Knives, Spoons

5 oz cups

8 oz short clear beverage cups

9 oz tall clear beverage cups

12 oz tall clear beverage cups

8 oz (hot) coffee cups

10 oz hot/cold cups

6" dessert bowls (white)

6" dessert plates (white)

8" dinner plates (white)

9" dinner plates (white)



# Because every picture has a story to tell...



A big thank you to all the facilities team members who worked on the oven replacement project!

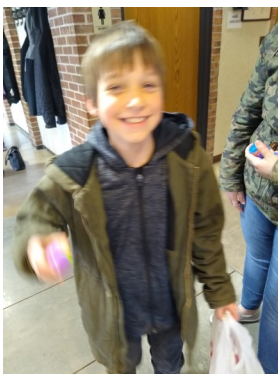


Pierce Follansbee Delong donated new basketballs to the church for our many youth and family ministries that use them - thanks to Cole Barta as well for getting them aired up and ready to go!

The monthly gathering of NUMC members of Kildahl has been a source of fellowship and connection for three years!



NUMC Youth give the SALT team a hand by packing the eggs for the Annual Easter Egg Hunt!



SALT (serving and learning together) youth leaders hosted the annual egg hunt on March 17 - it was a chilly day, but inside was just fine for the 40 children who came seeking fun and candy!

# April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> <b>Church Office Closed</b> 3:00 UWF Board mtg 7:00 Community Reservation	<b>2</b> 9:00 Bible Study	<b>3</b> 9:00 Mission Sewing <b>11:30-1:00</b> Community Reservation <b>Super Wednesday</b> <b>3:30</b> KC3 5:30 Shared Meal 6:15 Adult Choir 6:30 Youth Fellowship 6:30 Handbell Choir 6:30 Open Gym	<b>4</b> 12:00 Community Reservation	<b>5</b> 8:00 Men's Breakfast	<b>6</b> <b>8:30-11:00</b> Community Reservation
<b>7</b> <b>9:30 Worship with Communion</b> 10:00 Children's Church 10:30 Coffee in Fellowship Hall	<b>8</b> 10:00 MICAH 1:00 Esther Circle - Kildahl 7:00 Community Reservation	<b>9</b> 9:00 Bible Study	<b>10</b> 9:00 Mission Sewing <b>11:30-1:00</b> Community Reservation <b>Super Wednesday</b> <b>3:30</b> KC3 5:30 Shared Meal 6:15 Adult Choir 6:30 Youth Fellowship 6:30 Handbell Choir 6:30 Open Gym	<b>11</b> 10:30 Community Reservation 12:00 Community Reservation	<b>12</b> 8:00 Men's Breakfast	<b>13</b> <b>8:30-11:00</b> Community Reservation
<b>14</b> <b>9:30 Worship</b> 10:00 Children's Church 10:30 Coffee in Fellowship Hall <b>6:00-8:00</b> Community Reservation	<b>15</b> 9:00 Mugs and Muffins <b>3:00-8:00</b> Community Reservation 7:00 Community Reservation	<b>16</b> 9:00 Bible Study <b>2:30</b> Card Making with Margie 7:00 Facilities Team mtg	<b>17</b> 9:00 Mission Sewing <b>11:30-1:00</b> Community Reservation <b>Super Wednesday</b> <b>3:30</b> KC3 5:30 Shared Meal 6:15 Adult Choir 6:30 Youth Fellowship 6:30 Handbell Choir 6:30 Open Gym	<b>18</b> 12:00 Community Reservation <b>7:00</b> Renewal via zoom	<b>19</b> 8:00 Men's Breakfast	<b>20</b> <b>8:30-11:00</b> Community Reservation
<b>21</b> <b>9:30 Worship</b> 10:00 Children's Church 10:30 Coffee in Fellowship Hall	<b>22</b> <b>Noon - Herald Newsletter Deadline</b> 7:00 Community Reservation	<b>23</b> 9:00 Bible Study	<b>24</b> 9:00 Mission Sewing <b>11:30-1:00</b> Community Reservation <b>Super Wednesday</b> <b>3:30</b> KC3 5:30 Shared Meal 6:15 Adult Choir 6:30 Youth Fellowship 6:30 Handbell Choir 6:30 Open Gym	<b>25</b> 12:00 Community Reservation	<b>26</b> 8:00 Men's Breakfast	<b>27</b> <b>8:30-11:00</b> Community Reservation  <b>8:30-Noon Facilities Spring Work Day</b>
<b>28</b> <b>9:30 Worship</b> 10:00 Children's Church 10:30 Coffee in Fellowship Hall	<b>29</b> 7:00 Community Reservation	<b>30</b> 9:00 Bible Study	<b>1</b> 9:00 Mission Sewing <b>11:30-1:00</b> Community Reservation <b>Final Super Wednesday</b> <b>3:30</b> KC3 5:30 Shared Meal 6:15 Adult Choir 6:30 Youth Fellowship 6:30 Handbell Choir 6:30 Open Gym	<b>2</b> 12:00 Community Reservation	<b>3</b> 8:00 Men's Breakfast	<b>4</b> <b>8:30-11:00</b> Community Reservation



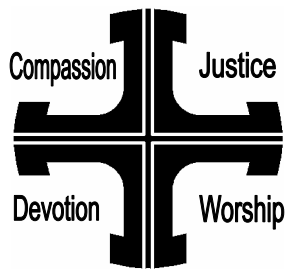
**NORTHFIELD  
UNITED METHODIST CHURCH**

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*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**

Pastor	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