

United Methodist Herald

October 2024



“Hidden Falls” Nerstrand Big Woods State Park.

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October Worship

October 6, 2024
Celebration of Holy Communion
World Communion Day
 Luke 19:1:10
 Pastor Gordon Orde

October 13, 2024
 The Lord's Prayer
Our Daily Bread
 Matthew 6:9-11; John 6:1-13
 Pastor Donna Dempewolf

October 20, 2024
 The Lord's Prayer
Forgive Us, As We Forgive
 Matthew 6:9-12, 14-15; Matthew 18:21-22
 Pastor Donna Dempewolf

October 27, 2024
 The Lord's Prayer
And Lead Us, Not Into Temptation
 Matthew 6:13; Psalm 23:2-3; James 1:13-15
 Pastor Donna Dempewolf



Message from the Pastor

Autumn Beauty

In the northern hemisphere, the beauty of Autumn is all around us. Leaves are changing from greens to vibrant reds, vivid yellows, and warm browns. Trees are dropping leaves, revealing the design of their branches. The sunsets and harvest moons shine forth with brilliance.

Squirrels are scurrying to find walnuts to hide in trees or bury under the soil. Geese are flapping their wings and honking, as they fly south. Plants are releasing seeds to the ground. Yet Jack-O-lanterns are still pumpkins in the field – waiting to be picked and set aglow on All Hallows Eve.

The smell of pumpkin spice lattes and smoky bonfires permeate the air, which is crisp, cool, invigorating the soul.

Autumn is a time of breathing in the glory of God, holding it for a brief moment, and then exhaling it to the ever-changing universe – singing or chanting, “Holy, holy, holy. Everything is holy.”

Autumn fills us with awe, yet yearns for us to change, to turn, to let go. This might evoke a sense of melancholy or sadness for some. We don’t want to change, we would prefer a perpetual summer. We don’t want longer nights and shorter days. We don’t want to acknowledge that another season of our lives has gone by. We don’t want to let go of summer, and its metaphor of perpetual growth. We don’t want to open ourselves to winter’s inevitable death.

We forget the interconnectivity of all the seasons, and of Jesus’ assurance, “Unless a grain of wheat falls into the earth and dies, it can only be a single seed. But if it dies, it bears much fruit” (John 12:24). We forget that something is happening under the surface. In the words of mystic Thomas Merton, “There is in all visible things an invisible... hidden wholeness.” Darkness and light, death and new life are held together in possibilities planted for a season yet to come.

The beauty of Autumn beckons us to change; for unless we change we remain trapped forever in yesterday’s ways. Like leaves on a tree, it longs for us to turn and return to God.

This fall, breath in the glory of God all around you, and invite the Holy One to help you to change, to turn, to let go. It will look different for each one of us. It might be turning from callousness to sensitivity; from apathy to interest; from talking to listening; from retaliation to forgiveness; from self-centeredness to compassion; from pettiness to purpose; from tearing down to building up; from dividing to uniting; from isolation to community; from turning away to turning toward.

During this beautiful season, may you turn toward God, singing “everything is Holy.”

Donna





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.

General Fund August 2024 contributions \$23,264.66
General Fund August 2023 contributions \$18,366.66

General Fund YTD 2024 contributions \$206,189.34
General Fund YTD 2023 contributions \$237,013.28

Treasurer's Report for August 2024

General Fund

The Community Resource Bank checking account balance at the end of August was \$47,795.27. This is a slight decrease of \$979.15 from the end of July balance of \$50,466.57. Due to cash flow, July and August apportionments have not been paid. Monthly apportionments are \$4,645.58. (Side note – July apportionments were paid in mid-September).

Monthly Offering Income for August was \$23,264.66. Year to date (YTD) Actual Offering Income was \$206,189.34 which is \$30,823.94 less than YTD Last Year and \$60,477.34 less than a straight-line YTD Budget of \$266,666.68. General Fund Income Total for August was \$23,359.68. Other Income Totals of \$95.02 came from Interest Income and Regular Facility Usage. General Fund YTD Actual Income was \$221,064.16 which is \$41,366.43 less than YTD Last Year and \$57,435.88 less than a straight-line YTD Budget of \$278,500.04.

When comparing 2024 to 2023, YTD giving is down \$30,800. As noted in the April Treasurer's Report, several giving units have changed their giving pattern from monthly to end-of-year based on advice from their financial planners. Thus, monthly EFT giving has dropped from about \$7,000 to \$5,000. Weekly offering amounts have also decreased since more people are doing quarterly or end-of-year contributions. This change in giving patterns makes it difficult to manage cash flow.

Monthly Expense Totals for August were \$32,154.72. YTD Actual Expense Totals were \$268,804.51 which is \$29,910.84 less than YTD Last Year but \$30,843.43 more than a straight-line YTD Budget of \$237,961.08. YTD we are \$47,740.35 in the red, compared to \$40,538.96 we budgeted to be in the black.

Physical Plant

Support from General Fund income for August was \$9,648.44. YTD Actual Income was \$125,711.29 which includes: \$86,867.62 Support from General Fund for Physical Plant; \$5,315.00 from contributions of to the Building Fund; and \$33,528.67 disbursement from the Building Maintenance Endowment made up of an Annual Interest Income of \$21,928.67 and a \$11,600.00 for the increase in Gap Insurance (wind and hail damage beyond regular insurance coverage). YTD Actual Expenses were \$103,616.71 which leaves a positive balance of \$22,094.58.

Endowment Funds

At the end of December 2023 these funds totaled \$941,047.78 which includes \$334,802.54 that we owe ourselves from the last building campaign. The YTD Balance at the end of August was \$1,062,989.61. The Undesignated Endowment fund received \$127,100.20 from the Anne B. Mayer Charitable Fund in August. A 6% disbursement on the balance in the funds as of the April 30th statement, a total of \$36,602.88, was taken in May. An additional \$11,600 from the Building Maintenance fund was also taken in May to cover the unexpected fourfold increase in gap insurance. Considering receipts and disbursements, the combined endowment funds show a combined market gain of \$35,027.77 (about 7.8%) during the first eight months of 2024.

Looking for more family ministries information?
Contact the church office at info@northfieldumc.org.

Sundays:

Children's Church (5th grade and under)

Younger children are dismissed from the sanctuary at 10am to a worship service of their own, followed by fun and fellowship in the gym.

No Children's Church Sunday, October 20th (MEA)

Super Wednesdays

Wednesdays are SUPER at NUMC, and we can't wait to welcome everyone back for our school year programs.

3:30-5:30 pm - KC3 (Kids Creating Community Through Christ) for our grade school kids, K-5th grade. *(with bussing and chaperone walking from the schools)* To sign up or for more information, email Children's Ministry Coordinator Gregory Ennis: Gregory.ennis@gmail.com.

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

6:30-7:30 pm - Youth Group (6th-12th grade) in the youth room. . .fellowship, games, and deeper exploration of what it means to follow Jesus. To sign up or for more information, contact Pastor Donna at ddempewolf@northfieldumc.org or info@northfieldumc.org.

No Super Wednesday October 16th (MEA)

Trunk or Treat

Sunday, October 27 1:30-2:30 pm

Calling Volunteers for TRUNK OR TREAT! Yes, we will be sharing our space again for Trunk or Treat this year. This is a great outreach to let the greater community know what children's and youth ministry opportunities we have and to have some fun!

We are definitely looking for volunteers again this year. You can bring your car and hand out candy from your trunk. Decorations can be as simple or as elaborate you feel called. Bring your car, decorate your car, or if you don't have a car come help out with stations of simple yard games.

We will set up on the NE section of the NUMC parking lot on 10/27 and we will plan to have visitors from 1:30-2:30. So grab some lunch after church, come back and take your time in setting up your station!

If you are available to volunteer please contact Gregory Ennis.

Children come play yard games and get candy from decorated cars! Tell your friends and families! Hope to see everyone on 10/27 at 1:30!

SALT Pumpkin Carving Party

Wednesday, October 30, 6:15-7:15 pm

Bring your own pumpkins, but leave the mess with us! SALT (Serving and Learning Together) will provide carving equipment and templates.

Confirmation

9th and 10th Grade Confirmation Orientation

October 27th, after church

9th and 10th graders are invited to be part of this years confirmation class. Orientation will take place after church on October 27th in the library. For more information contact Pastor Donna at ddempewolf@northfieldumc.org.

NOW HIRING: Youth and Family Ministries Director

We are hiring a Youth and Family Ministries Director to maintain momentum in our youth program. If you know someone with good interpersonal and administrative skills and a love of God and ALL God's children - especially middle school and high school youth - then please invite them to [apply for this position!](#)



Isaiah's message for October continues to be focused on the upcoming election for national, state, local and governmental offices and projects. Take action:

- Register to vote
- Learn about the candidates and their platforms
- Learn about the projects and issues on the ballot
- Ponder these to discern the choices that best affirm your faith values.
- Cast your ballot – either early, by mail or in-person, or on November 5th in person.

John Wesley, the founder of Methodism, had advice to those who were eligible to vote back in his day:

"I met those of our society who had votes in the ensuing election, and advised them:

1. To vote, without fee or reward, for the person they judged most worthy.
2. To speak no evil of the person they voted against.
3. To take care their spirits were not sharpened against those that voted on the other side."

His advice is still worthy of our consideration.

To learn more about and/or join the NUMC-ISAIAH Team, contact Evelyn Burry, Team Leader (evelynburry@hotmail.com; 507-581-4684).

Dismantling Racism Team (DRT)

NUMC Land Acknowledgement Statement

We recognize Indigenous Peoples Day (October 14) by printing the land acknowledgement statement that was crafted by the Dismantling Racism Team and adopted by the church council in late 2021.

Northfield United Methodist Church acknowledges that our church and its property stand on the homelands of the Wahpekute and Mkwakanton bands of the Dakota Nation. We honor with gratitude the people who have stewarded the land throughout the generations and their ongoing contributions to this region.

We know that the earliest days of our congregation were contemporaneous with John North establishing the town boundaries on land recently ceded by the Dakota in an 1851 treaty. We know that after the US-Dakota War of 1862, the state of Minnesota forcibly exiled the remaining Dakota people from this area. We confess that the story-telling done by the Northfield United Methodist Church has contributed to the erasure and dehumanization of the Dakota people.

We acknowledge our role in ongoing threats to present-day Dakota sovereignty and wellbeing, and we wish to interrupt this legacy, beginning with honest storytelling about our congregation, the denominational life of the United Methodist Church, and the wider community.

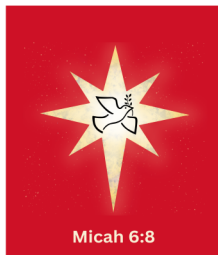
It is up to each of us to work to repair the damages of settler colonialism by sharing accurate histories, building and sustaining meaningful relationships with our Dakota neighbors, and working towards authentic acts of healing.

The Laity Collaboration

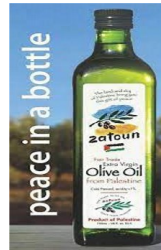
We all are called, and laity play an integral role in making disciples of Jesus and sharing God's love with the world. The Minnesota Conference has developed a robust new opportunity to engage and empower laity to live into their unique calling. You can learn more here [thelaitycollaborative.pdf](#). We'd love to have you participate. Register today or contact Pastor Donna for more details.

Kick-off event: Saturday, October 26, 9:30 am - 4:00 pm, Hennepin Avenue UMC
(with virtual learning opportunities over the following 4+months)

Cost: \$75



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

Because of Us

This morning I learned
The English word gauze
(finely woven medical cloth)

Comes from the Arabic word [...] Ghazza
Because Gazans have been skilled weavers for centuries

I wondered then
how many of our wounds
have been dressed
because of them

and how many of theirs
have been left open
because of us

- Em Berry, New Zealand

Prayers:

May the Palestinian people forgive us for our collective inability to protect them, honoring the most basic meaning of international law. - Francesca Albanese UN Rapporteur to Palestine territories

God, lead us, that we may stand firm in faith for justice. Teach us love. Teach us compassion. Above all, our out of love and compassion, teach us to act. Amen - Iona Abbey Worship Book.

Wear a black ribbon on October 6, 7, & 8.

As October draws near, our hearts are heavy with grief and disbelief. How has the world allowed such unimaginable violence and the blatant disregard for basic human rights to persist?

Oct 6 - Palestinians in Gaza had lived for 17 years in an open-air prison. All Palestinians had experienced decades of suffering and oppression.

Oct 7 - Cannot be ignored. Israelis are still grieving for the tragic loss of loved ones and are anguishing for the return of captives.

Oct 8 - Israel began its genocidal attacks, which are ongoing with over 40,000 Palestinian lives lost. Since this date Israel's massacres against civilians in the Gaza strip have not stopped for a single day.

- This is a project of Nonviolence International, whose founder is Mubarak Awad, brother of Alex Awad.

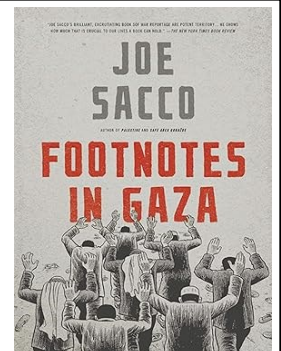
Information sources:

- Our Methodist Liaison Officer, Rev. Jane Eesley, organizes bi-weekly Zoom sessions Wednesdays at Noon, lasting less than 1 hour (speaker + prayers). To receive Zoom links: office@mlojerusalem.org
- The Executive Director of Churches for Middle East Peace, Rev Dr. Mae Elise Cannon, gives a 10 minute update on news from the Holy Land every day. <https://www.youtube.com/@ChurchesforMEP/videos>

To learn more about MICAH: northfieldumc.org/micah

Book Review Footnotes in Gaza Reviewed by Bruce Benson

See our Website
northfieldumc.org for a
review of this book.



UMC Choir Notes!

The Northfield UMC adult Choir will resume rehearsals on Wednesday, October 30!

We meet Wednesdays from 6:15 to 7:15 p.m., and sing for worship approximately once per month.

We welcome new choral voices to be part of this leadership group for worship. If you would like to join the adult choir, please contact Debbie Miller choir@northfieldumc.org

Be filled with the Spirit, speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord. - Ephesians 5:18b-19

Ring Out Ye Bells!

The Handbell Choir will resume rehearsals in September. We meet on most Wednesday evenings, from 6:30 - 7:30, in the sanctuary.

New players are always welcome to join this fun group! Our September 11 rehearsal will be especially geared towards new players who would like to give bell ringing a try.

For more information or if you have questions, contact Kathy Szydlo through the church office.



Mugs and Muffins

Mugs and Muffins will meet on October 21st. We are continuing the "Boys of the Bible Quilt Block Series." In October, we will be studying Habakkuk, Zephaniah, Haggai, Zerubbabel, and Gad.

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



Mission Sewing Project

A big thank you to Peg Jennings who organized getting 31 book bags finished that will be going to Midwest Mission Distribution Center. We are also working on getting some diapers and receiving blankets finished for Midwest Mission Distribution Center.

Mission Sewing is close to meeting our goal of having 30 quilts done by early December to donate to Operation Joy (formerly Christmas Sharing). We are always looking for more people to help meet our goals. Our next meeting is Wednesday, October 23rd, to tie quilts and start other projects. We meet at 9AM in Room 120.

Super Wednesday Meals

Food for the soul and the stomach! 5:30-6:30 pm on Wednesdays.



October 2nd:

Watch our facebook page and website northfieldumc.org for menu updates.

October 9th:

Chicken quesadillas, green rice, corn relish, green salad, chips, quacamole, cookies and ice cream.

October 16th:

No Super Wednesday meal, MEA week.

October 23rd:

Watch our facebook page and website northfieldumc.org for menu updates.

October 30 menu:

Goulash, acorn squash, jello, French bread and pumpkin desserts.



Notes from the Parish Nurse

As we age, many people worry about becoming forgetful. We can expect some changes with memory because our brain ages just as our body ages. The ability to process information may slow, there may be a reduced ability to concentrate, more memory cues may be needed, and reaction time may slow. “Memory loss that disrupts everyday life is not a normal part of aging. It is a symptom of dementia, a gradual and progressive decline in memory, thinking, and reasoning skills. The most common cause of dementia is Alzheimer’s disease, a disorder that results in the loss of brain cells.” Alzheimer’s is the seventh-leading cause of death in the United States. It is estimated that over 100,000 people in Minnesota have Alzheimer’s, and it affects over 164,000 Minnesotans who are family or friend caregivers.



Families facing a dementia-causing disease struggle with disbelief, isolation, embarrassment, fear, anger, and/or guilt. “An accepting, reassuring, and uncritical attitude from an *informed* church community can make a difference. For many families—the church community is the last available social contact, source of meaning, respite, refuge, and identity. It’s the place that is expected to welcome everyone, to be a sanctuary...a safe place where one is known and welcomed with unconditional love.”

We can help persons dealing with memory loss feel more welcome in the church with good communication. “Communication is more than the transfer of information; it is the forming of a connection that includes heart and soul, thought and feeling. What transforms an interaction into a visit, and a communication into a conversation, is as simple as your state of mind.” (Claudia J. Strauss, *Talking to Alzheimer’s*.) Following are some helpful communication hints.

- **Recognizing the signs and symptoms of memory loss and dementia.** With knowledge we can better understand the challenges and frustrations our friends are facing and the social isolation they might be feeling.
- **Welcoming persons with memory loss or dementia into the congregation.** Help them feel welcome. Take it in stride if the person is restless or has a memory glitch. Don’t let the person feel embarrassed or “put on the spot.” Allow time for responses and show your appreciation of the person.
- **Making eye contact and using the person’s name as you converse.** Introduce yourself, speak in warm tones, and give the person time to process what you are saying.
- **“Know the disease the person has”—but also take the time to know and appreciate the unique person who has the disease.** Acknowledge the person’s contributions, talents and gifts—both past and present.”
- **Focusing on the person’s strengths and abilities, not on his or her deficits.**

We can also encourage families to stay connected to the church by:

- **Acknowledging the changing needs and abilities of their loved one** and continuing to offer them a warm welcome and acceptance.
- **Making home visits when the individual finds it too difficult to go out in the community.** Maintaining your normal friendship which will give balance to the person’s life. Offer to pray or read scripture, play favorite music, enjoy nature, reminisce, look at old photos, or take a walk or drive.
- **Offering specific help.** Ask for a “to-do” list or notice what help is needed and tell them you will do it.

Do try some of these suggestions so we can continue to be a welcoming and loving church community, especially to persons and families struggling with memory loss.

Resources: Alzheimer’s Association of MN and ND, and Gwyther, Lisa P., *You Are One of Us, Successful Clergy/Church Connections to Alzheimer’s Families*.



United
Women
in Faith

UW Faith Holiday Bazaar & Bake Sale 12/1

Women's Day Apart - October 12, 2024
River Bend Nature Center

United Women in Faith: Meeting Dates

October 7, 2024 – UWF Executive Board meeting – 3:00 pm Fellowship Hall.

October 14, 2024 - Esther Circle – 1:00 pm Kildahl, 888 Cannon Valley Drive

October 21, 2024 - Mugs and Muffins – Church Library – 9:00 am

Website: UW Faith.org – National UW Faith

mnconfumw.com – Minnesota UW Faith

Restoring Waters is now full. They are starting on their programing.

Restoring Waters Seeks Art Supplies The nonprofit Art to Change the World is bringing art classes to Restoring Waters starting in September! We are so excited for our residents and want to make sure as many as possible are able to take these classes. With that in mind, we're seeking donations of the following art supplies:

Glues and 2 part epoxy

Fiskars scissors

Metal Rulers

Small battery powered drill and bits

Jewelry findings and beads

Frames

Art hanging hardware

Good quality brushes/sponges

Exotic fabrics and threads

Good quality watercolor paper

Watercolors

Large roll of craft paper (to cover tables)

Tissue paper

Elmer's glue

Cleaning bucket with eco-friendly cleaners

Canvas board 11x17 or 24x36

Empty journals - journals which could be converted and customized

Bring items to box at church.

Questions contact Catherine Williams cwilliamsteacher303@gmail.com

Ladies Day Apart – Saturday, October 12, 2024 – 9:00 am to 3:00 pm

River Bend Nature Center, Faribault, MN Morning snacks and lunch will be served.

Cost: \$20 plus \$15 lunch or bring your own lunch. Openings for 40 ladies.

Come, expand and calm your spirit, exercise your body, and rejuvenate your mind. Spend time with other women in a day set apart to care for our souls and well-being. October is a beautiful time among the fall colors in River Bend Nature Center. We will hike some of the trails. Pastor Jerad Morey will lead Forest Therapy for 10 of the attendees with varied activities for everyone. Other leaders will join us through the day. Gather for a time set aside in contemplation and fellowship. We are working to make this an affordable, feel good day for all.

Questions? Contact Catherine Williams, cwilliamsteacher303@gmail.com

Holiday Bazaar and Bake Sale December 1, 2024 – We welcome the creations of men, women, and younger crafters to fill out the offerings for this sale. Keep the buzz going! Questions? Call or email Lin Wolf – 612-532-1467 or lin_wolf@charter.net
Bring your craft offerings to Lin when done.

Spend summer time reading the great books in the UW Faith reading library. Find them on the cart to the left in our church library. Children's books are there, and some are great for youth readers, too.



IT Tech Corner

By Jesse Steed

Asking For Help

There's nothing wrong with asking for help. Put it another way. It's good to ask for help. We encourage our children to raise a hand in the classroom and ask questions about the subject being taught. What an opportunity it is to learn from the expert. My job as IT Tech Consultant is to maintain the church equipment, run the Sunday morning broadcast, keep up the website, and generally support various technogizmos in the church. While I may be the one pushing buttons on the switcher and crawling under desks attaching wires and plugging in cables to send signals from one device to another, I rarely do it all alone. I love having help on Sunday mornings running the sound booth and I so appreciate people filling in when I'm away. (Thanks Goodwins!)

Other examples of obtaining help from the past week include: I called a friend in Pittsburgh with questions about a camera, I took a laptop to Aldrich for a second opinion when the machine failed to start, and I read several reviews and online opinions of a set of speakers before making a recommendation on their use, or avoidance thereof.

I'm happy to help out when I can, and I'm always grateful for the help I receive from others.

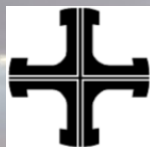
Zacchaeus, The Tax Collector

On Sunday, October 6th at NUMC, retired Pastor Goden Orde will be preaching in the first person as Zacchaeus, The Tax Collector. The NUMC Men's Breakfast group recently helped Gordon prepare.

In the first photo Zacchaeus, The Tax Collector sees the excited crowd welcoming Jesus to Jerico.

In the second photo, Zacchaeus' view of seeing Jesus is blocked by those "not so small in stature." The men are angry that a tax collector has appeared.

In the third photo, to see Jesus, Zacchaeus climbs a tree. He sees Jesus and is invited to: "Come On Down!" because Jesus is going to be his guest at his house that day.



Northfield United Methodist Church
Worship. Devotion. Compassion. Justice.

NUMC
Breakthrough
Prayer

Open our hearts, O God, to your presence already at work in our lives. Break through any barrier in our hearts separating us from you and others. By your Spirit, show us possibilities beyond what we can imagine for ourselves and our church. Make us ready; our hands are yours. Through Jesus Christ our Lord, Amen.

Why Do We Love Fall So Much?

As we enter into October my favorite time of year has arrived. The fall. I love everything about the fall season, especially the cooler weather and the leaves changing colors. Growing up on a farm, fall was always my favorite time of year with harvest season, and in my family, hunting season. Harvest season because I would get to ride in the combine with my dad and in the big grain truck when they would haul a load to the elevator in either Dennison or Northfield. Eating "lunch" in the fields which always included either homemade chocolate cake (no boxed mix for my mom) or fresh baked chocolate chip cookies was always a favorite during harvest. I loved those times. Hunting season, not because I'm a hunter (furthest thing from it as you can imagine) but because it always meant that lots of family and friends would be around, and my mom would be cooking up a storm to feed everyone. Growing up I had horses and my favorite time of year to ride was in the fall. I loved riding in the freshly harvested fields and seeing the changing colors on the trees, just being in nature alone with my horse was one of my favorite places to be. Nature always makes me feel closer to God. My horse seemed to enjoy the fall season as well with the cooler temperatures and the air always seemed a bit fresher which tended to put a little extra energy in her gait. (Which wasn't always a good thing). In my opinion, God did some of his best work where the fall season is concerned.



One final combine ride in 2014 with my brother before he retired from farming in the same fields I used to ride with my dad as a kid.

I know fall is a favorite time of year for many other folks as well. Did you know there is actually a psychological reason that so many people love fall? According to psychology experts, there are some distinct qualities of fall which people feel deeply drawn to.

Fall has a fresh start effect similar to that of a birthday or a new year with the back-to-school season. There is a feeling of getting back into a steady comfortable routine after summer. The fall weather also has mental health benefits. The cooler temperatures and beautiful fall foliage colors encourage us to spend time in nature, which has been proven to increase our happiness, wellbeing and personal relationships. Getting outside and enjoying fresh air is a natural way of raising the oxygen levels in your brain helping to release more serotonin, a neurotransmitter (chemical) which promotes happiness. There is a comforting feeling to fall and a feeling of nostalgia for some. (I think at this stage in my life, nostalgia is a big part for me as to why I love fall). So, it's not just because the pumpkin spice flavoring can be found everywhere we go during the fall season, but there is an actual scientific reason so many of us love fall.



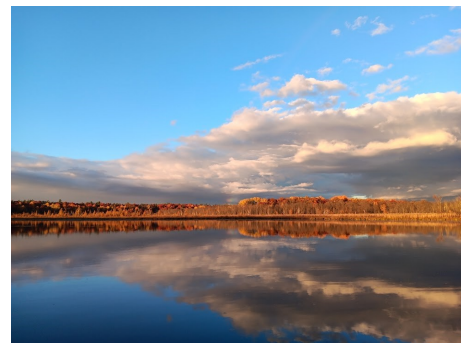
One of my current favorite fall activities is riding the ATV trails in Wisconsin. Each year over MEA week a few of my family members head to the cabin and we spend the week riding the many ATV trails along the St. Croix Valley. It's a beautiful area and the fall foliage is usually on full display. We spend hours on the trails, travelling many miles each day, returning back to the cabin covered in dirt, hungry, tired and happy.



One of our traditions that week is to make stew over the campfire. It's the best stew you've ever had and there is nothing better than sitting around a campfire in the fall with family and friends. We also normally take one final pontoon ride that week before it is stored away for the winter. It's usually a cold ride so you have to bundle up, but the colors are beautiful and there always seems to be wildlife to see along the way, especially Eagles.



So, if you are like me and love the fall season, I hope you get to spend time outside enjoying God's beautiful display of colors, the cooler weather and maybe a bonfire. After all, it's a scientific fact that it's good for our mental health! - 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.



Make Sure You Vote!

Your vote is your voice in action. As people of faith, let's honor our responsibility to seek justice and love mercy. Register, vote, and encourage others to do the same.

www.umcjustice.org

Card Making with Margie

Monday, October 14, 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.



Church Office Hours



Mon-Thurs.,
8:00 am - 4:00 pm
Friday
8:00 am - noon

Thank you!

Dear NUMC Friends,

From the bottom of my heart, thank you for selecting me for an NUMC scholarship.

Thanks to you all, I am able to afford my education and lessen the financial load on me and my family.

Thank you again for all you people have done for me.

John Newberg

Don't Miss the
DEADLINE!

November Herald Newsletter Deadline

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

Noon on Monday, October 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.

Remember to reserve your meeting space at the church!

As you can see by the calendar the NUMC campus is a very busy place as fall programming starts back up.

Planning a church group meeting or event?

Reserve your space on line at northfieldumc.org.

Click on "reserve a room" and fill in the blanks.

Without a reservation we cannot guarantee the space you want will be available or will have the HVAC turned on.

Questions on what goes in the compostable/organics container? Here's some helpful information from our garbage contractor!

With the start of Super Wednesday and additional activities happening at the church here is a friendly reminder from our garbage contractor regarding the organics program which NUMC participates in. Due to them experiencing increased contamination they have provided a list of approved and unapproved items for organics recycling which may be helpful, as we know it can be very confusing! **Please note that they will begin to charge a contamination fee if non-organic items are placed in the organics container or non-compostable bags are used. The compostable container will not be serviced until the non-compostable items are removed.** Thanks to Mary Ann Polley who regularly checks our organics container prior to pick up from the garbage contractor to avoid us receiving contamination charges.

Approved

- ✓ Dairy Products
- ✓ Eggs/Shells
- ✓ Coffee Grounds
- ✓ Coffee Filters
- ✓ Paper Towels
- ✓ Brown napkins
- ✓ Tissues
- ✓ Meat
- ✓ Poultry
- ✓ Fish bones
- ✓ Unpackaged condiments
- ✓ Fruits and Vegetables
- ✓ Pizza boxes
- ✓ Egg cartons
- ✓ BPI paper plates, cups and utensils

Unacceptable

- ✗ Styrofoam
- ✗ Batteries
- ✗ Clothing | Textiles
- ✗ Paper Coated Foil
- ✗ Plastic coated Items
- ✗ Chip Bags and Popcorn Bags
- ✗ Non-Compostable Cups
- ✗ Twist Ties
- ✗ Frozen Food Boxes
- ✗ Diapers and Sanitary Products
- ✗ Pet Waste
- ✗ Cleaning Wipes and Dryer Sheets
- ✗ Liquids | Oils | Grease
- ✗ Cigarette Butts
- ✗ Metal or Plastic of any kind
- ✗ Liquid Cleaning Products
- ✗ Medical Waste

NUMC COMPOST/RECYCLING/GARBAGE - CONFUSED ON WHAT GOES WHERE?

Here's a little refresher course on the NUMC Compost/Recycling policy. Church policy requires that supplies used for meetings/ events be compostable or recyclable, but we know it can get confusing which container is for which items, so here's a little hint that might help with that...the containers are color coded!

Compost goes in the **GREEN** container or in a **GREEN** bag in a container.

Recycling goes in the **BLUE** container.

Landfill or garbage items go in the **BROWN** or **BLACK** container.

Another tip...**napkins and paper towels** are ALWAYS compost (**GREEN** container).

Mary Ann Polley is always willing to lend a hand if you are not sure which container to use or how to dispose of an item.

If you need help with supplies for your group/meeting, contact Sandy in the church office and she will help you with what items you might need free of charge for church related events/meetings or for a small fee for non-church related.

Because every picture has a story to tell...



Between 500-600 backpacks with school supplies were distributed to area families thanks to Operation Backpack!



This year's Summer Splash party was a huge success with kids enjoying the slip n slide, bounce house and water games! Thanks to all who planned and volunteered their time for the event!



Pastor Donna and Amil Anderson at this year's DJJD Rotary Bike Ride.



KC3 (Kids Creating Community in Christ) on their first day back for Super Wednesday enjoyed snacks and playtime outside and a project inside! It's great to have the energy the kids bring back into the NUMC building on Wednesdays!



The NUMC youth enjoyed a bonfire with S'mores for their first gathering of the program year on Super Wednesday.

If you have photos from your church group, event or an activity happening at the church and would like them printed in the next Herald newsletter, email them to the church office at northfieldumc@gmail.com with a brief description.

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:00 Bible Study	2 9:00 Mission Sewing 11:30-1:00 Community Reservation Super Wednesday 3:30 KC3 5:30 Shared Meal 6:30 Handbell Choir 6:30 Youth Fellowship	3 12:00 Community Reservation	4 8:00 Men's Breakfast	5 8:30-11:00 Community Reservation
6 World Communion Day 9:30 Worship with Communion 10:00 Children's Church 10:30 Coffee in Fellowship Hall	7 3:00 UWF Board Mtg 7:00 Community Reservation	8 9:00 Bible Study	9 9:00 Mission Sewing 11:30-1:00 Community Reservation Super Wednesday 3:30 KC3 5:30 Shared Meal 6:30 Handbell Choir 6:30 Youth Fellowship	10 10:30 Community Reservation 12:00 Community Reservation	11 8:00 Men's Breakfast	12 8:00-4:00 Community Reservation
13 9:30 Worship 10:00 Children's Church 10:30 Coffee in Fellowship Hall 10:30 Faith Formation - The Lord's Prayer 6:30 Community Reservation	14 10:30 MICAH Mtg 1:00 Esther Circle - Kildahl 2:30 Card Making with Margie 3:30 Community Reservation 6:30 Community Reservation 7:00 Community Reservation	15 9:00 Bible Study 7:00 Facilities Mtg.	16 9:00 Mission Sewing 11:30-1:00 Community Reservation No Super Wednesday MEA Week	17 12:00 Community Reservation 7:00 Renewal via zoom	18 8:00 Men's Breakfast	19 8:30-11:00 Community Reservation
20 9:30 Worship 10:30 Coffee in Fellowship Hall No Children's Church	21 9:00 Mugs & Muffins 7:00 Community Reservation Noon - November Herald Newsletter Deadline	22 9:00 Bible Study	23 9:00 Mission Sewing 11:30-1:00 Community Reservation Super Wednesday 3:30 KC3 5:30 Shared Meal 5:30 NUMC Board Mtg. 6:30 Handbell Choir 6:30 Youth Fellowship	24 12:00 Community Reservation	25 8:00 Men's Breakfast	26 8:30-11:00 Community Reservation
27 9:30 Worship 10:00 Children's Church 10:30 Coffee in Fellowship Hall 10:30 9th & 10th Grade Confirmation Orientation 10:45 Faith Formation - The Lord's Prayer 1:30-2:30 Trunk or Treat	28 5:00 Community Res- ervation 7:00 Community Reservation	29 9:00 Bible Study	30 9:00 Mission Sewing 11:30-1:00 Community Reservation Super Wednesday 3:30 KC3 5:30 Shared Meal 6:15 Adult Choir 6:30 Handbell Choir 6:15 SALT Pumpkin Carving Party	31 12:00 Community Reservation	1 8:00 Men's Breakfast	2 8:30-11:00 Community Reservation

**NORTHFIELD
UNITED METHODIST CHURCH**

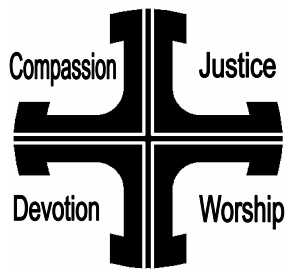
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**E - NEWSLETTER
SIGN UP**



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 _____

E-mail Address _____

Name _____

E-mail Address _____

Our Church Staff

Pastor	Donna Dempewolf
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