



E*MERGE

A Monthly Publication of an E*merging Congregation



Worship Alive!
Workshop
Saturday, February 11
at Central UMC
Featuring Marcia McFee

*Come to an amazing workshop
experience that will revitalize your
worship time!*

(See page 5 for more details)

Ash Wednesday Service



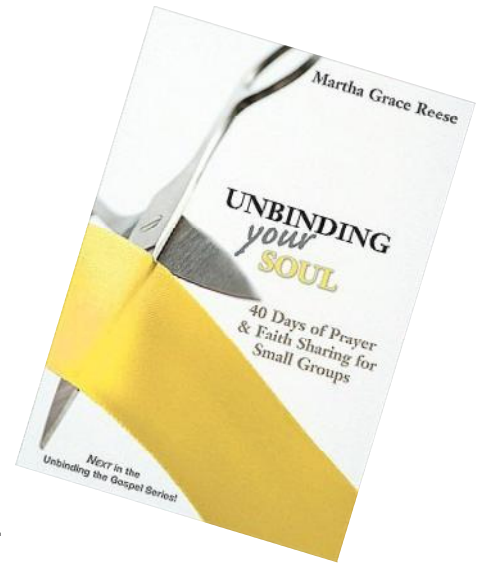
Please note:
One 10:00 a.m. Worship Service
Sunday, February 12
with Marcia McFee



Unbinding Your Soul

Last spring, during the season of Lent, we had more than a hundred people participating in the study of Unbinding Your Heart. The Unbinding series, written by Martha Grace Reese, helps mainline Protestants to deepen their spiritual life and their relationship with God so that it becomes easier and more natural to talk about our faith. It is a way of exploring what is important to us about life and faith.

We have had a group of leaders going through the next book in this series, Unbinding Your Soul. We will have opportunities for congregational study beginning during Lent this year. Unbinding Your Soul is described as an experiment in Prayer and Community. There are eight sessions that make up the study. This book, like the previous one, includes a prayer journal for participants. The suggestions she provides in the journal help us to explore new ways of prayer and experience a broader perspective of prayer.



The important thing about the Unbinding series is not the book itself. It is the discussion that the group has. The purpose of the group is to talk about what **you** want to talk about, what is important in your life and how you experience the presence of God. The book is a guide and can provide suggestions. No one is selling anything. The prayer exercises are only a tool to help us to try new ways of being more receptive to the Spirit. Our discussions of faith, prayer, and God are what are vital, not the written material.

The groups for Unbinding Your Soul will begin the week of February 26. The eight sessions will take us a couple of weeks beyond Lent. We will have sign up sheets available on Sunday mornings beginning February 5. There will be several times to choose from. Wednesday evenings will be one possibility. During Lent we will once again have dinners at 5:15 and then a brief prayer service at 5:50. Those groups that meet on Wednesday evening will then meet beginning at 6:00pm. We want to build up our spirituality and sense of Christian community in the congregation. This is a good way to emphasize that focus.

*“The purpose of the group is to talk about what **you** want to talk about, what is important in your life and how you experience the presence of God.”*

As we journey together,

David



Aileen Swenson, a Certified Nutritional Therapy and GAPS[®] Practitioner, is going to present a free series of nutritional classes about the GAPS[®] diet. GAPS[®] describes the Gut and Psychology/Physiology Syndromes and the GAPS[®] diet has improved individuals' quality of life while reducing symptoms related to the medical diagnoses listed below. **Three Sunday sessions will be held on February 19, February 26, and March 4 from 2:00-4:00 p.m. in the Loft.** Cooking demonstrations using natural healing foods and methods will equip you on your journey toward improved health. This series is open to the community as a public service outreach. Aileen's goal is to share what she has learned to benefit others. Her enthusiasm is genuine. **Please call the church office at 452-6783 to RSVP,** so we can plan appropriately for those who will be attending. If you can't make it to all three sessions, we'd still like you to attend. We hope to see you soon!

~The road to health is paved with good intestines.+ -Anonymous

Gut and Psychology Syndrome

- ~ Children: autism, ADHD/ADD, dyslexia, dyspraxia, epilepsy, and learning, behavioral, and social problems
- ~ Adults: substance abuse, depression, eating disorders, obsessive-compulsive disorder, manic-depressive, schizophrenia, and epilepsy

Gut and Physiology Syndrome

- ~ All digestive disorders: IBS, IBD, gastritis, colitis, esophagitis (acid reflux), celiac disease, etc.
- ~ Autoimmunity: multiple sclerosis, rheumatoid arthritis, diabetes type 1, osteoarthritis, lupus, interstitial cystitis, psoriasis, alopecia, etc.
- ~ Arthritis of many kinds
- ~ Hypoglycemia, insulin resistance, hyperglycemia, diabetes type 2
- ~ ME, fibromyalgia, chronic fatigue
- ~ Allergies, asthma, eczema, hay fever, etc.
- ~ Endocrine disorders (thyroid, adrenal, PMS, etc.)
- ~ Migraines, neuropathy, other neurological conditions
- ~ Chronic cystitis (bladder infections), nephropathy (kidney disease)
- ~ Food intolerances, FPIES (Food Protein Intolerance Enterocolitis Syndrome), etc.

Mystery Dinner Theatre: "Murder, Mayhem, and Marshmallow Salad"

February 18, 6:00 p.m.

A church potluck seems a benign enough setting, right? Ha! Something's come up missing, and it's the beloved marshmallow salad!

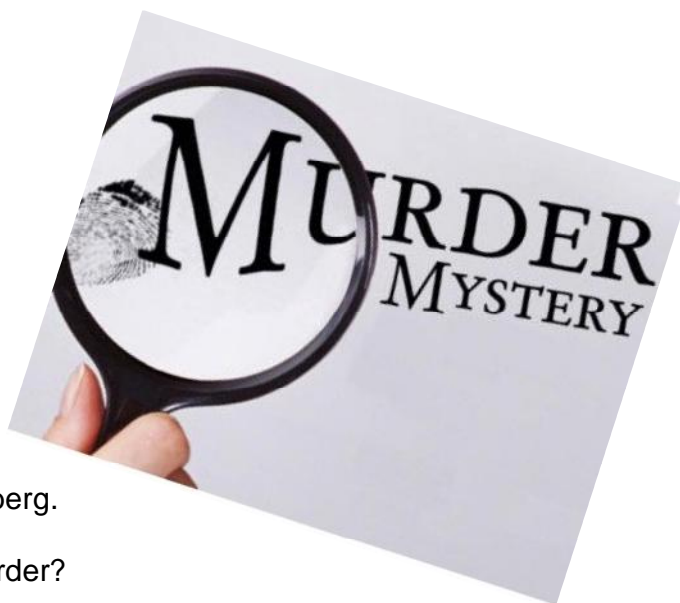
This scandalous discovery is only the tip of the iceberg. The real deal is someone keeling over.

What's the proper protocol when there's been a murder?

So put on your detective hat to try to solve the case as you dine!

Join us for this mission trip fund raiser for our summer trip to Chicago!

GET YOUR TICKETS TODAY!



Food For Thought -

Our church is joining the Food For Thought backpack program! We'll be partnering with Jefferson Elementary School and Winona Volunteer Services to send backpacks of healthy, child-friendly food home with children who might otherwise go hungry on weekends. Through grants from the Winona Community Foundation and the Slaggie Family Foundation, Volunteer Services will be purchasing the food in bulk from the Food Bank. Jefferson School counselors and teachers are identifying students who are coming to school hungry on Mondays because, for a variety of reasons, they don't have sufficient food at home on the weekends. We'll be the worker bees! Every week we'll pick up the empty backpacks from Jefferson School (there will be about 20-25 of them), we'll fill them with healthy foods (like microwaveable meals, fruit cups, juice boxes, granola bars, etc), and we'll deliver them to Jefferson School Friday morning. The children take the filled backpacks home on Friday and bring them back to school empty on Monday. Then we do it all again the next week, and the next, and the next.



If all goes as planned, the filled backpacks will be delivered to the school for the first time in early February. As soon as we have a definite timeline, there will be a volunteer schedule on the bulletin board in the Narthex where you can sign up for a particular job on a particular week. I'm excited about this new program and look forward to making it happen!

Questions? Ask Carol Girard 454-0088 cgirard@hbc.com

Worship Alive! Workshop *Saturday, February 11*

Featuring Marcia McFee



Dr. Marcia McFee is an author, worship designer and leader, professor, preacher & artist. Her engaging and interactive style has been

called *refreshing, inspiring, and unforgettable.* Marcia combines her background and experience in professional companies of music, theater and dance with a variety of worship and preaching styles in order to bring a fresh experience of the Gospel to each worship setting. Marcia has provided worship design & leadership at numerous local, national, & regional gatherings. Marcia specializes in designing and leading conference worship. Over the last 20 years, she has coordinated worship for countless regional and agency conferences. She designed and led 22 worship services over a 10 day period for the 2008 international quadrennial General Conference of The United Methodist Church.

This hands-on workshop equips persons to work with their worship community to evaluate and enhance liturgy of any style. Some of the topics offered are:

- Nurturing Worship Teams
- Increasing Congregational Participation
- The *Politics* of Change
- Starting New Services
- Utilizing Music and Other Arts
- Worshiping with Imagination and Integrity

Registration and Coffee Fellowship from 8:30-9:00 a.m. Lunch is included. Depart at 3:30 p.m. Registration deadline is February 5, 2012.

Complete a registration form located in the church office, call the church office (452-6783) or register online at www.cumcwinona.org/events/mcfee

This is a great opportunity that is free to participants in the life of Central UMC congregation.

Methodist Justin

A (Re)volving Thoughts Blog



Let's Talk About Worship

For those of you who have been present at any of the 10 a.m. worship services since Rebirth Sunday (January 8th) you may have noticed some changes. I wanted to take a little time to share with everyone those changes and the thinking that is guiding some of those changes.

Many of you may remember the worship survey that went out in November/December and the results that were published in the January newsletter. Well that survey gave us a good understanding of where we were but also areas that we could grow and improve in worship. As the worship team came together to begin planning worship a few things stuck out to us that also found connection with the answers on the worship survey:

A need to be more intentional with including all generations within the worship experience.

A need to connect with the different ways people process and internalize information (example: visual, auditory, thinking, feeling, etc.)

A need to balance familiar with new.

A need to hear and focus on how God is already present and moving in our everyday lives.

We have been very intentional so far about keeping those things in mind as we plan worship. It has been a wonderful few weeks of worship with rebirth, a baptism, saying farewell to a longtime member in transition to a new community, and hearing how God is moving in some people's lives from that person.

Did you know that liturgy (basically the structure of worship) literally means the work of the people? This is what we are aiming for: we are aiming to become a worshipping community where everyone participates in worshipping our God. Now that doesn't mean that everyone has to lead, but it does mean that each of us participate in worship through the ways we engage with the Holy Spirit and allow the Holy Spirit to engage us as we gather for worship.

(continued next page)

Congregational Life

We are only beginning this journey, and as the core worship team begins to learn what it means to plan worship as a team we will also be looking to expand and utilize the many great gifts everyone in the church has. So be prepared! Each of us has been given a gift(s) that can be used within the life of the church and our hope is for everyone to eventually understand that we all make worship together. As we go forward please remember the following:

- **Pray daily for the church and our continued journey.**
- **Think about worship and if you have ideas please share them with anyone on the worship team (Pastor Justin, Nicole Weydt, Norma Duden, Corrie Searles, and Robin Grawe currently). We value your input and ideas and they help us continue to grow in worship.**
- **If you are free that day please register for and attend the Marcia McFee workshop on February 11th (registration deadline is February 5). This is a great opportunity that is free to participants in the life of our congregation. Come learn more about worship and why we live in such an exciting time for worship.**

If you have any questions about worship or if you would like to be a part of the still forming core planning team, please do contact me.

In Christ,
Pastor Justin

Change for Change Recap for 2011

It's true! Every penny really does count! The simple act of dropping loose change in the offering plate each week in 2011 added up to making a difference for the following organizations:

Jan-Mar: O C Ministries	\$424.53
Apr-Jun: Fresh Start	\$510.13
Jul-Sep: Habitat for Humanity (including the house banks)	\$590.03
Oct-Dec: Imagine No Malaria	\$389.99

On behalf of these organizations, THANK YOU!



'Feed Our Friends' Challenge -

This quarter (Jan, Feb, Mar), our Change For Change is going to the Food Shelf at Winona Volunteer Services. And to go along with that, the Mission and Outreach committee is inviting you to participate in a **Feed Our Friends** challenge. Last year an average of 959 households were served each month by the WVS food shelf. We may or may not personally know these people, but Christ would ask us to consider them our friends, regardless. So let's Feed Our Friends.

Here's the challenge:

✦ There are 2 grocery carts in the Narthex by the Mission & Outreach bulletin board (near the Broadway Street entrance)

- One labeled Kids/Youth (ages 0-18)
- One labeled Adults (ages 19 & over)
- From now until the end of March, bring in non-perishable food and put it in one of the carts.
- Each cart also has a donations box in the seat where you can make cash donations.
- We'll see which age group brings in the most!!!
- There will be 4 winners:
 - The age group who brings in the most food (by weight)
 - The age group who brings in the most food (by # of items)
 - The age group who brings in the most money (cash or check)
 - The Food Shelf clients (they're the winners by default!!!)



The food and money will be delivered to Winona Volunteer Services by March 30th.

So, watch for sales at the grocery store, help your children understand why we donate, and let's overflow those grocery carts so our friends who we may or may not know have food available to them at the Food Shelf.

Souper Tuesday Update

About two years ago our church decided we should reach out more to our community and the ministry of choice was to provide a free lunch. Norma Duden and Nancy Dunbar volunteered to organize it and get it started. What a successful and valuable ministry it has been!! There are now about 50 or so guests coming every week to enjoy a hot meal and good fellowship. Each week a number of our guests stop by the kitchen to thank the workers and tell us how much they appreciate the meal. They ask us to pass on to those who donate the food how much this meal means to them. Some guests come because this is the only meal they get all day. Others come because they don't want to eat alone at home. There are even two men who occasionally stay after their meal to play chess for a while!! The Souper Tuesday ministry would not be a success if it were not for the generous donations of soups, salads, desserts, and time that are provided by members of our congregation. Each week we use 3 to 4 ice cream bucketfuls of soups. If you have questions about this ministry, please contact Norma Duden (454-5741) or Nancy Dunbar (452-6099).



Souper Tuesday needs Soups

If you are interested in helping we can use

- **Soups** (ice cream buckets are available in the kitchen storeroom by the back door) feel free to take one with you, fill it with soup and place in kitchen freezer. ***It is helpful if you put a label on your soup so we know what kind it is.***
- **Salads**

Cookies or bars (contact Nancy Dunbar)

If you would like to be reimbursed for your meats, etc. bring your receipt to Bonnie and tell her it is for %Souper Tuesday+. We have some moneys available from freewill offerings and donations. We can also use some people who can help serve, set the tables, wash dishes, clean up and more importantly to make our guests feel welcome please let Norma Duden or Nancy Dunbar know if you can help.

Come and join us for lunch on Tuesdays.



New Year's lock-in!

We had 21 youth attend our annual lock in this year! Thank you to Arnie and Glenda Jackson for providing the karaoke entertainment, and thank you to Beth Brault, Jackie Lafky, Dave Wolvington, Dave Ryan and Marijean Wisted for helping!

Camp Minnesota "A Time Apart"

Looking for a great opportunity this summer?

"A Time Apart" is for everyone: youth, adults, and families to either begin or further their faith walk, just as Jesus did long ago.

Information is available in the Narthex for camping opportunities through the Minnesota Annual Conference.

Any questions? Please contact Becky at youthdir@hbc.com

Congratulations!

Congratulations to this year's recipients of the U.M.W. Mission Recognition pins - Eric Brisson, Edythe Larimer, Sue Macey and Curt Mihm. We appreciate all the ways they are in mission for our church.

FEBRUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9 - Unbinding leader group 6:00 - Handbells 6:30 - Choir 6:30-Confirmation	2 6:30 - Unbinding leader group 7:00 - Wellspring Singers rehearsal	3 UMYS - Feb. 3, 4, 5	4
5 SCOUT SUNDAY HOLY COMMUNION 8 - Worship - Chapel 10 -Worship/Sanct. 12-3 Mystery Dinner Theatre Rehearsal 4 - Youth Group ; Pizza 6 - R.I.O.T. (Religion in Our Time) / Sanctuary	6	7 11:30 - Souper Tuesday - LOFT	8 5 - Staff-Parish Relations Com. 6:00 - Handbells 6:30 - Choir 6:30 -Confirmation	9 10-2 - Ministry Innovation - Pastor David / LOFT	10	11 8:30 a.m. Worship Alive! Workshop
12 10 -Worship - Sanctuary 12 - 3 Mystery Dinner Theater Rehearsal 4 - Knitters for Peace 4 - Youth Group 5 - Pizza 6 - R.I.O.T. (Religion in Our Time) / Sanctuary	13	14 11:30 - Souper Tuesday - LOFT 5:30 - Mission & Outreach 7 - Wellspring Singers Rehearsal	15 9:30 - Ruth Circle 1:00 - Martha Circle / LOFT 6 - Handbells 6:30 - Choir 6:30 - Confirma- tion 7:00 - Hannah Circle	16 6:30 - Cub Scout Blue and Gold Banquet / Guildhall	17	18 9:30 - U.M.W. Unit Mtg/Brunch - LOFT 6:00 p.m. - Mystery Dinner / Guildhall
19 8 - Worship - Chapel 10 - Worship - Sanct. Handbells playing dur- ing 10 a.m. service 12 - Skiing 12:30 - Maplewood Townhome - VBS 4 - Knitters for Peace 4 - Youth Group 5 - Pizza 6 - R.I.O.T. / Sanctuary	20	21 11:30 - Souper Tuesday - LOFT 5:15 - Finance 7 - Church Coun- cil / LOFT NEWSLETTER DEADLINE - MATERIALS INTO OFFICE	22 5:15 Lenten Dinner 6 - Confirmation - to Ash Wed. Ser- vice 6:00 p.m. - Ash Wednesday Service / Sanct. 6:30 - Choir	23	24	25
26 8 - Worship - Chapel 10 - Worship - Sanct. 2-4 p.m. GAPS Session / LOFT 4 - Knitters for Peace 4 - Youth Group 5 - Pizza 6 - R.I.O.T. (Religion in Our Time) / Sanctuary	27	28 11:30 - Souper Tuesday - LOFT	29 5:15 Lenten Dinner 6 p.m. Handbells 6:30 - Choir	<div style="border: 2px solid red; padding: 10px; display: inline-block;"> <p style="font-size: 1.2em; color: white; margin: 0;">Love God. Love People.</p> </div>		

CENTRAL UNITED METHODIST CHURCH

114 West Broadway

Winona, Minnesota 55987

ADDRESS SERVICE REQUESTED



CHURCH STAFF:

Pastor: The Rev. David. E. McBride

Pastor: The Rev. Justin Halbersma

Leader of Children and Youth Ministries: Becky Wisted

Music Ministry: Eric Brisson, Norma Duden, Jonelle Moore

Church Office: Bonnie Thurley ~ Administrative Coordinator

Parish Nurse: Maureen Gerson

Custodial Maintenance Engineer: Wayne Anderson

Custodians: Dwayne & Aleta Papenfuss

CHURCH OFFICE HOURS:

Monday - Friday 8:00 a.m. - 12 Noon 1:00 p.m. - 5:00 p.m.