

The Messenger

A Community of Faith Dedicated to
Spreading the Good News of Jesus Christ,
Providing Spiritual Nurture to Persons of All Ages,
and Reaching Out in Christian Fellowship to the Surrounding Community

January 2024
Volume 24—Issue 1

May **GOD** be with you
through **NEW YEAR**

and fill your life with
COMFORT, LOVE and **CHEER.**

May this day and the days ahead,
Hold many **BLESSINGS**
for you and yours.

Happy New Year!

Pastor's Column

Bible Readings

Church Calendar

Youth Group

Bible Buddies

Faith Community Nurse

United Women in Faith

Women's Ministry

Crossword Puzzle

Just for Kids

Barnum Community United Methodist Church

PO Box 70, 3762 Front Street, Barnum, MN 55707
(218) 389-6876 office@barnumumc.org

Pastor: Kendall Carlson Office Hours (Mon-Fri)
www.barnumumc.org 9:00 am—1:00 pm

Sunday Worship

- WMOZ 106.9 FM 8:00 am
- Facebook Live 9:30 am
- Moose Lake Public Access
Channels 7 & 18
(check your TV Guide for times)



and



Barnum Community Church
Ark Encounter and Creation Museum
Bus Trip

A fun and exciting trip is in the making at this moment.

Tentative dates are leaving on
April 14th and returning on **April 18th.**

We will be traveling by coach bus.

**More information to include Registration, cost, and Info
Sheets will be available soon.**

January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			3 10:00 Holy Fika 5:15 Community Dinner 6:00-7:00 WOW Worship 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Bible Buddies	4	5	6
7 8:00 Radio Program WMOZ 106.9 FM 9:30 Worship Service 11:00 Adult Class	8 1:00 Moms in Prayer 5:30 Finance Mtg 6:30 Council Mtg 5-9:00 Youth Group Movie (7th-12th)	9 11:00 Prayer Group	10 10:00 Holy Fika 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:00 WOW Worship 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	11	12	13 10:00-11:30 Sister to Sister Time
14 8:00 Radio Program WMOZ 106.9 FM 9:30 Worship Service Communion Table Sunday Chilli Cook-Off	15 1:00 Moms in Prayer 2-8:00 Youth Group (7th-12th)	16 11:00 Prayer Group	17 10:00 Holy Fika 5:15 Community Dinner 6:00-7:00 WOW Worship 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	18	19	20
21 8:00 Radio Program WMOZ 106.9 FM 9:30 Worship Service 11:00 Adult Class	22 1:00 Moms in Prayer 2-9:00 Youth Group (7th-12th)	23 11:00 Prayer Group	24 10:00 Holy Fika 5:15 Community Dinner 6:00-7:00 WOW Worship 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	25	26	27
28 8:00 Radio Program WMOZ 106.9 FM 9:30 Worship Service 11:00 Adult Class	29 1:00 Moms in Prayer 5-9:00 Youth Group Movie (7th-12th)	30 11:00 Prayer Group	31 10:00 Holy Fika 5:15 Community Dinner 6:00-7:00 WOW Worship 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study			

FEBRUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4 8:00 Radio Program WMOZ 106.9 FM 9:30 Worship Service 11:00 Adult Class	5 1:00 Moms in Prayer 5-9:00 Youth Group Movie (7th-12th)	6 11:00 Prayer Group	7 10:00 Holy Fika 5:15 Community Dinner 6:00-7:00 WOW Worship 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	8	9	10 10:00-11:30 Sister to Sister Time
11 8:00 Radio Program WMOZ 106.9 FM 9:30 Worship Service Communion Table Sunday 11:00 Adult Class 5:00 Service of Ashes	12 1:00 Moms in Prayer 6:30 Council Mtg 5-9:00 Youth Group Movie (7th-12th)	13 11:00 Prayer Group	14 Valentine's Day ASH WEDNESDAY 10:00 Holy Fika 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:00 WOW Worship 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	15	16	17
18 8:00 Radio Program WMOZ 106.9 FM 9:30 Worship Service 11:00 Adult Class	19 Presidents' Day 1:00 Moms in Prayer 2-8:00 Youth Group Movie (7th-12th)	20 11:00 Prayer Group	21 10:00 Holy Fika 5:15 Community Dinner 6:00-7:00 WOW Worship 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	22	23	24
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** Schedule subject to change.

Daily Nourishment



OLD & NEW TESTAMENT

Jan 1: Gen 1-3; Matt 1
Jan 2: Gen 4-6; Matt 2
Jan 3: Gen 7-9; Matt 3
Jan 4: Gen 10-12; Matt 4
Jan 5: Gen 13-15; Matt 5:1-26
Jan 6: Gen 16-17; Matt 5:27-48
Jan 7: Gen 18-19; Matt 6:1-18
Jan 8: Gen 20-22; Matt 6:19-34
Jan 9: Gen 23-24; Matt 7
Jan 10: Gen 25-26; Matt 8:1-17
Jan 11: Gen 27-28; Matt 8:18-34
Jan 12: Gen 29-30; Matt 9:1-17
Jan 13: Gen 31-32; Matt 9:18-38
Jan 14: Gen 33-35; Matt 10:1-20
Jan 15: Gen 36-38; Matt 10:21-42
Jan 16: Gen 39-40; Matt 11
Jan 17: Gen 41-42; Matt 12:1-23
Jan 18: Gen 43-45; Matt 12:24-50
Jan 19: Gen 46-48; Matt 13:1-30
Jan 20: Gen 49-50; Matt 13:31-58
Jan 21: Ex 1-3; Matt 14:1-21
Jan 22: Ex 4-6; Matt 14:22-36
Jan 23: Ex 7-8; Matt 15:1-20
Jan 24: Ex 9-11; Matt 15:21-39
Jan 25: Ex 12-13; Matt 16
Jan 26: Ex 14-15; Matt 17
Jan 27: Ex 16-18; Matt 18:1-20
Jan 28: Ex 19-20; Matt 18:21-35
Jan 29: Ex 21-22; Matt 19
Jan 30: Ex 23-24; Matt 20:1-16
Jan 31: Ex 25-26; Matt 20:17-34

CHRONOLOGICAL

Jan 1: Gen 1-3
Jan 2: Gen 4-7
Jan 3: Gen 8-11
Jan 4: Job 1-5
Jan 5: Job 6-9
Jan 6: Job 10-13
Jan 7: Job 14-16
Jan 8: Job 17-20
Jan 9: Job 21-23
Jan 10: Job 24-28
Jan 11: Job 29-31
Jan 12: Job 32-34
Jan 13: Job 35-37
Jan 14: Job 38-39
Jan 15: Job 40-42
Jan 16: Gen 12-15
Jan 17: Gen 16-18
Jan 18: Gen 19-21
Jan 19: Gen 22-24
Jan 20: Gen 25-26
Jan 21: Gen 27-29
Jan 22: Gen 30-31
Jan 23: Gen 32-34
Jan 24: Gen 35-37
Jan 25: Gen 38-40
Jan 26: Gen 41-42
Jan 27: Gen 43-45
Jan 28: Gen 46-47
Jan 29: Gen 48-50
Jan 30: Ex 1-3
Jan 31: Ex 4-6



Happy New Year from the Barnum Youth Group!

Yes! It's finally beginning to look a lot like Christmas, so Happy New Year! This has been a weird weather year for all of us but one thing

that isn't affected is the school calendar. Christmas break is over and the second semester of the school year is a couple weeks away. As students are reflecting back on all they learned, we want to look back at the school year so far. (Enjoy our highlight photos from this year.)

The Barnum Youth Group has had a great year as we have been challenged to Think Different about the issues so many in our culture just accept. Topics like Do We Matter, Numbness, Power, Mental Health and Entertainment just to name a few. Everyone seems to have opinions about how we should deal with this stuff, but we want to stop and ask God what He thinks about how we respond to these pressures.

In 2024, we will continue to Think Different about Friendship, Love, the Past and the Future. Please join us in praying for an effective Winter and Spring of ministry. Also encourage your teens to attend some of our upcoming extra events. (All days Barnum doesn't have school.)

Monday, January 15th 2-8

Monday, January 22nd 2-8

Monday, February 19th 2-8



Wednesday Bible Buddies

For four-year-olds through sixth grade



For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

John 3:16

During the month of December, the Bible Buddies were kept busy learning about Advent, rehearsing songs to sing at the Sunday morning Christmas program, caroling at the nearby seniors apartment building, and memorizing John 3:16.

When we next meet on January 3, we will continue learning about Jesus' parables and the Bible truths they teach. Also starting on that day, the Bible Buddies meeting times will change to coincide with the times for *Worship on Wednesday*, which follows the Wednesday night community meal. Our Bible Buddies will gather at 6 and dismiss at 7:15.

Our prayer is that the New Year brings us all closer to Jesus.

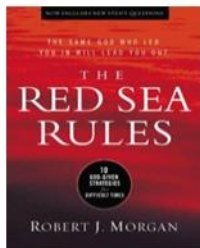


Calling all women!

Please Join US



Women's Weekly Bible study. Join us as we look at the Israelite's Journey in the wilderness and find that just as Moses and the Israelites found themselves caught between "the devil and the deep Red Sea," so are we sometimes overwhelmed by life's problems. But God delivered the Israelites, and He will deliver us too. The Red Sea Rules reveals, even in the midst of seemingly impossible situations, God's promise to make a way for us.



We will be meeting at the church in the second classroom from 6:00pm to 7:15pm every Wednesday.

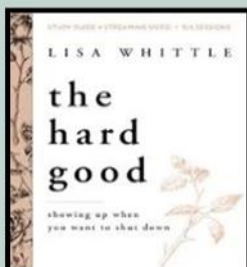
Book with study questions cost is \$11.00. Sign up at the Women's Ministry table. Starting Wednesday, Jan. 3rd. (6:40-7:30 following WOW worship music & message. This is a 10 lesson study.



"Sister to Sister" time

We will have our 3rd session on Saturday, Jan. 13th 10:00 am.

This week's lesson is "getting past your past"



Spend the 2nd Saturday morning of each month with your sisters in Christ. We will be working through a Bible study book using the life of King Saul from 1 Samuel to show us how the "Hard Good" is a powerful path to growth as we learn to: accept things we wish were different, cheer for someone who gets what we want, open our hearts again when they've been hurt, find joy in the waiting. show up when we want to shut down.

You don't have to attend every month, join us when you can. Each lesson stands alone.

Please sign up and pick up your Bible Study Book for \$12.00

Childcare will be provided.

Women's Christmas Brunch

Saturday, December 9th



There were 130 reservations for the brunch and 18 tables were decorated.



A special Heartfelt thank you to the wonderful men who helped rearrange the sanctuary and put it back & to those who served. Thanks also to Lou & Robin for another delicious brunch.

Thank you the ladies who brought their dishes and centerpieces to decorate such beautiful tables. So many helped to make it a special morning for all.



Joanie Solheim Olson and Lindsay May shared their gifts through music and spoken words of encouragement. It was a wonderful morning of celebration.



January 2024 Health and Wellness Moment

“It’s Blood Pressure Time!”

Happy New Year to you all! I pray all of you had a wonderful Christmas and that your next year, the year 2024, will hold many blessings and adventures for you and your loved ones!

We have a little announcement...some of us nurses here at the Barnum Community Church are going to be doing blood pressure screenings once again! Yay! We will be doing these screenings the second Sunday of every month, which should be easy for us all to remember, as this is also Communion Sunday each month. Blood pressures will be checked in the privacy of one of our back rooms, and will begin shortly after church service on these days. We are still figuring out details, so please be patient with us as we plan and prepare. We look forward to being able to provide this service to our congregation once again!

Because we are focusing on blood pressure, here is a quick and easy way to remember what the top and bottom numbers of your blood pressure (BP) mean, along with a quick summary of the BP categories.

Your blood pressure is recorded as two numbers, the systolic blood pressure (top number) and diastolic blood pressure (bottom number).

The systolic blood pressure indicates how much pressure your blood is exerting against your artery walls when your heart contracts.

The diastolic blood pressure indicates how much pressure your blood is exerting against your artery walls while your heart muscle is resting between contractions.

Both numbers are important and can be used in diagnosing high blood pressure.

Your BP can be put into one of 5 categories, which are recognized by the American Heart Association. These categories are:

1. Normal BP. BP numbers of less than 120/80 mm Hg (millimeters of mercury) are considered within the normal range. If your results fall into this category, stick with heart-healthy habits like following a balanced diet and getting regular exercise.
2. Elevated BP. This is when readings consistently range from 120-129 systolic and less than 80 diastolic. People with elevated BP are likely to develop high BP unless steps are taken to control the condition.
3. Hypertension Stage 1. This is when BP consistently ranges from 130-139 systolic or 80-89 diastolic. At this stage of high BP, health care professionals are likely to prescribe lifestyle changes and may consider adding BP medication based on your risk of atherosclerotic cardiovascular disease, or ASCVD, such as a heart attack or stroke.
4. Hypertension Stage 2. This is when BP consistently is 140/90 or higher. At this stage of high BP, health care professionals are likely to prescribe a combination of BP medications and lifestyle changes.
5. Hypertensive Crisis. This stage of high BP requires medical attention. If your BP readings suddenly exceed 180/120, wait 5 minutes and then test your BP again. If your readings are still unusually high, contact your healthcare professional immediately. This means going into the ER or Urgent Care or clinic right away. You could be experiencing a hypertensive crisis. If your BP is higher than 180/120 or you are experiencing signs of possible organ damage such as chest pain, shortness of breath, back pain, numbness/weakness, change in your vision or difficulty speaking, do not wait to see if your BP comes down on its own. Call 911 right away.

We have not focused on low BP in this article, but some people can have a BP that is too low. They can experience symptoms of dizziness and lightheadedness, confusion, fogginess, lack of concentration and vision changes (sparkles in the vision), to name a few. If you have any of these signs of a low BP, please be seen immediately as well. And as always, discuss your personal health condition with your healthcare provider, to know what is best for YOU. We are all unique!

We look forward to checking your BP's in 2024!

Resource: heart.org, Understanding Blood Pressure Readings

“And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” Philippians 4:7

Prayers for peace, joy, and good health, and just a reminder...you are uniquely YOU by HIS design!
Jenny S., RN, BCUMC Parish Nurse



United
Women
in Faith

Thank you again to all who helped with our Christmas cookie outreach. It is greatly appreciated. We will resume regular monthly meetings on January 10, 1:30 at the church. We will be discussing pages 64-69 from our study book, Life On Purpose for Women. All women are invited. Please consider joining us.



Join us for
**Community Dinner
&
Family Night**

January 3, 10, 17, 24, 31

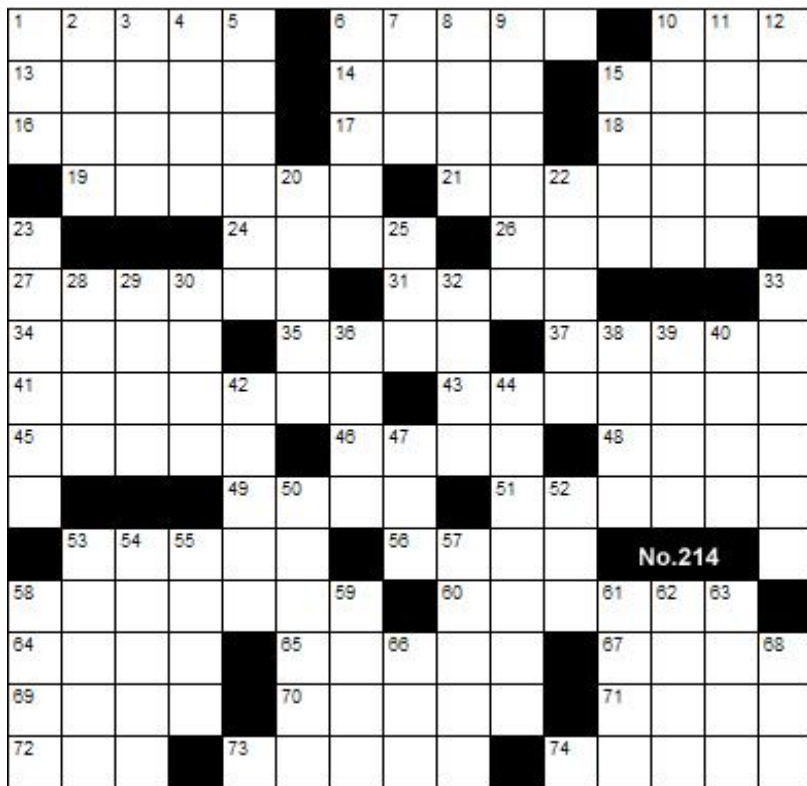
5:15 Community Dinner
6:00 WOW Worship
6:00 Youth Group 7th-12th
6:00 Bible Buddies—PreK-6th
6:00 Women's Bible Study

Table Sunday

JANUARY 14TH

WE WILL KICK IT OFF WITH A CHILI CONTEST.





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ACROSS

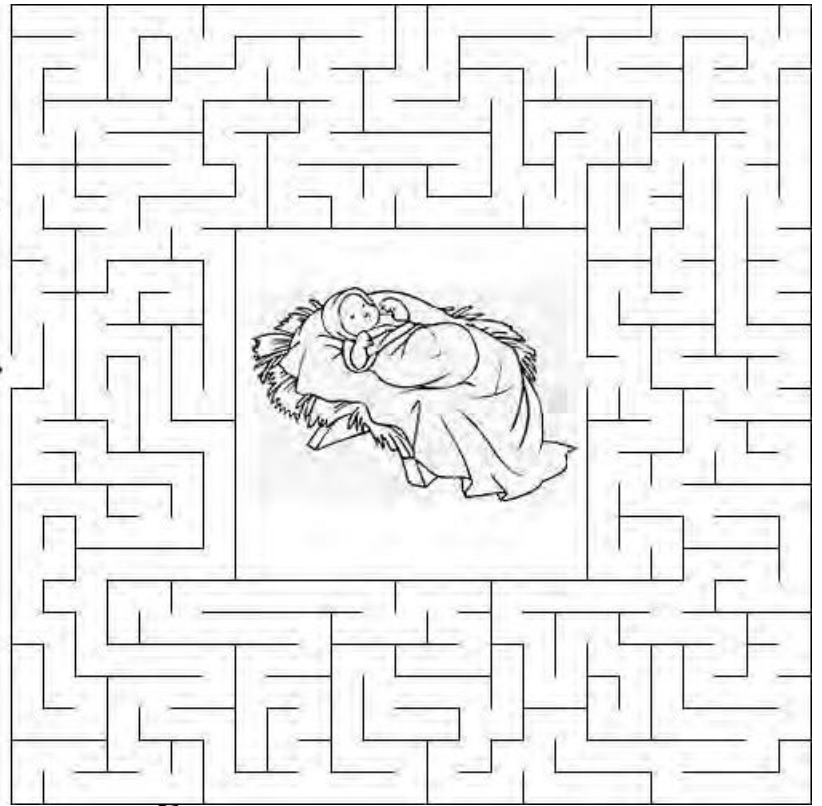
- 1 first letter of Greek alphabet (Rev 21:6)
- 6 as to a light shining in ____ place (1,4) (2 Pet 1:19)
- 10 I remind you to ____ into flame the gift of God (2 Tim 1:6)
- 13 the ____ of your feet shall tread (Deut 11:24)
- 14 How ____ you turn my Father's house into a market! (John 2:16)
- 15 Then Nebuchadnezzar in his ____ and fury commanded (Daniel 3:13)
- 16 Bring me a heifer, ____ and a ram (1,4) (Gen 15:9)
- 17 for the tent a covering of ram skins ____ red (Ex 36:19)
- 18 And Israel vowed ____ unto the LORD (1,3) (Num 21:2)
- 19 walk with long steps (Hab 3:12)
- 21 together with the overseers and ____ (Phil 1:1)
- 24 Roman Emperor
- 26 and the hold of ____ fowl spirit (Rev 18:2) (KJV)
- 27 the king of the south shall be moved with ____, and shall (Dan 11:11) KJV
- 31 he burned the bones of the king of Edom into ____ (Amos 2:1) KJV
- 34 testified about me in Jerusalem, so you must also testify in ____ (Acts 23:11)
- 35 cups shaped like almond flowers with ____ and blossoms (Ex 37:19)
- 37 Only a ____ of it has reached our ears (Job 28:22)
- 41 they build ____ ramps and capture them (Hab 1:10)
- 43 and people have used it for a ____ to this day (2 Kings 10:27)
- 45 the angels hastened Lot, saying, ____, take thy wife (Gen 19:15) (KJV)
- 46 the roebuck, and the fallow ____, and the wild goat (Deut 14:5)
- 48 Jesus ____ in wisdom and stature (Luke 2:52)
- 49 I will send ____ and say, 'Go, find the arrows (1,3) (1 Sam 20:21)
- 51 honey and curds, sheep, and ____ from cows' milk for David (2 Sam 17:29)

- 53 he ____ unto the LORD, and vowed (Ps 132:2) KJV
- 56 Their calls will ____ through the windows (Zeph 2:14)
- 58 like Babylonian chariot officers, natives of ____ (Ezek 23:15)
- 60 he did not ____ to sorcery as at other times (Num 24:1)
- 64 I now consider ____ for the sake of Christ (Phil 3:7)
- 65 You made my enemies turn ____ backs in flight (Ps 18:40)
- 67 the princes of ____ abode with Balaam (Num 22:8)
- 69 God has granted even the Gentiles repentance ____ life (Acts 11:18)
- 70 The LORD ____ righteousness and justice (Ps 33:5)
- 71 if his hands are ____, the house leaks (Eccl 10:18)
- 72 for the ____ that is in the land of Assyria. (Isaiah 7:18)
- 73 the hollow of his hand, and ____ out heaven with the span (Isa 40:12) KJV
- 74 flee from the iron weapon, and the bow of ____ (Job 20:24) KJV

DOWN

- 1 ____ became king of Judah (IKing 5:9)
- 2 Send me cedar ____ as you did for my father David (2 Chron 2:3)
- 3 The wicked ____ against the righteous and gnash their teeth (Ps 37:12)
- 4 The nations will ____ and tremble; anguish will grip the people (Exod 15:14)
- 5 Jacob set up ____ pillar at the place (1,5) (Gen 35:14)
- 6 snake (Isa 30:6)
- 7 The ____ is yours, and yours also the night (Ps 74:16)
- 8 Israelites to bring you ____ heifer without defect (1,3) (Num 19:2)
- 9 To ____ them that were under the law (Gal 4:5)
- 10 The LORD looked with ____ on Abel and his offering (Gen 4:4)
- 11 O LORD, heal me, for my bones are in ____ (Ps 6:2)
- 12 so is good ____ from a far country (Prov 25:25)
- 15 I have finished the ____, I have kept the faith (2 Tim 4:7)
- 20 He came to ____ and then to Lystra (Acts 16:1)
- 22 prevent (Jer 11:15)
- 23 she was in a town and did not ____ for help (Deut 22:24)
- 25 anyone is in Christ, he is a new creation; the ____ has gone (2 Cor 5:17)
- 28 a small round thing, as small as the ____ frost (Exodus 16:14)
- 29 Ahab son of ____ became king of Israel (1 Kings 16:29)
- 30 if he ____ them loose, they devastate the land (Job 12:15)
- 32 was in the ____ that is called Patmos (Rev 1:9)
- 33 cries out against me and all its furrows ____ with tears (3,3) (Job 31:38)
- 36 to loose the bands of wickedness, to ____ the heavy burdens (Isa 58:6)
- 38 I ____ you to bear with my word of exhortation (Heb 13:22)
- 39 Rescue me from the ____, do not let me sink (Ps 69:14)
- 40 lofty trees will be felled, the tall ____ will be brought low (Isa 10:33)
- 42 Everyone who ____ him was amazed at his understanding (Luke 2:47)
- 44 Then the ____ shot arrows at your servants (2 Sam 11:24)
- 47 The ____ cannot say to the hand, "I don't need you!" (1 Cor 12:21)
- 50 the ____ after his kind, and the grasshopper after his (Lev 11:22) KJV
- 52 abbr. for the 28th book of Old Testament
- 53 His face ____ like the sun, and his clothes became as white (Matt 17:2)
- 54 Before them the land is like the garden of Eden, behind them, a desert ____ (Joel 2:3)
- 55 Know ____ that wisdom is sweet to your soul (Prov 24:14)
- 57 Jesus ____ out in a loud voice, "Eloi, Eloi, Lama sabachthani?" (Mark 15:34)
- 58 You are my war ____, my weapon for battle (Jer 51:20)
- 59 consciences have been seared as with ____ iron.(1,3) (1 Tim 4:2)
- 61 leave out
- 62 sons and thirty grandsons, who ____ on seventy donkeys (Judg 12:14)
- 63 we spend our years as a ____ that is told (Ps 90:9) KJV
- 66 member of the first family of the Bible
- 68 Babylon is taken, ____ is confounded, Merodach is broken (Jer 50:2)

Just for Kids



Wise Men Search for Jesus

Can you help the three Wise Men find the way to the baby Jesus?



"Where is the one who has been born king of the Jews?

We saw his star in the east and have come to worship him."

Matthew 2:2

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Wise Men Worship Jesus
Matthew 2

Barnum Community United Methodist Church

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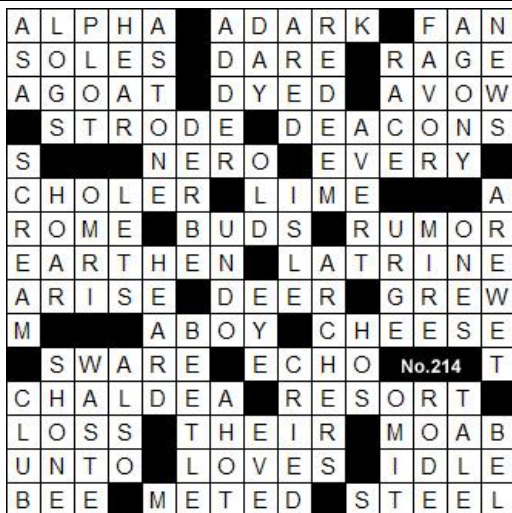
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The Great Chili Cook Off is coming!
January 14th