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



September 2024
Volume 24—Issue 9

Bible Readings
Church Calendar
Birthdays
Anniversaries
Youth Group
Bible Buddies
Faith Community Nurse
United Women in Faith
Women's Ministry
Council Minutes
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

Office Hours (Mon-Fri)

Sunday Worship

Facebook Live 9:30 am
In Person 9:30 am

Pastor Kennection

Jesus...saw a man called Matthew sitting at the tax booth, and He said to him, "Follow me." And he rose and followed Him. (Matthew 9:9)

Where were the Apostles when Jesus called them to follow Him? It wasn't from the synagogue, was it, even though Jesus regularly was found at the synagogue. It was when the Lord was out and about in the community. The apostles were called when they were on the seashore preparing to fish, or out in their boats, the tax booth, maybe the marketplace, it was from those everyday areas of life that Jesus called them.

There is a wonderful missional heart found here at Barnum Community. My memory is relatively recent in the scheme of things, but it was so good to learn about our connection with John Sergey in years past and to listen to Pastor Sergey and learn of his evangelistic outreach to the people of what at that time was the Soviet Union. For those unfamiliar, spark up a conversation with Jen Berthelot.

Since its outset, mission has been central to the heart of churches with a Wesleyan persuasion and the United Methodist Church is no different. Recently, the Minnesota Annual Conference has been encouraging involvement of all of our churches in something called, Fresh Expressions. Very simply, it is about meeting with people around a shared area of interest while taking time to share a "Jesus Story" during the time together. For years we've known and made known that for the most part people who don't know Christ aren't going to just wander into our churches. Jesus sent his followers out to make disciples, not in.

People have been gathering at bicycling groups, kayaking groups, quilting groups, wood carving groups, golfing groups, you name it. Whatever shared area of interest people have; Fresh Expressions can be occurring there. There have even been axe throwing and burrito gatherings. The key is gathering regularly and making a point to share a Jesus story and an opportunity for prayer. Fresh Expressions is about building relationships with others outside the church. It is a time to introduce Jesus to people who likely will not wander into Barnum Community United Methodist Church or any other church building. We need to keep developing new ways of letting people know God loves them and wants to be in a relationship with them. Perhaps you have already been doing that sort of thing without calling it Fresh Expressions.

So, if you have thought sharing your faith with others is something you could never do, I invite and encourage you to think again. There might be those here at Barnum Community who share your interests to join with you to get your Fresh Expression initiated. The community is filled with people who hold shared interests in need of knowing the Lord. Thank you for sharing the love of God and inviting others to join the journey.

The Good Shepherd's Sheepdog,

Lee



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:30 Worship Service 11:00 Adult Class	**2 LABOR DAY** **Office Closed** 5-8 Youth Group	3 11:00 Prayer Group	4 5-8 Youth Group	5	6	7
8 Grandparents Day 9:30 Worship Service **Communion** 11:00 Adult Class	9 5-8 Youth Group 6:30 Council Mtg	10 11:00 Prayer Group 1:00 Moms in Prayer	11 **FAMILY NIGHT KICK OFF** 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	12	13	14
15 9:30 Worship Service 11:00 Adult Class Congregational Meeting after Church Service	16 5-8 Youth Group	17 11:00 Prayer Group 1:00 Moms in Prayer	18 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	19	20	21
22 9:30 Worship Service 11:00 Adult Class	23 5-8:00 Youth Group	24 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	25 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study Newsletter Deadline	26	27	28
29 9:30 Worship Service 11:00 Adult Class	30 5-8 Youth Group					

** Schedule subject to change.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 11:00 Prayer Group 1:00 Moms in Prayer	2 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	3	4	5
6 **Pastor Appreciation Day** 9:30 Worship Service 11:00 Adult Class	7 **COLUMBUS DAY** 5-8:00 Youth Group 6:00 Finance Mtg 6:30 Council Mtg	8 11:00 Prayer Group 1:00 Moms in Prayer	9 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	10	11	12 9:30 Secret Sister Reveal Party
13 9:30 Worship Service **Communion** 11:00 Adult Class	14 5-8:00 Youth Group	15 11:00 Prayer Group 1:00 Moms in Prayer	16 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	17	18	19
20 9:30 Worship Service 11:00 Adult Class	21 5-8:00 Youth Group	22 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	23 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	24	25	26
27 9:30 Worship Service 11:00 Adult Class	28 5-8:00 Youth Group	29 11:00 Prayer Group 1:00 Moms in Prayer Newsletter Deadline	30 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	31 **HALLOWEEN**		

** Schedule subject to change.

Daily Nourishment



OLD & NEW TESTAMENT

Sep 1: Ps 135-136; 1Cor 12
Sep 2: Ps 137-139; 1Cor 13
Sep 3: Ps 140-142; 1Cor 14:1-20
Sep 4: Ps 143-145; 1Cor 14:21-40
Sep 5: Ps 146-147; 1Cor 15:1-28
Sep 6: Ps 148-150; 1Cor 15:29-58
Sep 7: Prov 1-2; 1Cor 16
Sep 8: Prov 3-5; 2Cor 1
Sep 9: Prov 6-7; 2Cor 2
Sep 10: Prov 8-9; 2Cor 3
Sep 11: Prov 10-12; 2Cor 4
Sep 12: Prov 13-15; 2Cor 5
Sep 13: Prov 16-18; 2Cor 6
Sep 14: Prov 19-21; 2Cor 7
Sep 15: Prov 22-24; 2Cor 8
Sep 16: Prov 25-26; 2Cor 9
Sep 17: Prov 27-29; 2Cor 10
Sep 18: Prov 30-31; 2Cor 11:1-15
Sep 19: Ecc 1-3; 2Cor 11:16-33
Sep 20: Ecc 4-6; 2Cor 12
Sep 21: Ecc 7-9; 2Cor 13
Sep 22: Ecc 10-12; Gal 1
Sep 23: Song 1-3; Gal 2
Sep 24: Song 4-5; Gal 3
Sep 25: Song 6-8; Gal 4
Sep 26: Is 1-2; Gal 5
Sep 27: Is 3-4; Gal 6
Sep 28: Is 5-6; Eph 1
Sep 29: Is 7-8; Eph 2
Sep 30: Is 9-10; Eph 3

CHRONOLOGICAL

Sep 1: Ezek 18-19
Sep 2: Ezek 20-21
Sep 3: Ezek 22-23
Sep 4: Ezek 24-27
Sep 5: Ezek 28-31
Sep 6: Ezek 32-34
Sep 7: Ezek 35-37
Sep 8: Ezek 38-39
Sep 9: Ezek 40-41
Sep 10: Ezek 42-43
Sep 11: Ezek 44-45
Sep 12: Ezek 46-48
Sep 13: Joel
Sep 14: Dan 1-3
Sep 15: Dan 4-6
Sep 16: Dan 7-9
Sep 17: Dan 10-12
Sep 18: Ezra 1-3
Sep 19: Ezra 4-6; Ps 137
Sep 20: Haggai
Sep 21: Zech 1-7
Sep 22: Zech 8-14
Sep 23: Est 1-5
Sep 24: Est 6-10
Sep 25: Ezra 7-10
Sep 26: Neh 1-5
Sep 27: Neh 6-7
Sep 28: Neh 8-10
Sep 29: Neh 11-13; Ps 126
Sep 30: Malachi

Youth



Welcome to the 2024-25 School Year! Students return to their school routines and sports schedules are back. The Barnum Youth Group (BYG) is launching our new school year theme "But Wait…There's More!" Many people take life as it comes. This year we will be challenging youth that there's more to their lives. What we may see on the surface is only a part of who God created us to be. With each topic we discuss we will pause and look deeper, 'but wait…there's more'! With topics like More to Me, What's your Role, Be Kind to Others, More than Decorations, Forgiving Grudges, The Light of the World and Do you Know Me, we will be exploring so much more this year. Please pray that students are willing to look at their lives and see that they do need more and that the more they need is Jesus.

Before we say goodbye to summer, I wanted to share about an amazing experience I was able to have with a recent graduate. Tobin has attended youth group for many years, and he also loves running. At the beginning of summer, he talked about wanting to do the Moose Lake Triathlon, but he didn't want to do the whole thing. I said we could do it as a team and I would be willing to do the bike part. My wife, Serenity, said she would be willing to do the swim and all summer the three of us prepared for the big event. Serenity swam, I biked and then Tobin set out for his 3-mile run. As we were waiting for Tobin to return Serenity and I talked about how thankful we were to provide this opportunity for Tobin. As Tobin crossed the finished line the announcer said, "And here is our first team to finish." Our team placed first. We couldn't believe it. Later Tobin told me, "I've gotten second place and third place before, but I've never gotten first place!" It was our prayer that God would bless that day, and He did! I want to thank Serenity for swimming for our team and I want to thank the Barnum Church family for coming to support us during the race. You're the Best! Please pray for continued opportunities to bless the students that we work with.









Nursery Volunteers: The nursery is in need of adult volunteers and young adults during church services. Please see Kay Finifrock.

September 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Servers	Wednesday Servers
1	Willis & Kay Finifrock	Scott & Elaine Bogenholm	Bonnie Kepler Cathy Kunze	Jenna Uszenski	Deb Halls	Janet Adelsgruber Karen Smith	
8	Hazel Oachs Jay Oachs	Bing & Kathy Mattson	Brian Koski Deb Donaldson	Daniel Zinter	Deb Entner	COMMUNION SUNDAY	(11) Bette Deming Annette Meyer & Boys
15	Marilyn Criley Judy Jacobs	Chris & Annette Meyer	Robin Paulson Bonnie Kepler	Brenden Zinter	Kay Finifrock	Annette Meyer Brenda Zinter	(18) Deb Entner
22	Cheryl Peterson Terri Krueger	Steve & Sandi Vogel	Brian Koski Deb Donaldson	Liam Parr	Brenda Zinter	Deb Halls Carmen Burak	(25) Evelyn Newman
29	Audrey Sebring Annette Hammitt	Bruce & Eileen Resman	Deb Donaldson Robin Paulson	Evan Earlywine	Tiffany Parr	Connie Herbert Jackie Olson	(2) Deb Halls

October 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Serv-ers	Wednesday Servers
6	Leon Finifrock Connie Herbert	Cliff & Joyce Berggren	Robin Paulson Cathy Kunze	Daniel Zinter	Sandi Vogel	Roxanne Mat-ten Kathy Otnes	(9) Paul & Carmen Burak
13	Ann Kosloski Tiffany Parr	Steve & Sandi Vogel	Brian Koski Bonnie Kepler	Nial Parr	Sandy Ferguson	COMMUNION SUNDAY	(16) Janet Adelsgruber Karen Smith
20	Roger & Deanna Finifrock	Paul & Carmen Burak	Brian Koski Deb Donaldson	Even Earlywine	Deb Halls	Cheryl Peterson Terri Krueger	(23) Terri Krueger
27	Dianne Anderson Connie Swanson	Dave & Sandy Ferguson	Deb Donaldson Robin Paulson	Brenden Zinter	Deb Entner	Ann Kosloski Linda Jusczak	(30) Sue Nelson Kathy Otnes Rachel Finifrock



September Health and Wellness Moment

"Healthy Aging"

September is Healthy Aging Month. The mission behind this month's health topic is to draw attention to the importance of healthy lifestyles for adults 45-plus. Nowadays, it is more important than ever to follow a healthy lifestyle, remain positive and passionate about life, and to look forward to better days ahead. Sometimes, however, this is not easy to do. If you need a boost to improve your lifestyle, here are some tips to be able to age well…in other words, to get older in the healthiest way possible! Let's look at some tips to achieve and maintain physical, social, mental and financial wellness.
First of all, let's look at Mental Wellness. Many people struggle with depression, loneliness, anxiety and isolation. It is important to follow these tips.

1. Be realistic. If you feel overwhelmed by some activities, (yours and/or your family's), learn to say no. Eliminate an activity that is not absolutely necessary. It's possible that you may be taking on more responsibility than you could, or should, handle. If you meet resistance, be ready to give reasons why you are making these changes. Be willing to listen to others' suggestions and be willing to compromise.
2. Shed the "superhero" urge. Nobody is perfect. Don't expect perfection from yourself or others. Focus on what really needs to be done, how much you can realistically get done and in what time frame. It's so important to ask for help when you need it.
3. Take one thing at a time. When someone is stressed or anxious, an ordinary workload can seem unbearable at times. The best way to cope with the feeling of being overwhelmed is to take one task at a time. Once you accomplish one task, choose the next most important thing you want to get done. Some people like to check off tasks on a list; it is very satisfying and helps you visualize your progress!

Next, let's look at the importance of Physical Fitness. According to the National Center for Chronic Disease Prevention and Health Promotion, about 6 in 10 adults in the U.S. have a chronic health condition, and 4 in 10 have two or more. There are many benefits of physical activity for adults and older adults. It's important to keep moving. A body in motion stays in motion! Exercise and strength training improves quality of life, reduces anxiety, and improves sleep. It also is key in weight loss, bone health and a lower risk of falls!

4. Move more, sit less. This recommendation from health.gov is based on new evidence that shows a strong positive relationship between increased sedentary behavior and increased risk of mortality, heart disease and high blood pressure.
5. Aerobic exercise. Check with your doctor for advice on how many minutes of exercise you should be getting per week. Also ask what kind of exercise is best for you and how to know if you are doing too much.
6. Muscle strengthening. These activities provide additional health benefits, so ask your doctor about muscle strengthening as well.

Next, we'll focus on the importance of Diet. Forty two percent of Americans have had an average weight gain of 29 pounds since the beginning of the pandemic. Not only have we been eating more and moving less, but alcohol consumption has also increased in this time frame. You can check out the Dietary Guidelines for Americans 2020-2025 published by the USDA. Always talk to your doctor about what weight is healthy for you.

7. Review your daily diet and make necessary changes. You guessed it, talk to your doctor about what is best for you! Generally, it is best to eat a diet that is rich in fruits, vegetables, whole grains, fat-free or low-fat milk and dairy products, and a variety of healthy proteins. It is best to eat a diet low in saturated fats, trans fats, cholesterol, sodium and added sugars.

Next, we'll focus on the importance of Social Well-being. We are created to be social beings, we crave healthy interaction with others. After feeling isolated, some older adults find it is hard to get out and be social without becoming mentally exhausted. Here are some ways to be active in your community:
8. Volunteer. There are so many places that encourage and welcome volunteering in our communities, churches, schools. Ask a friend to join you and make it a fun event to share!
9. Dream and then get to it. Is there someplace you've always wanted to travel, explore, research? Some of these things may not be realistic or feasible, but maybe some are! Have an adventure, laugh, share a fun moment with loved ones, get out and enjoy the day! Become a pen pal, learn a new language, learn to play an instrument…the sky's the limit!

Last, we will look at Financial Well-being.

10. Launch your next career, go back to school and get a degree, take an online class, learn a new skill that you have always wanted to master. Studies show that people who retire and then become sedentary and lose their excitement for life are much more likely to be ill and unhappy.

September is Healthy Aging Month, and it is the perfect time to renew or set some lifestyle goals! Happy Fall to you all!
Reference: HealthyAging.net

"Give thanks to the Lord, for He is good. His love endures forever."
Psalms 136:1
Prayers for peace, joy and good health, and just a reminder…you are uniquely YOU by HIS design!
~Jenny S, RN, BCUMC Parish Nurse

Howdy Partner!
Here is your invitation to:



The Bible-Buddy Round-Up

This is the kick-off to the Children's WEDNESDAY BIBLE BUDDIES program at the

Barnum Community Church

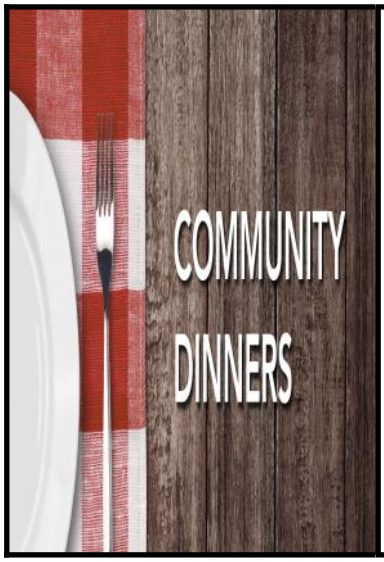
Giddy-up ya'll (ages 4-6th grade) and join up with the Bible Buddies!!

Wednesday evening September 11 at 6 - 7:15 pm, right after the Community Supper (served from 5:15 to 6pm).

After getting everyone registered and rustling up some chow, we will round up the gang of Buddies at 6 pm to enjoy activities including games, songs, crafts, and a Bible lesson.



Important Events in the Life of Our Church



Join us for
Community Dinner
&
Family Night

September 11, 18, 25

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



September 11:	*Family Night Kick Off*
	Community Dinner
	Bible Buddies
	Youth Group (7th – 12th)
	Women's Bible Study
October 31:	*Halloween Trunk or Treat*
November 20:	*Thanksgiving Dinner*
December 24:	*Christmas Eve*
	Candlelight Service



Please join us for **WOW**
"Worship on Wednesday"

6:15—6:30 Praise & Worship Music followed by a short bible lesson from Pastor Lee



The Warm Hearts Ministry will be meet Tuesday, September 24th from 10 am—3 pm to work on Warm Hearts Projects or personal projects. Please bring a lunch and join us for some great sewing time and fellowship. Bring your sewing supplies. Please RSVP Kathy Port.

United Women in Faith

United Women in Faith will be meeting on September 11 at 1:30 at the church. All women of the church are invited to attend this meeting. Ann Kosloski will be the hostess and Kathy Mattson will lead the discussion on pages 94-98 of our study book, "Life on Purpose for Women". Our heart is to assist with church projects wherever possible. Please see Sandy Ferguson for further information.



Important Events in the Life of Our Church



Mother / Child Nursing Tent:

A huge "Thank You" to all the volunteers who helped set up and tear down and work in the Baby Rest Area.





Fair time has come and gone already. Many thanks for all those who volunteered to park cars. This year over $2,600 was collected to help fund the Wednesday night youth programs reaching out to students in our Community.

The Lord's Table, September 8th

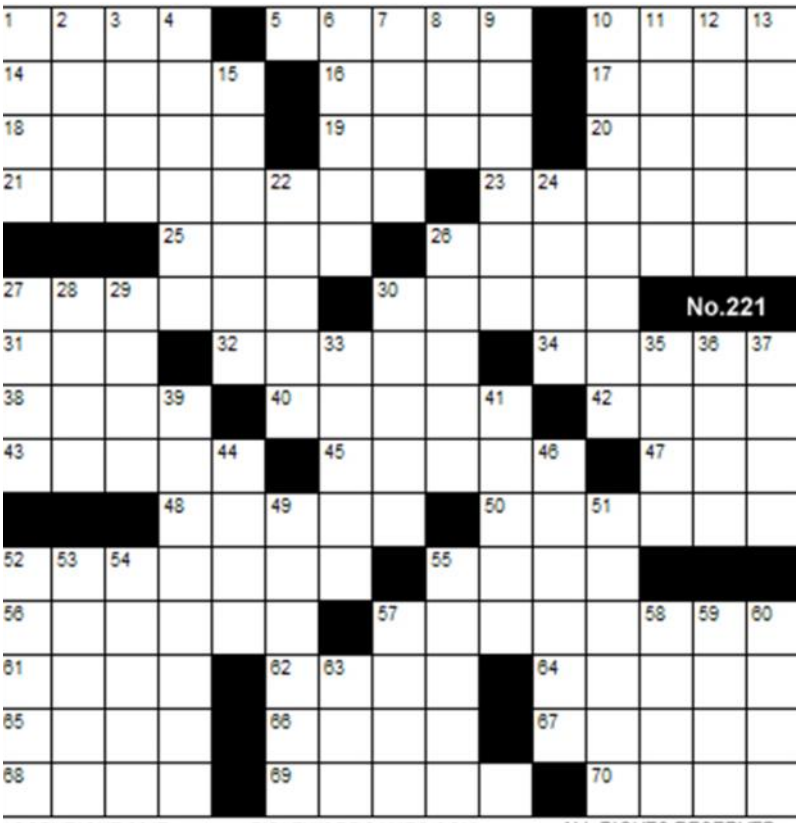


The second Sunday of the month will be our Table Sunday as a church family. We will be sharing communion at the Lord's Table, enjoying a shared-dish (potluck). Table Sunday is a monthly reminder that our life together as the family of God centers in worship, fellowship and sharing.

REMEMBER to bring a dish to share on the second Sunday and even if you aren't able, plan on staying for dinner with your family and friends here.

"Our Daily Bread" is also available on the facebook, mobile app in addition to the printed copies here in the office.

Did you miss out on a Sunday Service don't have access to Facebook or Internet? We have extra copies available for your use.



COPYRIGHT 2017 BIBLEWORDGAMES.COM ALL RIGHTS RESERVED

ACROSS

1 So Moses brought their ___ before the LORD (Num 27:5)
5 Fasten ___ ___ cord to it (1,4) (Ex 28:37)
10 fifth book of the New Testament
14 Like men condemned to die in the ___ (1 Cor 4:9)
16 Speak now in the ____ of the people (Exodus 11:2)
17 In that day the mountains will ___ new wine (Joel 3:18)
18 seems right to a man, but in the end it ___ to death (Prov 16:25)
19 Then they ___ in his face and struck him with their fists (Matt 26:67)
20 Son of man, record this ____ (Ezek 24:2)
21 because the midwives feared God, he gave them ___ of their own (Ex 1:21)
23 Elijah's successor (2 Kings 2:9)
25 Like a bird that strays from its ___ is a man who strays (Prov 27:8)
26 A student is not above his ___ , nor a servant above his master (Matt 10:24)
27 and remove all its vile ___ and detestable idols (Ezek 11:18)
30 they always heap up their sins to the ___ (1Thes 2:16)
31 clump of earth and grass
32 Her Nazarites were ___ than snow, they were whiter than (Lam 4:7) KJV
34 Jesus replied, "Foxes have holes and birds of the air have ___ (Matt 8:20)
38 The Angel which redeemed me from all evil, bless the ___ (Gen 48:16) KJV
40 from foundation to ___, were made of blocks of high-grade (1 Kings 7:9)
42 throwing stones at him and showering him with ___ (2 Sam 16:13)
43 let him seek peace, and ___ it (1 Pet 3:11) (KJV)
45 Like a ___ of Lebanon he will send down his roots (Hosea 14:5)
47 till he should pay all that was ___ unto him (Matt 18:34)
48 The tower of ____ (Gen 11:9)
50 To ____ them that were under the law (Gal 4:5)
52 I ___ silver and gold for myself, and the treasure (Eccl 2:8)
55 he that wavereth is like a ____ of the sea. (James 1:6)
56 What he trusts in is fragile; what he ___ on is a spider's web. (Job 8:14)
57 whosoever of you will be the ___, shall be servant of all (Mark 10:44) KJV
61 There is ___ ___ here, which hath five barley loaves (1,3) (John 6:9)
62 if his hands are ___, the house leaks (Eccl 10:18)
64 sixth angel poured out his vial upon the great ____ Euphrates (Rev 16:12)
65 away, absent (Rev 18:14)
66 which is gone down in the sun ___ of Ahaz (Isa 38:8) KJV
67 She gave herself as a prostitute to all the ____ of the Assyrians (Ezek 23:7)
68 thou shouldest be for salvation unto the ____ of the earth (Acts 13:47) KJV
69 said through the prophet: "Out of ___ I called my son (Matt 2:15)
70 Salvation is found in no one ___, for there is no other name (Acts 4:12)

DOWN

1 the woman had a fat ___ in the house (1 Sam 28:24) KJV
2 a Levite who lived in a remote ___ in the hill country (Judg 19:1)
3 the ephod, close to the ___ just above the waistband (Ex 39:20)
4 beginning with the oldest and ___ with the youngest (Gen 44:12)
6 Fear and trembling have ___ me; horror has overwhelmed me (Ps 55:5)
7 I will measure into their ___ the full payment for (Isa 65:7)
8 See, the LORD has chosen Bezalel son of ___ (Ex.35:30)
9 let each ____ other better than themselves (Phil 2:3)
10 not to be slanderers or ___ to much wine (Titus 2:3)
11 beat against that house, and it fell with a great ___ (Matt 7:27)
12 Thou shalt truly ____ all the increase of thy seed (Deut 14:22)
13 His ___ shaft was like a weaver's rod (1 Sam 17:7)
15 Lazarus has fallen ___; but I am going there to wake him (John 11:11)
22 married a wife, deceased, and, having no ____ (Matt 22:25)
24 Saul and Abner son of Ner had ___ down (1 Sam 26:5)
26 The people have become hungry and ___ and thirsty (2 Sam 17:29)
27 was in the ____ that is called Patmos (Rev 1:9)
28 We all growl like bears; we ___ mournfully like doves (Isa 59:11)
29 If anyone ___ anything to them, God will add to him (Rev 22:18)
30 My feet stand on ___ ground (Ps 26:12)
33 you have ___ with men on foot and they have worn you out (Jer 12:5)
35 I will give him rest from all his enemies on every ____. (1 Chr 22:9)
36 the darkness is passing and the ____ light is already shining (I Jn 2:8)
37 there shall come forth a rod out of the ___ of Jesse (Isa 11:1) KJV
39 Stay with him for a while until your brother's fury ___ (Gen 27:44)
41 no longer to call her ___; her name will be Sarah.(Gen 17:15)
44 listens to me will live in safety and be at ___ (Prov 1:33)
46 the LORD; let all the people of the world ___ him (Ps 33:8)
49 Jesus was walking ___ the Sea of Galilee (Matt 4:18)
51 Do not ___ yourselves by any of these creatures (Lev 11:43)
52 The king got up in ___ ___ left his wine (1,4) (Est 7:7)
53 Like a scarecrow in a ___ patch, their idols cannot speak (Jer 10:5)
54 ___ ___ flowing with milk and honey (1,4) (Deut 26:10)
55 Dan is a lion's ___: he shall leap from Bashan (Deut 33:22) KJV
57 what Adam was made from (Job 33:6)
58 Do not those who plot ___ go astray? (Prov 14:22)
59 silver in two bags, with two ___ of clothing (2 Kings 5:23)
60 every man under his vine and under his fig ____ (1 King 4:25)
63 I'll ___ around it and fertilize it.(Luke 13:8)

Just for Kids

Flashlight TAG



Sometimes we resist the light of Christ. But when his light touches us, we can then share it with others. Play this fun game on a summer night to remember how Christ's light shines in the world.

What you need:

- Friends
- Safe open space outdoors
- A flashlight for each player

How to play:

1. Choose one person to be the Tagger, known as the Light. Only that person can have his or her flashlight on.
2. The Light tries to shine his or her flashlight on other players, who run around and try to hide in the darkness.
3. Once players have been touched by the Light, they turn on their flashlights and join in, trying to shine on others.
4. Play until everyone has been tagged by the Light. Repeat, giving everyone a turn to be the Light.

PUZZLE

GOD'S LIGHT

Summer's long days can remind us of our Creator, who made the sun and wants us to live in his light.

Directions: First, write the opposite of each word in parentheses. Then use the Word Bank words, in order, to complete 1 John 1:5-7, NIV.

WORD BANK: is in is at if in as is in with

God _____ _____; _____ _____
(dark) (her)

there _____ _____ _____ness _____ _____ . ...
(yes) (light) (none)

But _____ we _____ _____ the _____,
(run) (dark)

_____ _____ _____ _____ the _____,
(she) (dark)

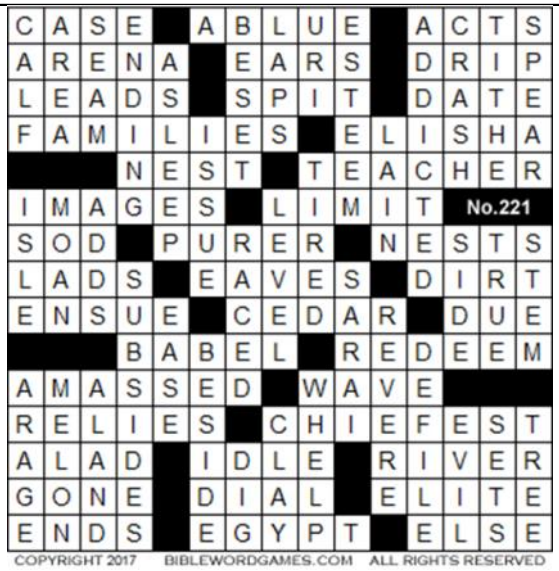
we have fellowship _____ one another. ...

1 John 1:5-7, NIV

Answer: God is light; in him there is no darkness at all . ... But if we walk in the light, as he is in the light, we have fellowship with one another. (1 John 1:5-7, NIV)

Barnum Community United Methodist Church

POSTMASTER:
Please send address changes to:
PO Box 70, 3762 Front Street
Barnum, MN 55707
(218) 389-6876 office@barnumumc.org
www.barnumumc.org



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

BUMC Ministry Team

Pastor—Lee Kantonen
Council Chair—Leon Finifrock
Youth Director—Bill Schoonover
Missions/Outreach—Connie Swanson
Secretary—Mechelle Mattson
Faith Community Nurse—Jennifer Southerton
Congregational Nurture & Care—Connie Herbert
Nursery Coordinator—Kaye Finifrock
Acolyte Coordinator—Roxanne Matten
Wednesday Night Servers—Kaye Finifrock/Terri Krueger
Custodian—Jim Calhoun

United Women in Faith—Sandy Ferguson
Bookkeeper—Tiffany Parr
Ministries Leader—Deb Halls
Staff-Parish Relations—Dawson Gentry
Worship Ministry - Lori Koski
Properties Management—Dave Matten
Discipleship Ministries—Mike Line
Sunday Servers Coordinator—Ann Kosloski
Greeters/Ushers Coordinator—Laurie Audette
Sunday Counters Coordinator—Cathy Kunze
Office Manager—Laurie Audette

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



September 2024
Volume 24—Issue 9

Bible Readings
Church Calendar
Birthdays
Anniversaries
Youth Group
Bible Buddies
Faith Community Nurse
United Women in Faith
Women's Ministry
Council Minutes
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

Office Hours (Mon-Fri)

Sunday Worship

Facebook Live 9:30 am
In Person 9:30 am

Pastor Kennection

Jesus...saw a man called Matthew sitting at the tax booth, and He said to him, "Follow me." And he rose and followed Him. (Matthew 9:9)

Where were the Apostles when Jesus called them to follow Him? It wasn't from the synagogue, was it, even though Jesus regularly was found at the synagogue. It was when the Lord was out and about in the community. The apostles were called when they were on the seashore preparing to fish, or out in their boats, the tax booth, maybe the marketplace, it was from those everyday areas of life that Jesus called them.

There is a wonderful missional heart found here at Barnum Community. My memory is relatively recent in the scheme of things, but it was so good to learn about our connection with John Sergey in years past and to listen to Pastor Sergey and learn of his evangelistic outreach to the people of what at that time was the Soviet Union. For those unfamiliar, spark up a conversation with Jen Berthelot.

Since its outset, mission has been central to the heart of churches with a Wesleyan persuasion and the United Methodist Church is no different. Recently, the Minnesota Annual Conference has been encouraging involvement of all of our churches in something called, Fresh Expressions. Very simply, it is about meeting with people around a shared area of interest while taking time to share a "Jesus Story" during the time together. For years we've known and made known that for the most part people who don't know Christ aren't going to just wander into our churches. Jesus sent his followers out to make disciples, not in.

People have been gathering at bicycling groups, kayaking groups, quilting groups, wood carving groups, golfing groups, you name it. Whatever shared area of interest people have; Fresh Expressions can be occurring there. There have even been axe throwing and burrito gatherings. The key is gathering regularly and making a point to share a Jesus story and an opportunity for prayer. Fresh Expressions is about building relationships with others outside the church. It is a time to introduce Jesus to people who likely will not wander into Barnum Community United Methodist Church or any other church building. We need to keep developing new ways of letting people know God loves them and wants to be in a relationship with them. Perhaps you have already been doing that sort of thing without calling it Fresh Expressions.

So, if you have thought sharing your faith with others is something you could never do, I invite and encourage you to think again. There might be those here at Barnum Community who share your interests to join with you to get your Fresh Expression initiated. The community is filled with people who hold shared interests in need of knowing the Lord. Thank you for sharing the love of God and inviting others to join the journey.

The Good Shepherd's Sheepdog,

Lee



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:30 Worship Service 11:00 Adult Class	**2 LABOR DAY** **Office Closed** 5-8 Youth Group	3 11:00 Prayer Group	4 5-8 Youth Group	5	6	7
8 Grandparents Day 9:30 Worship Service **Communion** 11:00 Adult Class	9 5-8 Youth Group 6:30 Council Mtg	10 11:00 Prayer Group 1:00 Moms in Prayer	11 **FAMILY NIGHT KICK OFF** 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	12	13	14
15 9:30 Worship Service 11:00 Adult Class Congregational Meeting after Church Service	16 5-8 Youth Group	17 11:00 Prayer Group 1:00 Moms in Prayer	18 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	19	20	21
22 9:30 Worship Service 11:00 Adult Class	23 5-8:00 Youth Group	24 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	25 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study Newsletter Deadline	26	27	28
29 9:30 Worship Service 11:00 Adult Class	30 5-8 Youth Group					

** Schedule subject to change.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 11:00 Prayer Group 1:00 Moms in Prayer	2 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	3	4	5
6 **Pastor Appreciation Day** 9:30 Worship Service 11:00 Adult Class	7 **COLUMBUS DAY** 5-8:00 Youth Group 6:00 Finance Mtg 6:30 Council Mtg	8 11:00 Prayer Group 1:00 Moms in Prayer	9 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	10	11	12 9:30 Secret Sister Reveal Party
13 9:30 Worship Service **Communion** 11:00 Adult Class	14 5-8:00 Youth Group	15 11:00 Prayer Group 1:00 Moms in Prayer	16 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	17	18	19
20 9:30 Worship Service 11:00 Adult Class	21 5-8:00 Youth Group	22 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	23 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	24	25	26
27 9:30 Worship Service 11:00 Adult Class	28 5-8:00 Youth Group	29 11:00 Prayer Group 1:00 Moms in Prayer Newsletter Deadline	30 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	31 **HALLOWEEN**		

** Schedule subject to change.

Daily Nourishment



OLD & NEW TESTAMENT

Sep 1: Ps 135-136; 1Cor 12
Sep 2: Ps 137-139; 1Cor 13
Sep 3: Ps 140-142; 1Cor 14:1-20
Sep 4: Ps 143-145; 1Cor 14:21-40
Sep 5: Ps 146-147; 1Cor 15:1-28
Sep 6: Ps 148-150; 1Cor 15:29-58
Sep 7: Prov 1-2; 1Cor 16
Sep 8: Prov 3-5; 2Cor 1
Sep 9: Prov 6-7; 2Cor 2
Sep 10: Prov 8-9; 2Cor 3
Sep 11: Prov 10-12; 2Cor 4
Sep 12: Prov 13-15; 2Cor 5
Sep 13: Prov 16-18; 2Cor 6
Sep 14: Prov 19-21; 2Cor 7
Sep 15: Prov 22-24; 2Cor 8
Sep 16: Prov 25-26; 2Cor 9
Sep 17: Prov 27-29; 2Cor 10
Sep 18: Prov 30-31; 2Cor 11:1-15
Sep 19: Ecc 1-3; 2Cor 11:16-33
Sep 20: Ecc 4-6; 2Cor 12
Sep 21: Ecc 7-9; 2Cor 13
Sep 22: Ecc 10-12; Gal 1
Sep 23: Song 1-3; Gal 2
Sep 24: Song 4-5; Gal 3
Sep 25: Song 6-8; Gal 4
Sep 26: Is 1-2; Gal 5
Sep 27: Is 3-4; Gal 6
Sep 28: Is 5-6; Eph 1
Sep 29: Is 7-8; Eph 2
Sep 30: Is 9-10; Eph 3

CHRONOLOGICAL

Sep 1: Ezek 18-19
Sep 2: Ezek 20-21
Sep 3: Ezek 22-23
Sep 4: Ezek 24-27
Sep 5: Ezek 28-31
Sep 6: Ezek 32-34
Sep 7: Ezek 35-37
Sep 8: Ezek 38-39
Sep 9: Ezek 40-41
Sep 10: Ezek 42-43
Sep 11: Ezek 44-45
Sep 12: Ezek 46-48
Sep 13: Joel
Sep 14: Dan 1-3
Sep 15: Dan 4-6
Sep 16: Dan 7-9
Sep 17: Dan 10-12
Sep 18: Ezra 1-3
Sep 19: Ezra 4-6; Ps 137
Sep 20: Haggai
Sep 21: Zech 1-7
Sep 22: Zech 8-14
Sep 23: Est 1-5
Sep 24: Est 6-10
Sep 25: Ezra 7-10
Sep 26: Neh 1-5
Sep 27: Neh 6-7
Sep 28: Neh 8-10
Sep 29: Neh 11-13; Ps 126
Sep 30: Malachi

Youth



Welcome to the 2024-25 School Year! Students return to their school routines and sports schedules are back. The Barnum Youth Group (BYG) is launching our new school year theme "But Wait…There's More!" Many people take life as it comes. This year we will be challenging youth that there's more to their lives. What we may see on the surface is only a part of who God created us to be. With each topic we discuss we will pause and look deeper, 'but wait…there's more'! With topics like More to Me, What's your Role, Be Kind to Others, More than Decorations, Forgiving Grudges, The Light of the World and Do you Know Me, we will be exploring so much more this year. Please pray that students are willing to look at their lives and see that they do need more and that the more they need is Jesus.

Before we say goodbye to summer, I wanted to share about an amazing experience I was able to have with a recent graduate. Tobin has attended youth group for many years, and he also loves running. At the beginning of summer, he talked about wanting to do the Moose Lake Triathlon, but he didn't want to do the whole thing. I said we could do it as a team and I would be willing to do the bike part. My wife, Serenity, said she would be willing to do the swim and all summer the three of us prepared for the big event. Serenity swam, I biked and then Tobin set out for his 3-mile run. As we were waiting for Tobin to return Serenity and I talked about how thankful we were to provide this opportunity for Tobin. As Tobin crossed the finished line the announcer said, "And here is our first team to finish." Our team placed first. We couldn't believe it. Later Tobin told me, "I've gotten second place and third place before, but I've never gotten first place!" It was our prayer that God would bless that day, and He did! I want to thank Serenity for swimming for our team and I want to thank the Barnum Church family for coming to support us during the race. You're the Best! Please pray for continued opportunities to bless the students that we work with.









Nursery Volunteers: The nursery is in need of adult volunteers and young adults during church services. Please see Kay Finifrock.

September 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Servers	Wednesday Servers
1	Willis & Kay Finifrock	Scott & Elaine Bogenholm	Bonnie Kepler Cathy Kunze	Jenna Uszenski	Deb Halls	Janet Adelsgruber Karen Smith	
8	Hazel Oachs Jay Oachs	Bing & Kathy Mattson	Brian Koski Deb Donaldson	Daniel Zinter	Deb Entner	COMMUNION SUNDAY	(11) Bette Deming Annette Meyer & Boys
15	Marilyn Criley Judy Jacobs	Chris & Annette Meyer	Robin Paulson Bonnie Kepler	Brenden Zinter	Kay Finifrock	Annette Meyer Brenda Zinter	(18) Deb Entner
22	Cheryl Peterson Terri Krueger	Steve & Sandi Vogel	Brian Koski Deb Donaldson	Liam Parr	Brenda Zinter	Deb Halls Carmen Burak	(25) Evelyn Newman
29	Audrey Sebring Annette Hammitt	Bruce & Eileen Resman	Deb Donaldson Robin Paulson	Evan Earlywine	Tiffany Parr	Connie Herbert Jackie Olson	(2) Deb Halls

October 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Serv-ers	Wednesday Servers
6	Leon Finifrock Connie Herbert	Cliff & Joyce Berggren	Robin Paulson Cathy Kunze	Daniel Zinter	Sandi Vogel	Roxanne Mat-ten Kathy Otnes	(9) Paul & Carmen Burak
13	Ann Kosloski Tiffany Parr	Steve & Sandi Vogel	Brian Koski Bonnie Kepler	Nial Parr	Sandy Ferguson	COMMUNION SUNDAY	(16) Janet Adelsgruber Karen Smith
20	Roger & Deanna Finifrock	Paul & Carmen Burak	Brian Koski Deb Donaldson	Even Earlywine	Deb Halls	Cheryl Peterson Terri Krueger	(23) Terri Krueger
27	Dianne Anderson Connie Swanson	Dave & Sandy Ferguson	Deb Donaldson Robin Paulson	Brenden Zinter	Deb Entner	Ann Kosloski Linda Jusczak	(30) Sue Nelson Kathy Otnes Rachel Finifrock



September Health and Wellness Moment

"Healthy Aging"

September is Healthy Aging Month. The mission behind this month's health topic is to draw attention to the importance of healthy lifestyles for adults 45-plus. Nowadays, it is more important than ever to follow a healthy lifestyle, remain positive and passionate about life, and to look forward to better days ahead. Sometimes, however, this is not easy to do. If you need a boost to improve your lifestyle, here are some tips to be able to age well…in other words, to get older in the healthiest way possible! Let's look at some tips to achieve and maintain physical, social, mental and financial wellness.
First of all, let's look at Mental Wellness. Many people struggle with depression, loneliness, anxiety and isolation. It is important to follow these tips.

1. Be realistic. If you feel overwhelmed by some activities, (yours and/or your family's), learn to say no. Eliminate an activity that is not absolutely necessary. It's possible that you may be taking on more responsibility than you could, or should, handle. If you meet resistance, be ready to give reasons why you are making these changes. Be willing to listen to others' suggestions and be willing to compromise.
2. Shed the "superhero" urge. Nobody is perfect. Don't expect perfection from yourself or others. Focus on what really needs to be done, how much you can realistically get done and in what time frame. It's so important to ask for help when you need it.
3. Take one thing at a time. When someone is stressed or anxious, an ordinary workload can seem unbearable at times. The best way to cope with the feeling of being overwhelmed is to take one task at a time. Once you accomplish one task, choose the next most important thing you want to get done. Some people like to check off tasks on a list; it is very satisfying and helps you visualize your progress!

Next, let's look at the importance of Physical Fitness. According to the National Center for Chronic Disease Prevention and Health Promotion, about 6 in 10 adults in the U.S. have a chronic health condition, and 4 in 10 have two or more. There are many benefits of physical activity for adults and older adults. It's important to keep moving. A body in motion stays in motion! Exercise and strength training improves quality of life, reduces anxiety, and improves sleep. It also is key in weight loss, bone health and a lower risk of falls!

4. Move more, sit less. This recommendation from health.gov is based on new evidence that shows a strong positive relationship between increased sedentary behavior and increased risk of mortality, heart disease and high blood pressure.
5. Aerobic exercise. Check with your doctor for advice on how many minutes of exercise you should be getting per week. Also ask what kind of exercise is best for you and how to know if you are doing too much.
6. Muscle strengthening. These activities provide additional health benefits, so ask your doctor about muscle strengthening as well.

Next, we'll focus on the importance of Diet. Forty two percent of Americans have had an average weight gain of 29 pounds since the beginning of the pandemic. Not only have we been eating more and moving less, but alcohol consumption has also increased in this time frame. You can check out the Dietary Guidelines for Americans 2020-2025 published by the USDA. Always talk to your doctor about what weight is healthy for you.

7. Review your daily diet and make necessary changes. You guessed it, talk to your doctor about what is best for you! Generally, it is best to eat a diet that is rich in fruits, vegetables, whole grains, fat-free or low-fat milk and dairy products, and a variety of healthy proteins. It is best to eat a diet low in saturated fats, trans fats, cholesterol, sodium and added sugars.

Next, we'll focus on the importance of Social Well-being. We are created to be social beings, we crave healthy interaction with others. After feeling isolated, some older adults find it is hard to get out and be social without becoming mentally exhausted. Here are some ways to be active in your community:
8. Volunteer. There are so many places that encourage and welcome volunteering in our communities, churches, schools. Ask a friend to join you and make it a fun event to share!
9. Dream and then get to it. Is there someplace you've always wanted to travel, explore, research? Some of these things may not be realistic or feasible, but maybe some are! Have an adventure, laugh, share a fun moment with loved ones, get out and enjoy the day! Become a pen pal, learn a new language, learn to play an instrument…the sky's the limit!

Last, we will look at Financial Well-being.

10. Launch your next career, go back to school and get a degree, take an online class, learn a new skill that you have always wanted to master. Studies show that people who retire and then become sedentary and lose their excitement for life are much more likely to be ill and unhappy.

September is Healthy Aging Month, and it is the perfect time to renew or set some lifestyle goals! Happy Fall to you all!
Reference: HealthyAging.net

"Give thanks to the Lord, for He is good. His love endures forever."
Psalms 136:1
Prayers for peace, joy and good health, and just a reminder…you are uniquely YOU by HIS design!
~Jenny S, RN, BCUMC Parish Nurse

Howdy Partner!
Here is your invitation to:



The Bible-Buddy Round-Up

This is the kick-off to the Children's WEDNESDAY BIBLE BUDDIES program at the

Barnum Community Church

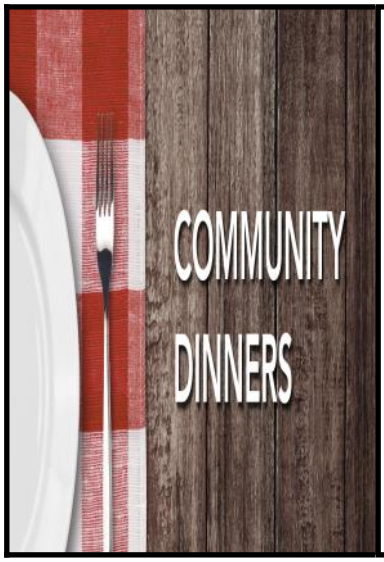
Giddy-up ya'll (ages 4-6th grade) and join up with the Bible Buddies!!

Wednesday evening September 11 at 6 - 7:15 pm, right after the Community Supper (served from 5:15 to 6pm).

After getting everyone registered and rustling up some chow, we will round up the gang of Buddies at 6 pm to enjoy activities including games, songs, crafts, and a Bible lesson.



Important Events in the Life of Our Church



Join us for
Community Dinner
&
Family Night

September 11, 18, 25

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



September 11:	*Family Night Kick Off*
	Community Dinner
	Bible Buddies
	Youth Group (7th – 12th)
	Women's Bible Study
October 31:	*Halloween Trunk or Treat*
November 20:	*Thanksgiving Dinner*
December 24:	*Christmas Eve*
	Candlelight Service



Please join us for **WOW**
"Worship on Wednesday"

6:15—6:30 Praise & Worship Music followed by a short bible lesson from Pastor Lee



The Warm Hearts Ministry will be meet Tuesday, September 24th from 10 am—3 pm to work on Warm Hearts Projects or personal projects. Please bring a lunch and join us for some great sewing time and fellowship. Bring your sewing supplies. Please RSVP Kathy Port.

United Women in Faith

United Women in Faith will be meeting on September 11 at 1:30 at the church. All women of the church are invited to attend this meeting. Ann Kosloski will be the hostess and Kathy Mattson will lead the discussion on pages 94-98 of our study book, "Life on Purpose for Women". Our heart is to assist with church projects wherever possible. Please see Sandy Ferguson for further information.



Important Events in the Life of Our Church



Mother / Child Nursing Tent:

A huge "Thank You" to all the volunteers who helped set up and tear down and work in the Baby Rest Area.





Fair time has come and gone already. Many thanks for all those who volunteered to park cars. This year over $2,600 was collected to help fund the Wednesday night youth programs reaching out to students in our Community.

The Lord's Table, September 8th

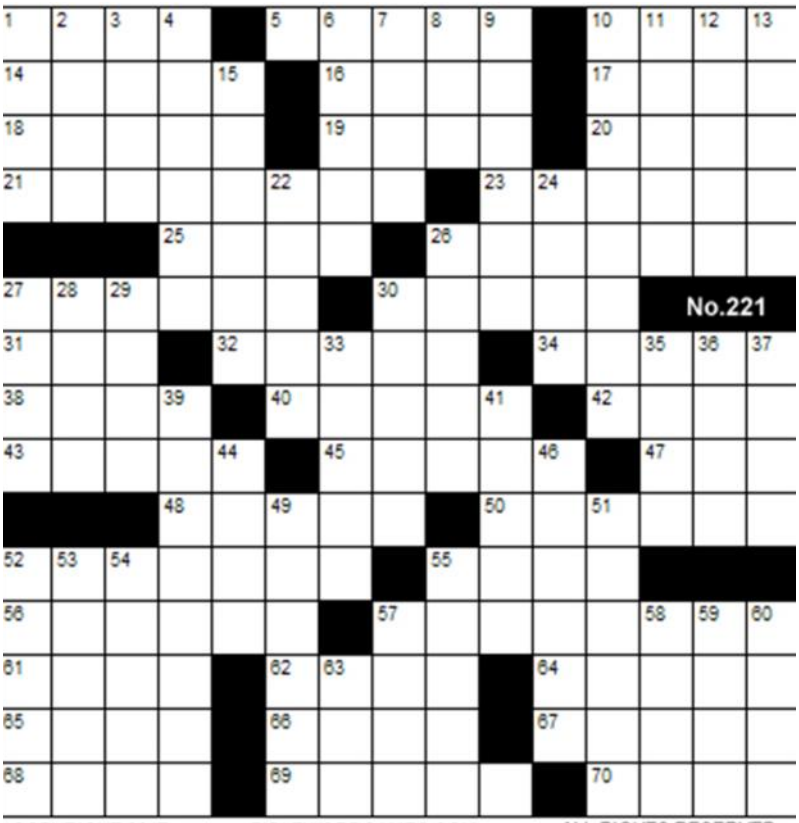


The second Sunday of the month will be our Table Sunday as a church family. We will be sharing communion at the Lord's Table, enjoying a shared-dish (potluck). Table Sunday is a monthly reminder that our life together as the family of God centers in worship, fellowship and sharing.

REMEMBER to bring a dish to share on the second Sunday and even if you aren't able, plan on staying for dinner with your family and friends here.

"Our Daily Bread" is also available on the facebook, mobile app in addition to the printed copies here in the office.

Did you miss out on a Sunday Service don't have access to Facebook or Internet? We have extra copies available for your use.



COPYRIGHT 2017 BIBLEWORDGAMES.COM ALL RIGHTS RESERVED

ACROSS

1 So Moses brought their ___ before the LORD (Num 27:5)
5 Fasten ___ ___ cord to it (1,4) (Ex 28:37)
10 fifth book of the New Testament
14 Like men condemned to die in the ___ (1 Cor 4:9)
16 Speak now in the ____ of the people (Exodus 11:2)
17 In that day the mountains will ___ new wine (Joel 3:18)
18 seems right to a man, but in the end it ___ to death (Prov 16:25)
19 Then they ___ in his face and struck him with their fists (Matt 26:67)
20 Son of man, record this ____ (Ezek 24:2)
21 because the midwives feared God, he gave them ___ of their own (Ex 1:21)
23 Elijah's successor (2 Kings 2:9)
25 Like a bird that strays from its ___ is a man who strays (Prov 27:8)
26 A student is not above his ___ , nor a servant above his master (Matt 10:24)
27 and remove all its vile ___ and detestable idols (Ezek 11:18)
30 they always heap up their sins to the ___ (1Thes 2:16)
31 clump of earth and grass
32 Her Nazarites were ___ than snow, they were whiter than (Lam 4:7) KJV
34 Jesus replied, "Foxes have holes and birds of the air have ___ (Matt 8:20)
38 The Angel which redeemed me from all evil, bless the ___ (Gen 48:16) KJV
40 from foundation to ___, were made of blocks of high-grade (1 Kings 7:9)
42 throwing stones at him and showering him with ___ (2 Sam 16:13)
43 let him seek peace, and ___ it (1 Pet 3:11) (KJV)
45 Like a ___ of Lebanon he will send down his roots (Hosea 14:5)
47 till he should pay all that was ___ unto him (Matt 18:34)
48 The tower of ____ (Gen 11:9)
50 To ____ them that were under the law (Gal 4:5)
52 I ___ silver and gold for myself, and the treasure (Eccl 2:8)
55 he that wavereth is like a ____ of the sea. (James 1:6)
56 What he trusts in is fragile; what he ___ on is a spider's web. (Job 8:14)
57 whosoever of you will be the ___, shall be servant of all (Mark 10:44) KJV
61 There is ___ ___ here, which hath five barley loaves (1,3) (John 6:9)
62 if his hands are ___, the house leaks (Eccl 10:18)
64 sixth angel poured out his vial upon the great ____ Euphrates (Rev 16:12)
65 away, absent (Rev 18:14)
66 which is gone down in the sun ___ of Ahaz (Isa 38:8) KJV
67 She gave herself as a prostitute to all the ____ of the Assyrians (Ezek 23:7)
68 thou shouldest be for salvation unto the ____ of the earth (Acts 13:47) KJV
69 said through the prophet: "Out of ___ I called my son (Matt 2:15)
70 Salvation is found in no one ___, for there is no other name (Acts 4:12)

DOWN

1 the woman had a fat ___ in the house (1 Sam 28:24) KJV
2 a Levite who lived in a remote ___ in the hill country (Judg 19:1)
3 the ephod, close to the ___ just above the waistband (Ex 39:20)
4 beginning with the oldest and ___ with the youngest (Gen 44:12)
6 Fear and trembling have ___ me; horror has overwhelmed me (Ps 55:5)
7 I will measure into their ___ the full payment for (Isa 65:7)
8 See, the LORD has chosen Bezalel son of ___ (Ex.35:30)
9 let each ____ other better than themselves (Phil 2:3)
10 not to be slanderers or ___ to much wine (Titus 2:3)
11 beat against that house, and it fell with a great ___ (Matt 7:27)
12 Thou shalt truly ____ all the increase of thy seed (Deut 14:22)
13 His ___ shaft was like a weaver's rod (1 Sam 17:7)
15 Lazarus has fallen ___; but I am going there to wake him (John 11:11)
22 married a wife, deceased, and, having no ____ (Matt 22:25)
24 Saul and Abner son of Ner had ___ down (1 Sam 26:5)
26 The people have become hungry and ___ and thirsty (2 Sam 17:29)
27 was in the ____ that is called Patmos (Rev 1:9)
28 We all growl like bears; we ___ mournfully like doves (Isa 59:11)
29 If anyone ___ anything to them, God will add to him (Rev 22:18)
30 My feet stand on ___ ground (Ps 26:12)
33 you have ___ with men on foot and they have worn you out (Jer 12:5)
35 I will give him rest from all his enemies on every ____. (1 Chr 22:9)
36 the darkness is passing and the ____ light is already shining (I Jn 2:8)
37 there shall come forth a rod out of the ___ of Jesse (Isa 11:1) KJV
39 Stay with him for a while until your brother's fury ___ (Gen 27:44)
41 no longer to call her ___; her name will be Sarah.(Gen 17:15)
44 listens to me will live in safety and be at ___ (Prov 1:33)
46 the LORD; let all the people of the world ___ him (Ps 33:8)
49 Jesus was walking ___ the Sea of Galilee (Matt 4:18)
51 Do not ___ yourselves by any of these creatures (Lev 11:43)
52 The king got up in ___ ___ left his wine (1,4) (Est 7:7)
53 Like a scarecrow in a ___ patch, their idols cannot speak (Jer 10:5)
54 ___ ___ flowing with milk and honey (1,4) (Deut 26:10)
55 Dan is a lion's ___: he shall leap from Bashan (Deut 33:22) KJV
57 what Adam was made from (Job 33:6)
58 Do not those who plot ___ go astray? (Prov 14:22)
59 silver in two bags, with two ___ of clothing (2 Kings 5:23)
60 every man under his vine and under his fig ____ (1 King 4:25)
63 I'll ___ around it and fertilize it.(Luke 13:8)

Just for Kids

Flashlight TAG



Sometimes we resist the light of Christ. But when his light touches us, we can then share it with others. Play this fun game on a summer night to remember how Christ's light shines in the world.

What you need:

- Friends
- Safe open space outdoors
- A flashlight for each player

How to play:

1. Choose one person to be the Tagger, known as the Light. Only that person can have his or her flashlight on.
2. The Light tries to shine his or her flashlight on other players, who run around and try to hide in the darkness.
3. Once players have been touched by the Light, they turn on their flashlights and join in, trying to shine on others.
4. Play until everyone has been tagged by the Light. Repeat, giving everyone a turn to be the Light.

PUZZLE

GOD'S LIGHT

Summer's long days can remind us of our Creator, who made the sun and wants us to live in his light.

Directions: First, write the opposite of each word in parentheses. Then use the Word Bank words, in order, to complete 1 John 1:5-7, NIV.

WORD BANK: is in is at if in as is in with

God _____ _____; _____ _____
(dark) (her)

there _____ _____ _____ness _____ _____ . ...
(yes) (light) (none)

But _____ we _____ _____ the _____,
(run) (dark)

_____ _____ _____ _____ the _____,
(she) (dark)

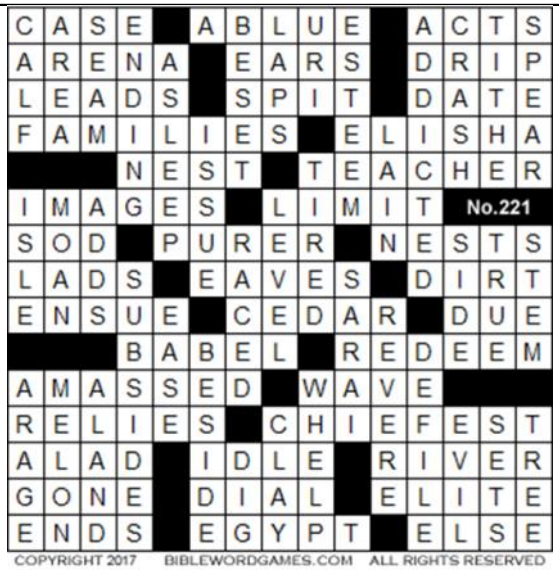
we have fellowship _____ one another. ...

1 John 1:5-7, NIV

Answer: God is light; in him there is no darkness at all . ... But if we walk in the light, as he is in the light, we have fellowship with one another. (1 John 1:5-7, NIV)

Barnum Community United Methodist Church

POSTMASTER:
Please send address changes to:
PO Box 70, 3762 Front Street
Barnum, MN 55707
(218) 389-6876 office@barnumumc.org
www.barnumumc.org



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

BUMC Ministry Team

Pastor—Lee Kantonen
Council Chair—Leon Finifrock
Youth Director—Bill Schoonover
Missions/Outreach—Connie Swanson
Secretary—Mechelle Mattson
Faith Community Nurse—Jennifer Southerton
Congregational Nurture & Care—Connie Herbert
Nursery Coordinator—Kaye Finifrock
Acolyte Coordinator—Roxanne Matten
Wednesday Night Servers—Kaye Finifrock/Terri Krueger
Custodian—Jim Calhoun

United Women in Faith—Sandy Ferguson
Bookkeeper—Tiffany Parr
Ministries Leader—Deb Halls
Staff-Parish Relations—Dawson Gentry
Worship Ministry - Lori Koski
Properties Management—Dave Matten
Discipleship Ministries—Mike Line
Sunday Servers Coordinator—Ann Kosloski
Greeters/Ushers Coordinator—Laurie Audette
Sunday Counters Coordinator—Cathy Kunze
Office Manager—Laurie Audette

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



September 2024
Volume 24—Issue 9

Bible Readings
Church Calendar
Birthdays
Anniversaries
Youth Group
Bible Buddies
Faith Community Nurse
United Women in Faith
Women's Ministry
Council Minutes
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

Office Hours (Mon-Fri)

Sunday Worship

Facebook Live 9:30 am
In Person 9:30 am

Pastor Kennection

Jesus...saw a man called Matthew sitting at the tax booth, and He said to him, "Follow me." And he rose and followed Him. (Matthew 9:9)

Where were the Apostles when Jesus called them to follow Him? It wasn't from the synagogue, was it, even though Jesus regularly was found at the synagogue. It was when the Lord was out and about in the community. The apostles were called when they were on the seashore preparing to fish, or out in their boats, the tax booth, maybe the marketplace, it was from those everyday areas of life that Jesus called them.

There is a wonderful missional heart found here at Barnum Community. My memory is relatively recent in the scheme of things, but it was so good to learn about our connection with John Sergey in years past and to listen to Pastor Sergey and learn of his evangelistic outreach to the people of what at that time was the Soviet Union. For those unfamiliar, spark up a conversation with Jen Berthelot.

Since its outset, mission has been central to the heart of churches with a Wesleyan persuasion and the United Methodist Church is no different. Recently, the Minnesota Annual Conference has been encouraging involvement of all of our churches in something called, Fresh Expressions. Very simply, it is about meeting with people around a shared area of interest while taking time to share a "Jesus Story" during the time together. For years we've known and made known that for the most part people who don't know Christ aren't going to just wander into our churches. Jesus sent his followers out to make disciples, not in.

People have been gathering at bicycling groups, kayaking groups, quilting groups, wood carving groups, golfing groups, you name it. Whatever shared area of interest people have; Fresh Expressions can be occurring there. There have even been axe throwing and burrito gatherings. The key is gathering regularly and making a point to share a Jesus story and an opportunity for prayer. Fresh Expressions is about building relationships with others outside the church. It is a time to introduce Jesus to people who likely will not wander into Barnum Community United Methodist Church or any other church building. We need to keep developing new ways of letting people know God loves them and wants to be in a relationship with them. Perhaps you have already been doing that sort of thing without calling it Fresh Expressions.

So, if you have thought sharing your faith with others is something you could never do, I invite and encourage you to think again. There might be those here at Barnum Community who share your interests to join with you to get your Fresh Expression initiated. The community is filled with people who hold shared interests in need of knowing the Lord. Thank you for sharing the love of God and inviting others to join the journey.

The Good Shepherd's Sheepdog,

Lee



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:30 Worship Service 11:00 Adult Class	**2 LABOR DAY** **Office Closed** 5-8 Youth Group	3 11:00 Prayer Group	4 5-8 Youth Group	5	6	7
8 Grandparents Day 9:30 Worship Service **Communion** 11:00 Adult Class	9 5-8 Youth Group 6:30 Council Mtg	10 11:00 Prayer Group 1:00 Moms in Prayer	11 **FAMILY NIGHT KICK OFF** 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	12	13	14
15 9:30 Worship Service 11:00 Adult Class Congregational Meeting after Church Service	16 5-8 Youth Group	17 11:00 Prayer Group 1:00 Moms in Prayer	18 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	19	20	21
22 9:30 Worship Service 11:00 Adult Class	23 5-8:00 Youth Group	24 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	25 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study Newsletter Deadline	26	27	28
29 9:30 Worship Service 11:00 Adult Class	30 5-8 Youth Group					

** Schedule subject to change.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 11:00 Prayer Group 1:00 Moms in Prayer	2 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	3	4	5
6 **Pastor Appreciation Day** 9:30 Worship Service 11:00 Adult Class	7 **COLUMBUS DAY** 5-8:00 Youth Group 6:00 Finance Mtg 6:30 Council Mtg	8 11:00 Prayer Group 1:00 Moms in Prayer	9 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	10	11	12 9:30 Secret Sister Reveal Party
13 9:30 Worship Service **Communion** 11:00 Adult Class	14 5-8:00 Youth Group	15 11:00 Prayer Group 1:00 Moms in Prayer	16 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	17	18	19
20 9:30 Worship Service 11:00 Adult Class	21 5-8:00 Youth Group	22 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	23 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	24	25	26
27 9:30 Worship Service 11:00 Adult Class	28 5-8:00 Youth Group	29 11:00 Prayer Group 1:00 Moms in Prayer Newsletter Deadline	30 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	31 **HALLOWEEN**		

** Schedule subject to change.

Daily Nourishment



OLD & NEW TESTAMENT

Sep 1: Ps 135-136; 1Cor 12
Sep 2: Ps 137-139; 1Cor 13
Sep 3: Ps 140-142; 1Cor 14:1-20
Sep 4: Ps 143-145; 1Cor 14:21-40
Sep 5: Ps 146-147; 1Cor 15:1-28
Sep 6: Ps 148-150; 1Cor 15:29-58
Sep 7: Prov 1-2; 1Cor 16
Sep 8: Prov 3-5; 2Cor 1
Sep 9: Prov 6-7; 2Cor 2
Sep 10: Prov 8-9; 2Cor 3
Sep 11: Prov 10-12; 2Cor 4
Sep 12: Prov 13-15; 2Cor 5
Sep 13: Prov 16-18; 2Cor 6
Sep 14: Prov 19-21; 2Cor 7
Sep 15: Prov 22-24; 2Cor 8
Sep 16: Prov 25-26; 2Cor 9
Sep 17: Prov 27-29; 2Cor 10
Sep 18: Prov 30-31; 2Cor 11:1-15
Sep 19: Ecc 1-3; 2Cor 11:16-33
Sep 20: Ecc 4-6; 2Cor 12
Sep 21: Ecc 7-9; 2Cor 13
Sep 22: Ecc 10-12; Gal 1
Sep 23: Song 1-3; Gal 2
Sep 24: Song 4-5; Gal 3
Sep 25: Song 6-8; Gal 4
Sep 26: Is 1-2; Gal 5
Sep 27: Is 3-4; Gal 6
Sep 28: Is 5-6; Eph 1
Sep 29: Is 7-8; Eph 2
Sep 30: Is 9-10; Eph 3

CHRONOLOGICAL

Sep 1: Ezek 18-19
Sep 2: Ezek 20-21
Sep 3: Ezek 22-23
Sep 4: Ezek 24-27
Sep 5: Ezek 28-31
Sep 6: Ezek 32-34
Sep 7: Ezek 35-37
Sep 8: Ezek 38-39
Sep 9: Ezek 40-41
Sep 10: Ezek 42-43
Sep 11: Ezek 44-45
Sep 12: Ezek 46-48
Sep 13: Joel
Sep 14: Dan 1-3
Sep 15: Dan 4-6
Sep 16: Dan 7-9
Sep 17: Dan 10-12
Sep 18: Ezra 1-3
Sep 19: Ezra 4-6; Ps 137
Sep 20: Haggai
Sep 21: Zech 1-7
Sep 22: Zech 8-14
Sep 23: Est 1-5
Sep 24: Est 6-10
Sep 25: Ezra 7-10
Sep 26: Neh 1-5
Sep 27: Neh 6-7
Sep 28: Neh 8-10
Sep 29: Neh 11-13; Ps 126
Sep 30: Malachi

Youth



Welcome to the 2024-25 School Year! Students return to their school routines and sports schedules are back. The Barnum Youth Group (BYG) is launching our new school year theme "But Wait…There's More!" Many people take life as it comes. This year we will be challenging youth that there's more to their lives. What we may see on the surface is only a part of who God created us to be. With each topic we discuss we will pause and look deeper, 'but wait…there's more'! With topics like More to Me, What's your Role, Be Kind to Others, More than Decorations, Forgiving Grudges, The Light of the World and Do you Know Me, we will be exploring so much more this year. Please pray that students are willing to look at their lives and see that they do need more and that the more they need is Jesus.

Before we say goodbye to summer, I wanted to share about an amazing experience I was able to have with a recent graduate. Tobin has attended youth group for many years, and he also loves running. At the beginning of summer, he talked about wanting to do the Moose Lake Triathlon, but he didn't want to do the whole thing. I said we could do it as a team and I would be willing to do the bike part. My wife, Serenity, said she would be willing to do the swim and all summer the three of us prepared for the big event. Serenity swam, I biked and then Tobin set out for his 3-mile run. As we were waiting for Tobin to return Serenity and I talked about how thankful we were to provide this opportunity for Tobin. As Tobin crossed the finished line the announcer said, "And here is our first team to finish." Our team placed first. We couldn't believe it. Later Tobin told me, "I've gotten second place and third place before, but I've never gotten first place!" It was our prayer that God would bless that day, and He did! I want to thank Serenity for swimming for our team and I want to thank the Barnum Church family for coming to support us during the race. You're the Best! Please pray for continued opportunities to bless the students that we work with.









Nursery Volunteers: The nursery is in need of adult volunteers and young adults during church services. Please see Kay Finifrock.

September 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Servers	Wednesday Servers
1	Willis & Kay Finifrock	Scott & Elaine Bogenholm	Bonnie Kepler Cathy Kunze	Jenna Uszenski	Deb Halls	Janet Adelsgruber Karen Smith	
8	Hazel Oachs Jay Oachs	Bing & Kathy Mattson	Brian Koski Deb Donaldson	Daniel Zinter	Deb Entner	COMMUNION SUNDAY	(11) Bette Deming Annette Meyer & Boys
15	Marilyn Criley Judy Jacobs	Chris & Annette Meyer	Robin Paulson Bonnie Kepler	Brenden Zinter	Kay Finifrock	Annette Meyer Brenda Zinter	(18) Deb Entner
22	Cheryl Peterson Terri Krueger	Steve & Sandi Vogel	Brian Koski Deb Donaldson	Liam Parr	Brenda Zinter	Deb Halls Carmen Burak	(25) Evelyn Newman
29	Audrey Sebring Annette Hammitt	Bruce & Eileen Resman	Deb Donaldson Robin Paulson	Evan Earlywine	Tiffany Parr	Connie Herbert Jackie Olson	(2) Deb Halls

October 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Serv-ers	Wednesday Servers
6	Leon Finifrock Connie Herbert	Cliff & Joyce Berggren	Robin Paulson Cathy Kunze	Daniel Zinter	Sandi Vogel	Roxanne Mat-ten Kathy Otnes	(9) Paul & Carmen Burak
13	Ann Kosloski Tiffany Parr	Steve & Sandi Vogel	Brian Koski Bonnie Kepler	Nial Parr	Sandy Ferguson	COMMUNION SUNDAY	(16) Janet Adelsgruber Karen Smith
20	Roger & Deanna Finifrock	Paul & Carmen Burak	Brian Koski Deb Donaldson	Even Earlywine	Deb Halls	Cheryl Peterson Terri Krueger	(23) Terri Krueger
27	Dianne Anderson Connie Swanson	Dave & Sandy Ferguson	Deb Donaldson Robin Paulson	Brenden Zinter	Deb Entner	Ann Kosloski Linda Jusczak	(30) Sue Nelson Kathy Otnes Rachel Finifrock



September Health and Wellness Moment

"Healthy Aging"

September is Healthy Aging Month. The mission behind this month's health topic is to draw attention to the importance of healthy lifestyles for adults 45-plus. Nowadays, it is more important than ever to follow a healthy lifestyle, remain positive and passionate about life, and to look forward to better days ahead. Sometimes, however, this is not easy to do. If you need a boost to improve your lifestyle, here are some tips to be able to age well…in other words, to get older in the healthiest way possible! Let's look at some tips to achieve and maintain physical, social, mental and financial wellness.
First of all, let's look at Mental Wellness. Many people struggle with depression, loneliness, anxiety and isolation. It is important to follow these tips.

1. Be realistic. If you feel overwhelmed by some activities, (yours and/or your family's), learn to say no. Eliminate an activity that is not absolutely necessary. It's possible that you may be taking on more responsibility than you could, or should, handle. If you meet resistance, be ready to give reasons why you are making these changes. Be willing to listen to others' suggestions and be willing to compromise.
2. Shed the "superhero" urge. Nobody is perfect. Don't expect perfection from yourself or others. Focus on what really needs to be done, how much you can realistically get done and in what time frame. It's so important to ask for help when you need it.
3. Take one thing at a time. When someone is stressed or anxious, an ordinary workload can seem unbearable at times. The best way to cope with the feeling of being overwhelmed is to take one task at a time. Once you accomplish one task, choose the next most important thing you want to get done. Some people like to check off tasks on a list; it is very satisfying and helps you visualize your progress!

Next, let's look at the importance of Physical Fitness. According to the National Center for Chronic Disease Prevention and Health Promotion, about 6 in 10 adults in the U.S. have a chronic health condition, and 4 in 10 have two or more. There are many benefits of physical activity for adults and older adults. It's important to keep moving. A body in motion stays in motion! Exercise and strength training improves quality of life, reduces anxiety, and improves sleep. It also is key in weight loss, bone health and a lower risk of falls!

4. Move more, sit less. This recommendation from health.gov is based on new evidence that shows a strong positive relationship between increased sedentary behavior and increased risk of mortality, heart disease and high blood pressure.
5. Aerobic exercise. Check with your doctor for advice on how many minutes of exercise you should be getting per week. Also ask what kind of exercise is best for you and how to know if you are doing too much.
6. Muscle strengthening. These activities provide additional health benefits, so ask your doctor about muscle strengthening as well.

Next, we'll focus on the importance of Diet. Forty two percent of Americans have had an average weight gain of 29 pounds since the beginning of the pandemic. Not only have we been eating more and moving less, but alcohol consumption has also increased in this time frame. You can check out the Dietary Guidelines for Americans 2020-2025 published by the USDA. Always talk to your doctor about what weight is healthy for you.

7. Review your daily diet and make necessary changes. You guessed it, talk to your doctor about what is best for you! Generally, it is best to eat a diet that is rich in fruits, vegetables, whole grains, fat-free or low-fat milk and dairy products, and a variety of healthy proteins. It is best to eat a diet low in saturated fats, trans fats, cholesterol, sodium and added sugars.

Next, we'll focus on the importance of Social Well-being. We are created to be social beings, we crave healthy interaction with others. After feeling isolated, some older adults find it is hard to get out and be social without becoming mentally exhausted. Here are some ways to be active in your community:
8. Volunteer. There are so many places that encourage and welcome volunteering in our communities, churches, schools. Ask a friend to join you and make it a fun event to share!
9. Dream and then get to it. Is there someplace you've always wanted to travel, explore, research? Some of these things may not be realistic or feasible, but maybe some are! Have an adventure, laugh, share a fun moment with loved ones, get out and enjoy the day! Become a pen pal, learn a new language, learn to play an instrument…the sky's the limit!

Last, we will look at Financial Well-being.

10. Launch your next career, go back to school and get a degree, take an online class, learn a new skill that you have always wanted to master. Studies show that people who retire and then become sedentary and lose their excitement for life are much more likely to be ill and unhappy.

September is Healthy Aging Month, and it is the perfect time to renew or set some lifestyle goals! Happy Fall to you all!
Reference: HealthyAging.net

"Give thanks to the Lord, for He is good. His love endures forever."
Psalms 136:1
Prayers for peace, joy and good health, and just a reminder…you are uniquely YOU by HIS design!
~Jenny S, RN, BCUMC Parish Nurse

Howdy Partner!
Here is your invitation to:



The Bible-Buddy Round-Up

This is the kick-off to the Children's WEDNESDAY BIBLE BUDDIES program at the

Barnum Community Church

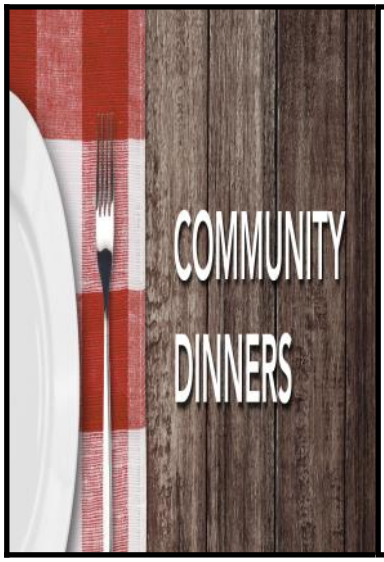
Giddy-up ya'll (ages 4-6th grade) and join up with the Bible Buddies!!

Wednesday evening September 11 at 6 - 7:15 pm, right after the Community Supper (served from 5:15 to 6pm).

After getting everyone registered and rustling up some chow, we will round up the gang of Buddies at 6 pm to enjoy activities including games, songs, crafts, and a Bible lesson.



Important Events in the Life of Our Church



Join us for
Community Dinner
&
Family Night

September 11, 18, 25

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



September 11:	*Family Night Kick Off*
	Community Dinner
	Bible Buddies
	Youth Group (7th – 12th)
	Women's Bible Study
October 31:	*Halloween Trunk or Treat*
November 20:	*Thanksgiving Dinner*
December 24:	*Christmas Eve*
	Candlelight Service



Please join us for **WOW**
"Worship on Wednesday"

6:15—6:30 Praise & Worship Music followed by a short bible lesson from Pastor Lee



The Warm Hearts Ministry will be meet Tuesday, September 24th from 10 am—3 pm to work on Warm Hearts Projects or personal projects. Please bring a lunch and join us for some great sewing time and fellowship. Bring your sewing supplies. Please RSVP Kathy Port.

United Women in Faith

United Women in Faith will be meeting on September 11 at 1:30 at the church. All women of the church are invited to attend this meeting. Ann Kosloski will be the hostess and Kathy Mattson will lead the discussion on pages 94-98 of our study book, "Life on Purpose for Women". Our heart is to assist with church projects wherever possible. Please see Sandy Ferguson for further information.



Important Events in the Life of Our Church



Mother / Child Nursing Tent:

A huge "Thank You" to all the volunteers who helped set up and tear down and work in the Baby Rest Area.





Fair time has come and gone already. Many thanks for all those who volunteered to park cars. This year over $2,600 was collected to help fund the Wednesday night youth programs reaching out to students in our Community.

The Lord's Table, September 8th

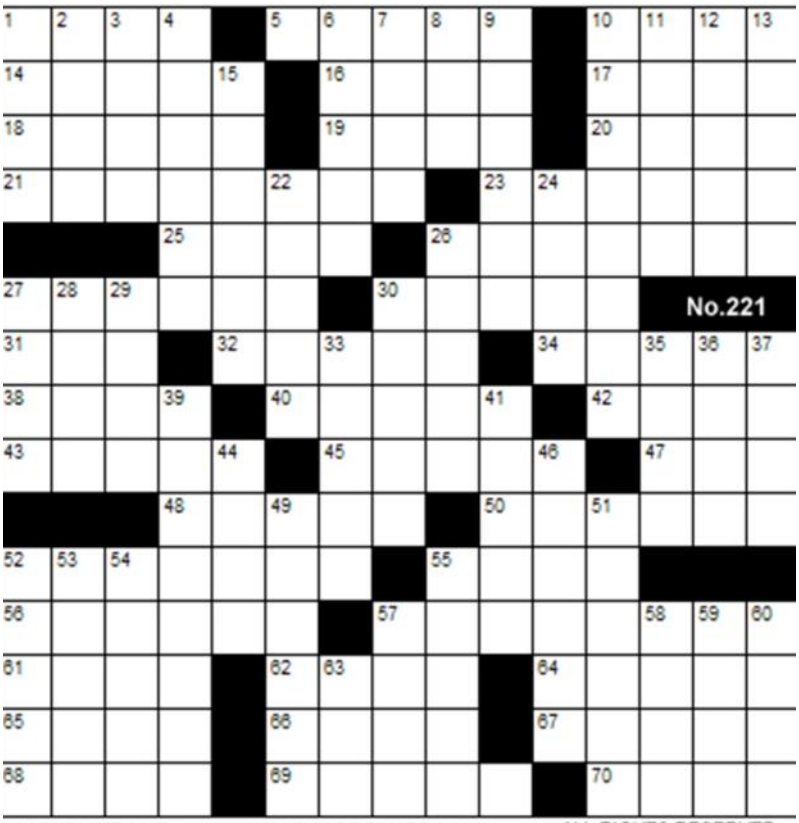


The second Sunday of the month will be our Table Sunday as a church family. We will be sharing communion at the Lord's Table, enjoying a shared-dish (potluck). Table Sunday is a monthly reminder that our life together as the family of God centers in worship, fellowship and sharing.

REMEMBER to bring a dish to share on the second Sunday and even if you aren't able, plan on staying for dinner with your family and friends here.

"Our Daily Bread" is also available on the facebook, mobile app in addition to the printed copies here in the office.

Did you miss out on a Sunday Service don't have access to Facebook or Internet? We have extra copies available for your use.



COPYRIGHT 2017 BIBLEWORDGAMES.COM ALL RIGHTS RESERVED

ACROSS

1 So Moses brought their ___ before the LORD (Num 27:5)
5 Fasten ___ ___ cord to it (1,4) (Ex 28:37)
10 fifth book of the New Testament
14 Like men condemned to die in the ___ (1 Cor 4:9)
16 Speak now in the ____ of the people (Exodus 11:2)
17 In that day the mountains will ___ new wine (Joel 3:18)
18 seems right to a man, but in the end it ___ to death (Prov 16:25)
19 Then they ___ in his face and struck him with their fists (Matt 26:67)
20 Son of man, record this ____ (Ezek 24:2)
21 because the midwives feared God, he gave them ___ of their own (Ex 1:21)
23 Elijah's successor (2 Kings 2:9)
25 Like a bird that strays from its ___ is a man who strays (Prov 27:8)
26 A student is not above his ___ , nor a servant above his master (Matt 10:24)
27 and remove all its vile ___ and detestable idols (Ezek 11:18)
30 they always heap up their sins to the ___ (1Thes 2:16)
31 clump of earth and grass
32 Her Nazarites were ___ than snow, they were whiter than (Lam 4:7) KJV
34 Jesus replied, "Foxes have holes and birds of the air have ___ (Matt 8:20)
38 The Angel which redeemed me from all evil, bless the ___ (Gen 48:16) KJV
40 from foundation to ___, were made of blocks of high-grade (1 Kings 7:9)
42 throwing stones at him and showering him with ___ (2 Sam 16:13)
43 let him seek peace, and ___ it (1 Pet 3:11) (KJV)
45 Like a ___ of Lebanon he will send down his roots (Hosea 14:5)
47 till he should pay all that was ___ unto him (Matt 18:34)
48 The tower of ____ (Gen 11:9)
50 To ____ them that were under the law (Gal 4:5)
52 I ___ silver and gold for myself, and the treasure (Eccl 2:8)
55 he that wavereth is like a ____ of the sea. (James 1:6)
56 What he trusts in is fragile; what he ___ on is a spider's web. (Job 8:14)
57 whosoever of you will be the ___, shall be servant of all (Mark 10:44) KJV
61 There is ___ ___ here, which hath five barley loaves (1,3) (John 6:9)
62 if his hands are ___, the house leaks (Eccl 10:18)
64 sixth angel poured out his vial upon the great ____ Euphrates (Rev 16:12)
65 away, absent (Rev 18:14)
66 which is gone down in the sun ___ of Ahaz (Isa 38:8) KJV
67 She gave herself as a prostitute to all the ____ of the Assyrians (Ezek 23:7)
68 thou shouldest be for salvation unto the ____ of the earth (Acts 13:47) KJV
69 said through the prophet: "Out of ___ I called my son (Matt 2:15)
70 Salvation is found in no one ___, for there is no other name (Acts 4:12)

DOWN

1 the woman had a fat ___ in the house (1 Sam 28:24) KJV
2 a Levite who lived in a remote ___ in the hill country (Judg 19:1)
3 the ephod, close to the ___ just above the waistband (Ex 39:20)
4 beginning with the oldest and ___ with the youngest (Gen 44:12)
6 Fear and trembling have ___ me; horror has overwhelmed me (Ps 55:5)
7 I will measure into their ___ the full payment for (Isa 65:7)
8 See, the LORD has chosen Bezalel son of ___ (Ex.35:30)
9 let each ____ other better than themselves (Phil 2:3)
10 not to be slanderers or ___ to much wine (Titus 2:3)
11 beat against that house, and it fell with a great ___ (Matt 7:27)
12 Thou shalt truly ____ all the increase of thy seed (Deut 14:22)
13 His ___ shaft was like a weaver's rod (1 Sam 17:7)
15 Lazarus has fallen ___; but I am going there to wake him (John 11:11)
22 married a wife, deceased, and, having no ____ (Matt 22:25)
24 Saul and Abner son of Ner had ___ down (1 Sam 26:5)
26 The people have become hungry and ___ and thirsty (2 Sam 17:29)
27 was in the ____ that is called Patmos (Rev 1:9)
28 We all growl like bears; we ___ mournfully like doves (Isa 59:11)
29 If anyone ___ anything to them, God will add to him (Rev 22:18)
30 My feet stand on ___ ground (Ps 26:12)
33 you have ___ with men on foot and they have worn you out (Jer 12:5)
35 I will give him rest from all his enemies on every ____. (1 Chr 22:9)
36 the darkness is passing and the ____ light is already shining (I Jn 2:8)
37 there shall come forth a rod out of the ___ of Jesse (Isa 11:1) KJV
39 Stay with him for a while until your brother's fury ___ (Gen 27:44)
41 no longer to call her ___; her name will be Sarah.(Gen 17:15)
44 listens to me will live in safety and be at ___ (Prov 1:33)
46 the LORD; let all the people of the world ___ him (Ps 33:8)
49 Jesus was walking ___ the Sea of Galilee (Matt 4:18)
51 Do not ___ yourselves by any of these creatures (Lev 11:43)
52 The king got up in ___ ___ left his wine (1,4) (Est 7:7)
53 Like a scarecrow in a ___ patch, their idols cannot speak (Jer 10:5)
54 ___ ___ flowing with milk and honey (1,4) (Deut 26:10)
55 Dan is a lion's ___: he shall leap from Bashan (Deut 33:22) KJV
57 what Adam was made from (Job 33:6)
58 Do not those who plot ___ go astray? (Prov 14:22)
59 silver in two bags, with two ___ of clothing (2 Kings 5:23)
60 every man under his vine and under his fig ____ (1 King 4:25)
63 I'll ___ around it and fertilize it.(Luke 13:8)

Just for Kids

Flashlight TAG



Sometimes we resist the light of Christ. But when his light touches us, we can then share it with others. Play this fun game on a summer night to remember how Christ's light shines in the world.

What you need:

- Friends
- Safe open space outdoors
- A flashlight for each player

How to play:

1. Choose one person to be the Tagger, known as the Light. Only that person can have his or her flashlight on.
2. The Light tries to shine his or her flashlight on other players, who run around and try to hide in the darkness.
3. Once players have been touched by the Light, they turn on their flashlights and join in, trying to shine on others.
4. Play until everyone has been tagged by the Light. Repeat, giving everyone a turn to be the Light.

PUZZLE

GOD'S LIGHT

Summer's long days can remind us of our Creator, who made the sun and wants us to live in his light.

Directions: First, write the opposite of each word in parentheses. Then use the Word Bank words, in order, to complete 1 John 1:5-7, NIV.

WORD BANK: is in is at if in as is in with

God _____ _____; _____ _____
(dark) (her)

there _____ _____ _____ness _____ _____ . ...
(yes) (light) (none)

But _____ we _____ _____ the _____,
(run) (dark)

_____ _____ _____ _____ the _____,
(she) (dark)

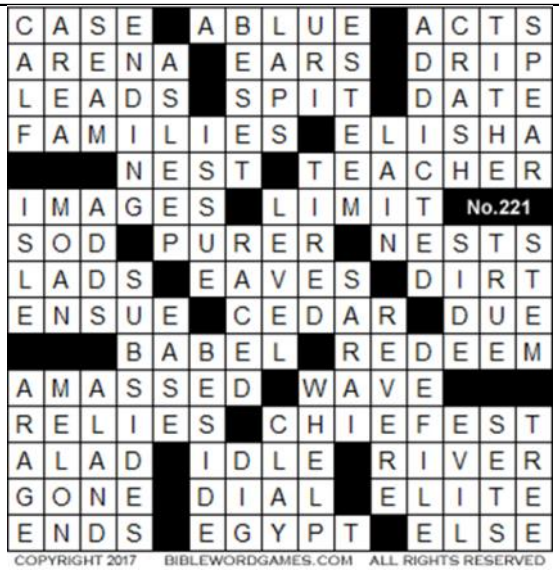
we have fellowship _____ one another. ...

1 John 1:5-7, NIV

Answer: God is light; in him there is no darkness at all . ... But if we walk in the light, as he is in the light, we have fellowship with one another. (1 John 1:5-7, NIV)

Barnum Community United Methodist Church

POSTMASTER:
Please send address changes to:
PO Box 70, 3762 Front Street
Barnum, MN 55707
(218) 389-6876 office@barnumumc.org
www.barnumumc.org



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

BUMC Ministry Team

Pastor—Lee Kantonen
Council Chair—Leon Finifrock
Youth Director—Bill Schoonover
Missions/Outreach—Connie Swanson
Secretary—Mechelle Mattson
Faith Community Nurse—Jennifer Southerton
Congregational Nurture & Care—Connie Herbert
Nursery Coordinator—Kaye Finifrock
Acolyte Coordinator—Roxanne Matten
Wednesday Night Servers—Kaye Finifrock/Terri Krueger
Custodian—Jim Calhoun

United Women in Faith—Sandy Ferguson
Bookkeeper—Tiffany Parr
Ministries Leader—Deb Halls
Staff-Parish Relations—Dawson Gentry
Worship Ministry - Lori Koski
Properties Management—Dave Matten
Discipleship Ministries—Mike Line
Sunday Servers Coordinator—Ann Kosloski
Greeters/Ushers Coordinator—Laurie Audette
Sunday Counters Coordinator—Cathy Kunze
Office Manager—Laurie Audette

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



September 2024
Volume 24—Issue 9

Bible Readings
Church Calendar
Birthdays
Anniversaries
Youth Group
Bible Buddies
Faith Community Nurse
United Women in Faith
Women's Ministry
Council Minutes
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

Office Hours (Mon-Fri)

Sunday Worship

Facebook Live 9:30 am
In Person 9:30 am

Pastor Kennection

Jesus...saw a man called Matthew sitting at the tax booth, and He said to him, "Follow me." And he rose and followed Him. (Matthew 9:9)

Where were the Apostles when Jesus called them to follow Him? It wasn't from the synagogue, was it, even though Jesus regularly was found at the synagogue. It was when the Lord was out and about in the community. The apostles were called when they were on the seashore preparing to fish, or out in their boats, the tax booth, maybe the marketplace, it was from those everyday areas of life that Jesus called them.

There is a wonderful missional heart found here at Barnum Community. My memory is relatively recent in the scheme of things, but it was so good to learn about our connection with John Sergey in years past and to listen to Pastor Sergey and learn of his evangelistic outreach to the people of what at that time was the Soviet Union. For those unfamiliar, spark up a conversation with Jen Berthelot.

Since its outset, mission has been central to the heart of churches with a Wesleyan persuasion and the United Methodist Church is no different. Recently, the Minnesota Annual Conference has been encouraging involvement of all of our churches in something called, Fresh Expressions. Very simply, it is about meeting with people around a shared area of interest while taking time to share a "Jesus Story" during the time together. For years we've known and made known that for the most part people who don't know Christ aren't going to just wander into our churches. Jesus sent his followers out to make disciples, not in.

People have been gathering at bicycling groups, kayaking groups, quilting groups, wood carving groups, golfing groups, you name it. Whatever shared area of interest people have; Fresh Expressions can be occurring there. There have even been axe throwing and burrito gatherings. The key is gathering regularly and making a point to share a Jesus story and an opportunity for prayer. Fresh Expressions is about building relationships with others outside the church. It is a time to introduce Jesus to people who likely will not wander into Barnum Community United Methodist Church or any other church building. We need to keep developing new ways of letting people know God loves them and wants to be in a relationship with them. Perhaps you have already been doing that sort of thing without calling it Fresh Expressions.

So, if you have thought sharing your faith with others is something you could never do, I invite and encourage you to think again. There might be those here at Barnum Community who share your interests to join with you to get your Fresh Expression initiated. The community is filled with people who hold shared interests in need of knowing the Lord. Thank you for sharing the love of God and inviting others to join the journey.

The Good Shepherd's Sheepdog,

Lee



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:30 Worship Service 11:00 Adult Class	**2 LABOR DAY** **Office Closed** 5-8 Youth Group	3 11:00 Prayer Group	4 5-8 Youth Group	5	6	7
8 Grandparents Day 9:30 Worship Service **Communion** 11:00 Adult Class	9 5-8 Youth Group 6:30 Council Mtg	10 11:00 Prayer Group 1:00 Moms in Prayer	11 **FAMILY NIGHT KICK OFF** 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	12	13	14
15 9:30 Worship Service 11:00 Adult Class Congregational Meeting after Church Service	16 5-8 Youth Group	17 11:00 Prayer Group 1:00 Moms in Prayer	18 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	19	20	21
22 9:30 Worship Service 11:00 Adult Class	23 5-8:00 Youth Group	24 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	25 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study Newsletter Deadline	26	27	28
29 9:30 Worship Service 11:00 Adult Class	30 5-8 Youth Group					

** Schedule subject to change.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 11:00 Prayer Group 1:00 Moms in Prayer	2 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	3	4	5
6 **Pastor Appreciation Day** 9:30 Worship Service 11:00 Adult Class	7 **COLUMBUS DAY** 5-8:00 Youth Group 6:00 Finance Mtg 6:30 Council Mtg	8 11:00 Prayer Group 1:00 Moms in Prayer	9 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	10	11	12 9:30 Secret Sister Reveal Party
13 9:30 Worship Service **Communion** 11:00 Adult Class	14 5-8:00 Youth Group	15 11:00 Prayer Group 1:00 Moms in Prayer	16 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	17	18	19
20 9:30 Worship Service 11:00 Adult Class	21 5-8:00 Youth Group	22 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	23 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	24	25	26
27 9:30 Worship Service 11:00 Adult Class	28 5-8:00 Youth Group	29 11:00 Prayer Group 1:00 Moms in Prayer Newsletter Deadline	30 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	31 **HALLOWEEN**		

** Schedule subject to change.

Daily Nourishment



OLD & NEW TESTAMENT

Sep 1: Ps 135-136; 1Cor 12
Sep 2: Ps 137-139; 1Cor 13
Sep 3: Ps 140-142; 1Cor 14:1-20
Sep 4: Ps 143-145; 1Cor 14:21-40
Sep 5: Ps 146-147; 1Cor 15:1-28
Sep 6: Ps 148-150; 1Cor 15:29-58
Sep 7: Prov 1-2; 1Cor 16
Sep 8: Prov 3-5; 2Cor 1
Sep 9: Prov 6-7; 2Cor 2
Sep 10: Prov 8-9; 2Cor 3
Sep 11: Prov 10-12; 2Cor 4
Sep 12: Prov 13-15; 2Cor 5
Sep 13: Prov 16-18; 2Cor 6
Sep 14: Prov 19-21; 2Cor 7
Sep 15: Prov 22-24; 2Cor 8
Sep 16: Prov 25-26; 2Cor 9
Sep 17: Prov 27-29; 2Cor 10
Sep 18: Prov 30-31; 2Cor 11:1-15
Sep 19: Ecc 1-3; 2Cor 11:16-33
Sep 20: Ecc 4-6; 2Cor 12
Sep 21: Ecc 7-9; 2Cor 13
Sep 22: Ecc 10-12; Gal 1
Sep 23: Song 1-3; Gal 2
Sep 24: Song 4-5; Gal 3
Sep 25: Song 6-8; Gal 4
Sep 26: Is 1-2; Gal 5
Sep 27: Is 3-4; Gal 6
Sep 28: Is 5-6; Eph 1
Sep 29: Is 7-8; Eph 2
Sep 30: Is 9-10; Eph 3

CHRONOLOGICAL

Sep 1: Ezek 18-19
Sep 2: Ezek 20-21
Sep 3: Ezek 22-23
Sep 4: Ezek 24-27
Sep 5: Ezek 28-31
Sep 6: Ezek 32-34
Sep 7: Ezek 35-37
Sep 8: Ezek 38-39
Sep 9: Ezek 40-41
Sep 10: Ezek 42-43
Sep 11: Ezek 44-45
Sep 12: Ezek 46-48
Sep 13: Joel
Sep 14: Dan 1-3
Sep 15: Dan 4-6
Sep 16: Dan 7-9
Sep 17: Dan 10-12
Sep 18: Ezra 1-3
Sep 19: Ezra 4-6; Ps 137
Sep 20: Haggai
Sep 21: Zech 1-7
Sep 22: Zech 8-14
Sep 23: Est 1-5
Sep 24: Est 6-10
Sep 25: Ezra 7-10
Sep 26: Neh 1-5
Sep 27: Neh 6-7
Sep 28: Neh 8-10
Sep 29: Neh 11-13; Ps 126
Sep 30: Malachi

Youth



Welcome to the 2024-25 School Year! Students return to their school routines and sports schedules are back. The Barnum Youth Group (BYG) is launching our new school year theme "But Wait…There's More!" Many people take life as it comes. This year we will be challenging youth that there's more to their lives. What we may see on the surface is only a part of who God created us to be. With each topic we discuss we will pause and look deeper, 'but wait…there's more'! With topics like More to Me, What's your Role, Be Kind to Others, More than Decorations, Forgiving Grudges, The Light of the World and Do you Know Me, we will be exploring so much more this year. Please pray that students are willing to look at their lives and see that they do need more and that the more they need is Jesus.

Before we say goodbye to summer, I wanted to share about an amazing experience I was able to have with a recent graduate. Tobin has attended youth group for many years, and he also loves running. At the beginning of summer, he talked about wanting to do the Moose Lake Triathlon, but he didn't want to do the whole thing. I said we could do it as a team and I would be willing to do the bike part. My wife, Serenity, said she would be willing to do the swim and all summer the three of us prepared for the big event. Serenity swam, I biked and then Tobin set out for his 3-mile run. As we were waiting for Tobin to return Serenity and I talked about how thankful we were to provide this opportunity for Tobin. As Tobin crossed the finished line the announcer said, "And here is our first team to finish." Our team placed first. We couldn't believe it. Later Tobin told me, "I've gotten second place and third place before, but I've never gotten first place!" It was our prayer that God would bless that day, and He did! I want to thank Serenity for swimming for our team and I want to thank the Barnum Church family for coming to support us during the race. You're the Best! Please pray for continued opportunities to bless the students that we work with.









Nursery Volunteers: The nursery is in need of adult volunteers and young adults during church services. Please see Kay Finifrock.

September 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Servers	Wednesday Servers
1	Willis & Kay Finifrock	Scott & Elaine Bogenholm	Bonnie Kepler Cathy Kunze	Jenna Uszenski	Deb Halls	Janet Adelsgruber Karen Smith	
8	Hazel Oachs Jay Oachs	Bing & Kathy Mattson	Brian Koski Deb Donaldson	Daniel Zinter	Deb Entner	COMMUNION SUNDAY	(11) Bette Deming Annette Meyer & Boys
15	Marilyn Criley Judy Jacobs	Chris & Annette Meyer	Robin Paulson Bonnie Kepler	Brenden Zinter	Kay Finifrock	Annette Meyer Brenda Zinter	(18) Deb Entner
22	Cheryl Peterson Terri Krueger	Steve & Sandi Vogel	Brian Koski Deb Donaldson	Liam Parr	Brenda Zinter	Deb Halls Carmen Burak	(25) Evelyn Newman
29	Audrey Sebring Annette Hammitt	Bruce & Eileen Resman	Deb Donaldson Robin Paulson	Evan Earlywine	Tiffany Parr	Connie Herbert Jackie Olson	(2) Deb Halls

October 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Serv-ers	Wednesday Servers
6	Leon Finifrock Connie Herbert	Cliff & Joyce Berggren	Robin Paulson Cathy Kunze	Daniel Zinter	Sandi Vogel	Roxanne Mat-ten Kathy Otnes	(9) Paul & Carmen Burak
13	Ann Kosloski Tiffany Parr	Steve & Sandi Vogel	Brian Koski Bonnie Kepler	Nial Parr	Sandy Ferguson	COMMUNION SUNDAY	(16) Janet Adelsgruber Karen Smith
20	Roger & Deanna Finifrock	Paul & Carmen Burak	Brian Koski Deb Donaldson	Even Earlywine	Deb Halls	Cheryl Peterson Terri Krueger	(23) Terri Krueger
27	Dianne Anderson Connie Swanson	Dave & Sandy Ferguson	Deb Donaldson Robin Paulson	Brenden Zinter	Deb Entner	Ann Kosloski Linda Jusczak	(30) Sue Nelson Kathy Otnes Rachel Finifrock



September Health and Wellness Moment

"Healthy Aging"

September is Healthy Aging Month. The mission behind this month's health topic is to draw attention to the importance of healthy lifestyles for adults 45-plus. Nowadays, it is more important than ever to follow a healthy lifestyle, remain positive and passionate about life, and to look forward to better days ahead. Sometimes, however, this is not easy to do. If you need a boost to improve your lifestyle, here are some tips to be able to age well…in other words, to get older in the healthiest way possible! Let's look at some tips to achieve and maintain physical, social, mental and financial wellness.
First of all, let's look at Mental Wellness. Many people struggle with depression, loneliness, anxiety and isolation. It is important to follow these tips.

1. Be realistic. If you feel overwhelmed by some activities, (yours and/or your family's), learn to say no. Eliminate an activity that is not absolutely necessary. It's possible that you may be taking on more responsibility than you could, or should, handle. If you meet resistance, be ready to give reasons why you are making these changes. Be willing to listen to others' suggestions and be willing to compromise.
2. Shed the "superhero" urge. Nobody is perfect. Don't expect perfection from yourself or others. Focus on what really needs to be done, how much you can realistically get done and in what time frame. It's so important to ask for help when you need it.
3. Take one thing at a time. When someone is stressed or anxious, an ordinary workload can seem unbearable at times. The best way to cope with the feeling of being overwhelmed is to take one task at a time. Once you accomplish one task, choose the next most important thing you want to get done. Some people like to check off tasks on a list; it is very satisfying and helps you visualize your progress!

Next, let's look at the importance of Physical Fitness. According to the National Center for Chronic Disease Prevention and Health Promotion, about 6 in 10 adults in the U.S. have a chronic health condition, and 4 in 10 have two or more. There are many benefits of physical activity for adults and older adults. It's important to keep moving. A body in motion stays in motion! Exercise and strength training improves quality of life, reduces anxiety, and improves sleep. It also is key in weight loss, bone health and a lower risk of falls!

4. Move more, sit less. This recommendation from health.gov is based on new evidence that shows a strong positive relationship between increased sedentary behavior and increased risk of mortality, heart disease and high blood pressure.
5. Aerobic exercise. Check with your doctor for advice on how many minutes of exercise you should be getting per week. Also ask what kind of exercise is best for you and how to know if you are doing too much.
6. Muscle strengthening. These activities provide additional health benefits, so ask your doctor about muscle strengthening as well.

Next, we'll focus on the importance of Diet. Forty two percent of Americans have had an average weight gain of 29 pounds since the beginning of the pandemic. Not only have we been eating more and moving less, but alcohol consumption has also increased in this time frame. You can check out the Dietary Guidelines for Americans 2020-2025 published by the USDA. Always talk to your doctor about what weight is healthy for you.

7. Review your daily diet and make necessary changes. You guessed it, talk to your doctor about what is best for you! Generally, it is best to eat a diet that is rich in fruits, vegetables, whole grains, fat-free or low-fat milk and dairy products, and a variety of healthy proteins. It is best to eat a diet low in saturated fats, trans fats, cholesterol, sodium and added sugars.

Next, we'll focus on the importance of Social Well-being. We are created to be social beings, we crave healthy interaction with others. After feeling isolated, some older adults find it is hard to get out and be social without becoming mentally exhausted. Here are some ways to be active in your community:
8. Volunteer. There are so many places that encourage and welcome volunteering in our communities, churches, schools. Ask a friend to join you and make it a fun event to share!
9. Dream and then get to it. Is there someplace you've always wanted to travel, explore, research? Some of these things may not be realistic or feasible, but maybe some are! Have an adventure, laugh, share a fun moment with loved ones, get out and enjoy the day! Become a pen pal, learn a new language, learn to play an instrument…the sky's the limit!

Last, we will look at Financial Well-being.

10. Launch your next career, go back to school and get a degree, take an online class, learn a new skill that you have always wanted to master. Studies show that people who retire and then become sedentary and lose their excitement for life are much more likely to be ill and unhappy.

September is Healthy Aging Month, and it is the perfect time to renew or set some lifestyle goals! Happy Fall to you all!
Reference: HealthyAging.net

"Give thanks to the Lord, for He is good. His love endures forever."
Psalms 136:1
Prayers for peace, joy and good health, and just a reminder…you are uniquely YOU by HIS design!
~Jenny S, RN, BCUMC Parish Nurse

Howdy Partner!
Here is your invitation to:



The Bible-Buddy Round-Up

This is the kick-off to the Children's WEDNESDAY BIBLE BUDDIES program at the

Barnum Community Church

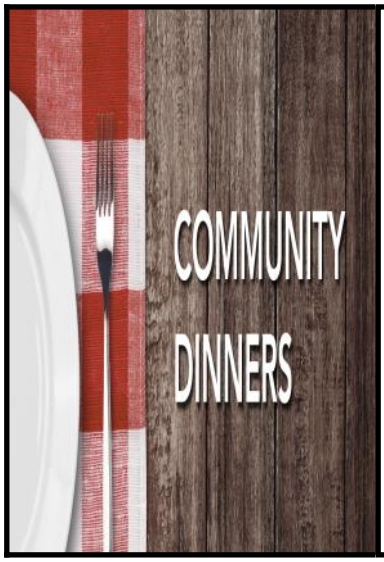
Giddy-up ya'll (ages 4-6th grade) and join up with the Bible Buddies!!

Wednesday evening September 11 at 6 - 7:15 pm, right after the Community Supper (served from 5:15 to 6pm).

After getting everyone registered and rustling up some chow, we will round up the gang of Buddies at 6 pm to enjoy activities including games, songs, crafts, and a Bible lesson.



Important Events in the Life of Our Church



Join us for
Community Dinner
&
Family Night

September 11, 18, 25

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



September 11:	*Family Night Kick Off*
	Community Dinner
	Bible Buddies
	Youth Group (7th – 12th)
	Women's Bible Study
October 31:	*Halloween Trunk or Treat*
November 20:	*Thanksgiving Dinner*
December 24:	*Christmas Eve*
	Candlelight Service



Please join us for **WOW**
"Worship on Wednesday"

6:15—6:30 Praise & Worship Music followed by a short bible lesson from Pastor Lee



The Warm Hearts Ministry will be meet Tuesday, September 24th from 10 am—3 pm to work on Warm Hearts Projects or personal projects. Please bring a lunch and join us for some great sewing time and fellowship. Bring your sewing supplies. Please RSVP Kathy Port.

United Women in Faith

United Women in Faith will be meeting on September 11 at 1:30 at the church. All women of the church are invited to attend this meeting. Ann Kosloski will be the hostess and Kathy Mattson will lead the discussion on pages 94-98 of our study book, "Life on Purpose for Women". Our heart is to assist with church projects wherever possible. Please see Sandy Ferguson for further information.



Important Events in the Life of Our Church



Mother / Child Nursing Tent:

A huge "Thank You" to all the volunteers who helped set up and tear down and work in the Baby Rest Area.





Fair time has come and gone already. Many thanks for all those who volunteered to park cars. This year over $2,600 was collected to help fund the Wednesday night youth programs reaching out to students in our Community.

The Lord's Table, September 8th

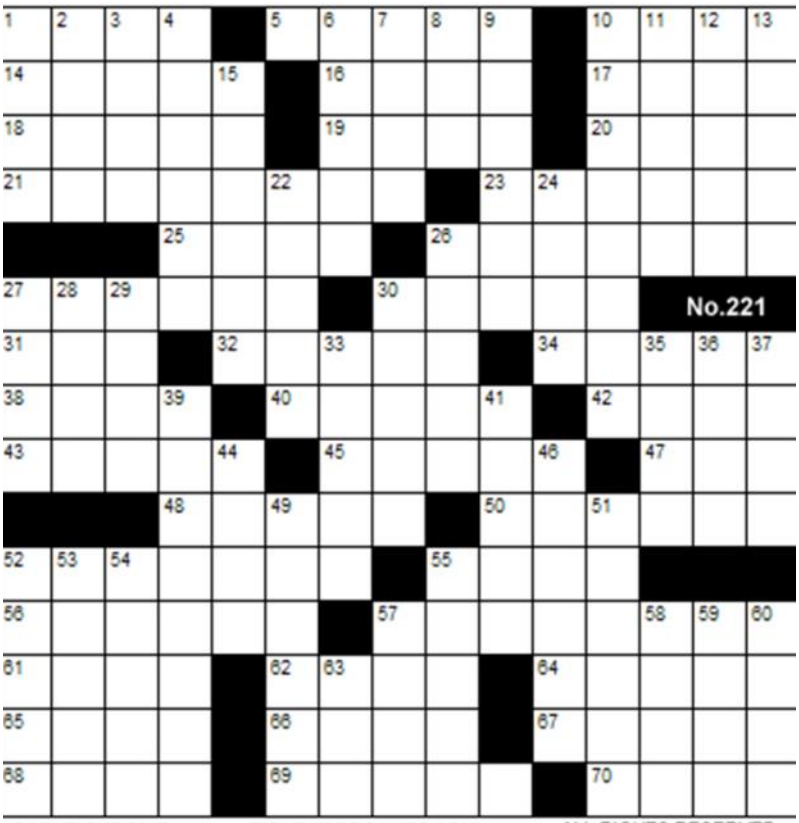


The second Sunday of the month will be our Table Sunday as a church family. We will be sharing communion at the Lord's Table, enjoying a shared-dish (potluck). Table Sunday is a monthly reminder that our life together as the family of God centers in worship, fellowship and sharing.

REMEMBER to bring a dish to share on the second Sunday and even if you aren't able, plan on staying for dinner with your family and friends here.

"Our Daily Bread" is also available on the facebook, mobile app in addition to the printed copies here in the office.

Did you miss out on a Sunday Service don't have access to Facebook or Internet? We have extra copies available for your use.



COPYRIGHT 2017 BIBLEWORDGAMES.COM ALL RIGHTS RESERVED

ACROSS

1 So Moses brought their ___ before the LORD (Num 27:5)
5 Fasten ___ ___ cord to it (1,4) (Ex 28:37)
10 fifth book of the New Testament
14 Like men condemned to die in the ___ (1 Cor 4:9)
16 Speak now in the ____ of the people (Exodus 11:2)
17 In that day the mountains will ___ new wine (Joel 3:18)
18 seems right to a man, but in the end it ___ to death (Prov 16:25)
19 Then they ___ in his face and struck him with their fists (Matt 26:67)
20 Son of man, record this ____ (Ezek 24:2)
21 because the midwives feared God, he gave them ___ of their own (Ex 1:21)
23 Elijah's successor (2 Kings 2:9)
25 Like a bird that strays from its ___ is a man who strays (Prov 27:8)
26 A student is not above his ___ , nor a servant above his master (Matt 10:24)
27 and remove all its vile ___ and detestable idols (Ezek 11:18)
30 they always heap up their sins to the ___ (1Thes 2:16)
31 clump of earth and grass
32 Her Nazarites were ___ than snow, they were whiter than (Lam 4:7) KJV
34 Jesus replied, "Foxes have holes and birds of the air have ___ (Matt 8:20)
38 The Angel which redeemed me from all evil, bless the ___ (Gen 48:16) KJV
40 from foundation to ___, were made of blocks of high-grade (1 Kings 7:9)
42 throwing stones at him and showering him with ___ (2 Sam 16:13)
43 let him seek peace, and ___ it (1 Pet 3:11) (KJV)
45 Like a ___ of Lebanon he will send down his roots (Hosea 14:5)
47 till he should pay all that was ___ unto him (Matt 18:34)
48 The tower of ____ (Gen 11:9)
50 To ____ them that were under the law (Gal 4:5)
52 I ___ silver and gold for myself, and the treasure (Eccl 2:8)
55 he that wavereth is like a ____ of the sea. (James 1:6)
56 What he trusts in is fragile; what he ___ on is a spider's web. (Job 8:14)
57 whosoever of you will be the ___, shall be servant of all (Mark 10:44) KJV
61 There is ___ ___ here, which hath five barley loaves (1,3) (John 6:9)
62 if his hands are ___, the house leaks (Eccl 10:18)
64 sixth angel poured out his vial upon the great ____ Euphrates (Rev 16:12)
65 away, absent (Rev 18:14)
66 which is gone down in the sun ___ of Ahaz (Isa 38:8) KJV
67 She gave herself as a prostitute to all the ____ of the Assyrians (Ezek 23:7)
68 thou shouldest be for salvation unto the ____ of the earth (Acts 13:47) KJV
69 said through the prophet: "Out of ___ I called my son (Matt 2:15)
70 Salvation is found in no one ___, for there is no other name (Acts 4:12)

DOWN

1 the woman had a fat ___ in the house (1 Sam 28:24) KJV
2 a Levite who lived in a remote ___ in the hill country (Judg 19:1)
3 the ephod, close to the ___ just above the waistband (Ex 39:20)
4 beginning with the oldest and ___ with the youngest (Gen 44:12)
6 Fear and trembling have ___ me; horror has overwhelmed me (Ps 55:5)
7 I will measure into their ___ the full payment for (Isa 65:7)
8 See, the LORD has chosen Bezalel son of ___ (Ex.35:30)
9 let each ____ other better than themselves (Phil 2:3)
10 not to be slanderers or ___ to much wine (Titus 2:3)
11 beat against that house, and it fell with a great ___ (Matt 7:27)
12 Thou shalt truly ____ all the increase of thy seed (Deut 14:22)
13 His ___ shaft was like a weaver's rod (1 Sam 17:7)
15 Lazarus has fallen ___; but I am going there to wake him (John 11:11)
22 married a wife, deceased, and, having no ____ (Matt 22:25)
24 Saul and Abner son of Ner had ___ down (1 Sam 26:5)
26 The people have become hungry and ___ and thirsty (2 Sam 17:29)
27 was in the ____ that is called Patmos (Rev 1:9)
28 We all growl like bears; we ___ mournfully like doves (Isa 59:11)
29 If anyone ___ anything to them, God will add to him (Rev 22:18)
30 My feet stand on ___ ground (Ps 26:12)
33 you have ___ with men on foot and they have worn you out (Jer 12:5)
35 I will give him rest from all his enemies on every ____. (1 Chr 22:9)
36 the darkness is passing and the ____ light is already shining (I Jn 2:8)
37 there shall come forth a rod out of the ___ of Jesse (Isa 11:1) KJV
39 Stay with him for a while until your brother's fury ___ (Gen 27:44)
41 no longer to call her ___; her name will be Sarah.(Gen 17:15)
44 listens to me will live in safety and be at ___ (Prov 1:33)
46 the LORD; let all the people of the world ___ him (Ps 33:8)
49 Jesus was walking ___ the Sea of Galilee (Matt 4:18)
51 Do not ___ yourselves by any of these creatures (Lev 11:43)
52 The king got up in ___ ___ left his wine (1,4) (Est 7:7)
53 Like a scarecrow in a ___ patch, their idols cannot speak (Jer 10:5)
54 ___ ___ flowing with milk and honey (1,4) (Deut 26:10)
55 Dan is a lion's ___: he shall leap from Bashan (Deut 33:22) KJV
57 what Adam was made from (Job 33:6)
58 Do not those who plot ___ go astray? (Prov 14:22)
59 silver in two bags, with two ___ of clothing (2 Kings 5:23)
60 every man under his vine and under his fig ____ (1 King 4:25)
63 I'll ___ around it and fertilize it.(Luke 13:8)

Just for Kids

Flashlight TAG



Sometimes we resist the light of Christ. But when his light touches us, we can then share it with others. Play this fun game on a summer night to remember how Christ's light shines in the world.

What you need:

- Friends
- Safe open space outdoors
- A flashlight for each player

How to play:

1. Choose one person to be the Tagger, known as the Light. Only that person can have his or her flashlight on.
2. The Light tries to shine his or her flashlight on other players, who run around and try to hide in the darkness.
3. Once players have been touched by the Light, they turn on their flashlights and join in, trying to shine on others.
4. Play until everyone has been tagged by the Light. Repeat, giving everyone a turn to be the Light.

PUZZLE

GOD'S LIGHT

Summer's long days can remind us of our Creator, who made the sun and wants us to live in his light.

Directions: First, write the opposite of each word in parentheses. Then use the Word Bank words, in order, to complete 1 John 1:5-7, NIV.

WORD BANK: is in is at if in as is in with

God _____ _____; _____ _____
(dark) (her)

there _____ _____ _____ness _____ _____ . ...
(yes) (light) (none)

But _____ we _____ _____ the _____,
(run) (dark)

_____ _____ _____ _____ the _____,
(she) (dark)

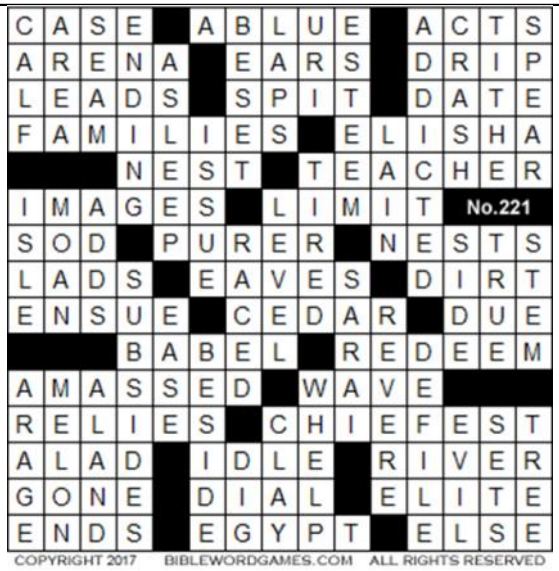
we have fellowship _____ one another. ...

1 John 1:5-7, NIV

Answer: God is light; in him there is no darkness at all . ... But if we walk in the light, as he is in the light, we have fellowship with one another. (1 John 1:5-7, NIV)

Barnum Community United Methodist Church

POSTMASTER:
Please send address changes to:
PO Box 70, 3762 Front Street
Barnum, MN 55707
(218) 389-6876 office@barnumumc.org
www.barnumumc.org



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

BUMC Ministry Team

Pastor—Lee Kantonen
Council Chair—Leon Finifrock
Youth Director—Bill Schoonover
Missions/Outreach—Connie Swanson
Secretary—Mechelle Mattson
Faith Community Nurse—Jennifer Southerton
Congregational Nurture & Care—Connie Herbert
Nursery Coordinator—Kaye Finifrock
Acolyte Coordinator—Roxanne Matten
Wednesday Night Servers—Kaye Finifrock/Terri Krueger
Custodian—Jim Calhoun

United Women in Faith—Sandy Ferguson
Bookkeeper—Tiffany Parr
Ministries Leader—Deb Halls
Staff-Parish Relations—Dawson Gentry
Worship Ministry - Lori Koski
Properties Management—Dave Matten
Discipleship Ministries—Mike Line
Sunday Servers Coordinator—Ann Kosloski
Greeters/Ushers Coordinator—Laurie Audette
Sunday Counters Coordinator—Cathy Kunze
Office Manager—Laurie Audette

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



September 2024
Volume 24—Issue 9

Bible Readings
Church Calendar
Birthdays
Anniversaries
Youth Group
Bible Buddies
Faith Community Nurse
United Women in Faith
Women's Ministry
Council Minutes
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

Office Hours (Mon-Fri)

Sunday Worship

Facebook Live 9:30 am
In Person 9:30 am

Pastor Kennection

Jesus...saw a man called Matthew sitting at the tax booth, and He said to him, "Follow me." And he rose and followed Him. (Matthew 9:9)

Where were the Apostles when Jesus called them to follow Him? It wasn't from the synagogue, was it, even though Jesus regularly was found at the synagogue. It was when the Lord was out and about in the community. The apostles were called when they were on the seashore preparing to fish, or out in their boats, the tax booth, maybe the marketplace, it was from those everyday areas of life that Jesus called them.

There is a wonderful missional heart found here at Barnum Community. My memory is relatively recent in the scheme of things, but it was so good to learn about our connection with John Sergey in years past and to listen to Pastor Sergey and learn of his evangelistic outreach to the people of what at that time was the Soviet Union. For those unfamiliar, spark up a conversation with Jen Berthelot.

Since its outset, mission has been central to the heart of churches with a Wesleyan persuasion and the United Methodist Church is no different. Recently, the Minnesota Annual Conference has been encouraging involvement of all of our churches in something called, Fresh Expressions. Very simply, it is about meeting with people around a shared area of interest while taking time to share a "Jesus Story" during the time together. For years we've known and made known that for the most part people who don't know Christ aren't going to just wander into our churches. Jesus sent his followers out to make disciples, not in.

People have been gathering at bicycling groups, kayaking groups, quilting groups, wood carving groups, golfing groups, you name it. Whatever shared area of interest people have; Fresh Expressions can be occurring there. There have even been axe throwing and burrito gatherings. The key is gathering regularly and making a point to share a Jesus story and an opportunity for prayer. Fresh Expressions is about building relationships with others outside the church. It is a time to introduce Jesus to people who likely will not wander into Barnum Community United Methodist Church or any other church building. We need to keep developing new ways of letting people know God loves them and wants to be in a relationship with them. Perhaps you have already been doing that sort of thing without calling it Fresh Expressions.

So, if you have thought sharing your faith with others is something you could never do, I invite and encourage you to think again. There might be those here at Barnum Community who share your interests to join with you to get your Fresh Expression initiated. The community is filled with people who hold shared interests in need of knowing the Lord. Thank you for sharing the love of God and inviting others to join the journey.

The Good Shepherd's Sheepdog,

Lee



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:30 Worship Service 11:00 Adult Class	**2 LABOR DAY** **Office Closed** 5-8 Youth Group	3 11:00 Prayer Group	4 5-8 Youth Group	5	6	7
8 Grandparents Day 9:30 Worship Service **Communion** 11:00 Adult Class	9 5-8 Youth Group 6:30 Council Mtg	10 11:00 Prayer Group 1:00 Moms in Prayer	11 **FAMILY NIGHT KICK OFF** 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	12	13	14
15 9:30 Worship Service 11:00 Adult Class Congregational Meeting after Church Service	16 5-8 Youth Group	17 11:00 Prayer Group 1:00 Moms in Prayer	18 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	19	20	21
22 9:30 Worship Service 11:00 Adult Class	23 5-8:00 Youth Group	24 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	25 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study Newsletter Deadline	26	27	28
29 9:30 Worship Service 11:00 Adult Class	30 5-8 Youth Group					

** Schedule subject to change.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 11:00 Prayer Group 1:00 Moms in Prayer	2 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	3	4	5
6 **Pastor Appreciation Day** 9:30 Worship Service 11:00 Adult Class	7 **COLUMBUS DAY** 5-8:00 Youth Group 6:00 Finance Mtg 6:30 Council Mtg	8 11:00 Prayer Group 1:00 Moms in Prayer	9 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	10	11	12 9:30 Secret Sister Reveal Party
13 9:30 Worship Service **Communion** 11:00 Adult Class	14 5-8:00 Youth Group	15 11:00 Prayer Group 1:00 Moms in Prayer	16 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	17	18	19
20 9:30 Worship Service 11:00 Adult Class	21 5-8:00 Youth Group	22 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	23 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	24	25	26
27 9:30 Worship Service 11:00 Adult Class	28 5-8:00 Youth Group	29 11:00 Prayer Group 1:00 Moms in Prayer Newsletter Deadline	30 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	31 **HALLOWEEN**		

** Schedule subject to change.

Daily Nourishment



OLD & NEW TESTAMENT

Sep 1: Ps 135-136; 1Cor 12
Sep 2: Ps 137-139; 1Cor 13
Sep 3: Ps 140-142; 1Cor 14:1-20
Sep 4: Ps 143-145; 1Cor 14:21-40
Sep 5: Ps 146-147; 1Cor 15:1-28
Sep 6: Ps 148-150; 1Cor 15:29-58
Sep 7: Prov 1-2; 1Cor 16
Sep 8: Prov 3-5; 2Cor 1
Sep 9: Prov 6-7; 2Cor 2
Sep 10: Prov 8-9; 2Cor 3
Sep 11: Prov 10-12; 2Cor 4
Sep 12: Prov 13-15; 2Cor 5
Sep 13: Prov 16-18; 2Cor 6
Sep 14: Prov 19-21; 2Cor 7
Sep 15: Prov 22-24; 2Cor 8
Sep 16: Prov 25-26; 2Cor 9
Sep 17: Prov 27-29; 2Cor 10
Sep 18: Prov 30-31; 2Cor 11:1-15
Sep 19: Ecc 1-3; 2Cor 11:16-33
Sep 20: Ecc 4-6; 2Cor 12
Sep 21: Ecc 7-9; 2Cor 13
Sep 22: Ecc 10-12; Gal 1
Sep 23: Song 1-3; Gal 2
Sep 24: Song 4-5; Gal 3
Sep 25: Song 6-8; Gal 4
Sep 26: Is 1-2; Gal 5
Sep 27: Is 3-4; Gal 6
Sep 28: Is 5-6; Eph 1
Sep 29: Is 7-8; Eph 2
Sep 30: Is 9-10; Eph 3

CHRONOLOGICAL

Sep 1: Ezek 18-19
Sep 2: Ezek 20-21
Sep 3: Ezek 22-23
Sep 4: Ezek 24-27
Sep 5: Ezek 28-31
Sep 6: Ezek 32-34
Sep 7: Ezek 35-37
Sep 8: Ezek 38-39
Sep 9: Ezek 40-41
Sep 10: Ezek 42-43
Sep 11: Ezek 44-45
Sep 12: Ezek 46-48
Sep 13: Joel
Sep 14: Dan 1-3
Sep 15: Dan 4-6
Sep 16: Dan 7-9
Sep 17: Dan 10-12
Sep 18: Ezra 1-3
Sep 19: Ezra 4-6; Ps 137
Sep 20: Haggai
Sep 21: Zech 1-7
Sep 22: Zech 8-14
Sep 23: Est 1-5
Sep 24: Est 6-10
Sep 25: Ezra 7-10
Sep 26: Neh 1-5
Sep 27: Neh 6-7
Sep 28: Neh 8-10
Sep 29: Neh 11-13; Ps 126
Sep 30: Malachi

Youth



Welcome to the 2024-25 School Year! Students return to their school routines and sports schedules are back. The Barnum Youth Group (BYG) is launching our new school year theme "But Wait…There's More!" Many people take life as it comes. This year we will be challenging youth that there's more to their lives. What we may see on the surface is only a part of who God created us to be. With each topic we discuss we will pause and look deeper, 'but wait…there's more'! With topics like More to Me, What's your Role, Be Kind to Others, More than Decorations, Forgiving Grudges, The Light of the World and Do you Know Me, we will be exploring so much more this year. Please pray that students are willing to look at their lives and see that they do need more and that the more they need is Jesus.

Before we say goodbye to summer, I wanted to share about an amazing experience I was able to have with a recent graduate. Tobin has attended youth group for many years, and he also loves running. At the beginning of summer, he talked about wanting to do the Moose Lake Triathlon, but he didn't want to do the whole thing. I said we could do it as a team and I would be willing to do the bike part. My wife, Serenity, said she would be willing to do the swim and all summer the three of us prepared for the big event. Serenity swam, I biked and then Tobin set out for his 3-mile run. As we were waiting for Tobin to return Serenity and I talked about how thankful we were to provide this opportunity for Tobin. As Tobin crossed the finished line the announcer said, "And here is our first team to finish." Our team placed first. We couldn't believe it. Later Tobin told me, "I've gotten second place and third place before, but I've never gotten first place!" It was our prayer that God would bless that day, and He did! I want to thank Serenity for swimming for our team and I want to thank the Barnum Church family for coming to support us during the race. You're the Best! Please pray for continued opportunities to bless the students that we work with.









Nursery Volunteers: The nursery is in need of adult volunteers and young adults during church services. Please see Kay Finifrock.

September 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Servers	Wednesday Servers
1	Willis & Kay Finifrock	Scott & Elaine Bogenholm	Bonnie Kepler Cathy Kunze	Jenna Uszenski	Deb Halls	Janet Adelsgruber Karen Smith	
8	Hazel Oachs Jay Oachs	Bing & Kathy Mattson	Brian Koski Deb Donaldson	Daniel Zinter	Deb Entner	COMMUNION SUNDAY	(11) Bette Deming Annette Meyer & Boys
15	Marilyn Criley Judy Jacobs	Chris & Annette Meyer	Robin Paulson Bonnie Kepler	Brenden Zinter	Kay Finifrock	Annette Meyer Brenda Zinter	(18) Deb Entner
22	Cheryl Peterson Terri Krueger	Steve & Sandi Vogel	Brian Koski Deb Donaldson	Liam Parr	Brenda Zinter	Deb Halls Carmen Burak	(25) Evelyn Newman
29	Audrey Sebring Annette Hammitt	Bruce & Eileen Resman	Deb Donaldson Robin Paulson	Evan Earlywine	Tiffany Parr	Connie Herbert Jackie Olson	(2) Deb Halls

October 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Serv-ers	Wednesday Servers
6	Leon Finifrock Connie Herbert	Cliff & Joyce Berggren	Robin Paulson Cathy Kunze	Daniel Zinter	Sandi Vogel	Roxanne Mat-ten Kathy Otnes	(9) Paul & Carmen Burak
13	Ann Kosloski Tiffany Parr	Steve & Sandi Vogel	Brian Koski Bonnie Kepler	Nial Parr	Sandy Ferguson	COMMUNION SUNDAY	(16) Janet Adelsgruber Karen Smith
20	Roger & Deanna Finifrock	Paul & Carmen Burak	Brian Koski Deb Donaldson	Even Earlywine	Deb Halls	Cheryl Peterson Terri Krueger	(23) Terri Krueger
27	Dianne Anderson Connie Swanson	Dave & Sandy Ferguson	Deb Donaldson Robin Paulson	Brenden Zinter	Deb Entner	Ann Kosloski Linda Jusczak	(30) Sue Nelson Kathy Otnes Rachel Finifrock



September Health and Wellness Moment

"Healthy Aging"

September is Healthy Aging Month. The mission behind this month's health topic is to draw attention to the importance of healthy lifestyles for adults 45-plus. Nowadays, it is more important than ever to follow a healthy lifestyle, remain positive and passionate about life, and to look forward to better days ahead. Sometimes, however, this is not easy to do. If you need a boost to improve your lifestyle, here are some tips to be able to age well…in other words, to get older in the healthiest way possible! Let's look at some tips to achieve and maintain physical, social, mental and financial wellness.
First of all, let's look at Mental Wellness. Many people struggle with depression, loneliness, anxiety and isolation. It is important to follow these tips.

1. Be realistic. If you feel overwhelmed by some activities, (yours and/or your family's), learn to say no. Eliminate an activity that is not absolutely necessary. It's possible that you may be taking on more responsibility than you could, or should, handle. If you meet resistance, be ready to give reasons why you are making these changes. Be willing to listen to others' suggestions and be willing to compromise.
2. Shed the "superhero" urge. Nobody is perfect. Don't expect perfection from yourself or others. Focus on what really needs to be done, how much you can realistically get done and in what time frame. It's so important to ask for help when you need it.
3. Take one thing at a time. When someone is stressed or anxious, an ordinary workload can seem unbearable at times. The best way to cope with the feeling of being overwhelmed is to take one task at a time. Once you accomplish one task, choose the next most important thing you want to get done. Some people like to check off tasks on a list; it is very satisfying and helps you visualize your progress!

Next, let's look at the importance of Physical Fitness. According to the National Center for Chronic Disease Prevention and Health Promotion, about 6 in 10 adults in the U.S. have a chronic health condition, and 4 in 10 have two or more. There are many benefits of physical activity for adults and older adults. It's important to keep moving. A body in motion stays in motion! Exercise and strength training improves quality of life, reduces anxiety, and improves sleep. It also is key in weight loss, bone health and a lower risk of falls!

4. Move more, sit less. This recommendation from health.gov is based on new evidence that shows a strong positive relationship between increased sedentary behavior and increased risk of mortality, heart disease and high blood pressure.
5. Aerobic exercise. Check with your doctor for advice on how many minutes of exercise you should be getting per week. Also ask what kind of exercise is best for you and how to know if you are doing too much.
6. Muscle strengthening. These activities provide additional health benefits, so ask your doctor about muscle strengthening as well.

Next, we'll focus on the importance of Diet. Forty two percent of Americans have had an average weight gain of 29 pounds since the beginning of the pandemic. Not only have we been eating more and moving less, but alcohol consumption has also increased in this time frame. You can check out the Dietary Guidelines for Americans 2020-2025 published by the USDA. Always talk to your doctor about what weight is healthy for you.

7. Review your daily diet and make necessary changes. You guessed it, talk to your doctor about what is best for you! Generally, it is best to eat a diet that is rich in fruits, vegetables, whole grains, fat-free or low-fat milk and dairy products, and a variety of healthy proteins. It is best to eat a diet low in saturated fats, trans fats, cholesterol, sodium and added sugars.

Next, we'll focus on the importance of Social Well-being. We are created to be social beings, we crave healthy interaction with others. After feeling isolated, some older adults find it is hard to get out and be social without becoming mentally exhausted. Here are some ways to be active in your community:
8. Volunteer. There are so many places that encourage and welcome volunteering in our communities, churches, schools. Ask a friend to join you and make it a fun event to share!
9. Dream and then get to it. Is there someplace you've always wanted to travel, explore, research? Some of these things may not be realistic or feasible, but maybe some are! Have an adventure, laugh, share a fun moment with loved ones, get out and enjoy the day! Become a pen pal, learn a new language, learn to play an instrument…the sky's the limit!

Last, we will look at Financial Well-being.

10. Launch your next career, go back to school and get a degree, take an online class, learn a new skill that you have always wanted to master. Studies show that people who retire and then become sedentary and lose their excitement for life are much more likely to be ill and unhappy.

September is Healthy Aging Month, and it is the perfect time to renew or set some lifestyle goals! Happy Fall to you all!
Reference: HealthyAging.net

"Give thanks to the Lord, for He is good. His love endures forever."
Psalms 136:1
Prayers for peace, joy and good health, and just a reminder…you are uniquely YOU by HIS design!
~Jenny S, RN, BCUMC Parish Nurse

Howdy Partner!
Here is your invitation to:



The Bible-Buddy Round-Up

This is the kick-off to the Children's WEDNESDAY BIBLE BUDDIES program at the

Barnum Community Church

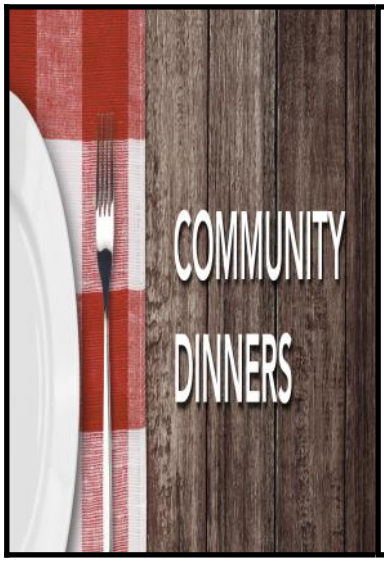
Giddy-up ya'll (ages 4-6th grade) and join up with the Bible Buddies!!

Wednesday evening September 11 at 6 - 7:15 pm, right after the Community Supper (served from 5:15 to 6pm).

After getting everyone registered and rustling up some chow, we will round up the gang of Buddies at 6 pm to enjoy activities including games, songs, crafts, and a Bible lesson.



Important Events in the Life of Our Church



Join us for
Community Dinner
&
Family Night

September 11, 18, 25

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



September 11:	*Family Night Kick Off*
	Community Dinner
	Bible Buddies
	Youth Group (7th – 12th)
	Women's Bible Study
October 31:	*Halloween Trunk or Treat*
November 20:	*Thanksgiving Dinner*
December 24:	*Christmas Eve*
	Candlelight Service



Please join us for **WOW**
"Worship on Wednesday"

6:15—6:30 Praise & Worship Music followed by a short bible lesson from Pastor Lee



The Warm Hearts Ministry will be meet Tuesday, September 24th from 10 am—3 pm to work on Warm Hearts Projects or personal projects. Please bring a lunch and join us for some great sewing time and fellowship. Bring your sewing supplies. Please RSVP Kathy Port.

United Women in Faith

United Women in Faith will be meeting on September 11 at 1:30 at the church. All women of the church are invited to attend this meeting. Ann Kosloski will be the hostess and Kathy Mattson will lead the discussion on pages 94-98 of our study book, "Life on Purpose for Women". Our heart is to assist with church projects wherever possible. Please see Sandy Ferguson for further information.



Important Events in the Life of Our Church



Mother / Child Nursing Tent:

A huge "Thank You" to all the volunteers who helped set up and tear down and work in the Baby Rest Area.





Fair time has come and gone already. Many thanks for all those who volunteered to park cars. This year over $2,600 was collected to help fund the Wednesday night youth programs reaching out to students in our Community.

The Lord's Table, September 8th

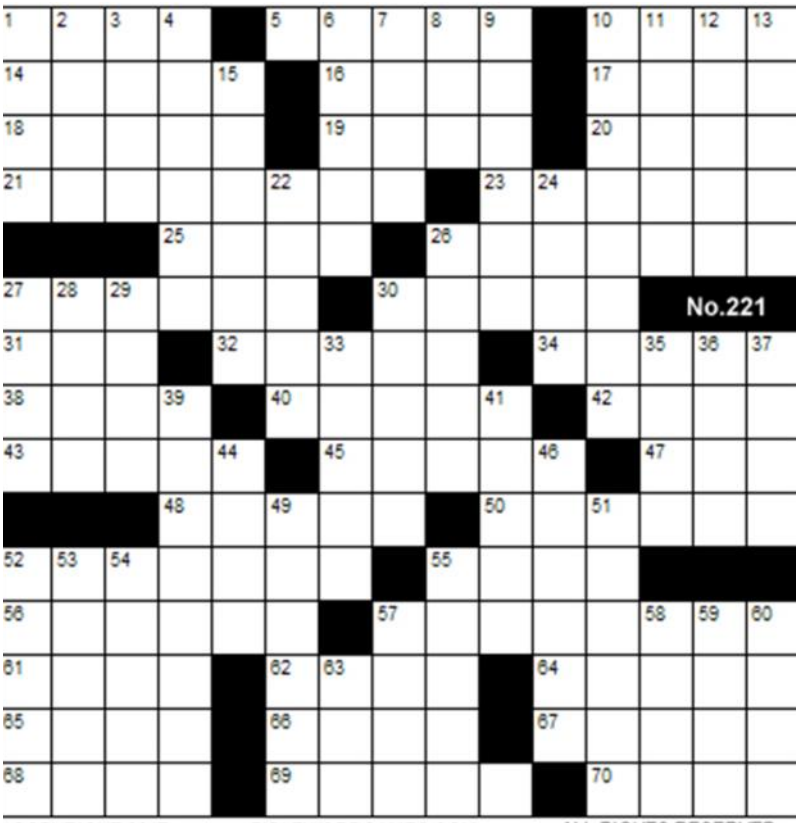


The second Sunday of the month will be our Table Sunday as a church family. We will be sharing communion at the Lord's Table, enjoying a shared-dish (potluck). Table Sunday is a monthly reminder that our life together as the family of God centers in worship, fellowship and sharing.

REMEMBER to bring a dish to share on the second Sunday and even if you aren't able, plan on staying for dinner with your family and friends here.

"Our Daily Bread" is also available on the facebook, mobile app in addition to the printed copies here in the office.

Did you miss out on a Sunday Service don't have access to Facebook or Internet? We have extra copies available for your use.



COPYRIGHT 2017 BIBLEWORDGAMES.COM ALL RIGHTS RESERVED

ACROSS

1 So Moses brought their ___ before the LORD (Num 27:5)
5 Fasten ___ ___ cord to it (1,4) (Ex 28:37)
10 fifth book of the New Testament
14 Like men condemned to die in the ___ (1 Cor 4:9)
16 Speak now in the ____ of the people (Exodus 11:2)
17 In that day the mountains will ___ new wine (Joel 3:18)
18 seems right to a man, but in the end it ___ to death (Prov 16:25)
19 Then they ___ in his face and struck him with their fists (Matt 26:67)
20 Son of man, record this ____ (Ezek 24:2)
21 because the midwives feared God, he gave them ___ of their own (Ex 1:21)
23 Elijah's successor (2 Kings 2:9)
25 Like a bird that strays from its ___ is a man who strays (Prov 27:8)
26 A student is not above his ___ , nor a servant above his master (Matt 10:24)
27 and remove all its vile ___ and detestable idols (Ezek 11:18)
30 they always heap up their sins to the ___ (1Thes 2:16)
31 clump of earth and grass
32 Her Nazarites were ___ than snow, they were whiter than (Lam 4:7) KJV
34 Jesus replied, "Foxes have holes and birds of the air have ___ (Matt 8:20)
38 The Angel which redeemed me from all evil, bless the ___ (Gen 48:16) KJV
40 from foundation to ___, were made of blocks of high-grade (1 Kings 7:9)
42 throwing stones at him and showering him with ___ (2 Sam 16:13)
43 let him seek peace, and ___ it (1 Pet 3:11) (KJV)
45 Like a ___ of Lebanon he will send down his roots (Hosea 14:5)
47 till he should pay all that was ___ unto him (Matt 18:34)
48 The tower of ____ (Gen 11:9)
50 To ____ them that were under the law (Gal 4:5)
52 I ___ silver and gold for myself, and the treasure (Eccl 2:8)
55 he that wavereth is like a ____ of the sea. (James 1:6)
56 What he trusts in is fragile; what he ___ on is a spider's web. (Job 8:14)
57 whosoever of you will be the ___, shall be servant of all (Mark 10:44) KJV
61 There is ___ ___ here, which hath five barley loaves (1,3) (John 6:9)
62 if his hands are ___, the house leaks (Eccl 10:18)
64 sixth angel poured out his vial upon the great ____ Euphrates (Rev 16:12)
65 away, absent (Rev 18:14)
66 which is gone down in the sun ___ of Ahaz (Isa 38:8) KJV
67 She gave herself as a prostitute to all the ____ of the Assyrians (Ezek 23:7)
68 thou shouldest be for salvation unto the ____ of the earth (Acts 13:47) KJV
69 said through the prophet: "Out of ___ I called my son (Matt 2:15)
70 Salvation is found in no one ___, for there is no other name (Acts 4:12)

DOWN

1 the woman had a fat ___ in the house (1 Sam 28:24) KJV
2 a Levite who lived in a remote ___ in the hill country (Judg 19:1)
3 the ephod, close to the ___ just above the waistband (Ex 39:20)
4 beginning with the oldest and ___ with the youngest (Gen 44:12)
6 Fear and trembling have ___ me; horror has overwhelmed me (Ps 55:5)
7 I will measure into their ___ the full payment for (Isa 65:7)
8 See, the LORD has chosen Bezalel son of ___ (Ex.35:30)
9 let each ____ other better than themselves (Phil 2:3)
10 not to be slanderers or ___ to much wine (Titus 2:3)
11 beat against that house, and it fell with a great ___ (Matt 7:27)
12 Thou shalt truly ____ all the increase of thy seed (Deut 14:22)
13 His ___ shaft was like a weaver's rod (1 Sam 17:7)
15 Lazarus has fallen ___; but I am going there to wake him (John 11:11)
22 married a wife, deceased, and, having no ____ (Matt 22:25)
24 Saul and Abner son of Ner had ___ down (1 Sam 26:5)
26 The people have become hungry and ___ and thirsty (2 Sam 17:29)
27 was in the ____ that is called Patmos (Rev 1:9)
28 We all growl like bears; we ___ mournfully like doves (Isa 59:11)
29 If anyone ___ anything to them, God will add to him (Rev 22:18)
30 My feet stand on ___ ground (Ps 26:12)
33 you have ___ with men on foot and they have worn you out (Jer 12:5)
35 I will give him rest from all his enemies on every ____. (1 Chr 22:9)
36 the darkness is passing and the ____ light is already shining (I Jn 2:8)
37 there shall come forth a rod out of the ___ of Jesse (Isa 11:1) KJV
39 Stay with him for a while until your brother's fury ___ (Gen 27:44)
41 no longer to call her ___; her name will be Sarah.(Gen 17:15)
44 listens to me will live in safety and be at ___ (Prov 1:33)
46 the LORD; let all the people of the world ___ him (Ps 33:8)
49 Jesus was walking ___ the Sea of Galilee (Matt 4:18)
51 Do not ___ yourselves by any of these creatures (Lev 11:43)
52 The king got up in ___ ___ left his wine (1,4) (Est 7:7)
53 Like a scarecrow in a ___ patch, their idols cannot speak (Jer 10:5)
54 ___ ___ flowing with milk and honey (1,4) (Deut 26:10)
55 Dan is a lion's ___: he shall leap from Bashan (Deut 33:22) KJV
57 what Adam was made from (Job 33:6)
58 Do not those who plot ___ go astray? (Prov 14:22)
59 silver in two bags, with two ___ of clothing (2 Kings 5:23)
60 every man under his vine and under his fig ____ (1 King 4:25)
63 I'll ___ around it and fertilize it.(Luke 13:8)

Just for Kids

Flashlight TAG



Sometimes we resist the light of Christ. But when his light touches us, we can then share it with others. Play this fun game on a summer night to remember how Christ's light shines in the world.

What you need:

- Friends
- Safe open space outdoors
- A flashlight for each player

How to play:

1. Choose one person to be the Tagger, known as the Light. Only that person can have his or her flashlight on.
2. The Light tries to shine his or her flashlight on other players, who run around and try to hide in the darkness.
3. Once players have been touched by the Light, they turn on their flashlights and join in, trying to shine on others.
4. Play until everyone has been tagged by the Light. Repeat, giving everyone a turn to be the Light.

PUZZLE

GOD'S LIGHT

Summer's long days can remind us of our Creator, who made the sun and wants us to live in his light.

Directions: First, write the opposite of each word in parentheses. Then use the Word Bank words, in order, to complete 1 John 1:5-7, NIV.

WORD BANK: is in is at if in as is in with

God _____ _____; _____ _____
(dark) (her)

there _____ _____ _____ness _____ _____ . ...
(yes) (light) (none)

But _____ we _____ _____ the _____,
(run) (dark)

_____ _____ _____ _____ the _____,
(she) (dark)

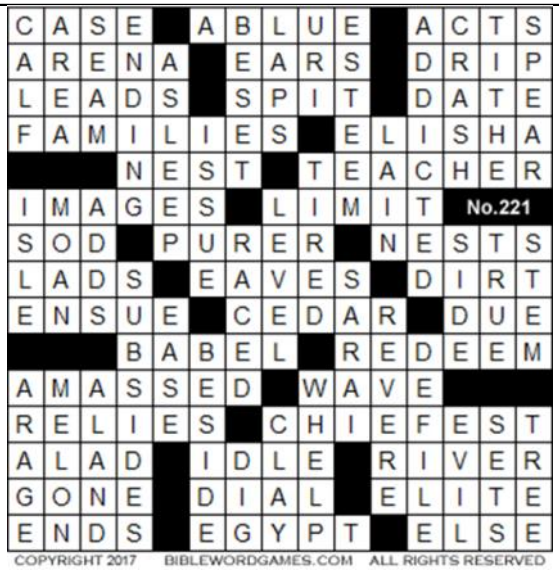
we have fellowship _____ one another. ...

1 John 1:5-7, NIV

Answer: God is light; in him there is no darkness at all . ... But if we walk in the light, as he is in the light, we have fellowship with one another. (1 John 1:5-7, NIV)

Barnum Community United Methodist Church

POSTMASTER:
Please send address changes to:
PO Box 70, 3762 Front Street
Barnum, MN 55707
(218) 389-6876 office@barnumumc.org
www.barnumumc.org



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

BUMC Ministry Team

Pastor—Lee Kantonen
Council Chair—Leon Finifrock
Youth Director—Bill Schoonover
Missions/Outreach—Connie Swanson
Secretary—Mechelle Mattson
Faith Community Nurse—Jennifer Southerton
Congregational Nurture & Care—Connie Herbert
Nursery Coordinator—Kaye Finifrock
Acolyte Coordinator—Roxanne Matten
Wednesday Night Servers—Kaye Finifrock/Terri Krueger
Custodian—Jim Calhoun

United Women in Faith—Sandy Ferguson
Bookkeeper—Tiffany Parr
Ministries Leader—Deb Halls
Staff-Parish Relations—Dawson Gentry
Worship Ministry - Lori Koski
Properties Management—Dave Matten
Discipleship Ministries—Mike Line
Sunday Servers Coordinator—Ann Kosloski
Greeters/Ushers Coordinator—Laurie Audette
Sunday Counters Coordinator—Cathy Kunze
Office Manager—Laurie Audette

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



September 2024
Volume 24—Issue 9

Bible Readings
Church Calendar
Birthdays
Anniversaries
Youth Group
Bible Buddies
Faith Community Nurse
United Women in Faith
Women's Ministry
Council Minutes
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

Office Hours (Mon-Fri)

Sunday Worship

Facebook Live 9:30 am
In Person 9:30 am

Pastor Kennection

Jesus...saw a man called Matthew sitting at the tax booth, and He said to him, "Follow me." And he rose and followed Him. (Matthew 9:9)

Where were the Apostles when Jesus called them to follow Him? It wasn't from the synagogue, was it, even though Jesus regularly was found at the synagogue. It was when the Lord was out and about in the community. The apostles were called when they were on the seashore preparing to fish, or out in their boats, the tax booth, maybe the marketplace, it was from those everyday areas of life that Jesus called them.

There is a wonderful missional heart found here at Barnum Community. My memory is relatively recent in the scheme of things, but it was so good to learn about our connection with John Sergey in years past and to listen to Pastor Sergey and learn of his evangelistic outreach to the people of what at that time was the Soviet Union. For those unfamiliar, spark up a conversation with Jen Berthelot.

Since its outset, mission has been central to the heart of churches with a Wesleyan persuasion and the United Methodist Church is no different. Recently, the Minnesota Annual Conference has been encouraging involvement of all of our churches in something called, Fresh Expressions. Very simply, it is about meeting with people around a shared area of interest while taking time to share a "Jesus Story" during the time together. For years we've known and made known that for the most part people who don't know Christ aren't going to just wander into our churches. Jesus sent his followers out to make disciples, not in.

People have been gathering at bicycling groups, kayaking groups, quilting groups, wood carving groups, golfing groups, you name it. Whatever shared area of interest people have; Fresh Expressions can be occurring there. There have even been axe throwing and burrito gatherings. The key is gathering regularly and making a point to share a Jesus story and an opportunity for prayer. Fresh Expressions is about building relationships with others outside the church. It is a time to introduce Jesus to people who likely will not wander into Barnum Community United Methodist Church or any other church building. We need to keep developing new ways of letting people know God loves them and wants to be in a relationship with them. Perhaps you have already been doing that sort of thing without calling it Fresh Expressions.

So, if you have thought sharing your faith with others is something you could never do, I invite and encourage you to think again. There might be those here at Barnum Community who share your interests to join with you to get your Fresh Expression initiated. The community is filled with people who hold shared interests in need of knowing the Lord. Thank you for sharing the love of God and inviting others to join the journey.

The Good Shepherd's Sheepdog,

Lee



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:30 Worship Service 11:00 Adult Class	**2 LABOR DAY** **Office Closed** 5-8 Youth Group	3 11:00 Prayer Group	4 5-8 Youth Group	5	6	7
8 Grandparents Day 9:30 Worship Service **Communion** 11:00 Adult Class	9 5-8 Youth Group 6:30 Council Mtg	10 11:00 Prayer Group 1:00 Moms in Prayer	11 **FAMILY NIGHT KICK OFF** 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	12	13	14
15 9:30 Worship Service 11:00 Adult Class Congregational Meeting after Church Service	16 5-8 Youth Group	17 11:00 Prayer Group 1:00 Moms in Prayer	18 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	19	20	21
22 9:30 Worship Service 11:00 Adult Class	23 5-8:00 Youth Group	24 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	25 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study Newsletter Deadline	26	27	28
29 9:30 Worship Service 11:00 Adult Class	30 5-8 Youth Group					

** Schedule subject to change.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 11:00 Prayer Group 1:00 Moms in Prayer	2 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	3	4	5
6 **Pastor Appreciation Day** 9:30 Worship Service 11:00 Adult Class	7 **COLUMBUS DAY** 5-8:00 Youth Group 6:00 Finance Mtg 6:30 Council Mtg	8 11:00 Prayer Group 1:00 Moms in Prayer	9 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	10	11	12 9:30 Secret Sister Reveal Party
13 9:30 Worship Service **Communion** 11:00 Adult Class	14 5-8:00 Youth Group	15 11:00 Prayer Group 1:00 Moms in Prayer	16 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	17	18	19
20 9:30 Worship Service 11:00 Adult Class	21 5-8:00 Youth Group	22 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	23 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	24	25	26
27 9:30 Worship Service 11:00 Adult Class	28 5-8:00 Youth Group	29 11:00 Prayer Group 1:00 Moms in Prayer Newsletter Deadline	30 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	31 **HALLOWEEN**		

** Schedule subject to change.

Daily Nourishment



OLD & NEW TESTAMENT

Sep 1: Ps 135-136; 1Cor 12
Sep 2: Ps 137-139; 1Cor 13
Sep 3: Ps 140-142; 1Cor 14:1-20
Sep 4: Ps 143-145; 1Cor 14:21-40
Sep 5: Ps 146-147; 1Cor 15:1-28
Sep 6: Ps 148-150; 1Cor 15:29-58
Sep 7: Prov 1-2; 1Cor 16
Sep 8: Prov 3-5; 2Cor 1
Sep 9: Prov 6-7; 2Cor 2
Sep 10: Prov 8-9; 2Cor 3
Sep 11: Prov 10-12; 2Cor 4
Sep 12: Prov 13-15; 2Cor 5
Sep 13: Prov 16-18; 2Cor 6
Sep 14: Prov 19-21; 2Cor 7
Sep 15: Prov 22-24; 2Cor 8
Sep 16: Prov 25-26; 2Cor 9
Sep 17: Prov 27-29; 2Cor 10
Sep 18: Prov 30-31; 2Cor 11:1-15
Sep 19: Ecc 1-3; 2Cor 11:16-33
Sep 20: Ecc 4-6; 2Cor 12
Sep 21: Ecc 7-9; 2Cor 13
Sep 22: Ecc 10-12; Gal 1
Sep 23: Song 1-3; Gal 2
Sep 24: Song 4-5; Gal 3
Sep 25: Song 6-8; Gal 4
Sep 26: Is 1-2; Gal 5
Sep 27: Is 3-4; Gal 6
Sep 28: Is 5-6; Eph 1
Sep 29: Is 7-8; Eph 2
Sep 30: Is 9-10; Eph 3

CHRONOLOGICAL

Sep 1: Ezek 18-19
Sep 2: Ezek 20-21
Sep 3: Ezek 22-23
Sep 4: Ezek 24-27
Sep 5: Ezek 28-31
Sep 6: Ezek 32-34
Sep 7: Ezek 35-37
Sep 8: Ezek 38-39
Sep 9: Ezek 40-41
Sep 10: Ezek 42-43
Sep 11: Ezek 44-45
Sep 12: Ezek 46-48
Sep 13: Joel
Sep 14: Dan 1-3
Sep 15: Dan 4-6
Sep 16: Dan 7-9
Sep 17: Dan 10-12
Sep 18: Ezra 1-3
Sep 19: Ezra 4-6; Ps 137
Sep 20: Haggai
Sep 21: Zech 1-7
Sep 22: Zech 8-14
Sep 23: Est 1-5
Sep 24: Est 6-10
Sep 25: Ezra 7-10
Sep 26: Neh 1-5
Sep 27: Neh 6-7
Sep 28: Neh 8-10
Sep 29: Neh 11-13; Ps 126
Sep 30: Malachi

Youth



Welcome to the 2024-25 School Year! Students return to their school routines and sports schedules are back. The Barnum Youth Group (BYG) is launching our new school year theme "But Wait…There's More!" Many people take life as it comes. This year we will be challenging youth that there's more to their lives. What we may see on the surface is only a part of who God created us to be. With each topic we discuss we will pause and look deeper, 'but wait…there's more'! With topics like More to Me, What's your Role, Be Kind to Others, More than Decorations, Forgiving Grudges, The Light of the World and Do you Know Me, we will be exploring so much more this year. Please pray that students are willing to look at their lives and see that they do need more and that the more they need is Jesus.

Before we say goodbye to summer, I wanted to share about an amazing experience I was able to have with a recent graduate. Tobin has attended youth group for many years, and he also loves running. At the beginning of summer, he talked about wanting to do the Moose Lake Triathlon, but he didn't want to do the whole thing. I said we could do it as a team and I would be willing to do the bike part. My wife, Serenity, said she would be willing to do the swim and all summer the three of us prepared for the big event. Serenity swam, I biked and then Tobin set out for his 3-mile run. As we were waiting for Tobin to return Serenity and I talked about how thankful we were to provide this opportunity for Tobin. As Tobin crossed the finished line the announcer said, "And here is our first team to finish." Our team placed first. We couldn't believe it. Later Tobin told me, "I've gotten second place and third place before, but I've never gotten first place!" It was our prayer that God would bless that day, and He did! I want to thank Serenity for swimming for our team and I want to thank the Barnum Church family for coming to support us during the race. You're the Best! Please pray for continued opportunities to bless the students that we work with.









Nursery Volunteers: The nursery is in need of adult volunteers and young adults during church services. Please see Kay Finifrock.

September 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Servers	Wednesday Servers
1	Willis & Kay Finifrock	Scott & Elaine Bogenholm	Bonnie Kepler Cathy Kunze	Jenna Uszenski	Deb Halls	Janet Adelsgruber Karen Smith	
8	Hazel Oachs Jay Oachs	Bing & Kathy Mattson	Brian Koski Deb Donaldson	Daniel Zinter	Deb Entner	COMMUNION SUNDAY	(11) Bette Deming Annette Meyer & Boys
15	Marilyn Criley Judy Jacobs	Chris & Annette Meyer	Robin Paulson Bonnie Kepler	Brenden Zinter	Kay Finifrock	Annette Meyer Brenda Zinter	(18) Deb Entner
22	Cheryl Peterson Terri Krueger	Steve & Sandi Vogel	Brian Koski Deb Donaldson	Liam Parr	Brenda Zinter	Deb Halls Carmen Burak	(25) Evelyn Newman
29	Audrey Sebring Annette Hammitt	Bruce & Eileen Resman	Deb Donaldson Robin Paulson	Evan Earlywine	Tiffany Parr	Connie Herbert Jackie Olson	(2) Deb Halls

October 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Serv-ers	Wednesday Servers
6	Leon Finifrock Connie Herbert	Cliff & Joyce Berggren	Robin Paulson Cathy Kunze	Daniel Zinter	Sandi Vogel	Roxanne Mat-ten Kathy Otnes	(9) Paul & Carmen Burak
13	Ann Kosloski Tiffany Parr	Steve & Sandi Vogel	Brian Koski Bonnie Kepler	Nial Parr	Sandy Ferguson	COMMUNION SUNDAY	(16) Janet Adelsgruber Karen Smith
20	Roger & Deanna Finifrock	Paul & Carmen Burak	Brian Koski Deb Donaldson	Even Earlywine	Deb Halls	Cheryl Peterson Terri Krueger	(23) Terri Krueger
27	Dianne Anderson Connie Swanson	Dave & Sandy Ferguson	Deb Donaldson Robin Paulson	Brenden Zinter	Deb Entner	Ann Kosloski Linda Jusczak	(30) Sue Nelson Kathy Otnes Rachel Finifrock



September Health and Wellness Moment

"Healthy Aging"

September is Healthy Aging Month. The mission behind this month's health topic is to draw attention to the importance of healthy lifestyles for adults 45-plus. Nowadays, it is more important than ever to follow a healthy lifestyle, remain positive and passionate about life, and to look forward to better days ahead. Sometimes, however, this is not easy to do. If you need a boost to improve your lifestyle, here are some tips to be able to age well…in other words, to get older in the healthiest way possible! Let's look at some tips to achieve and maintain physical, social, mental and financial wellness.
First of all, let's look at Mental Wellness. Many people struggle with depression, loneliness, anxiety and isolation. It is important to follow these tips.

1. Be realistic. If you feel overwhelmed by some activities, (yours and/or your family's), learn to say no. Eliminate an activity that is not absolutely necessary. It's possible that you may be taking on more responsibility than you could, or should, handle. If you meet resistance, be ready to give reasons why you are making these changes. Be willing to listen to others' suggestions and be willing to compromise.
2. Shed the "superhero" urge. Nobody is perfect. Don't expect perfection from yourself or others. Focus on what really needs to be done, how much you can realistically get done and in what time frame. It's so important to ask for help when you need it.
3. Take one thing at a time. When someone is stressed or anxious, an ordinary workload can seem unbearable at times. The best way to cope with the feeling of being overwhelmed is to take one task at a time. Once you accomplish one task, choose the next most important thing you want to get done. Some people like to check off tasks on a list; it is very satisfying and helps you visualize your progress!

Next, let's look at the importance of Physical Fitness. According to the National Center for Chronic Disease Prevention and Health Promotion, about 6 in 10 adults in the U.S. have a chronic health condition, and 4 in 10 have two or more. There are many benefits of physical activity for adults and older adults. It's important to keep moving. A body in motion stays in motion! Exercise and strength training improves quality of life, reduces anxiety, and improves sleep. It also is key in weight loss, bone health and a lower risk of falls!

4. Move more, sit less. This recommendation from health.gov is based on new evidence that shows a strong positive relationship between increased sedentary behavior and increased risk of mortality, heart disease and high blood pressure.
5. Aerobic exercise. Check with your doctor for advice on how many minutes of exercise you should be getting per week. Also ask what kind of exercise is best for you and how to know if you are doing too much.
6. Muscle strengthening. These activities provide additional health benefits, so ask your doctor about muscle strengthening as well.

Next, we'll focus on the importance of Diet. Forty two percent of Americans have had an average weight gain of 29 pounds since the beginning of the pandemic. Not only have we been eating more and moving less, but alcohol consumption has also increased in this time frame. You can check out the Dietary Guidelines for Americans 2020-2025 published by the USDA. Always talk to your doctor about what weight is healthy for you.

7. Review your daily diet and make necessary changes. You guessed it, talk to your doctor about what is best for you! Generally, it is best to eat a diet that is rich in fruits, vegetables, whole grains, fat-free or low-fat milk and dairy products, and a variety of healthy proteins. It is best to eat a diet low in saturated fats, trans fats, cholesterol, sodium and added sugars.

Next, we'll focus on the importance of Social Well-being. We are created to be social beings, we crave healthy interaction with others. After feeling isolated, some older adults find it is hard to get out and be social without becoming mentally exhausted. Here are some ways to be active in your community:
8. Volunteer. There are so many places that encourage and welcome volunteering in our communities, churches, schools. Ask a friend to join you and make it a fun event to share!
9. Dream and then get to it. Is there someplace you've always wanted to travel, explore, research? Some of these things may not be realistic or feasible, but maybe some are! Have an adventure, laugh, share a fun moment with loved ones, get out and enjoy the day! Become a pen pal, learn a new language, learn to play an instrument…the sky's the limit!

Last, we will look at Financial Well-being.

10. Launch your next career, go back to school and get a degree, take an online class, learn a new skill that you have always wanted to master. Studies show that people who retire and then become sedentary and lose their excitement for life are much more likely to be ill and unhappy.

September is Healthy Aging Month, and it is the perfect time to renew or set some lifestyle goals! Happy Fall to you all!
Reference: HealthyAging.net

"Give thanks to the Lord, for He is good. His love endures forever."
Psalms 136:1
Prayers for peace, joy and good health, and just a reminder…you are uniquely YOU by HIS design!
~Jenny S, RN, BCUMC Parish Nurse

Howdy Partner!
Here is your invitation to:



The Bible-Buddy Round-Up

This is the kick-off to the Children's WEDNESDAY BIBLE BUDDIES program at the

Barnum Community Church

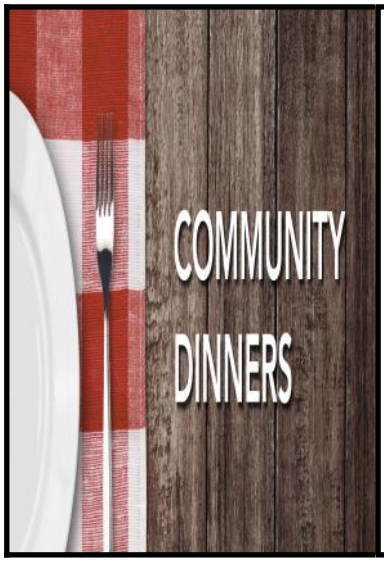
Giddy-up ya'll (ages 4-6th grade) and join up with the Bible Buddies!!

Wednesday evening September 11 at 6 - 7:15 pm, right after the Community Supper (served from 5:15 to 6pm).

After getting everyone registered and rustling up some chow, we will round up the gang of Buddies at 6 pm to enjoy activities including games, songs, crafts, and a Bible lesson.



Important Events in the Life of Our Church



Join us for
Community Dinner
&
Family Night

September 11, 18, 25

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



September 11:	*Family Night Kick Off*
	Community Dinner
	Bible Buddies
	Youth Group (7th – 12th)
	Women's Bible Study
October 31:	*Halloween Trunk or Treat*
November 20:	*Thanksgiving Dinner*
December 24:	*Christmas Eve*
	Candlelight Service



Please join us for **WOW**
"Worship on Wednesday"

6:15—6:30 Praise & Worship Music followed by a short bible lesson from Pastor Lee



The Warm Hearts Ministry will be meet Tuesday, September 24th from 10 am—3 pm to work on Warm Hearts Projects or personal projects. Please bring a lunch and join us for some great sewing time and fellowship. Bring your sewing supplies. Please RSVP Kathy Port.

United Women in Faith

United Women in Faith will be meeting on September 11 at 1:30 at the church. All women of the church are invited to attend this meeting. Ann Kosloski will be the hostess and Kathy Mattson will lead the discussion on pages 94-98 of our study book, "Life on Purpose for Women". Our heart is to assist with church projects wherever possible. Please see Sandy Ferguson for further information.



Important Events in the Life of Our Church



Mother / Child Nursing Tent:

A huge "Thank You" to all the volunteers who helped set up and tear down and work in the Baby Rest Area.





Fair time has come and gone already. Many thanks for all those who volunteered to park cars. This year over $2,600 was collected to help fund the Wednesday night youth programs reaching out to students in our Community.

The Lord's Table, September 8th

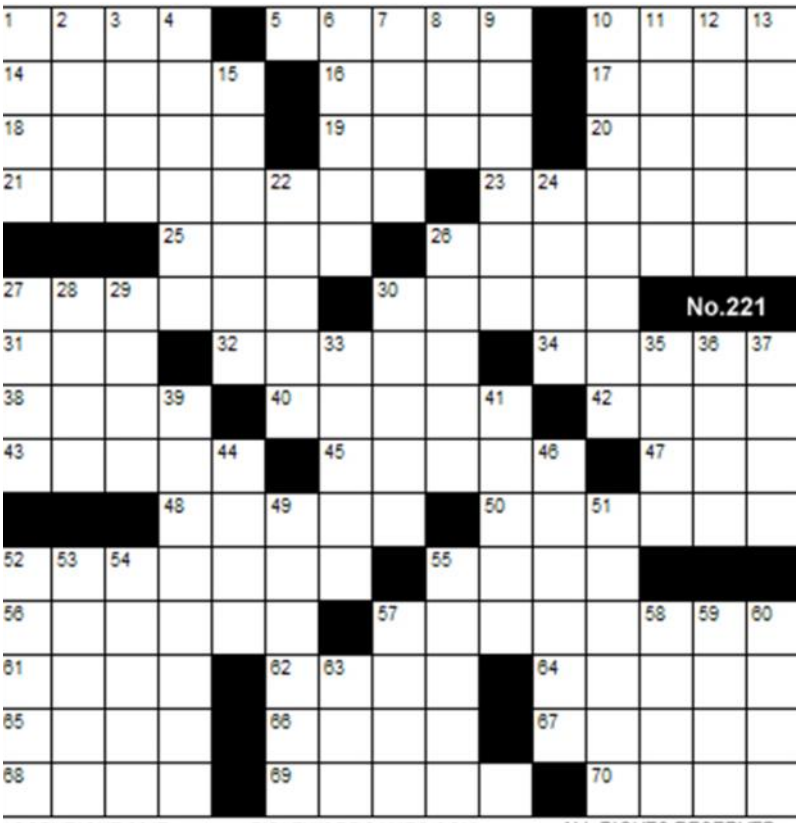


The second Sunday of the month will be our Table Sunday as a church family. We will be sharing communion at the Lord's Table, enjoying a shared-dish (potluck). Table Sunday is a monthly reminder that our life together as the family of God centers in worship, fellowship and sharing.

REMEMBER to bring a dish to share on the second Sunday and even if you aren't able, plan on staying for dinner with your family and friends here.

"Our Daily Bread" is also available on the facebook, mobile app in addition to the printed copies here in the office.

Did you miss out on a Sunday Service don't have access to Facebook or Internet? We have extra copies available for your use.



COPYRIGHT 2017 BIBLEWORDGAMES.COM ALL RIGHTS RESERVED

ACROSS

1 So Moses brought their ___ before the LORD (Num 27:5)
5 Fasten ___ ___ cord to it (1,4) (Ex 28:37)
10 fifth book of the New Testament
14 Like men condemned to die in the ___ (1 Cor 4:9)
16 Speak now in the ____ of the people (Exodus 11:2)
17 In that day the mountains will ___ new wine (Joel 3:18)
18 seems right to a man, but in the end it ___ to death (Prov 16:25)
19 Then they ___ in his face and struck him with their fists (Matt 26:67)
20 Son of man, record this ____ (Ezek 24:2)
21 because the midwives feared God, he gave them ___ of their own (Ex 1:21)
23 Elijah's successor (2 Kings 2:9)
25 Like a bird that strays from its ___ is a man who strays (Prov 27:8)
26 A student is not above his ___ , nor a servant above his master (Matt 10:24)
27 and remove all its vile ___ and detestable idols (Ezek 11:18)
30 they always heap up their sins to the ___ (1Thes 2:16)
31 clump of earth and grass
32 Her Nazarites were ___ than snow, they were whiter than (Lam 4:7) KJV
34 Jesus replied, "Foxes have holes and birds of the air have ___ (Matt 8:20)
38 The Angel which redeemed me from all evil, bless the ___ (Gen 48:16) KJV
40 from foundation to ___, were made of blocks of high-grade (1 Kings 7:9)
42 throwing stones at him and showering him with ___ (2 Sam 16:13)
43 let him seek peace, and ___ it (1 Pet 3:11) (KJV)
45 Like a ___ of Lebanon he will send down his roots (Hosea 14:5)
47 till he should pay all that was ___ unto him (Matt 18:34)
48 The tower of ____ (Gen 11:9)
50 To ____ them that were under the law (Gal 4:5)
52 I ___ silver and gold for myself, and the treasure (Eccl 2:8)
55 he that wavereth is like a ____ of the sea. (James 1:6)
56 What he trusts in is fragile; what he ___ on is a spider's web. (Job 8:14)
57 whosoever of you will be the ___, shall be servant of all (Mark 10:44) KJV
61 There is ___ ___ here, which hath five barley loaves (1,3) (John 6:9)
62 if his hands are ___, the house leaks (Eccl 10:18)
64 sixth angel poured out his vial upon the great ____ Euphrates (Rev 16:12)
65 away, absent (Rev 18:14)
66 which is gone down in the sun ___ of Ahaz (Isa 38:8) KJV
67 She gave herself as a prostitute to all the ____ of the Assyrians (Ezek 23:7)
68 thou shouldest be for salvation unto the ____ of the earth (Acts 13:47) KJV
69 said through the prophet: "Out of ___ I called my son (Matt 2:15)
70 Salvation is found in no one ___, for there is no other name (Acts 4:12)

DOWN

1 the woman had a fat ___ in the house (1 Sam 28:24) KJV
2 a Levite who lived in a remote ___ in the hill country (Judg 19:1)
3 the ephod, close to the ___ just above the waistband (Ex 39:20)
4 beginning with the oldest and ___ with the youngest (Gen 44:12)
6 Fear and trembling have ___ me; horror has overwhelmed me (Ps 55:5)
7 I will measure into their ___ the full payment for (Isa 65:7)
8 See, the LORD has chosen Bezalel son of ___ (Ex.35:30)
9 let each ____ other better than themselves (Phil 2:3)
10 not to be slanderers or ___ to much wine (Titus 2:3)
11 beat against that house, and it fell with a great ___ (Matt 7:27)
12 Thou shalt truly ____ all the increase of thy seed (Deut 14:22)
13 His ___ shaft was like a weaver's rod (1 Sam 17:7)
15 Lazarus has fallen ___; but I am going there to wake him (John 11:11)
22 married a wife, deceased, and, having no ____ (Matt 22:25)
24 Saul and Abner son of Ner had ___ down (1 Sam 26:5)
26 The people have become hungry and ___ and thirsty (2 Sam 17:29)
27 was in the ____ that is called Patmos (Rev 1:9)
28 We all growl like bears; we ___ mournfully like doves (Isa 59:11)
29 If anyone ___ anything to them, God will add to him (Rev 22:18)
30 My feet stand on ___ ground (Ps 26:12)
33 you have ___ with men on foot and they have worn you out (Jer 12:5)
35 I will give him rest from all his enemies on every ____. (1 Chr 22:9)
36 the darkness is passing and the ____ light is already shining (I Jn 2:8)
37 there shall come forth a rod out of the ___ of Jesse (Isa 11:1) KJV
39 Stay with him for a while until your brother's fury ___ (Gen 27:44)
41 no longer to call her ___; her name will be Sarah.(Gen 17:15)
44 listens to me will live in safety and be at ___ (Prov 1:33)
46 the LORD; let all the people of the world ___ him (Ps 33:8)
49 Jesus was walking ___ the Sea of Galilee (Matt 4:18)
51 Do not ___ yourselves by any of these creatures (Lev 11:43)
52 The king got up in ___ ___ left his wine (1,4) (Est 7:7)
53 Like a scarecrow in a ___ patch, their idols cannot speak (Jer 10:5)
54 ___ ___ flowing with milk and honey (1,4) (Deut 26:10)
55 Dan is a lion's ___: he shall leap from Bashan (Deut 33:22) KJV
57 what Adam was made from (Job 33:6)
58 Do not those who plot ___ go astray? (Prov 14:22)
59 silver in two bags, with two ___ of clothing (2 Kings 5:23)
60 every man under his vine and under his fig ____ (1 King 4:25)
63 I'll ___ around it and fertilize it.(Luke 13:8)

Just for Kids

Flashlight TAG



Sometimes we resist the light of Christ. But when his light touches us, we can then share it with others. Play this fun game on a summer night to remember how Christ's light shines in the world.

What you need:

- Friends
- Safe open space outdoors
- A flashlight for each player

How to play:

1. Choose one person to be the Tagger, known as the Light. Only that person can have his or her flashlight on.
2. The Light tries to shine his or her flashlight on other players, who run around and try to hide in the darkness.
3. Once players have been touched by the Light, they turn on their flashlights and join in, trying to shine on others.
4. Play until everyone has been tagged by the Light. Repeat, giving everyone a turn to be the Light.

PUZZLE

GOD'S LIGHT

Summer's long days can remind us of our Creator, who made the sun and wants us to live in his light.

Directions: First, write the opposite of each word in parentheses. Then use the Word Bank words, in order, to complete 1 John 1:5-7, NIV.

WORD BANK: is in is at if in as is in with

God _____ _____; _____ _____
(dark) (her)

there _____ _____ _____ness _____ _____ . ...
(yes) (light) (none)

But _____ we _____ _____ the _____,
(run) (dark)

_____ _____ _____ _____ the _____,
(she) (dark)

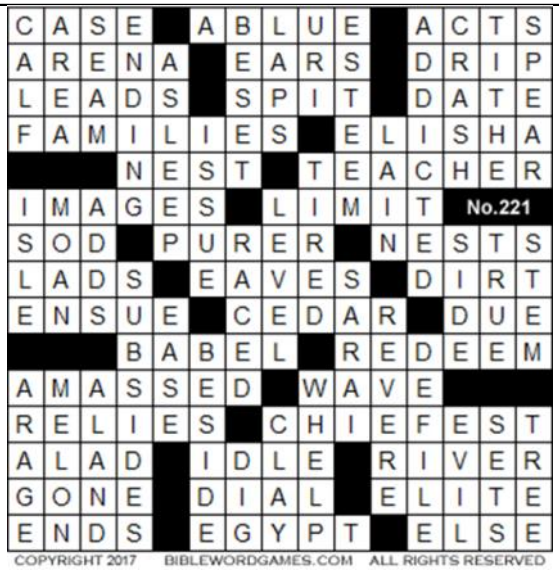
we have fellowship _____ one another. ...

1 John 1:5-7, NIV

Answer: God is light; in him there is no darkness at all . ... But if we walk in the light, as he is in the light, we have fellowship with one another. (1 John 1:5-7, NIV)

Barnum Community United Methodist Church

POSTMASTER:
Please send address changes to:
PO Box 70, 3762 Front Street
Barnum, MN 55707
(218) 389-6876 office@barnumumc.org
www.barnumumc.org



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

BUMC Ministry Team

Pastor—Lee Kantonen
Council Chair—Leon Finifrock
Youth Director—Bill Schoonover
Missions/Outreach—Connie Swanson
Secretary—Mechelle Mattson
Faith Community Nurse—Jennifer Southerton
Congregational Nurture & Care—Connie Herbert
Nursery Coordinator—Kaye Finifrock
Acolyte Coordinator—Roxanne Matten
Wednesday Night Servers—Kaye Finifrock/Terri Krueger
Custodian—Jim Calhoun

United Women in Faith—Sandy Ferguson
Bookkeeper—Tiffany Parr
Ministries Leader—Deb Halls
Staff-Parish Relations—Dawson Gentry
Worship Ministry - Lori Koski
Properties Management—Dave Matten
Discipleship Ministries—Mike Line
Sunday Servers Coordinator—Ann Kosloski
Greeters/Ushers Coordinator—Laurie Audette
Sunday Counters Coordinator—Cathy Kunze
Office Manager—Laurie Audette

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



September 2024
Volume 24—Issue 9

Bible Readings
Church Calendar
Birthdays
Anniversaries
Youth Group
Bible Buddies
Faith Community Nurse
United Women in Faith
Women's Ministry
Council Minutes
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

Office Hours (Mon-Fri)

Sunday Worship

Facebook Live 9:30 am
In Person 9:30 am

Pastor Kennection

Jesus...saw a man called Matthew sitting at the tax booth, and He said to him, "Follow me." And he rose and followed Him. (Matthew 9:9)

Where were the Apostles when Jesus called them to follow Him? It wasn't from the synagogue, was it, even though Jesus regularly was found at the synagogue. It was when the Lord was out and about in the community. The apostles were called when they were on the seashore preparing to fish, or out in their boats, the tax booth, maybe the marketplace, it was from those everyday areas of life that Jesus called them.

There is a wonderful missional heart found here at Barnum Community. My memory is relatively recent in the scheme of things, but it was so good to learn about our connection with John Sergey in years past and to listen to Pastor Sergey and learn of his evangelistic outreach to the people of what at that time was the Soviet Union. For those unfamiliar, spark up a conversation with Jen Berthelot.

Since its outset, mission has been central to the heart of churches with a Wesleyan persuasion and the United Methodist Church is no different. Recently, the Minnesota Annual Conference has been encouraging involvement of all of our churches in something called, Fresh Expressions. Very simply, it is about meeting with people around a shared area of interest while taking time to share a "Jesus Story" during the time together. For years we've known and made known that for the most part people who don't know Christ aren't going to just wander into our churches. Jesus sent his followers out to make disciples, not in.

People have been gathering at bicycling groups, kayaking groups, quilting groups, wood carving groups, golfing groups, you name it. Whatever shared area of interest people have; Fresh Expressions can be occurring there. There have even been axe throwing and burrito gatherings. The key is gathering regularly and making a point to share a Jesus story and an opportunity for prayer. Fresh Expressions is about building relationships with others outside the church. It is a time to introduce Jesus to people who likely will not wander into Barnum Community United Methodist Church or any other church building. We need to keep developing new ways of letting people know God loves them and wants to be in a relationship with them. Perhaps you have already been doing that sort of thing without calling it Fresh Expressions.

So, if you have thought sharing your faith with others is something you could never do, I invite and encourage you to think again. There might be those here at Barnum Community who share your interests to join with you to get your Fresh Expression initiated. The community is filled with people who hold shared interests in need of knowing the Lord. Thank you for sharing the love of God and inviting others to join the journey.

The Good Shepherd's Sheepdog,

Lee



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:30 Worship Service 11:00 Adult Class	**2 LABOR DAY** **Office Closed** 5-8 Youth Group	3 11:00 Prayer Group	4 5-8 Youth Group	5	6	7
8 Grandparents Day 9:30 Worship Service **Communion** 11:00 Adult Class	9 5-8 Youth Group 6:30 Council Mtg	10 11:00 Prayer Group 1:00 Moms in Prayer	11 **FAMILY NIGHT KICK OFF** 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	12	13	14
15 9:30 Worship Service 11:00 Adult Class Congregational Meeting after Church Service	16 5-8 Youth Group	17 11:00 Prayer Group 1:00 Moms in Prayer	18 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	19	20	21
22 9:30 Worship Service 11:00 Adult Class	23 5-8:00 Youth Group	24 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	25 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study Newsletter Deadline	26	27	28
29 9:30 Worship Service 11:00 Adult Class	30 5-8 Youth Group					

** Schedule subject to change.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 11:00 Prayer Group 1:00 Moms in Prayer	2 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	3	4	5
6 **Pastor Appreciation Day** 9:30 Worship Service 11:00 Adult Class	7 **COLUMBUS DAY** 5-8:00 Youth Group 6:00 Finance Mtg 6:30 Council Mtg	8 11:00 Prayer Group 1:00 Moms in Prayer	9 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	10	11	12 9:30 Secret Sister Reveal Party
13 9:30 Worship Service **Communion** 11:00 Adult Class	14 5-8:00 Youth Group	15 11:00 Prayer Group 1:00 Moms in Prayer	16 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	17	18	19
20 9:30 Worship Service 11:00 Adult Class	21 5-8:00 Youth Group	22 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	23 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	24	25	26
27 9:30 Worship Service 11:00 Adult Class	28 5-8:00 Youth Group	29 11:00 Prayer Group 1:00 Moms in Prayer Newsletter Deadline	30 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	31 **HALLOWEEN**		

** Schedule subject to change.

Daily Nourishment



OLD & NEW TESTAMENT

Sep 1: Ps 135-136; 1Cor 12
Sep 2: Ps 137-139; 1Cor 13
Sep 3: Ps 140-142; 1Cor 14:1-20
Sep 4: Ps 143-145; 1Cor 14:21-40
Sep 5: Ps 146-147; 1Cor 15:1-28
Sep 6: Ps 148-150; 1Cor 15:29-58
Sep 7: Prov 1-2; 1Cor 16
Sep 8: Prov 3-5; 2Cor 1
Sep 9: Prov 6-7; 2Cor 2
Sep 10: Prov 8-9; 2Cor 3
Sep 11: Prov 10-12; 2Cor 4
Sep 12: Prov 13-15; 2Cor 5
Sep 13: Prov 16-18; 2Cor 6
Sep 14: Prov 19-21; 2Cor 7
Sep 15: Prov 22-24; 2Cor 8
Sep 16: Prov 25-26; 2Cor 9
Sep 17: Prov 27-29; 2Cor 10
Sep 18: Prov 30-31; 2Cor 11:1-15
Sep 19: Ecc 1-3; 2Cor 11:16-33
Sep 20: Ecc 4-6; 2Cor 12
Sep 21: Ecc 7-9; 2Cor 13
Sep 22: Ecc 10-12; Gal 1
Sep 23: Song 1-3; Gal 2
Sep 24: Song 4-5; Gal 3
Sep 25: Song 6-8; Gal 4
Sep 26: Is 1-2; Gal 5
Sep 27: Is 3-4; Gal 6
Sep 28: Is 5-6; Eph 1
Sep 29: Is 7-8; Eph 2
Sep 30: Is 9-10; Eph 3

CHRONOLOGICAL

Sep 1: Ezek 18-19
Sep 2: Ezek 20-21
Sep 3: Ezek 22-23
Sep 4: Ezek 24-27
Sep 5: Ezek 28-31
Sep 6: Ezek 32-34
Sep 7: Ezek 35-37
Sep 8: Ezek 38-39
Sep 9: Ezek 40-41
Sep 10: Ezek 42-43
Sep 11: Ezek 44-45
Sep 12: Ezek 46-48
Sep 13: Joel
Sep 14: Dan 1-3
Sep 15: Dan 4-6
Sep 16: Dan 7-9
Sep 17: Dan 10-12
Sep 18: Ezra 1-3
Sep 19: Ezra 4-6; Ps 137
Sep 20: Haggai
Sep 21: Zech 1-7
Sep 22: Zech 8-14
Sep 23: Est 1-5
Sep 24: Est 6-10
Sep 25: Ezra 7-10
Sep 26: Neh 1-5
Sep 27: Neh 6-7
Sep 28: Neh 8-10
Sep 29: Neh 11-13; Ps 126
Sep 30: Malachi

Youth



Welcome to the 2024-25 School Year! Students return to their school routines and sports schedules are back. The Barnum Youth Group (BYG) is launching our new school year theme "But Wait…There's More!" Many people take life as it comes. This year we will be challenging youth that there's more to their lives. What we may see on the surface is only a part of who God created us to be. With each topic we discuss we will pause and look deeper, 'but wait…there's more'! With topics like More to Me, What's your Role, Be Kind to Others, More than Decorations, Forgiving Grudges, The Light of the World and Do you Know Me, we will be exploring so much more this year. Please pray that students are willing to look at their lives and see that they do need more and that the more they need is Jesus.

Before we say goodbye to summer, I wanted to share about an amazing experience I was able to have with a recent graduate. Tobin has attended youth group for many years, and he also loves running. At the beginning of summer, he talked about wanting to do the Moose Lake Triathlon, but he didn't want to do the whole thing. I said we could do it as a team and I would be willing to do the bike part. My wife, Serenity, said she would be willing to do the swim and all summer the three of us prepared for the big event. Serenity swam, I biked and then Tobin set out for his 3-mile run. As we were waiting for Tobin to return Serenity and I talked about how thankful we were to provide this opportunity for Tobin. As Tobin crossed the finished line the announcer said, "And here is our first team to finish." Our team placed first. We couldn't believe it. Later Tobin told me, "I've gotten second place and third place before, but I've never gotten first place!" It was our prayer that God would bless that day, and He did! I want to thank Serenity for swimming for our team and I want to thank the Barnum Church family for coming to support us during the race. You're the Best! Please pray for continued opportunities to bless the students that we work with.









Nursery Volunteers: The nursery is in need of adult volunteers and young adults during church services. Please see Kay Finifrock.

September 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Servers	Wednesday Servers
1	Willis & Kay Finifrock	Scott & Elaine Bogenholm	Bonnie Kepler Cathy Kunze	Jenna Uszenski	Deb Halls	Janet Adelsgruber Karen Smith	
8	Hazel Oachs Jay Oachs	Bing & Kathy Mattson	Brian Koski Deb Donaldson	Daniel Zinter	Deb Entner	COMMUNION SUNDAY	(11) Bette Deming Annette Meyer & Boys
15	Marilyn Criley Judy Jacobs	Chris & Annette Meyer	Robin Paulson Bonnie Kepler	Brenden Zinter	Kay Finifrock	Annette Meyer Brenda Zinter	(18) Deb Entner
22	Cheryl Peterson Terri Krueger	Steve & Sandi Vogel	Brian Koski Deb Donaldson	Liam Parr	Brenda Zinter	Deb Halls Carmen Burak	(25) Evelyn Newman
29	Audrey Sebring Annette Hammitt	Bruce & Eileen Resman	Deb Donaldson Robin Paulson	Evan Earlywine	Tiffany Parr	Connie Herbert Jackie Olson	(2) Deb Halls

October 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Serv-ers	Wednesday Servers
6	Leon Finifrock Connie Herbert	Cliff & Joyce Berggren	Robin Paulson Cathy Kunze	Daniel Zinter	Sandi Vogel	Roxanne Mat-ten Kathy Otnes	(9) Paul & Carmen Burak
13	Ann Kosloski Tiffany Parr	Steve & Sandi Vogel	Brian Koski Bonnie Kepler	Nial Parr	Sandy Ferguson	COMMUNION SUNDAY	(16) Janet Adelsgruber Karen Smith
20	Roger & Deanna Finifrock	Paul & Carmen Burak	Brian Koski Deb Donaldson	Even Earlywine	Deb Halls	Cheryl Peterson Terri Krueger	(23) Terri Krueger
27	Dianne Anderson Connie Swanson	Dave & Sandy Ferguson	Deb Donaldson Robin Paulson	Brenden Zinter	Deb Entner	Ann Kosloski Linda Jusczak	(30) Sue Nelson Kathy Otnes Rachel Finifrock



September Health and Wellness Moment

"Healthy Aging"

September is Healthy Aging Month. The mission behind this month's health topic is to draw attention to the importance of healthy lifestyles for adults 45-plus. Nowadays, it is more important than ever to follow a healthy lifestyle, remain positive and passionate about life, and to look forward to better days ahead. Sometimes, however, this is not easy to do. If you need a boost to improve your lifestyle, here are some tips to be able to age well…in other words, to get older in the healthiest way possible! Let's look at some tips to achieve and maintain physical, social, mental and financial wellness.
First of all, let's look at Mental Wellness. Many people struggle with depression, loneliness, anxiety and isolation. It is important to follow these tips.

1. Be realistic. If you feel overwhelmed by some activities, (yours and/or your family's), learn to say no. Eliminate an activity that is not absolutely necessary. It's possible that you may be taking on more responsibility than you could, or should, handle. If you meet resistance, be ready to give reasons why you are making these changes. Be willing to listen to others' suggestions and be willing to compromise.
2. Shed the "superhero" urge. Nobody is perfect. Don't expect perfection from yourself or others. Focus on what really needs to be done, how much you can realistically get done and in what time frame. It's so important to ask for help when you need it.
3. Take one thing at a time. When someone is stressed or anxious, an ordinary workload can seem unbearable at times. The best way to cope with the feeling of being overwhelmed is to take one task at a time. Once you accomplish one task, choose the next most important thing you want to get done. Some people like to check off tasks on a list; it is very satisfying and helps you visualize your progress!

Next, let's look at the importance of Physical Fitness. According to the National Center for Chronic Disease Prevention and Health Promotion, about 6 in 10 adults in the U.S. have a chronic health condition, and 4 in 10 have two or more. There are many benefits of physical activity for adults and older adults. It's important to keep moving. A body in motion stays in motion! Exercise and strength training improves quality of life, reduces anxiety, and improves sleep. It also is key in weight loss, bone health and a lower risk of falls!

4. Move more, sit less. This recommendation from health.gov is based on new evidence that shows a strong positive relationship between increased sedentary behavior and increased risk of mortality, heart disease and high blood pressure.
5. Aerobic exercise. Check with your doctor for advice on how many minutes of exercise you should be getting per week. Also ask what kind of exercise is best for you and how to know if you are doing too much.
6. Muscle strengthening. These activities provide additional health benefits, so ask your doctor about muscle strengthening as well.

Next, we'll focus on the importance of Diet. Forty two percent of Americans have had an average weight gain of 29 pounds since the beginning of the pandemic. Not only have we been eating more and moving less, but alcohol consumption has also increased in this time frame. You can check out the Dietary Guidelines for Americans 2020-2025 published by the USDA. Always talk to your doctor about what weight is healthy for you.

7. Review your daily diet and make necessary changes. You guessed it, talk to your doctor about what is best for you! Generally, it is best to eat a diet that is rich in fruits, vegetables, whole grains, fat-free or low-fat milk and dairy products, and a variety of healthy proteins. It is best to eat a diet low in saturated fats, trans fats, cholesterol, sodium and added sugars.

Next, we'll focus on the importance of Social Well-being. We are created to be social beings, we crave healthy interaction with others. After feeling isolated, some older adults find it is hard to get out and be social without becoming mentally exhausted. Here are some ways to be active in your community:
8. Volunteer. There are so many places that encourage and welcome volunteering in our communities, churches, schools. Ask a friend to join you and make it a fun event to share!
9. Dream and then get to it. Is there someplace you've always wanted to travel, explore, research? Some of these things may not be realistic or feasible, but maybe some are! Have an adventure, laugh, share a fun moment with loved ones, get out and enjoy the day! Become a pen pal, learn a new language, learn to play an instrument…the sky's the limit!

Last, we will look at Financial Well-being.

10. Launch your next career, go back to school and get a degree, take an online class, learn a new skill that you have always wanted to master. Studies show that people who retire and then become sedentary and lose their excitement for life are much more likely to be ill and unhappy.

September is Healthy Aging Month, and it is the perfect time to renew or set some lifestyle goals! Happy Fall to you all!
Reference: HealthyAging.net

"Give thanks to the Lord, for He is good. His love endures forever."
Psalms 136:1
Prayers for peace, joy and good health, and just a reminder…you are uniquely YOU by HIS design!
~Jenny S, RN, BCUMC Parish Nurse

Howdy Partner!
Here is your invitation to:



The Bible-Buddy Round-Up

This is the kick-off to the Children's WEDNESDAY BIBLE BUDDIES program at the

Barnum Community Church

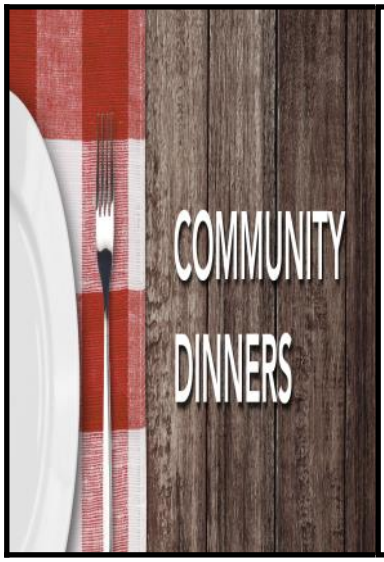
Giddy-up ya'll (ages 4-6th grade) and join up with the Bible Buddies!!

Wednesday evening September 11 at 6 - 7:15 pm, right after the Community Supper (served from 5:15 to 6pm).

After getting everyone registered and rustling up some chow, we will round up the gang of Buddies at 6 pm to enjoy activities including games, songs, crafts, and a Bible lesson.



Important Events in the Life of Our Church



Join us for
Community Dinner
&
Family Night

September 11, 18, 25

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



September 11:	*Family Night Kick Off*
	Community Dinner
	Bible Buddies
	Youth Group (7th – 12th)
	Women's Bible Study
October 31:	*Halloween Trunk or Treat*
November 20:	*Thanksgiving Dinner*
December 24:	*Christmas Eve*
	Candlelight Service



Please join us for **WOW**
"Worship on Wednesday"

6:15—6:30 Praise & Worship Music followed by a short bible lesson from Pastor Lee



The Warm Hearts Ministry will be meet Tuesday, September 24th from 10 am—3 pm to work on Warm Hearts Projects or personal projects. Please bring a lunch and join us for some great sewing time and fellowship. Bring your sewing supplies. Please RSVP Kathy Port.

United Women in Faith

United Women in Faith will be meeting on September 11 at 1:30 at the church. All women of the church are invited to attend this meeting. Ann Kosloski will be the hostess and Kathy Mattson will lead the discussion on pages 94-98 of our study book, "Life on Purpose for Women". Our heart is to assist with church projects wherever possible. Please see Sandy Ferguson for further information.



Important Events in the Life of Our Church



Mother / Child Nursing Tent:

A huge "Thank You" to all the volunteers who helped set up and tear down and work in the Baby Rest Area.





Fair time has come and gone already. Many thanks for all those who volunteered to park cars. This year over $2,600 was collected to help fund the Wednesday night youth programs reaching out to students in our Community.

The Lord's Table, September 8th

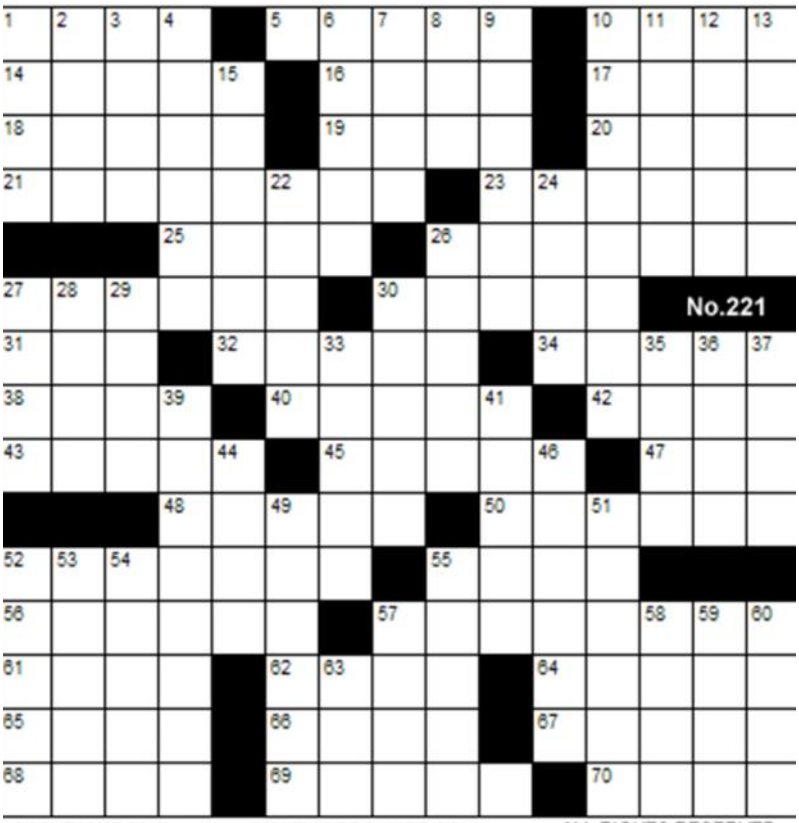


The second Sunday of the month will be our Table Sunday as a church family. We will be sharing communion at the Lord's Table, enjoying a shared-dish (potluck). Table Sunday is a monthly reminder that our life together as the family of God centers in worship, fellowship and sharing.

REMEMBER to bring a dish to share on the second Sunday and even if you aren't able, plan on staying for dinner with your family and friends here.

"Our Daily Bread" is also available on the facebook, mobile app in addition to the printed copies here in the office.

Did you miss out on a Sunday Service don't have access to Facebook or Internet? We have extra copies available for your use.



COPYRIGHT 2017 BIBLEWORDGAMES.COM ALL RIGHTS RESERVED

ACROSS

1 So Moses brought their ___ before the LORD (Num 27:5)
5 Fasten ___ ___ cord to it (1,4) (Ex 28:37)
10 fifth book of the New Testament
14 Like men condemned to die in the ___ (1 Cor 4:9)
16 Speak now in the ____ of the people (Exodus 11:2)
17 In that day the mountains will ___ new wine (Joel 3:18)
18 seems right to a man, but in the end it ___ to death (Prov 16:25)
19 Then they ___ in his face and struck him with their fists (Matt 26:67)
20 Son of man, record this ____ (Ezek 24:2)
21 because the midwives feared God, he gave them ___ of their own (Ex 1:21)
23 Elijah's successor (2 Kings 2:9)
25 Like a bird that strays from its ___ is a man who strays (Prov 27:8)
26 A student is not above his ___ , nor a servant above his master (Matt 10:24)
27 and remove all its vile ___ and detestable idols (Ezek 11:18)
30 they always heap up their sins to the ___ (1Thes 2:16)
31 clump of earth and grass
32 Her Nazarites were ___ than snow, they were whiter than (Lam 4:7) KJV
34 Jesus replied, "Foxes have holes and birds of the air have ___ (Matt 8:20)
38 The Angel which redeemed me from all evil, bless the ___ (Gen 48:16) KJV
40 from foundation to ___, were made of blocks of high-grade (1 Kings 7:9)
42 throwing stones at him and showering him with ___ (2 Sam 16:13)
43 let him seek peace, and ___ it (1 Pet 3:11) (KJV)
45 Like a ___ of Lebanon he will send down his roots (Hosea 14:5)
47 till he should pay all that was ___ unto him (Matt 18:34)
48 The tower of ____ (Gen 11:9)
50 To ____ them that were under the law (Gal 4:5)
52 I ___ silver and gold for myself, and the treasure (Eccl 2:8)
55 he that wavereth is like a ____ of the sea. (James 1:6)
56 What he trusts in is fragile; what he ___ on is a spider's web. (Job 8:14)
57 whosoever of you will be the ___, shall be servant of all (Mark 10:44) KJV
61 There is ___ ___ here, which hath five barley loaves (1,3) (John 6:9)
62 if his hands are ___, the house leaks (Eccl 10:18)
64 sixth angel poured out his vial upon the great ____ Euphrates (Rev 16:12)
65 away, absent (Rev 18:14)
66 which is gone down in the sun ___ of Ahaz (Isa 38:8) KJV
67 She gave herself as a prostitute to all the ____ of the Assyrians (Ezek 23:7)
68 thou shouldest be for salvation unto the ____ of the earth (Acts 13:47) KJV
69 said through the prophet: "Out of ___ I called my son (Matt 2:15)
70 Salvation is found in no one ___, for there is no other name (Acts 4:12)

DOWN

1 the woman had a fat ___ in the house (1 Sam 28:24) KJV
2 a Levite who lived in a remote ___ in the hill country (Judg 19:1)
3 the ephod, close to the ___ just above the waistband (Ex 39:20)
4 beginning with the oldest and ___ with the youngest (Gen 44:12)
6 Fear and trembling have ___ me; horror has overwhelmed me (Ps 55:5)
7 I will measure into their ___ the full payment for (Isa 65:7)
8 See, the LORD has chosen Bezalel son of ___ (Ex.35:30)
9 let each ____ other better than themselves (Phil 2:3)
10 not to be slanderers or ___ to much wine (Titus 2:3)
11 beat against that house, and it fell with a great ___ (Matt 7:27)
12 Thou shalt truly ____ all the increase of thy seed (Deut 14:22)
13 His ___ shaft was like a weaver's rod (1 Sam 17:7)
15 Lazarus has fallen ___; but I am going there to wake him (John 11:11)
22 married a wife, deceased, and, having no ____ (Matt 22:25)
24 Saul and Abner son of Ner had ___ down (1 Sam 26:5)
26 The people have become hungry and ___ and thirsty (2 Sam 17:29)
27 was in the ____ that is called Patmos (Rev 1:9)
28 We all growl like bears; we ___ mournfully like doves (Isa 59:11)
29 If anyone ___ anything to them, God will add to him (Rev 22:18)
30 My feet stand on ___ ground (Ps 26:12)
33 you have ___ with men on foot and they have worn you out (Jer 12:5)
35 I will give him rest from all his enemies on every ____. (1 Chr 22:9)
36 the darkness is passing and the ____ light is already shining (I Jn 2:8)
37 there shall come forth a rod out of the ___ of Jesse (Isa 11:1) KJV
39 Stay with him for a while until your brother's fury ___ (Gen 27:44)
41 no longer to call her ___; her name will be Sarah.(Gen 17:15)
44 listens to me will live in safety and be at ___ (Prov 1:33)
46 the LORD; let all the people of the world ___ him (Ps 33:8)
49 Jesus was walking ___ the Sea of Galilee (Matt 4:18)
51 Do not ___ yourselves by any of these creatures (Lev 11:43)
52 The king got up in ___ ___ left his wine (1,4) (Est 7:7)
53 Like a scarecrow in a ___ patch, their idols cannot speak (Jer 10:5)
54 ___ ___ flowing with milk and honey (1,4) (Deut 26:10)
55 Dan is a lion's ___: he shall leap from Bashan (Deut 33:22) KJV
57 what Adam was made from (Job 33:6)
58 Do not those who plot ___ go astray? (Prov 14:22)
59 silver in two bags, with two ___ of clothing (2 Kings 5:23)
60 every man under his vine and under his fig ____ (1 King 4:25)
63 I'll ___ around it and fertilize it.(Luke 13:8)

Just for Kids

Flashlight TAG



Sometimes we resist the light of Christ. But when his light touches us, we can then share it with others. Play this fun game on a summer night to remember how Christ's light shines in the world.

What you need:

- Friends
- Safe open space outdoors
- A flashlight for each player

How to play:

1. Choose one person to be the Tagger, known as the Light. Only that person can have his or her flashlight on.
2. The Light tries to shine his or her flashlight on other players, who run around and try to hide in the darkness.
3. Once players have been touched by the Light, they turn on their flashlights and join in, trying to shine on others.
4. Play until everyone has been tagged by the Light. Repeat, giving everyone a turn to be the Light.

PUZZLE

GOD'S LIGHT

Summer's long days can remind us of our Creator, who made the sun and wants us to live in his light.

Directions: First, write the opposite of each word in parentheses. Then use the Word Bank words, in order, to complete 1 John 1:5-7, NIV.

WORD BANK: is in is at if in as is in with

God _____ _____; _____ _____
(dark) (her)

there _____ _____ _____ness _____ _____ . ...
(yes) (light) (none)

But _____ we _____ _____ the _____,
(run) (dark)

_____ _____ _____ _____ the _____,
(she) (dark)

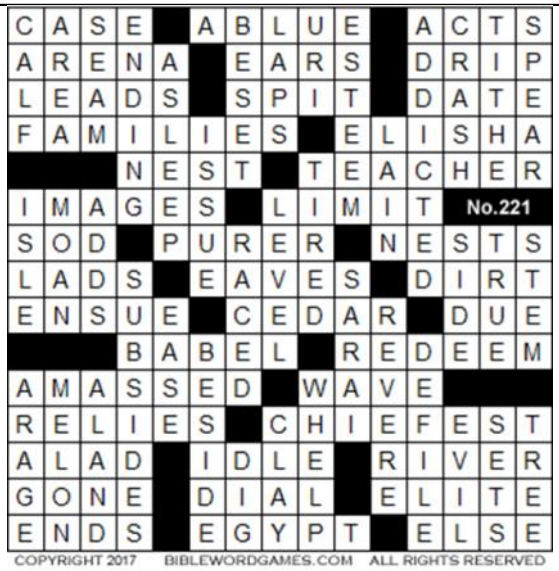
we have fellowship _____ one another. ...

1 John 1:5-7, NIV

Answer: God is light; in him there is no darkness at all . ... But if we walk in the light, as he is in the light, we have fellowship with one another. (1 John 1:5-7, NIV)

Barnum Community United Methodist Church

POSTMASTER:
Please send address changes to:
PO Box 70, 3762 Front Street
Barnum, MN 55707
(218) 389-6876 office@barnumumc.org
www.barnumumc.org



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

BUMC Ministry Team

Pastor—Lee Kantonen
Council Chair—Leon Finifrock
Youth Director—Bill Schoonover
Missions/Outreach—Connie Swanson
Secretary—Mechelle Mattson
Faith Community Nurse—Jennifer Southerton
Congregational Nurture & Care—Connie Herbert
Nursery Coordinator—Kaye Finifrock
Acolyte Coordinator—Roxanne Matten
Wednesday Night Servers—Kaye Finifrock/Terri Krueger
Custodian—Jim Calhoun

United Women in Faith—Sandy Ferguson
Bookkeeper—Tiffany Parr
Ministries Leader—Deb Halls
Staff-Parish Relations—Dawson Gentry
Worship Ministry - Lori Koski
Properties Management—Dave Matten
Discipleship Ministries—Mike Line
Sunday Servers Coordinator—Ann Kosloski
Greeters/Ushers Coordinator—Laurie Audette
Sunday Counters Coordinator—Cathy Kunze
Office Manager—Laurie Audette

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



September 2024
Volume 24—Issue 9

Bible Readings
Church Calendar
Birthdays
Anniversaries
Youth Group
Bible Buddies
Faith Community Nurse
United Women in Faith
Women's Ministry
Council Minutes
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

Office Hours (Mon-Fri)

Sunday Worship

Facebook Live 9:30 am
In Person 9:30 am

Pastor Kennection

Jesus...saw a man called Matthew sitting at the tax booth, and He said to him, "Follow me." And he rose and followed Him. (Matthew 9:9)

Where were the Apostles when Jesus called them to follow Him? It wasn't from the synagogue, was it, even though Jesus regularly was found at the synagogue. It was when the Lord was out and about in the community. The apostles were called when they were on the seashore preparing to fish, or out in their boats, the tax booth, maybe the marketplace, it was from those everyday areas of life that Jesus called them.

There is a wonderful missional heart found here at Barnum Community. My memory is relatively recent in the scheme of things, but it was so good to learn about our connection with John Sergey in years past and to listen to Pastor Sergey and learn of his evangelistic outreach to the people of what at that time was the Soviet Union. For those unfamiliar, spark up a conversation with Jen Berthelot.

Since its outset, mission has been central to the heart of churches with a Wesleyan persuasion and the United Methodist Church is no different. Recently, the Minnesota Annual Conference has been encouraging involvement of all of our churches in something called, Fresh Expressions. Very simply, it is about meeting with people around a shared area of interest while taking time to share a "Jesus Story" during the time together. For years we've known and made known that for the most part people who don't know Christ aren't going to just wander into our churches. Jesus sent his followers out to make disciples, not in.

People have been gathering at bicycling groups, kayaking groups, quilting groups, wood carving groups, golfing groups, you name it. Whatever shared area of interest people have; Fresh Expressions can be occurring there. There have even been axe throwing and burrito gatherings. The key is gathering regularly and making a point to share a Jesus story and an opportunity for prayer. Fresh Expressions is about building relationships with others outside the church. It is a time to introduce Jesus to people who likely will not wander into Barnum Community United Methodist Church or any other church building. We need to keep developing new ways of letting people know God loves them and wants to be in a relationship with them. Perhaps you have already been doing that sort of thing without calling it Fresh Expressions.

So, if you have thought sharing your faith with others is something you could never do, I invite and encourage you to think again. There might be those here at Barnum Community who share your interests to join with you to get your Fresh Expression initiated. The community is filled with people who hold shared interests in need of knowing the Lord. Thank you for sharing the love of God and inviting others to join the journey.

The Good Shepherd's Sheepdog,

Lee



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:30 Worship Service 11:00 Adult Class	**2 LABOR DAY** **Office Closed** 5-8 Youth Group	3 11:00 Prayer Group	4 5-8 Youth Group	5	6	7
8 Grandparents Day 9:30 Worship Service **Communion** 11:00 Adult Class	9 5-8 Youth Group 6:30 Council Mtg	10 11:00 Prayer Group 1:00 Moms in Prayer	11 **FAMILY NIGHT KICK OFF** 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	12	13	14
15 9:30 Worship Service 11:00 Adult Class Congregational Meeting after Church Service	16 5-8 Youth Group	17 11:00 Prayer Group 1:00 Moms in Prayer	18 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	19	20	21
22 9:30 Worship Service 11:00 Adult Class	23 5-8:00 Youth Group	24 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	25 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study Newsletter Deadline	26	27	28
29 9:30 Worship Service 11:00 Adult Class	30 5-8 Youth Group					

** Schedule subject to change.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 11:00 Prayer Group 1:00 Moms in Prayer	2 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	3	4	5
6 **Pastor Appreciation Day** 9:30 Worship Service 11:00 Adult Class	7 **COLUMBUS DAY** 5-8:00 Youth Group 6:00 Finance Mtg 6:30 Council Mtg	8 11:00 Prayer Group 1:00 Moms in Prayer	9 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	10	11	12 9:30 Secret Sister Reveal Party
13 9:30 Worship Service **Communion** 11:00 Adult Class	14 5-8:00 Youth Group	15 11:00 Prayer Group 1:00 Moms in Prayer	16 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	17	18	19
20 9:30 Worship Service 11:00 Adult Class	21 5-8:00 Youth Group	22 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	23 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	24	25	26
27 9:30 Worship Service 11:00 Adult Class	28 5-8:00 Youth Group	29 11:00 Prayer Group 1:00 Moms in Prayer Newsletter Deadline	30 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	31 **HALLOWEEN**		

** Schedule subject to change.

Daily Nourishment



OLD & NEW TESTAMENT

Sep 1: Ps 135-136; 1Cor 12
Sep 2: Ps 137-139; 1Cor 13
Sep 3: Ps 140-142; 1Cor 14:1-20
Sep 4: Ps 143-145; 1Cor 14:21-40
Sep 5: Ps 146-147; 1Cor 15:1-28
Sep 6: Ps 148-150; 1Cor 15:29-58
Sep 7: Prov 1-2; 1Cor 16
Sep 8: Prov 3-5; 2Cor 1
Sep 9: Prov 6-7; 2Cor 2
Sep 10: Prov 8-9; 2Cor 3
Sep 11: Prov 10-12; 2Cor 4
Sep 12: Prov 13-15; 2Cor 5
Sep 13: Prov 16-18; 2Cor 6
Sep 14: Prov 19-21; 2Cor 7
Sep 15: Prov 22-24; 2Cor 8
Sep 16: Prov 25-26; 2Cor 9
Sep 17: Prov 27-29; 2Cor 10
Sep 18: Prov 30-31; 2Cor 11:1-15
Sep 19: Ecc 1-3; 2Cor 11:16-33
Sep 20: Ecc 4-6; 2Cor 12
Sep 21: Ecc 7-9; 2Cor 13
Sep 22: Ecc 10-12; Gal 1
Sep 23: Song 1-3; Gal 2
Sep 24: Song 4-5; Gal 3
Sep 25: Song 6-8; Gal 4
Sep 26: Is 1-2; Gal 5
Sep 27: Is 3-4; Gal 6
Sep 28: Is 5-6; Eph 1
Sep 29: Is 7-8; Eph 2
Sep 30: Is 9-10; Eph 3

CHRONOLOGICAL

Sep 1: Ezek 18-19
Sep 2: Ezek 20-21
Sep 3: Ezek 22-23
Sep 4: Ezek 24-27
Sep 5: Ezek 28-31
Sep 6: Ezek 32-34
Sep 7: Ezek 35-37
Sep 8: Ezek 38-39
Sep 9: Ezek 40-41
Sep 10: Ezek 42-43
Sep 11: Ezek 44-45
Sep 12: Ezek 46-48
Sep 13: Joel
Sep 14: Dan 1-3
Sep 15: Dan 4-6
Sep 16: Dan 7-9
Sep 17: Dan 10-12
Sep 18: Ezra 1-3
Sep 19: Ezra 4-6; Ps 137
Sep 20: Haggai
Sep 21: Zech 1-7
Sep 22: Zech 8-14
Sep 23: Est 1-5
Sep 24: Est 6-10
Sep 25: Ezra 7-10
Sep 26: Neh 1-5
Sep 27: Neh 6-7
Sep 28: Neh 8-10
Sep 29: Neh 11-13; Ps 126
Sep 30: Malachi

Youth



Welcome to the 2024-25 School Year! Students return to their school routines and sports schedules are back. The Barnum Youth Group (BYG) is launching our new school year theme "But Wait…There's More!" Many people take life as it comes. This year we will be challenging youth that there's more to their lives. What we may see on the surface is only a part of who God created us to be. With each topic we discuss we will pause and look deeper, 'but wait…there's more'! With topics like More to Me, What's your Role, Be Kind to Others, More than Decorations, Forgiving Grudges, The Light of the World and Do you Know Me, we will be exploring so much more this year. Please pray that students are willing to look at their lives and see that they do need more and that the more they need is Jesus.

Before we say goodbye to summer, I wanted to share about an amazing experience I was able to have with a recent graduate. Tobin has attended youth group for many years, and he also loves running. At the beginning of summer, he talked about wanting to do the Moose Lake Triathlon, but he didn't want to do the whole thing. I said we could do it as a team and I would be willing to do the bike part. My wife, Serenity, said she would be willing to do the swim and all summer the three of us prepared for the big event. Serenity swam, I biked and then Tobin set out for his 3-mile run. As we were waiting for Tobin to return Serenity and I talked about how thankful we were to provide this opportunity for Tobin. As Tobin crossed the finished line the announcer said, "And here is our first team to finish." Our team placed first. We couldn't believe it. Later Tobin told me, "I've gotten second place and third place before, but I've never gotten first place!" It was our prayer that God would bless that day, and He did! I want to thank Serenity for swimming for our team and I want to thank the Barnum Church family for coming to support us during the race. You're the Best! Please pray for continued opportunities to bless the students that we work with.









Nursery Volunteers: The nursery is in need of adult volunteers and young adults during church services. Please see Kay Finifrock.

September 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Servers	Wednesday Servers
1	Willis & Kay Finifrock	Scott & Elaine Bogenholm	Bonnie Kepler Cathy Kunze	Jenna Uszenski	Deb Halls	Janet Adelsgruber Karen Smith	
8	Hazel Oachs Jay Oachs	Bing & Kathy Mattson	Brian Koski Deb Donaldson	Daniel Zinter	Deb Entner	COMMUNION SUNDAY	(11) Bette Deming Annette Meyer & Boys
15	Marilyn Criley Judy Jacobs	Chris & Annette Meyer	Robin Paulson Bonnie Kepler	Brenden Zinter	Kay Finifrock	Annette Meyer Brenda Zinter	(18) Deb Entner
22	Cheryl Peterson Terri Krueger	Steve & Sandi Vogel	Brian Koski Deb Donaldson	Liam Parr	Brenda Zinter	Deb Halls Carmen Burak	(25) Evelyn Newman
29	Audrey Sebring Annette Hammitt	Bruce & Eileen Resman	Deb Donaldson Robin Paulson	Evan Earlywine	Tiffany Parr	Connie Herbert Jackie Olson	(2) Deb Halls

October 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Serv-ers	Wednesday Servers
6	Leon Finifrock Connie Herbert	Cliff & Joyce Berggren	Robin Paulson Cathy Kunze	Daniel Zinter	Sandi Vogel	Roxanne Mat-ten Kathy Otnes	(9) Paul & Carmen Burak
13	Ann Kosloski Tiffany Parr	Steve & Sandi Vogel	Brian Koski Bonnie Kepler	Nial Parr	Sandy Ferguson	COMMUNION SUNDAY	(16) Janet Adelsgruber Karen Smith
20	Roger & Deanna Finifrock	Paul & Carmen Burak	Brian Koski Deb Donaldson	Even Earlywine	Deb Halls	Cheryl Peterson Terri Krueger	(23) Terri Krueger
27	Dianne Anderson Connie Swanson	Dave & Sandy Ferguson	Deb Donaldson Robin Paulson	Brenden Zinter	Deb Entner	Ann Kosloski Linda Jusczak	(30) Sue Nelson Kathy Otnes Rachel Finifrock



September Health and Wellness Moment

"Healthy Aging"

September is Healthy Aging Month. The mission behind this month's health topic is to draw attention to the importance of healthy lifestyles for adults 45-plus. Nowadays, it is more important than ever to follow a healthy lifestyle, remain positive and passionate about life, and to look forward to better days ahead. Sometimes, however, this is not easy to do. If you need a boost to improve your lifestyle, here are some tips to be able to age well…in other words, to get older in the healthiest way possible! Let's look at some tips to achieve and maintain physical, social, mental and financial wellness.
First of all, let's look at Mental Wellness. Many people struggle with depression, loneliness, anxiety and isolation. It is important to follow these tips.

1. Be realistic. If you feel overwhelmed by some activities, (yours and/or your family's), learn to say no. Eliminate an activity that is not absolutely necessary. It's possible that you may be taking on more responsibility than you could, or should, handle. If you meet resistance, be ready to give reasons why you are making these changes. Be willing to listen to others' suggestions and be willing to compromise.
2. Shed the "superhero" urge. Nobody is perfect. Don't expect perfection from yourself or others. Focus on what really needs to be done, how much you can realistically get done and in what time frame. It's so important to ask for help when you need it.
3. Take one thing at a time. When someone is stressed or anxious, an ordinary workload can seem unbearable at times. The best way to cope with the feeling of being overwhelmed is to take one task at a time. Once you accomplish one task, choose the next most important thing you want to get done. Some people like to check off tasks on a list; it is very satisfying and helps you visualize your progress!

Next, let's look at the importance of Physical Fitness. According to the National Center for Chronic Disease Prevention and Health Promotion, about 6 in 10 adults in the U.S. have a chronic health condition, and 4 in 10 have two or more. There are many benefits of physical activity for adults and older adults. It's important to keep moving. A body in motion stays in motion! Exercise and strength training improves quality of life, reduces anxiety, and improves sleep. It also is key in weight loss, bone health and a lower risk of falls!

4. Move more, sit less. This recommendation from health.gov is based on new evidence that shows a strong positive relationship between increased sedentary behavior and increased risk of mortality, heart disease and high blood pressure.
5. Aerobic exercise. Check with your doctor for advice on how many minutes of exercise you should be getting per week. Also ask what kind of exercise is best for you and how to know if you are doing too much.
6. Muscle strengthening. These activities provide additional health benefits, so ask your doctor about muscle strengthening as well.

Next, we'll focus on the importance of Diet. Forty two percent of Americans have had an average weight gain of 29 pounds since the beginning of the pandemic. Not only have we been eating more and moving less, but alcohol consumption has also increased in this time frame. You can check out the Dietary Guidelines for Americans 2020-2025 published by the USDA. Always talk to your doctor about what weight is healthy for you.

7. Review your daily diet and make necessary changes. You guessed it, talk to your doctor about what is best for you! Generally, it is best to eat a diet that is rich in fruits, vegetables, whole grains, fat-free or low-fat milk and dairy products, and a variety of healthy proteins. It is best to eat a diet low in saturated fats, trans fats, cholesterol, sodium and added sugars.

Next, we'll focus on the importance of Social Well-being. We are created to be social beings, we crave healthy interaction with others. After feeling isolated, some older adults find it is hard to get out and be social without becoming mentally exhausted. Here are some ways to be active in your community:
8. Volunteer. There are so many places that encourage and welcome volunteering in our communities, churches, schools. Ask a friend to join you and make it a fun event to share!
9. Dream and then get to it. Is there someplace you've always wanted to travel, explore, research? Some of these things may not be realistic or feasible, but maybe some are! Have an adventure, laugh, share a fun moment with loved ones, get out and enjoy the day! Become a pen pal, learn a new language, learn to play an instrument…the sky's the limit!

Last, we will look at Financial Well-being.

10. Launch your next career, go back to school and get a degree, take an online class, learn a new skill that you have always wanted to master. Studies show that people who retire and then become sedentary and lose their excitement for life are much more likely to be ill and unhappy.

September is Healthy Aging Month, and it is the perfect time to renew or set some lifestyle goals! Happy Fall to you all!
Reference: HealthyAging.net

"Give thanks to the Lord, for He is good. His love endures forever."
Psalms 136:1
Prayers for peace, joy and good health, and just a reminder…you are uniquely YOU by HIS design!
~Jenny S, RN, BCUMC Parish Nurse

Howdy Partner!
Here is your invitation to:



The Bible-Buddy Round-Up

This is the kick-off to the Children's WEDNESDAY BIBLE BUDDIES program at the

Barnum Community Church

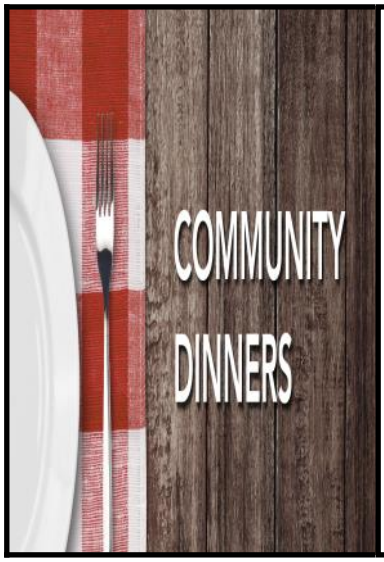
Giddy-up ya'll (ages 4-6th grade) and join up with the Bible Buddies!!

Wednesday evening September 11 at 6 - 7:15 pm, right after the Community Supper (served from 5:15 to 6pm).

After getting everyone registered and rustling up some chow, we will round up the gang of Buddies at 6 pm to enjoy activities including games, songs, crafts, and a Bible lesson.



Important Events in the Life of Our Church



Join us for
Community Dinner
&
Family Night

September 11, 18, 25

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



September 11:	*Family Night Kick Off*
	Community Dinner
	Bible Buddies
	Youth Group (7th – 12th)
	Women's Bible Study
October 31:	*Halloween Trunk or Treat*
November 20:	*Thanksgiving Dinner*
December 24:	*Christmas Eve*
	Candlelight Service



Please join us for **WOW**
"Worship on Wednesday"

6:15—6:30 Praise & Worship Music followed by a short bible lesson from Pastor Lee



The Warm Hearts Ministry will be meet Tuesday, September 24th from 10 am—3 pm to work on Warm Hearts Projects or personal projects. Please bring a lunch and join us for some great sewing time and fellowship. Bring your sewing supplies. Please RSVP Kathy Port.

United Women in Faith

United Women in Faith will be meeting on September 11 at 1:30 at the church. All women of the church are invited to attend this meeting. Ann Kosloski will be the hostess and Kathy Mattson will lead the discussion on pages 94-98 of our study book, "Life on Purpose for Women". Our heart is to assist with church projects wherever possible. Please see Sandy Ferguson for further information.



Important Events in the Life of Our Church



Mother / Child Nursing Tent:

A huge "Thank You" to all the volunteers who helped set up and tear down and work in the Baby Rest Area.





Fair time has come and gone already. Many thanks for all those who volunteered to park cars. This year over $2,600 was collected to help fund the Wednesday night youth programs reaching out to students in our Community.

The Lord's Table, September 8th

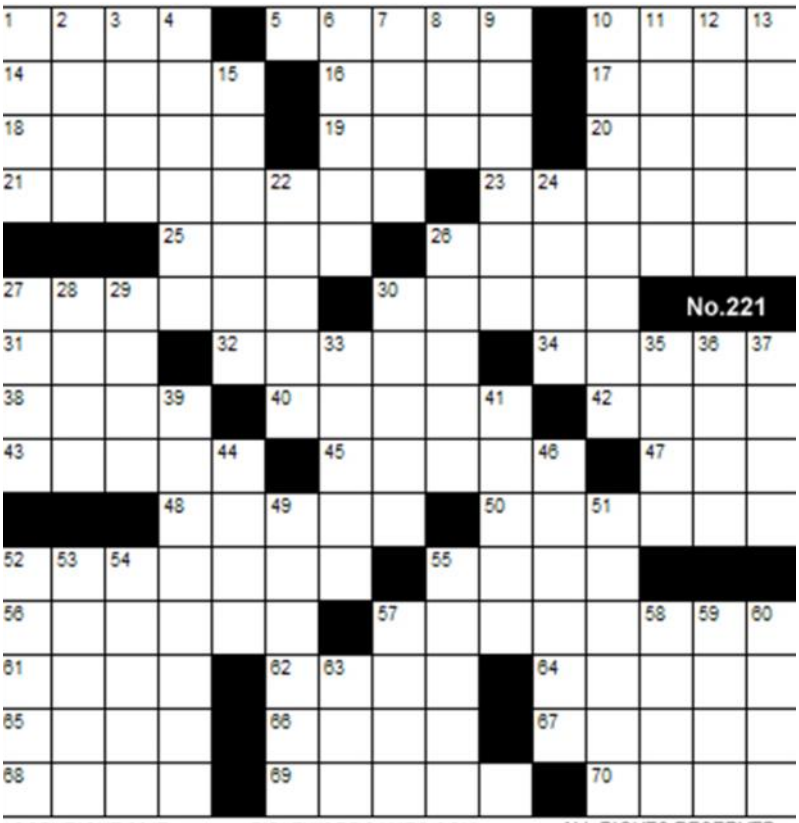


The second Sunday of the month will be our Table Sunday as a church family. We will be sharing communion at the Lord's Table, enjoying a shared-dish (potluck). Table Sunday is a monthly reminder that our life together as the family of God centers in worship, fellowship and sharing.

REMEMBER to bring a dish to share on the second Sunday and even if you aren't able, plan on staying for dinner with your family and friends here.

"Our Daily Bread" is also available on the facebook, mobile app in addition to the printed copies here in the office.

Did you miss out on a Sunday Service don't have access to Facebook or Internet? We have extra copies available for your use.



COPYRIGHT 2017 BIBLEWORDGAMES.COM ALL RIGHTS RESERVED

ACROSS

1 So Moses brought their ___ before the LORD (Num 27:5)
5 Fasten ___ ___ cord to it (1,4) (Ex 28:37)
10 fifth book of the New Testament
14 Like men condemned to die in the ___ (1 Cor 4:9)
16 Speak now in the ____ of the people (Exodus 11:2)
17 In that day the mountains will ___ new wine (Joel 3:18)
18 seems right to a man, but in the end it ___ to death (Prov 16:25)
19 Then they ___ in his face and struck him with their fists (Matt 26:67)
20 Son of man, record this ____ (Ezek 24:2)
21 because the midwives feared God, he gave them ___ of their own (Ex 1:21)
23 Elijah's successor (2 Kings 2:9)
25 Like a bird that strays from its ___ is a man who strays (Prov 27:8)
26 A student is not above his ___ , nor a servant above his master (Matt 10:24)
27 and remove all its vile ___ and detestable idols (Ezek 11:18)
30 they always heap up their sins to the ___ (1Thes 2:16)
31 clump of earth and grass
32 Her Nazarites were ___ than snow, they were whiter than (Lam 4:7) KJV
34 Jesus replied, "Foxes have holes and birds of the air have ___ (Matt 8:20)
38 The Angel which redeemed me from all evil, bless the ___ (Gen 48:16) KJV
40 from foundation to ___, were made of blocks of high-grade (1 Kings 7:9)
42 throwing stones at him and showering him with ___ (2 Sam 16:13)
43 let him seek peace, and ___ it (1 Pet 3:11) (KJV)
45 Like a ___ of Lebanon he will send down his roots (Hosea 14:5)
47 till he should pay all that was ___ unto him (Matt 18:34)
48 The tower of ____ (Gen 11:9)
50 To ____ them that were under the law (Gal 4:5)
52 I ___ silver and gold for myself, and the treasure (Eccl 2:8)
55 he that wavereth is like a ____ of the sea. (James 1:6)
56 What he trusts in is fragile; what he ___ on is a spider's web. (Job 8:14)
57 whosoever of you will be the ___, shall be servant of all (Mark 10:44) KJV
61 There is ___ ___ here, which hath five barley loaves (1,3) (John 6:9)
62 if his hands are ___, the house leaks (Eccl 10:18)
64 sixth angel poured out his vial upon the great ____ Euphrates (Rev 16:12)
65 away, absent (Rev 18:14)
66 which is gone down in the sun ___ of Ahaz (Isa 38:8) KJV
67 She gave herself as a prostitute to all the ____ of the Assyrians (Ezek 23:7)
68 thou shouldest be for salvation unto the ____ of the earth (Acts 13:47) KJV
69 said through the prophet: "Out of ___ I called my son (Matt 2:15)
70 Salvation is found in no one ___, for there is no other name (Acts 4:12)

DOWN

1 the woman had a fat ___ in the house (1 Sam 28:24) KJV
2 a Levite who lived in a remote ___ in the hill country (Judg 19:1)
3 the ephod, close to the ___ just above the waistband (Ex 39:20)
4 beginning with the oldest and ___ with the youngest (Gen 44:12)
6 Fear and trembling have ___ me; horror has overwhelmed me (Ps 55:5)
7 I will measure into their ___ the full payment for (Isa 65:7)
8 See, the LORD has chosen Bezalel son of ___ (Ex.35:30)
9 let each ____ other better than themselves (Phil 2:3)
10 not to be slanderers or ___ to much wine (Titus 2:3)
11 beat against that house, and it fell with a great ___ (Matt 7:27)
12 Thou shalt truly ____ all the increase of thy seed (Deut 14:22)
13 His ___ shaft was like a weaver's rod (1 Sam 17:7)
15 Lazarus has fallen ___; but I am going there to wake him (John 11:11)
22 married a wife, deceased, and, having no ____ (Matt 22:25)
24 Saul and Abner son of Ner had ___ down (1 Sam 26:5)
26 The people have become hungry and ___ and thirsty (2 Sam 17:29)
27 was in the ____ that is called Patmos (Rev 1:9)
28 We all growl like bears; we ___ mournfully like doves (Isa 59:11)
29 If anyone ___ anything to them, God will add to him (Rev 22:18)
30 My feet stand on ___ ground (Ps 26:12)
33 you have ___ with men on foot and they have worn you out (Jer 12:5)
35 I will give him rest from all his enemies on every ____. (1 Chr 22:9)
36 the darkness is passing and the ____ light is already shining (I Jn 2:8)
37 there shall come forth a rod out of the ___ of Jesse (Isa 11:1) KJV
39 Stay with him for a while until your brother's fury ___ (Gen 27:44)
41 no longer to call her ___; her name will be Sarah.(Gen 17:15)
44 listens to me will live in safety and be at ___ (Prov 1:33)
46 the LORD; let all the people of the world ___ him (Ps 33:8)
49 Jesus was walking ___ the Sea of Galilee (Matt 4:18)
51 Do not ___ yourselves by any of these creatures (Lev 11:43)
52 The king got up in ___ ___ left his wine (1,4) (Est 7:7)
53 Like a scarecrow in a ___ patch, their idols cannot speak (Jer 10:5)
54 ___ ___ flowing with milk and honey (1,4) (Deut 26:10)
55 Dan is a lion's ___: he shall leap from Bashan (Deut 33:22) KJV
57 what Adam was made from (Job 33:6)
58 Do not those who plot ___ go astray? (Prov 14:22)
59 silver in two bags, with two ___ of clothing (2 Kings 5:23)
60 every man under his vine and under his fig ____ (1 King 4:25)
63 I'll ___ around it and fertilize it.(Luke 13:8)

Just for Kids

Flashlight TAG



Sometimes we resist the light of Christ. But when his light touches us, we can then share it with others. Play this fun game on a summer night to remember how Christ's light shines in the world.

What you need:

- Friends
- Safe open space outdoors
- A flashlight for each player

How to play:

1. Choose one person to be the Tagger, known as the Light. Only that person can have his or her flashlight on.
2. The Light tries to shine his or her flashlight on other players, who run around and try to hide in the darkness.
3. Once players have been touched by the Light, they turn on their flashlights and join in, trying to shine on others.
4. Play until everyone has been tagged by the Light. Repeat, giving everyone a turn to be the Light.

PUZZLE

GOD'S LIGHT

Summer's long days can remind us of our Creator, who made the sun and wants us to live in his light.

Directions: First, write the opposite of each word in parentheses. Then use the Word Bank words, in order, to complete 1 John 1:5-7, NIV.

WORD BANK: is in is at if in as is in with

God _____ _____; _____ _____
(dark) (her)

there _____ _____ _____ness _____ _____ . ...
(yes) (light) (none)

But _____ we _____ _____ the _____,
(run) (dark)

_____ _____ _____ _____ the _____,
(she) (dark)

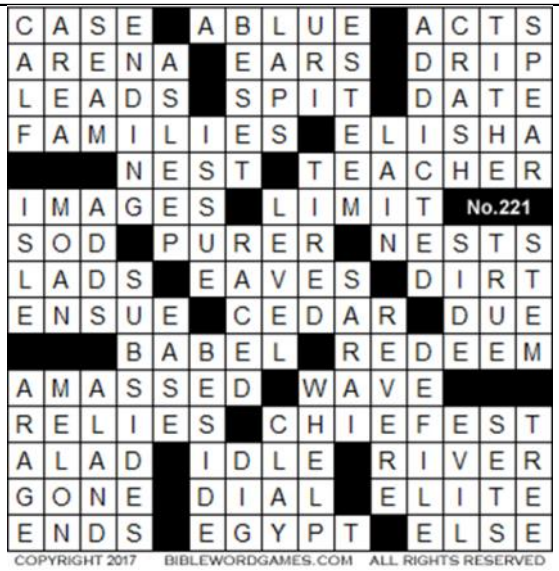
we have fellowship _____ one another. ...

1 John 1:5-7, NIV

Answer: God is light; in him there is no darkness at all . ... But if we walk in the light, as he is in the light, we have fellowship with one another. (1 John 1:5-7, NIV)

Barnum Community United Methodist Church

POSTMASTER:
Please send address changes to:
PO Box 70, 3762 Front Street
Barnum, MN 55707
(218) 389-6876 office@barnumumc.org
www.barnumumc.org



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

BUMC Ministry Team

Pastor—Lee Kantonen
Council Chair—Leon Finifrock
Youth Director—Bill Schoonover
Missions/Outreach—Connie Swanson
Secretary—Mechelle Mattson
Faith Community Nurse—Jennifer Southerton
Congregational Nurture & Care—Connie Herbert
Nursery Coordinator—Kaye Finifrock
Acolyte Coordinator—Roxanne Matten
Wednesday Night Servers—Kaye Finifrock/Terri Krueger
Custodian—Jim Calhoun

United Women in Faith—Sandy Ferguson
Bookkeeper—Tiffany Parr
Ministries Leader—Deb Halls
Staff-Parish Relations—Dawson Gentry
Worship Ministry - Lori Koski
Properties Management—Dave Matten
Discipleship Ministries—Mike Line
Sunday Servers Coordinator—Ann Kosloski
Greeters/Ushers Coordinator—Laurie Audette
Sunday Counters Coordinator—Cathy Kunze
Office Manager—Laurie Audette

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



September 2024
Volume 24—Issue 9

Bible Readings
Church Calendar
Birthdays
Anniversaries
Youth Group
Bible Buddies
Faith Community Nurse
United Women in Faith
Women's Ministry
Council Minutes
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

Office Hours (Mon-Fri)

Sunday Worship

Facebook Live 9:30 am
In Person 9:30 am

Pastor Kennection

Jesus...saw a man called Matthew sitting at the tax booth, and He said to him, "Follow me." And he rose and followed Him. (Matthew 9:9)

Where were the Apostles when Jesus called them to follow Him? It wasn't from the synagogue, was it, even though Jesus regularly was found at the synagogue. It was when the Lord was out and about in the community. The apostles were called when they were on the seashore preparing to fish, or out in their boats, the tax booth, maybe the marketplace, it was from those everyday areas of life that Jesus called them.

There is a wonderful missional heart found here at Barnum Community. My memory is relatively recent in the scheme of things, but it was so good to learn about our connection with John Sergey in years past and to listen to Pastor Sergey and learn of his evangelistic outreach to the people of what at that time was the Soviet Union. For those unfamiliar, spark up a conversation with Jen Berthelot.

Since its outset, mission has been central to the heart of churches with a Wesleyan persuasion and the United Methodist Church is no different. Recently, the Minnesota Annual Conference has been encouraging involvement of all of our churches in something called, Fresh Expressions. Very simply, it is about meeting with people around a shared area of interest while taking time to share a "Jesus Story" during the time together. For years we've known and made known that for the most part people who don't know Christ aren't going to just wander into our churches. Jesus sent his followers out to make disciples, not in.

People have been gathering at bicycling groups, kayaking groups, quilting groups, wood carving groups, golfing groups, you name it. Whatever shared area of interest people have; Fresh Expressions can be occurring there. There have even been axe throwing and burrito gatherings. The key is gathering regularly and making a point to share a Jesus story and an opportunity for prayer. Fresh Expressions is about building relationships with others outside the church. It is a time to introduce Jesus to people who likely will not wander into Barnum Community United Methodist Church or any other church building. We need to keep developing new ways of letting people know God loves them and wants to be in a relationship with them. Perhaps you have already been doing that sort of thing without calling it Fresh Expressions.

So, if you have thought sharing your faith with others is something you could never do, I invite and encourage you to think again. There might be those here at Barnum Community who share your interests to join with you to get your Fresh Expression initiated. The community is filled with people who hold shared interests in need of knowing the Lord. Thank you for sharing the love of God and inviting others to join the journey.

The Good Shepherd's Sheepdog,

Lee



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:30 Worship Service 11:00 Adult Class	**2 LABOR DAY** **Office Closed** 5-8 Youth Group	3 11:00 Prayer Group	4 5-8 Youth Group	5	6	7
8 Grandparents Day 9:30 Worship Service **Communion** 11:00 Adult Class	9 5-8 Youth Group 6:30 Council Mtg	10 11:00 Prayer Group 1:00 Moms in Prayer	11 **FAMILY NIGHT KICK OFF** 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	12	13	14
15 9:30 Worship Service 11:00 Adult Class Congregational Meeting after Church Service	16 5-8 Youth Group	17 11:00 Prayer Group 1:00 Moms in Prayer	18 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	19	20	21
22 9:30 Worship Service 11:00 Adult Class	23 5-8:00 Youth Group	24 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	25 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study Newsletter Deadline	26	27	28
29 9:30 Worship Service 11:00 Adult Class	30 5-8 Youth Group					

** Schedule subject to change.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 11:00 Prayer Group 1:00 Moms in Prayer	2 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	3	4	5
6 **Pastor Appreciation Day** 9:30 Worship Service 11:00 Adult Class	7 **COLUMBUS DAY** 5-8:00 Youth Group 6:00 Finance Mtg 6:30 Council Mtg	8 11:00 Prayer Group 1:00 Moms in Prayer	9 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	10	11	12 9:30 Secret Sister Reveal Party
13 9:30 Worship Service **Communion** 11:00 Adult Class	14 5-8:00 Youth Group	15 11:00 Prayer Group 1:00 Moms in Prayer	16 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	17	18	19
20 9:30 Worship Service 11:00 Adult Class	21 5-8:00 Youth Group	22 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	23 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	24	25	26
27 9:30 Worship Service 11:00 Adult Class	28 5-8:00 Youth Group	29 11:00 Prayer Group 1:00 Moms in Prayer Newsletter Deadline	30 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	31 **HALLOWEEN**		

** Schedule subject to change.

Daily Nourishment



OLD & NEW TESTAMENT

Sep 1: Ps 135-136; 1Cor 12
Sep 2: Ps 137-139; 1Cor 13
Sep 3: Ps 140-142; 1Cor 14:1-20
Sep 4: Ps 143-145; 1Cor 14:21-40
Sep 5: Ps 146-147; 1Cor 15:1-28
Sep 6: Ps 148-150; 1Cor 15:29-58
Sep 7: Prov 1-2; 1Cor 16
Sep 8: Prov 3-5; 2Cor 1
Sep 9: Prov 6-7; 2Cor 2
Sep 10: Prov 8-9; 2Cor 3
Sep 11: Prov 10-12; 2Cor 4
Sep 12: Prov 13-15; 2Cor 5
Sep 13: Prov 16-18; 2Cor 6
Sep 14: Prov 19-21; 2Cor 7
Sep 15: Prov 22-24; 2Cor 8
Sep 16: Prov 25-26; 2Cor 9
Sep 17: Prov 27-29; 2Cor 10
Sep 18: Prov 30-31; 2Cor 11:1-15
Sep 19: Ecc 1-3; 2Cor 11:16-33
Sep 20: Ecc 4-6; 2Cor 12
Sep 21: Ecc 7-9; 2Cor 13
Sep 22: Ecc 10-12; Gal 1
Sep 23: Song 1-3; Gal 2
Sep 24: Song 4-5; Gal 3
Sep 25: Song 6-8; Gal 4
Sep 26: Is 1-2; Gal 5
Sep 27: Is 3-4; Gal 6
Sep 28: Is 5-6; Eph 1
Sep 29: Is 7-8; Eph 2
Sep 30: Is 9-10; Eph 3

CHRONOLOGICAL

Sep 1: Ezek 18-19
Sep 2: Ezek 20-21
Sep 3: Ezek 22-23
Sep 4: Ezek 24-27
Sep 5: Ezek 28-31
Sep 6: Ezek 32-34
Sep 7: Ezek 35-37
Sep 8: Ezek 38-39
Sep 9: Ezek 40-41
Sep 10: Ezek 42-43
Sep 11: Ezek 44-45
Sep 12: Ezek 46-48
Sep 13: Joel
Sep 14: Dan 1-3
Sep 15: Dan 4-6
Sep 16: Dan 7-9
Sep 17: Dan 10-12
Sep 18: Ezra 1-3
Sep 19: Ezra 4-6; Ps 137
Sep 20: Haggai
Sep 21: Zech 1-7
Sep 22: Zech 8-14
Sep 23: Est 1-5
Sep 24: Est 6-10
Sep 25: Ezra 7-10
Sep 26: Neh 1-5
Sep 27: Neh 6-7
Sep 28: Neh 8-10
Sep 29: Neh 11-13; Ps 126
Sep 30: Malachi

Youth



Welcome to the 2024-25 School Year! Students return to their school routines and sports schedules are back. The Barnum Youth Group (BYG) is launching our new school year theme "But Wait…There's More!" Many people take life as it comes. This year we will be challenging youth that there's more to their lives. What we may see on the surface is only a part of who God created us to be. With each topic we discuss we will pause and look deeper, 'but wait…there's more'! With topics like More to Me, What's your Role, Be Kind to Others, More than Decorations, Forgiving Grudges, The Light of the World and Do you Know Me, we will be exploring so much more this year. Please pray that students are willing to look at their lives and see that they do need more and that the more they need is Jesus.

Before we say goodbye to summer, I wanted to share about an amazing experience I was able to have with a recent graduate. Tobin has attended youth group for many years, and he also loves running. At the beginning of summer, he talked about wanting to do the Moose Lake Triathlon, but he didn't want to do the whole thing. I said we could do it as a team and I would be willing to do the bike part. My wife, Serenity, said she would be willing to do the swim and all summer the three of us prepared for the big event. Serenity swam, I biked and then Tobin set out for his 3-mile run. As we were waiting for Tobin to return Serenity and I talked about how thankful we were to provide this opportunity for Tobin. As Tobin crossed the finished line the announcer said, "And here is our first team to finish." Our team placed first. We couldn't believe it. Later Tobin told me, "I've gotten second place and third place before, but I've never gotten first place!" It was our prayer that God would bless that day, and He did! I want to thank Serenity for swimming for our team and I want to thank the Barnum Church family for coming to support us during the race. You're the Best! Please pray for continued opportunities to bless the students that we work with.









Nursery Volunteers: The nursery is in need of adult volunteers and young adults during church services. Please see Kay Finifrock.

September 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Servers	Wednesday Servers
1	Willis & Kay Finifrock	Scott & Elaine Bogenholm	Bonnie Kepler Cathy Kunze	Jenna Uszenski	Deb Halls	Janet Adelsgruber Karen Smith	
8	Hazel Oachs Jay Oachs	Bing & Kathy Mattson	Brian Koski Deb Donaldson	Daniel Zinter	Deb Entner	COMMUNION SUNDAY	(11) Bette Deming Annette Meyer & Boys
15	Marilyn Criley Judy Jacobs	Chris & Annette Meyer	Robin Paulson Bonnie Kepler	Brenden Zinter	Kay Finifrock	Annette Meyer Brenda Zinter	(18) Deb Entner
22	Cheryl Peterson Terri Krueger	Steve & Sandi Vogel	Brian Koski Deb Donaldson	Liam Parr	Brenda Zinter	Deb Halls Carmen Burak	(25) Evelyn Newman
29	Audrey Sebring Annette Hammitt	Bruce & Eileen Resman	Deb Donaldson Robin Paulson	Evan Earlywine	Tiffany Parr	Connie Herbert Jackie Olson	(2) Deb Halls

October 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Serv-ers	Wednesday Servers
6	Leon Finifrock Connie Herbert	Cliff & Joyce Berggren	Robin Paulson Cathy Kunze	Daniel Zinter	Sandi Vogel	Roxanne Mat-ten Kathy Otnes	(9) Paul & Carmen Burak
13	Ann Kosloski Tiffany Parr	Steve & Sandi Vogel	Brian Koski Bonnie Kepler	Nial Parr	Sandy Ferguson	COMMUNION SUNDAY	(16) Janet Adelsgruber Karen Smith
20	Roger & Deanna Finifrock	Paul & Carmen Burak	Brian Koski Deb Donaldson	Even Earlywine	Deb Halls	Cheryl Peterson Terri Krueger	(23) Terri Krueger
27	Dianne Anderson Connie Swanson	Dave & Sandy Ferguson	Deb Donaldson Robin Paulson	Brenden Zinter	Deb Entner	Ann Kosloski Linda Jusczak	(30) Sue Nelson Kathy Otnes Rachel Finifrock



September Health and Wellness Moment

"Healthy Aging"

September is Healthy Aging Month. The mission behind this month's health topic is to draw attention to the importance of healthy lifestyles for adults 45-plus. Nowadays, it is more important than ever to follow a healthy lifestyle, remain positive and passionate about life, and to look forward to better days ahead. Sometimes, however, this is not easy to do. If you need a boost to improve your lifestyle, here are some tips to be able to age well…in other words, to get older in the healthiest way possible! Let's look at some tips to achieve and maintain physical, social, mental and financial wellness.
First of all, let's look at Mental Wellness. Many people struggle with depression, loneliness, anxiety and isolation. It is important to follow these tips.

1. Be realistic. If you feel overwhelmed by some activities, (yours and/or your family's), learn to say no. Eliminate an activity that is not absolutely necessary. It's possible that you may be taking on more responsibility than you could, or should, handle. If you meet resistance, be ready to give reasons why you are making these changes. Be willing to listen to others' suggestions and be willing to compromise.
2. Shed the "superhero" urge. Nobody is perfect. Don't expect perfection from yourself or others. Focus on what really needs to be done, how much you can realistically get done and in what time frame. It's so important to ask for help when you need it.
3. Take one thing at a time. When someone is stressed or anxious, an ordinary workload can seem unbearable at times. The best way to cope with the feeling of being overwhelmed is to take one task at a time. Once you accomplish one task, choose the next most important thing you want to get done. Some people like to check off tasks on a list; it is very satisfying and helps you visualize your progress!

Next, let's look at the importance of Physical Fitness. According to the National Center for Chronic Disease Prevention and Health Promotion, about 6 in 10 adults in the U.S. have a chronic health condition, and 4 in 10 have two or more. There are many benefits of physical activity for adults and older adults. It's important to keep moving. A body in motion stays in motion! Exercise and strength training improves quality of life, reduces anxiety, and improves sleep. It also is key in weight loss, bone health and a lower risk of falls!

4. Move more, sit less. This recommendation from health.gov is based on new evidence that shows a strong positive relationship between increased sedentary behavior and increased risk of mortality, heart disease and high blood pressure.
5. Aerobic exercise. Check with your doctor for advice on how many minutes of exercise you should be getting per week. Also ask what kind of exercise is best for you and how to know if you are doing too much.
6. Muscle strengthening. These activities provide additional health benefits, so ask your doctor about muscle strengthening as well.

Next, we'll focus on the importance of Diet. Forty two percent of Americans have had an average weight gain of 29 pounds since the beginning of the pandemic. Not only have we been eating more and moving less, but alcohol consumption has also increased in this time frame. You can check out the Dietary Guidelines for Americans 2020-2025 published by the USDA. Always talk to your doctor about what weight is healthy for you.

7. Review your daily diet and make necessary changes. You guessed it, talk to your doctor about what is best for you! Generally, it is best to eat a diet that is rich in fruits, vegetables, whole grains, fat-free or low-fat milk and dairy products, and a variety of healthy proteins. It is best to eat a diet low in saturated fats, trans fats, cholesterol, sodium and added sugars.

Next, we'll focus on the importance of Social Well-being. We are created to be social beings, we crave healthy interaction with others. After feeling isolated, some older adults find it is hard to get out and be social without becoming mentally exhausted. Here are some ways to be active in your community:
8. Volunteer. There are so many places that encourage and welcome volunteering in our communities, churches, schools. Ask a friend to join you and make it a fun event to share!
9. Dream and then get to it. Is there someplace you've always wanted to travel, explore, research? Some of these things may not be realistic or feasible, but maybe some are! Have an adventure, laugh, share a fun moment with loved ones, get out and enjoy the day! Become a pen pal, learn a new language, learn to play an instrument…the sky's the limit!

Last, we will look at Financial Well-being.

10. Launch your next career, go back to school and get a degree, take an online class, learn a new skill that you have always wanted to master. Studies show that people who retire and then become sedentary and lose their excitement for life are much more likely to be ill and unhappy.

September is Healthy Aging Month, and it is the perfect time to renew or set some lifestyle goals! Happy Fall to you all!
Reference: HealthyAging.net

"Give thanks to the Lord, for He is good. His love endures forever."
Psalms 136:1
Prayers for peace, joy and good health, and just a reminder…you are uniquely YOU by HIS design!
~Jenny S, RN, BCUMC Parish Nurse

Howdy Partner!
Here is your invitation to:



The Bible-Buddy Round-Up

This is the kick-off to the Children's WEDNESDAY BIBLE BUDDIES program at the

Barnum Community Church

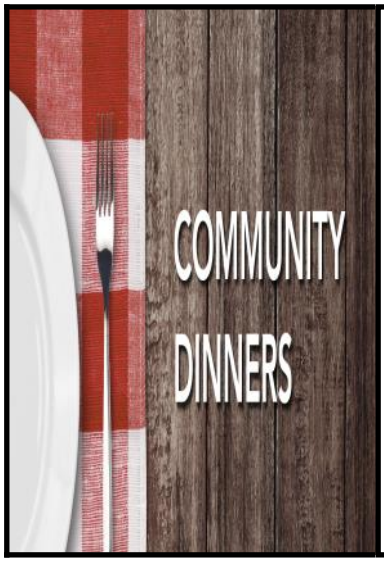
Giddy-up ya'll (ages 4-6th grade) and join up with the Bible Buddies!!

Wednesday evening September 11 at 6 - 7:15 pm, right after the Community Supper (served from 5:15 to 6pm).

After getting everyone registered and rustling up some chow, we will round up the gang of Buddies at 6 pm to enjoy activities including games, songs, crafts, and a Bible lesson.



Important Events in the Life of Our Church



Join us for
Community Dinner
&
Family Night

September 11, 18, 25

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



September 11:	*Family Night Kick Off*
	Community Dinner
	Bible Buddies
	Youth Group (7th – 12th)
	Women's Bible Study
October 31:	*Halloween Trunk or Treat*
November 20:	*Thanksgiving Dinner*
December 24:	*Christmas Eve*
	Candlelight Service



Please join us for **WOW**
"Worship on Wednesday"

6:15—6:30 Praise & Worship Music followed by a short bible lesson from Pastor Lee



The Warm Hearts Ministry will be meet Tuesday, September 24th from 10 am—3 pm to work on Warm Hearts Projects or personal projects. Please bring a lunch and join us for some great sewing time and fellowship. Bring your sewing supplies. Please RSVP Kathy Port.

United Women in Faith

United Women in Faith will be meeting on September 11 at 1:30 at the church. All women of the church are invited to attend this meeting. Ann Kosloski will be the hostess and Kathy Mattson will lead the discussion on pages 94-98 of our study book, "Life on Purpose for Women". Our heart is to assist with church projects wherever possible. Please see Sandy Ferguson for further information.



Important Events in the Life of Our Church



Mother / Child Nursing Tent:

A huge "Thank You" to all the volunteers who helped set up and tear down and work in the Baby Rest Area.





Fair time has come and gone already. Many thanks for all those who volunteered to park cars. This year over $2,600 was collected to help fund the Wednesday night youth programs reaching out to students in our Community.

The Lord's Table, September 8th

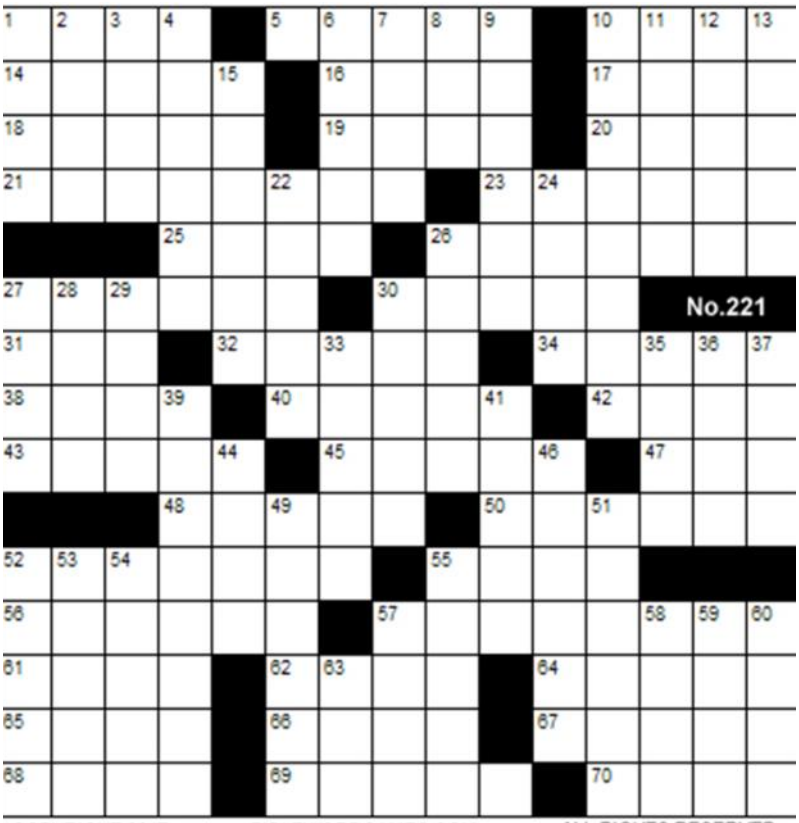


The second Sunday of the month will be our Table Sunday as a church family. We will be sharing communion at the Lord's Table, enjoying a shared-dish (potluck). Table Sunday is a monthly reminder that our life together as the family of God centers in worship, fellowship and sharing.

REMEMBER to bring a dish to share on the second Sunday and even if you aren't able, plan on staying for dinner with your family and friends here.

"Our Daily Bread" is also available on the facebook, mobile app in addition to the printed copies here in the office.

Did you miss out on a Sunday Service don't have access to Facebook or Internet? We have extra copies available for your use.



COPYRIGHT 2017 BIBLEWORDGAMES.COM ALL RIGHTS RESERVED

ACROSS

1 So Moses brought their ___ before the LORD (Num 27:5)
5 Fasten ___ ___ cord to it (1,4) (Ex 28:37)
10 fifth book of the New Testament
14 Like men condemned to die in the ___ (1 Cor 4:9)
16 Speak now in the ____ of the people (Exodus 11:2)
17 In that day the mountains will ___ new wine (Joel 3:18)
18 seems right to a man, but in the end it ___ to death (Prov 16:25)
19 Then they ___ in his face and struck him with their fists (Matt 26:67)
20 Son of man, record this ____ (Ezek 24:2)
21 because the midwives feared God, he gave them ___ of their own (Ex 1:21)
23 Elijah's successor (2 Kings 2:9)
25 Like a bird that strays from its ___ is a man who strays (Prov 27:8)
26 A student is not above his ___ , nor a servant above his master (Matt 10:24)
27 and remove all its vile ___ and detestable idols (Ezek 11:18)
30 they always heap up their sins to the ___ (1Thes 2:16)
31 clump of earth and grass
32 Her Nazarites were ___ than snow, they were whiter than (Lam 4:7) KJV
34 Jesus replied, "Foxes have holes and birds of the air have ___ (Matt 8:20)
38 The Angel which redeemed me from all evil, bless the ___ (Gen 48:16) KJV
40 from foundation to ___, were made of blocks of high-grade (1 Kings 7:9)
42 throwing stones at him and showering him with ___ (2 Sam 16:13)
43 let him seek peace, and ___ it (1 Pet 3:11) (KJV)
45 Like a ___ of Lebanon he will send down his roots (Hosea 14:5)
47 till he should pay all that was ___ unto him (Matt 18:34)
48 The tower of ____ (Gen 11:9)
50 To ____ them that were under the law (Gal 4:5)
52 I ___ silver and gold for myself, and the treasure (Eccl 2:8)
55 he that wavereth is like a ____ of the sea. (James 1:6)
56 What he trusts in is fragile; what he ___ on is a spider's web. (Job 8:14)
57 whosoever of you will be the ___, shall be servant of all (Mark 10:44) KJV
61 There is ___ ___ here, which hath five barley loaves (1,3) (John 6:9)
62 if his hands are ___, the house leaks (Eccl 10:18)
64 sixth angel poured out his vial upon the great ____ Euphrates (Rev 16:12)
65 away, absent (Rev 18:14)
66 which is gone down in the sun ___ of Ahaz (Isa 38:8) KJV
67 She gave herself as a prostitute to all the ____ of the Assyrians (Ezek 23:7)
68 thou shouldest be for salvation unto the ____ of the earth (Acts 13:47) KJV
69 said through the prophet: "Out of ___ I called my son (Matt 2:15)
70 Salvation is found in no one ___, for there is no other name (Acts 4:12)

DOWN

1 the woman had a fat ___ in the house (1 Sam 28:24) KJV
2 a Levite who lived in a remote ___ in the hill country (Judg 19:1)
3 the ephod, close to the ___ just above the waistband (Ex 39:20)
4 beginning with the oldest and ___ with the youngest (Gen 44:12)
6 Fear and trembling have ___ me; horror has overwhelmed me (Ps 55:5)
7 I will measure into their ___ the full payment for (Isa 65:7)
8 See, the LORD has chosen Bezalel son of ___ (Ex.35:30)
9 let each ____ other better than themselves (Phil 2:3)
10 not to be slanderers or ___ to much wine (Titus 2:3)
11 beat against that house, and it fell with a great ___ (Matt 7:27)
12 Thou shalt truly ____ all the increase of thy seed (Deut 14:22)
13 His ___ shaft was like a weaver's rod (1 Sam 17:7)
15 Lazarus has fallen ___; but I am going there to wake him (John 11:11)
22 married a wife, deceased, and, having no ____ (Matt 22:25)
24 Saul and Abner son of Ner had ___ down (1 Sam 26:5)
26 The people have become hungry and ___ and thirsty (2 Sam 17:29)
27 was in the ____ that is called Patmos (Rev 1:9)
28 We all growl like bears; we ___ mournfully like doves (Isa 59:11)
29 If anyone ___ anything to them, God will add to him (Rev 22:18)
30 My feet stand on ___ ground (Ps 26:12)
33 you have ___ with men on foot and they have worn you out (Jer 12:5)
35 I will give him rest from all his enemies on every ____. (1 Chr 22:9)
36 the darkness is passing and the ____ light is already shining (I Jn 2:8)
37 there shall come forth a rod out of the ___ of Jesse (Isa 11:1) KJV
39 Stay with him for a while until your brother's fury ___ (Gen 27:44)
41 no longer to call her ___; her name will be Sarah.(Gen 17:15)
44 listens to me will live in safety and be at ___ (Prov 1:33)
46 the LORD; let all the people of the world ___ him (Ps 33:8)
49 Jesus was walking ___ the Sea of Galilee (Matt 4:18)
51 Do not ___ yourselves by any of these creatures (Lev 11:43)
52 The king got up in ___ ___ left his wine (1,4) (Est 7:7)
53 Like a scarecrow in a ___ patch, their idols cannot speak (Jer 10:5)
54 ___ ___ flowing with milk and honey (1,4) (Deut 26:10)
55 Dan is a lion's ___: he shall leap from Bashan (Deut 33:22) KJV
57 what Adam was made from (Job 33:6)
58 Do not those who plot ___ go astray? (Prov 14:22)
59 silver in two bags, with two ___ of clothing (2 Kings 5:23)
60 every man under his vine and under his fig ____ (1 King 4:25)
63 I'll ___ around it and fertilize it.(Luke 13:8)

Just for Kids

Flashlight TAG



Sometimes we resist the light of Christ. But when his light touches us, we can then share it with others. Play this fun game on a summer night to remember how Christ's light shines in the world.

What you need:

- Friends
- Safe open space outdoors
- A flashlight for each player

How to play:

1. Choose one person to be the Tagger, known as the Light. Only that person can have his or her flashlight on.
2. The Light tries to shine his or her flashlight on other players, who run around and try to hide in the darkness.
3. Once players have been touched by the Light, they turn on their flashlights and join in, trying to shine on others.
4. Play until everyone has been tagged by the Light. Repeat, giving everyone a turn to be the Light.

PUZZLE

GOD'S LIGHT

Summer's long days can remind us of our Creator, who made the sun and wants us to live in his light.

Directions: First, write the opposite of each word in parentheses. Then use the Word Bank words, in order, to complete 1 John 1:5-7, NIV.

WORD BANK: is in is at if in as is in with

God _____ _____; _____ _____
(dark) (her)

there _____ _____ _____ness _____ _____ . ...
(yes) (light) (none)

But _____ we _____ _____ the _____,
(run) (dark)

_____ _____ _____ _____ the _____,
(she) (dark)

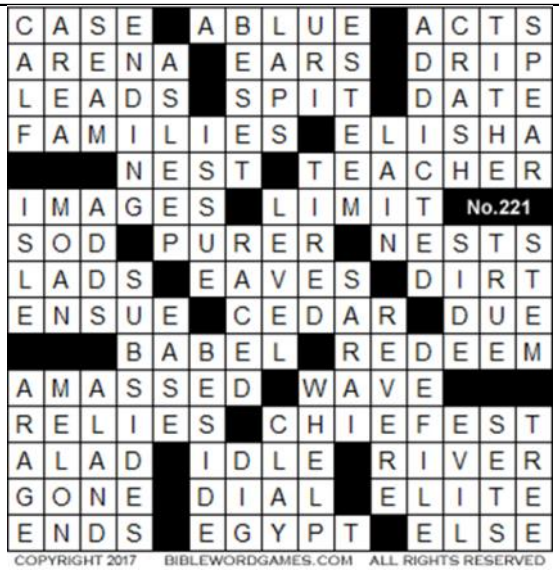
we have fellowship _____ one another. ...

1 John 1:5-7, NIV

Answer: God is light; in him there is no darkness at all . ... But if we walk in the light, as he is in the light, we have fellowship with one another. (1 John 1:5-7, NIV)

Barnum Community United Methodist Church

POSTMASTER:
Please send address changes to:
PO Box 70, 3762 Front Street
Barnum, MN 55707
(218) 389-6876 office@barnumumc.org
www.barnumumc.org



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

BUMC Ministry Team

Pastor—Lee Kantonen
Council Chair—Leon Finifrock
Youth Director—Bill Schoonover
Missions/Outreach—Connie Swanson
Secretary—Mechelle Mattson
Faith Community Nurse—Jennifer Southerton
Congregational Nurture & Care—Connie Herbert
Nursery Coordinator—Kaye Finifrock
Acolyte Coordinator—Roxanne Matten
Wednesday Night Servers—Kaye Finifrock/Terri Krueger
Custodian—Jim Calhoun

United Women in Faith—Sandy Ferguson
Bookkeeper—Tiffany Parr
Ministries Leader—Deb Halls
Staff-Parish Relations—Dawson Gentry
Worship Ministry - Lori Koski
Properties Management—Dave Matten
Discipleship Ministries—Mike Line
Sunday Servers Coordinator—Ann Kosloski
Greeters/Ushers Coordinator—Laurie Audette
Sunday Counters Coordinator—Cathy Kunze
Office Manager—Laurie Audette

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



September 2024
Volume 24—Issue 9

Bible Readings
Church Calendar
Birthdays
Anniversaries
Youth Group
Bible Buddies
Faith Community Nurse
United Women in Faith
Women's Ministry
Council Minutes
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

Office Hours (Mon-Fri)

Sunday Worship

Facebook Live 9:30 am
In Person 9:30 am

Pastor Kennection

Jesus...saw a man called Matthew sitting at the tax booth, and He said to him, "Follow me." And he rose and followed Him. (Matthew 9:9)

Where were the Apostles when Jesus called them to follow Him? It wasn't from the synagogue, was it, even though Jesus regularly was found at the synagogue. It was when the Lord was out and about in the community. The apostles were called when they were on the seashore preparing to fish, or out in their boats, the tax booth, maybe the marketplace, it was from those everyday areas of life that Jesus called them.

There is a wonderful missional heart found here at Barnum Community. My memory is relatively recent in the scheme of things, but it was so good to learn about our connection with John Sergey in years past and to listen to Pastor Sergey and learn of his evangelistic outreach to the people of what at that time was the Soviet Union. For those unfamiliar, spark up a conversation with Jen Berthelot.

Since its outset, mission has been central to the heart of churches with a Wesleyan persuasion and the United Methodist Church is no different. Recently, the Minnesota Annual Conference has been encouraging involvement of all of our churches in something called, Fresh Expressions. Very simply, it is about meeting with people around a shared area of interest while taking time to share a "Jesus Story" during the time together. For years we've known and made known that for the most part people who don't know Christ aren't going to just wander into our churches. Jesus sent his followers out to make disciples, not in.

People have been gathering at bicycling groups, kayaking groups, quilting groups, wood carving groups, golfing groups, you name it. Whatever shared area of interest people have; Fresh Expressions can be occurring there. There have even been axe throwing and burrito gatherings. The key is gathering regularly and making a point to share a Jesus story and an opportunity for prayer. Fresh Expressions is about building relationships with others outside the church. It is a time to introduce Jesus to people who likely will not wander into Barnum Community United Methodist Church or any other church building. We need to keep developing new ways of letting people know God loves them and wants to be in a relationship with them. Perhaps you have already been doing that sort of thing without calling it Fresh Expressions.

So, if you have thought sharing your faith with others is something you could never do, I invite and encourage you to think again. There might be those here at Barnum Community who share your interests to join with you to get your Fresh Expression initiated. The community is filled with people who hold shared interests in need of knowing the Lord. Thank you for sharing the love of God and inviting others to join the journey.

The Good Shepherd's Sheepdog,

Lee



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:30 Worship Service 11:00 Adult Class	**2 LABOR DAY** **Office Closed** 5-8 Youth Group	3 11:00 Prayer Group	4 5-8 Youth Group	5	6	7
8 Grandparents Day 9:30 Worship Service **Communion** 11:00 Adult Class	9 5-8 Youth Group 6:30 Council Mtg	10 11:00 Prayer Group 1:00 Moms in Prayer	11 **FAMILY NIGHT KICK OFF** 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	12	13	14
15 9:30 Worship Service 11:00 Adult Class Congregational Meeting after Church Service	16 5-8 Youth Group	17 11:00 Prayer Group 1:00 Moms in Prayer	18 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	19	20	21
22 9:30 Worship Service 11:00 Adult Class	23 5-8:00 Youth Group	24 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	25 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study Newsletter Deadline	26	27	28
29 9:30 Worship Service 11:00 Adult Class	30 5-8 Youth Group					

** Schedule subject to change.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 11:00 Prayer Group 1:00 Moms in Prayer	2 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	3	4	5
6 **Pastor Appreciation Day** 9:30 Worship Service 11:00 Adult Class	7 **COLUMBUS DAY** 5-8:00 Youth Group 6:00 Finance Mtg 6:30 Council Mtg	8 11:00 Prayer Group 1:00 Moms in Prayer	9 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	10	11	12 9:30 Secret Sister Reveal Party
13 9:30 Worship Service **Communion** 11:00 Adult Class	14 5-8:00 Youth Group	15 11:00 Prayer Group 1:00 Moms in Prayer	16 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	17	18	19
20 9:30 Worship Service 11:00 Adult Class	21 5-8:00 Youth Group	22 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	23 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	24	25	26
27 9:30 Worship Service 11:00 Adult Class	28 5-8:00 Youth Group	29 11:00 Prayer Group 1:00 Moms in Prayer Newsletter Deadline	30 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	31 **HALLOWEEN**		

** Schedule subject to change.

Daily Nourishment



OLD & NEW TESTAMENT

Sep 1: Ps 135-136; 1Cor 12
Sep 2: Ps 137-139; 1Cor 13
Sep 3: Ps 140-142; 1Cor 14:1-20
Sep 4: Ps 143-145; 1Cor 14:21-40
Sep 5: Ps 146-147; 1Cor 15:1-28
Sep 6: Ps 148-150; 1Cor 15:29-58
Sep 7: Prov 1-2; 1Cor 16
Sep 8: Prov 3-5; 2Cor 1
Sep 9: Prov 6-7; 2Cor 2
Sep 10: Prov 8-9; 2Cor 3
Sep 11: Prov 10-12; 2Cor 4
Sep 12: Prov 13-15; 2Cor 5
Sep 13: Prov 16-18; 2Cor 6
Sep 14: Prov 19-21; 2Cor 7
Sep 15: Prov 22-24; 2Cor 8
Sep 16: Prov 25-26; 2Cor 9
Sep 17: Prov 27-29; 2Cor 10
Sep 18: Prov 30-31; 2Cor 11:1-15
Sep 19: Ecc 1-3; 2Cor 11:16-33
Sep 20: Ecc 4-6; 2Cor 12
Sep 21: Ecc 7-9; 2Cor 13
Sep 22: Ecc 10-12; Gal 1
Sep 23: Song 1-3; Gal 2
Sep 24: Song 4-5; Gal 3
Sep 25: Song 6-8; Gal 4
Sep 26: Is 1-2; Gal 5
Sep 27: Is 3-4; Gal 6
Sep 28: Is 5-6; Eph 1
Sep 29: Is 7-8; Eph 2
Sep 30: Is 9-10; Eph 3

CHRONOLOGICAL

Sep 1: Ezek 18-19
Sep 2: Ezek 20-21
Sep 3: Ezek 22-23
Sep 4: Ezek 24-27
Sep 5: Ezek 28-31
Sep 6: Ezek 32-34
Sep 7: Ezek 35-37
Sep 8: Ezek 38-39
Sep 9: Ezek 40-41
Sep 10: Ezek 42-43
Sep 11: Ezek 44-45
Sep 12: Ezek 46-48
Sep 13: Joel
Sep 14: Dan 1-3
Sep 15: Dan 4-6
Sep 16: Dan 7-9
Sep 17: Dan 10-12
Sep 18: Ezra 1-3
Sep 19: Ezra 4-6; Ps 137
Sep 20: Haggai
Sep 21: Zech 1-7
Sep 22: Zech 8-14
Sep 23: Est 1-5
Sep 24: Est 6-10
Sep 25: Ezra 7-10
Sep 26: Neh 1-5
Sep 27: Neh 6-7
Sep 28: Neh 8-10
Sep 29: Neh 11-13; Ps 126
Sep 30: Malachi

Youth



Welcome to the 2024-25 School Year! Students return to their school routines and sports schedules are back. The Barnum Youth Group (BYG) is launching our new school year theme "But Wait…There's More!" Many people take life as it comes. This year we will be challenging youth that there's more to their lives. What we may see on the surface is only a part of who God created us to be. With each topic we discuss we will pause and look deeper, 'but wait…there's more'! With topics like More to Me, What's your Role, Be Kind to Others, More than Decorations, Forgiving Grudges, The Light of the World and Do you Know Me, we will be exploring so much more this year. Please pray that students are willing to look at their lives and see that they do need more and that the more they need is Jesus.

Before we say goodbye to summer, I wanted to share about an amazing experience I was able to have with a recent graduate. Tobin has attended youth group for many years, and he also loves running. At the beginning of summer, he talked about wanting to do the Moose Lake Triathlon, but he didn't want to do the whole thing. I said we could do it as a team and I would be willing to do the bike part. My wife, Serenity, said she would be willing to do the swim and all summer the three of us prepared for the big event. Serenity swam, I biked and then Tobin set out for his 3-mile run. As we were waiting for Tobin to return Serenity and I talked about how thankful we were to provide this opportunity for Tobin. As Tobin crossed the finished line the announcer said, "And here is our first team to finish." Our team placed first. We couldn't believe it. Later Tobin told me, "I've gotten second place and third place before, but I've never gotten first place!" It was our prayer that God would bless that day, and He did! I want to thank Serenity for swimming for our team and I want to thank the Barnum Church family for coming to support us during the race. You're the Best! Please pray for continued opportunities to bless the students that we work with.









Nursery Volunteers: The nursery is in need of adult volunteers and young adults during church services. Please see Kay Finifrock.

September 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Servers	Wednesday Servers
1	Willis & Kay Finifrock	Scott & Elaine Bogenholm	Bonnie Kepler Cathy Kunze	Jenna Uszenski	Deb Halls	Janet Adelsgruber Karen Smith	
8	Hazel Oachs Jay Oachs	Bing & Kathy Mattson	Brian Koski Deb Donaldson	Daniel Zinter	Deb Entner	COMMUNION SUNDAY	(11) Bette Deming Annette Meyer & Boys
15	Marilyn Criley Judy Jacobs	Chris & Annette Meyer	Robin Paulson Bonnie Kepler	Brenden Zinter	Kay Finifrock	Annette Meyer Brenda Zinter	(18) Deb Entner
22	Cheryl Peterson Terri Krueger	Steve & Sandi Vogel	Brian Koski Deb Donaldson	Liam Parr	Brenda Zinter	Deb Halls Carmen Burak	(25) Evelyn Newman
29	Audrey Sebring Annette Hammitt	Bruce & Eileen Resman	Deb Donaldson Robin Paulson	Evan Earlywine	Tiffany Parr	Connie Herbert Jackie Olson	(2) Deb Halls

October 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Serv-ers	Wednesday Servers
6	Leon Finifrock Connie Herbert	Cliff & Joyce Berggren	Robin Paulson Cathy Kunze	Daniel Zinter	Sandi Vogel	Roxanne Mat-ten Kathy Otnes	(9) Paul & Carmen Burak
13	Ann Kosloski Tiffany Parr	Steve & Sandi Vogel	Brian Koski Bonnie Kepler	Nial Parr	Sandy Ferguson	COMMUNION SUNDAY	(16) Janet Adelsgruber Karen Smith
20	Roger & Deanna Finifrock	Paul & Carmen Burak	Brian Koski Deb Donaldson	Even Earlywine	Deb Halls	Cheryl Peterson Terri Krueger	(23) Terri Krueger
27	Dianne Anderson Connie Swanson	Dave & Sandy Ferguson	Deb Donaldson Robin Paulson	Brenden Zinter	Deb Entner	Ann Kosloski Linda Jusczak	(30) Sue Nelson Kathy Otnes Rachel Finifrock



September Health and Wellness Moment

"Healthy Aging"

September is Healthy Aging Month. The mission behind this month's health topic is to draw attention to the importance of healthy lifestyles for adults 45-plus. Nowadays, it is more important than ever to follow a healthy lifestyle, remain positive and passionate about life, and to look forward to better days ahead. Sometimes, however, this is not easy to do. If you need a boost to improve your lifestyle, here are some tips to be able to age well…in other words, to get older in the healthiest way possible! Let's look at some tips to achieve and maintain physical, social, mental and financial wellness.
First of all, let's look at Mental Wellness. Many people struggle with depression, loneliness, anxiety and isolation. It is important to follow these tips.

1. Be realistic. If you feel overwhelmed by some activities, (yours and/or your family's), learn to say no. Eliminate an activity that is not absolutely necessary. It's possible that you may be taking on more responsibility than you could, or should, handle. If you meet resistance, be ready to give reasons why you are making these changes. Be willing to listen to others' suggestions and be willing to compromise.
2. Shed the "superhero" urge. Nobody is perfect. Don't expect perfection from yourself or others. Focus on what really needs to be done, how much you can realistically get done and in what time frame. It's so important to ask for help when you need it.
3. Take one thing at a time. When someone is stressed or anxious, an ordinary workload can seem unbearable at times. The best way to cope with the feeling of being overwhelmed is to take one task at a time. Once you accomplish one task, choose the next most important thing you want to get done. Some people like to check off tasks on a list; it is very satisfying and helps you visualize your progress!

Next, let's look at the importance of Physical Fitness. According to the National Center for Chronic Disease Prevention and Health Promotion, about 6 in 10 adults in the U.S. have a chronic health condition, and 4 in 10 have two or more. There are many benefits of physical activity for adults and older adults. It's important to keep moving. A body in motion stays in motion! Exercise and strength training improves quality of life, reduces anxiety, and improves sleep. It also is key in weight loss, bone health and a lower risk of falls!

4. Move more, sit less. This recommendation from health.gov is based on new evidence that shows a strong positive relationship between increased sedentary behavior and increased risk of mortality, heart disease and high blood pressure.
5. Aerobic exercise. Check with your doctor for advice on how many minutes of exercise you should be getting per week. Also ask what kind of exercise is best for you and how to know if you are doing too much.
6. Muscle strengthening. These activities provide additional health benefits, so ask your doctor about muscle strengthening as well.

Next, we'll focus on the importance of Diet. Forty two percent of Americans have had an average weight gain of 29 pounds since the beginning of the pandemic. Not only have we been eating more and moving less, but alcohol consumption has also increased in this time frame. You can check out the Dietary Guidelines for Americans 2020-2025 published by the USDA. Always talk to your doctor about what weight is healthy for you.

7. Review your daily diet and make necessary changes. You guessed it, talk to your doctor about what is best for you! Generally, it is best to eat a diet that is rich in fruits, vegetables, whole grains, fat-free or low-fat milk and dairy products, and a variety of healthy proteins. It is best to eat a diet low in saturated fats, trans fats, cholesterol, sodium and added sugars.

Next, we'll focus on the importance of Social Well-being. We are created to be social beings, we crave healthy interaction with others. After feeling isolated, some older adults find it is hard to get out and be social without becoming mentally exhausted. Here are some ways to be active in your community:
8. Volunteer. There are so many places that encourage and welcome volunteering in our communities, churches, schools. Ask a friend to join you and make it a fun event to share!
9. Dream and then get to it. Is there someplace you've always wanted to travel, explore, research? Some of these things may not be realistic or feasible, but maybe some are! Have an adventure, laugh, share a fun moment with loved ones, get out and enjoy the day! Become a pen pal, learn a new language, learn to play an instrument…the sky's the limit!

Last, we will look at Financial Well-being.

10. Launch your next career, go back to school and get a degree, take an online class, learn a new skill that you have always wanted to master. Studies show that people who retire and then become sedentary and lose their excitement for life are much more likely to be ill and unhappy.

September is Healthy Aging Month, and it is the perfect time to renew or set some lifestyle goals! Happy Fall to you all!
Reference: HealthyAging.net

"Give thanks to the Lord, for He is good. His love endures forever."
Psalms 136:1
Prayers for peace, joy and good health, and just a reminder…you are uniquely YOU by HIS design!
~Jenny S, RN, BCUMC Parish Nurse

Howdy Partner!
Here is your invitation to:



The Bible-Buddy Round-Up

This is the kick-off to the Children's WEDNESDAY BIBLE BUDDIES program at the

Barnum Community Church

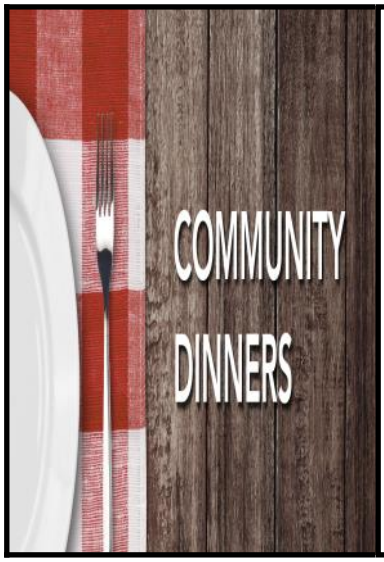
Giddy-up ya'll (ages 4-6th grade) and join up with the Bible Buddies!!

Wednesday evening September 11 at 6 - 7:15 pm, right after the Community Supper (served from 5:15 to 6pm).

After getting everyone registered and rustling up some chow, we will round up the gang of Buddies at 6 pm to enjoy activities including games, songs, crafts, and a Bible lesson.



Important Events in the Life of Our Church



Join us for
Community Dinner
&
Family Night

September 11, 18, 25

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



September 11:	*Family Night Kick Off*
	Community Dinner
	Bible Buddies
	Youth Group (7th – 12th)
	Women's Bible Study
October 31:	*Halloween Trunk or Treat*
November 20:	*Thanksgiving Dinner*
December 24:	*Christmas Eve*
	Candlelight Service



Please join us for **WOW**
"Worship on Wednesday"

6:15—6:30 Praise & Worship Music followed by a short bible lesson from Pastor Lee



The Warm Hearts Ministry will be meet Tuesday, September 24th from 10 am—3 pm to work on Warm Hearts Projects or personal projects. Please bring a lunch and join us for some great sewing time and fellowship. Bring your sewing supplies. Please RSVP Kathy Port.

United Women in Faith

United Women in Faith will be meeting on September 11 at 1:30 at the church. All women of the church are invited to attend this meeting. Ann Kosloski will be the hostess and Kathy Mattson will lead the discussion on pages 94-98 of our study book, "Life on Purpose for Women". Our heart is to assist with church projects wherever possible. Please see Sandy Ferguson for further information.



Important Events in the Life of Our Church



Mother / Child Nursing Tent:

A huge "Thank You" to all the volunteers who helped set up and tear down and work in the Baby Rest Area.





Fair time has come and gone already. Many thanks for all those who volunteered to park cars. This year over $2,600 was collected to help fund the Wednesday night youth programs reaching out to students in our Community.

The Lord's Table, September 8th

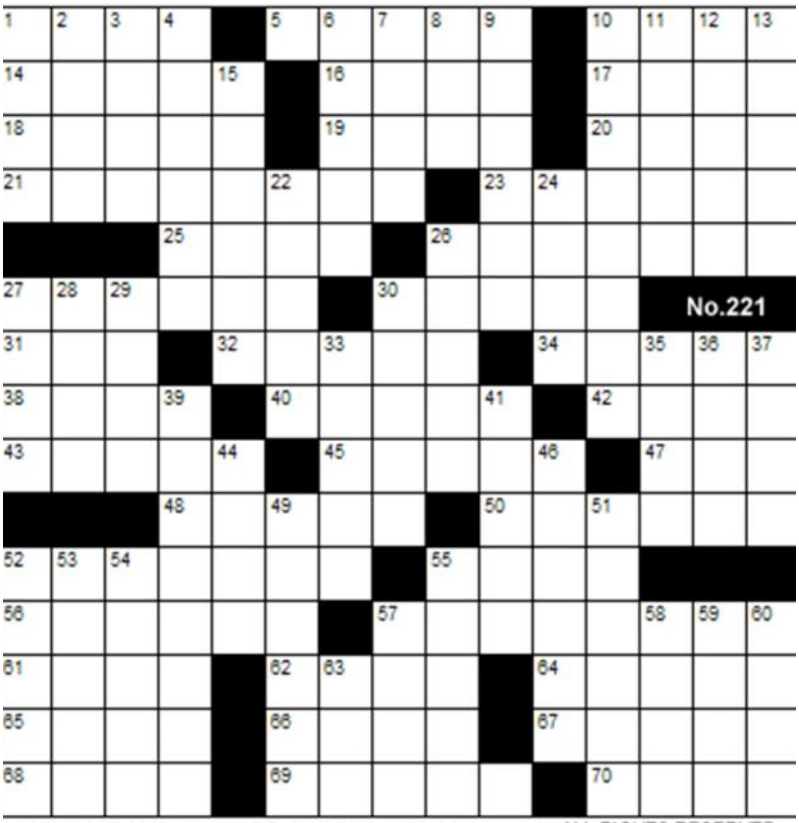


The second Sunday of the month will be our Table Sunday as a church family. We will be sharing communion at the Lord's Table, enjoying a shared-dish (potluck). Table Sunday is a monthly reminder that our life together as the family of God centers in worship, fellowship and sharing.

REMEMBER to bring a dish to share on the second Sunday and even if you aren't able, plan on staying for dinner with your family and friends here.

"Our Daily Bread" is also available on the facebook, mobile app in addition to the printed copies here in the office.

Did you miss out on a Sunday Service don't have access to Facebook or Internet? We have extra copies available for your use.



COPYRIGHT 2017 BIBLEWORDGAMES.COM ALL RIGHTS RESERVED

ACROSS

1 So Moses brought their ___ before the LORD (Num 27:5)
5 Fasten ___ ___ cord to it (1,4) (Ex 28:37)
10 fifth book of the New Testament
14 Like men condemned to die in the ___ (1 Cor 4:9)
16 Speak now in the ____ of the people (Exodus 11:2)
17 In that day the mountains will ___ new wine (Joel 3:18)
18 seems right to a man, but in the end it ___ to death (Prov 16:25)
19 Then they ___ in his face and struck him with their fists (Matt 26:67)
20 Son of man, record this ____ (Ezek 24:2)
21 because the midwives feared God, he gave them ___ of their own (Ex 1:21)
23 Elijah's successor (2 Kings 2:9)
25 Like a bird that strays from its ___ is a man who strays (Prov 27:8)
26 A student is not above his ___ , nor a servant above his master (Matt 10:24)
27 and remove all its vile ___ and detestable idols (Ezek 11:18)
30 they always heap up their sins to the ___ (1Thes 2:16)
31 clump of earth and grass
32 Her Nazarites were ___ than snow, they were whiter than (Lam 4:7) KJV
34 Jesus replied, "Foxes have holes and birds of the air have ___ (Matt 8:20)
38 The Angel which redeemed me from all evil, bless the ___ (Gen 48:16) KJV
40 from foundation to ___, were made of blocks of high-grade (1 Kings 7:9)
42 throwing stones at him and showering him with ___ (2 Sam 16:13)
43 let him seek peace, and ___ it (1 Pet 3:11) (KJV)
45 Like a ___ of Lebanon he will send down his roots (Hosea 14:5)
47 till he should pay all that was ___ unto him (Matt 18:34)
48 The tower of ____ (Gen 11:9)
50 To ____ them that were under the law (Gal 4:5)
52 I ___ silver and gold for myself, and the treasure (Eccl 2:8)
55 he that wavereth is like a ____ of the sea. (James 1:6)
56 What he trusts in is fragile; what he ___ on is a spider's web. (Job 8:14)
57 whosoever of you will be the ___, shall be servant of all (Mark 10:44) KJV
61 There is ___ ___ here, which hath five barley loaves (1,3) (John 6:9)
62 if his hands are ___, the house leaks (Eccl 10:18)
64 sixth angel poured out his vial upon the great ____ Euphrates (Rev 16:12)
65 away, absent (Rev 18:14)
66 which is gone down in the sun ___ of Ahaz (Isa 38:8) KJV
67 She gave herself as a prostitute to all the ____ of the Assyrians (Ezek 23:7)
68 thou shouldest be for salvation unto the ____ of the earth (Acts 13:47) KJV
69 said through the prophet: "Out of ___ I called my son (Matt 2:15)
70 Salvation is found in no one ___, for there is no other name (Acts 4:12)

DOWN

1 the woman had a fat ___ in the house (1 Sam 28:24) KJV
2 a Levite who lived in a remote ___ in the hill country (Judg 19:1)
3 the ephod, close to the ___ just above the waistband (Ex 39:20)
4 beginning with the oldest and ___ with the youngest (Gen 44:12)
6 Fear and trembling have ___ me; horror has overwhelmed me (Ps 55:5)
7 I will measure into their ___ the full payment for (Isa 65:7)
8 See, the LORD has chosen Bezalel son of ___ (Ex.35:30)
9 let each ____ other better than themselves (Phil 2:3)
10 not to be slanderers or ___ to much wine (Titus 2:3)
11 beat against that house, and it fell with a great ___ (Matt 7:27)
12 Thou shalt truly ____ all the increase of thy seed (Deut 14:22)
13 His ___ shaft was like a weaver's rod (1 Sam 17:7)
15 Lazarus has fallen ___; but I am going there to wake him (John 11:11)
22 married a wife, deceased, and, having no ____ (Matt 22:25)
24 Saul and Abner son of Ner had ___ down (1 Sam 26:5)
26 The people have become hungry and ___ and thirsty (2 Sam 17:29)
27 was in the ____ that is called Patmos (Rev 1:9)
28 We all growl like bears; we ___ mournfully like doves (Isa 59:11)
29 If anyone ___ anything to them, God will add to him (Rev 22:18)
30 My feet stand on ___ ground (Ps 26:12)
33 you have ___ with men on foot and they have worn you out (Jer 12:5)
35 I will give him rest from all his enemies on every ____. (1 Chr 22:9)
36 the darkness is passing and the ____ light is already shining (I Jn 2:8)
37 there shall come forth a rod out of the ___ of Jesse (Isa 11:1) KJV
39 Stay with him for a while until your brother's fury ___ (Gen 27:44)
41 no longer to call her ___; her name will be Sarah.(Gen 17:15)
44 listens to me will live in safety and be at ___ (Prov 1:33)
46 the LORD; let all the people of the world ___ him (Ps 33:8)
49 Jesus was walking ___ the Sea of Galilee (Matt 4:18)
51 Do not ___ yourselves by any of these creatures (Lev 11:43)
52 The king got up in ___ ___ left his wine (1,4) (Est 7:7)
53 Like a scarecrow in a ___ patch, their idols cannot speak (Jer 10:5)
54 ___ ___ flowing with milk and honey (1,4) (Deut 26:10)
55 Dan is a lion's ___: he shall leap from Bashan (Deut 33:22) KJV
57 what Adam was made from (Job 33:6)
58 Do not those who plot ___ go astray? (Prov 14:22)
59 silver in two bags, with two ___ of clothing (2 Kings 5:23)
60 every man under his vine and under his fig ____ (1 King 4:25)
63 I'll ___ around it and fertilize it.(Luke 13:8)

Just for Kids

Flashlight TAG



Sometimes we resist the light of Christ. But when his light touches us, we can then share it with others. Play this fun game on a summer night to remember how Christ's light shines in the world.

What you need:

- Friends
- Safe open space outdoors
- A flashlight for each player

How to play:

1. Choose one person to be the Tagger, known as the Light. Only that person can have his or her flashlight on.
2. The Light tries to shine his or her flashlight on other players, who run around and try to hide in the darkness.
3. Once players have been touched by the Light, they turn on their flashlights and join in, trying to shine on others.
4. Play until everyone has been tagged by the Light. Repeat, giving everyone a turn to be the Light.

PUZZLE

GOD'S LIGHT

Summer's long days can remind us of our Creator, who made the sun and wants us to live in his light.

Directions: First, write the opposite of each word in parentheses. Then use the Word Bank words, in order, to complete 1 John 1:5-7, NIV.

WORD BANK: is in is at if in as is in with

God _____ _____; _____ _____
(dark) (her)

there _____ _____ _____ness _____ _____ . ...
(yes) (light) (none)

But _____ we _____ _____ the _____,
(run) (dark)

_____ _____ _____ _____ the _____,
(she) (dark)

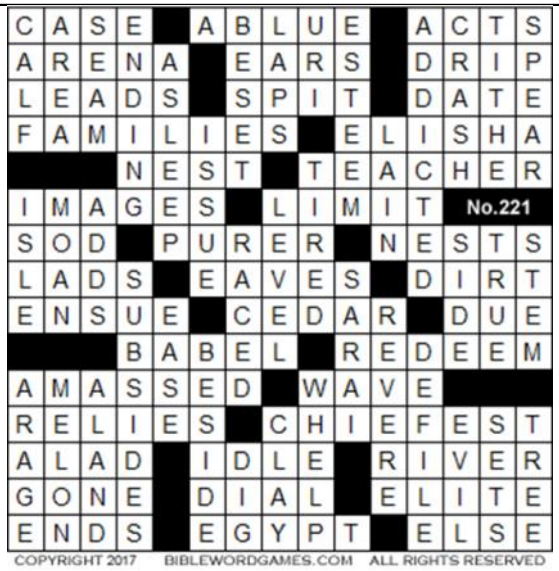
we have fellowship _____ one another. ...

1 John 1:5-7, NIV

Answer: God is light; in him there is no darkness at all . ... But if we walk in the light, as he is in the light, we have fellowship with one another. (1 John 1:5-7, NIV)

Barnum Community United Methodist Church

POSTMASTER:
Please send address changes to:
PO Box 70, 3762 Front Street
Barnum, MN 55707
(218) 389-6876 office@barnumumc.org
www.barnumumc.org



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

BUMC Ministry Team

Pastor—Lee Kantonen
Council Chair—Leon Finifrock
Youth Director—Bill Schoonover
Missions/Outreach—Connie Swanson
Secretary—Mechelle Mattson
Faith Community Nurse—Jennifer Southerton
Congregational Nurture & Care—Connie Herbert
Nursery Coordinator—Kaye Finifrock
Acolyte Coordinator—Roxanne Matten
Wednesday Night Servers—Kaye Finifrock/Terri Krueger
Custodian—Jim Calhoun

United Women in Faith—Sandy Ferguson
Bookkeeper—Tiffany Parr
Ministries Leader—Deb Halls
Staff-Parish Relations—Dawson Gentry
Worship Ministry - Lori Koski
Properties Management—Dave Matten
Discipleship Ministries—Mike Line
Sunday Servers Coordinator—Ann Kosloski
Greeters/Ushers Coordinator—Laurie Audette
Sunday Counters Coordinator—Cathy Kunze
Office Manager—Laurie Audette

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



September 2024
Volume 24—Issue 9

Bible Readings
Church Calendar
Birthdays
Anniversaries
Youth Group
Bible Buddies
Faith Community Nurse
United Women in Faith
Women's Ministry
Council Minutes
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

Office Hours (Mon-Fri)

Sunday Worship

Facebook Live 9:30 am
In Person 9:30 am

Pastor Kennection

Jesus...saw a man called Matthew sitting at the tax booth, and He said to him, "Follow me." And he rose and followed Him. (Matthew 9:9)

Where were the Apostles when Jesus called them to follow Him? It wasn't from the synagogue, was it, even though Jesus regularly was found at the synagogue. It was when the Lord was out and about in the community. The apostles were called when they were on the seashore preparing to fish, or out in their boats, the tax booth, maybe the marketplace, it was from those everyday areas of life that Jesus called them.

There is a wonderful missional heart found here at Barnum Community. My memory is relatively recent in the scheme of things, but it was so good to learn about our connection with John Sergey in years past and to listen to Pastor Sergey and learn of his evangelistic outreach to the people of what at that time was the Soviet Union. For those unfamiliar, spark up a conversation with Jen Berthelot.

Since its outset, mission has been central to the heart of churches with a Wesleyan persuasion and the United Methodist Church is no different. Recently, the Minnesota Annual Conference has been encouraging involvement of all of our churches in something called, Fresh Expressions. Very simply, it is about meeting with people around a shared area of interest while taking time to share a "Jesus Story" during the time together. For years we've known and made known that for the most part people who don't know Christ aren't going to just wander into our churches. Jesus sent his followers out to make disciples, not in.

People have been gathering at bicycling groups, kayaking groups, quilting groups, wood carving groups, golfing groups, you name it. Whatever shared area of interest people have; Fresh Expressions can be occurring there. There have even been axe throwing and burrito gatherings. The key is gathering regularly and making a point to share a Jesus story and an opportunity for prayer. Fresh Expressions is about building relationships with others outside the church. It is a time to introduce Jesus to people who likely will not wander into Barnum Community United Methodist Church or any other church building. We need to keep developing new ways of letting people know God loves them and wants to be in a relationship with them. Perhaps you have already been doing that sort of thing without calling it Fresh Expressions.

So, if you have thought sharing your faith with others is something you could never do, I invite and encourage you to think again. There might be those here at Barnum Community who share your interests to join with you to get your Fresh Expression initiated. The community is filled with people who hold shared interests in need of knowing the Lord. Thank you for sharing the love of God and inviting others to join the journey.

The Good Shepherd's Sheepdog,

Lee



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:30 Worship Service 11:00 Adult Class	**2 LABOR DAY** **Office Closed** 5-8 Youth Group	3 11:00 Prayer Group	4 5-8 Youth Group	5	6	7
8 Grandparents Day 9:30 Worship Service **Communion** 11:00 Adult Class	9 5-8 Youth Group 6:30 Council Mtg	10 11:00 Prayer Group 1:00 Moms in Prayer	11 **FAMILY NIGHT KICK OFF** 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	12	13	14
15 9:30 Worship Service 11:00 Adult Class Congregational Meeting after Church Service	16 5-8 Youth Group	17 11:00 Prayer Group 1:00 Moms in Prayer	18 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	19	20	21
22 9:30 Worship Service 11:00 Adult Class	23 5-8:00 Youth Group	24 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	25 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study Newsletter Deadline	26	27	28
29 9:30 Worship Service 11:00 Adult Class	30 5-8 Youth Group					

** Schedule subject to change.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 11:00 Prayer Group 1:00 Moms in Prayer	2 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	3	4	5
6 **Pastor Appreciation Day** 9:30 Worship Service 11:00 Adult Class	7 **COLUMBUS DAY** 5-8:00 Youth Group 6:00 Finance Mtg 6:30 Council Mtg	8 11:00 Prayer Group 1:00 Moms in Prayer	9 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	10	11	12 9:30 Secret Sister Reveal Party
13 9:30 Worship Service **Communion** 11:00 Adult Class	14 5-8:00 Youth Group	15 11:00 Prayer Group 1:00 Moms in Prayer	16 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	17	18	19
20 9:30 Worship Service 11:00 Adult Class	21 5-8:00 Youth Group	22 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	23 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	24	25	26
27 9:30 Worship Service 11:00 Adult Class	28 5-8:00 Youth Group	29 11:00 Prayer Group 1:00 Moms in Prayer Newsletter Deadline	30 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	31 **HALLOWEEN**		

** Schedule subject to change.

Daily Nourishment



OLD & NEW TESTAMENT

Sep 1: Ps 135-136; 1Cor 12
Sep 2: Ps 137-139; 1Cor 13
Sep 3: Ps 140-142; 1Cor 14:1-20
Sep 4: Ps 143-145; 1Cor 14:21-40
Sep 5: Ps 146-147; 1Cor 15:1-28
Sep 6: Ps 148-150; 1Cor 15:29-58
Sep 7: Prov 1-2; 1Cor 16
Sep 8: Prov 3-5; 2Cor 1
Sep 9: Prov 6-7; 2Cor 2
Sep 10: Prov 8-9; 2Cor 3
Sep 11: Prov 10-12; 2Cor 4
Sep 12: Prov 13-15; 2Cor 5
Sep 13: Prov 16-18; 2Cor 6
Sep 14: Prov 19-21; 2Cor 7
Sep 15: Prov 22-24; 2Cor 8
Sep 16: Prov 25-26; 2Cor 9
Sep 17: Prov 27-29; 2Cor 10
Sep 18: Prov 30-31; 2Cor 11:1-15
Sep 19: Ecc 1-3; 2Cor 11:16-33
Sep 20: Ecc 4-6; 2Cor 12
Sep 21: Ecc 7-9; 2Cor 13
Sep 22: Ecc 10-12; Gal 1
Sep 23: Song 1-3; Gal 2
Sep 24: Song 4-5; Gal 3
Sep 25: Song 6-8; Gal 4
Sep 26: Is 1-2; Gal 5
Sep 27: Is 3-4; Gal 6
Sep 28: Is 5-6; Eph 1
Sep 29: Is 7-8; Eph 2
Sep 30: Is 9-10; Eph 3

CHRONOLOGICAL

Sep 1: Ezek 18-19
Sep 2: Ezek 20-21
Sep 3: Ezek 22-23
Sep 4: Ezek 24-27
Sep 5: Ezek 28-31
Sep 6: Ezek 32-34
Sep 7: Ezek 35-37
Sep 8: Ezek 38-39
Sep 9: Ezek 40-41
Sep 10: Ezek 42-43
Sep 11: Ezek 44-45
Sep 12: Ezek 46-48
Sep 13: Joel
Sep 14: Dan 1-3
Sep 15: Dan 4-6
Sep 16: Dan 7-9
Sep 17: Dan 10-12
Sep 18: Ezra 1-3
Sep 19: Ezra 4-6; Ps 137
Sep 20: Haggai
Sep 21: Zech 1-7
Sep 22: Zech 8-14
Sep 23: Est 1-5
Sep 24: Est 6-10
Sep 25: Ezra 7-10
Sep 26: Neh 1-5
Sep 27: Neh 6-7
Sep 28: Neh 8-10
Sep 29: Neh 11-13; Ps 126
Sep 30: Malachi

Youth



Welcome to the 2024-25 School Year! Students return to their school routines and sports schedules are back. The Barnum Youth Group (BYG) is launching our new school year theme "But Wait…There's More!" Many people take life as it comes. This year we will be challenging youth that there's more to their lives. What we may see on the surface is only a part of who God created us to be. With each topic we discuss we will pause and look deeper, 'but wait…there's more'! With topics like More to Me, What's your Role, Be Kind to Others, More than Decorations, Forgiving Grudges, The Light of the World and Do you Know Me, we will be exploring so much more this year. Please pray that students are willing to look at their lives and see that they do need more and that the more they need is Jesus.

Before we say goodbye to summer, I wanted to share about an amazing experience I was able to have with a recent graduate. Tobin has attended youth group for many years, and he also loves running. At the beginning of summer, he talked about wanting to do the Moose Lake Triathlon, but he didn't want to do the whole thing. I said we could do it as a team and I would be willing to do the bike part. My wife, Serenity, said she would be willing to do the swim and all summer the three of us prepared for the big event. Serenity swam, I biked and then Tobin set out for his 3-mile run. As we were waiting for Tobin to return Serenity and I talked about how thankful we were to provide this opportunity for Tobin. As Tobin crossed the finished line the announcer said, "And here is our first team to finish." Our team placed first. We couldn't believe it. Later Tobin told me, "I've gotten second place and third place before, but I've never gotten first place!" It was our prayer that God would bless that day, and He did! I want to thank Serenity for swimming for our team and I want to thank the Barnum Church family for coming to support us during the race. You're the Best! Please pray for continued opportunities to bless the students that we work with.









Nursery Volunteers: The nursery is in need of adult volunteers and young adults during church services. Please see Kay Finifrock.

September 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Servers	Wednesday Servers
1	Willis & Kay Finifrock	Scott & Elaine Bogenholm	Bonnie Kepler Cathy Kunze	Jenna Uszenski	Deb Halls	Janet Adelsgruber Karen Smith	
8	Hazel Oachs Jay Oachs	Bing & Kathy Mattson	Brian Koski Deb Donaldson	Daniel Zinter	Deb Entner	COMMUNION SUNDAY	(11) Bette Deming Annette Meyer & Boys
15	Marilyn Criley Judy Jacobs	Chris & Annette Meyer	Robin Paulson Bonnie Kepler	Brenden Zinter	Kay Finifrock	Annette Meyer Brenda Zinter	(18) Deb Entner
22	Cheryl Peterson Terri Krueger	Steve & Sandi Vogel	Brian Koski Deb Donaldson	Liam Parr	Brenda Zinter	Deb Halls Carmen Burak	(25) Evelyn Newman
29	Audrey Sebring Annette Hammitt	Bruce & Eileen Resman	Deb Donaldson Robin Paulson	Evan Earlywine	Tiffany Parr	Connie Herbert Jackie Olson	(2) Deb Halls

October 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Serv-ers	Wednesday Servers
6	Leon Finifrock Connie Herbert	Cliff & Joyce Berggren	Robin Paulson Cathy Kunze	Daniel Zinter	Sandi Vogel	Roxanne Mat-ten Kathy Otnes	(9) Paul & Carmen Burak
13	Ann Kosloski Tiffany Parr	Steve & Sandi Vogel	Brian Koski Bonnie Kepler	Nial Parr	Sandy Ferguson	COMMUNION SUNDAY	(16) Janet Adelsgruber Karen Smith
20	Roger & Deanna Finifrock	Paul & Carmen Burak	Brian Koski Deb Donaldson	Even Earlywine	Deb Halls	Cheryl Peterson Terri Krueger	(23) Terri Krueger
27	Dianne Anderson Connie Swanson	Dave & Sandy Ferguson	Deb Donaldson Robin Paulson	Brenden Zinter	Deb Entner	Ann Kosloski Linda Jusczak	(30) Sue Nelson Kathy Otnes Rachel Finifrock



September Health and Wellness Moment

"Healthy Aging"

September is Healthy Aging Month. The mission behind this month's health topic is to draw attention to the importance of healthy lifestyles for adults 45-plus. Nowadays, it is more important than ever to follow a healthy lifestyle, remain positive and passionate about life, and to look forward to better days ahead. Sometimes, however, this is not easy to do. If you need a boost to improve your lifestyle, here are some tips to be able to age well…in other words, to get older in the healthiest way possible! Let's look at some tips to achieve and maintain physical, social, mental and financial wellness.
First of all, let's look at Mental Wellness. Many people struggle with depression, loneliness, anxiety and isolation. It is important to follow these tips.

1. Be realistic. If you feel overwhelmed by some activities, (yours and/or your family's), learn to say no. Eliminate an activity that is not absolutely necessary. It's possible that you may be taking on more responsibility than you could, or should, handle. If you meet resistance, be ready to give reasons why you are making these changes. Be willing to listen to others' suggestions and be willing to compromise.
2. Shed the "superhero" urge. Nobody is perfect. Don't expect perfection from yourself or others. Focus on what really needs to be done, how much you can realistically get done and in what time frame. It's so important to ask for help when you need it.
3. Take one thing at a time. When someone is stressed or anxious, an ordinary workload can seem unbearable at times. The best way to cope with the feeling of being overwhelmed is to take one task at a time. Once you accomplish one task, choose the next most important thing you want to get done. Some people like to check off tasks on a list; it is very satisfying and helps you visualize your progress!

Next, let's look at the importance of Physical Fitness. According to the National Center for Chronic Disease Prevention and Health Promotion, about 6 in 10 adults in the U.S. have a chronic health condition, and 4 in 10 have two or more. There are many benefits of physical activity for adults and older adults. It's important to keep moving. A body in motion stays in motion! Exercise and strength training improves quality of life, reduces anxiety, and improves sleep. It also is key in weight loss, bone health and a lower risk of falls!

4. Move more, sit less. This recommendation from health.gov is based on new evidence that shows a strong positive relationship between increased sedentary behavior and increased risk of mortality, heart disease and high blood pressure.
5. Aerobic exercise. Check with your doctor for advice on how many minutes of exercise you should be getting per week. Also ask what kind of exercise is best for you and how to know if you are doing too much.
6. Muscle strengthening. These activities provide additional health benefits, so ask your doctor about muscle strengthening as well.

Next, we'll focus on the importance of Diet. Forty two percent of Americans have had an average weight gain of 29 pounds since the beginning of the pandemic. Not only have we been eating more and moving less, but alcohol consumption has also increased in this time frame. You can check out the Dietary Guidelines for Americans 2020-2025 published by the USDA. Always talk to your doctor about what weight is healthy for you.

7. Review your daily diet and make necessary changes. You guessed it, talk to your doctor about what is best for you! Generally, it is best to eat a diet that is rich in fruits, vegetables, whole grains, fat-free or low-fat milk and dairy products, and a variety of healthy proteins. It is best to eat a diet low in saturated fats, trans fats, cholesterol, sodium and added sugars.

Next, we'll focus on the importance of Social Well-being. We are created to be social beings, we crave healthy interaction with others. After feeling isolated, some older adults find it is hard to get out and be social without becoming mentally exhausted. Here are some ways to be active in your community:
8. Volunteer. There are so many places that encourage and welcome volunteering in our communities, churches, schools. Ask a friend to join you and make it a fun event to share!
9. Dream and then get to it. Is there someplace you've always wanted to travel, explore, research? Some of these things may not be realistic or feasible, but maybe some are! Have an adventure, laugh, share a fun moment with loved ones, get out and enjoy the day! Become a pen pal, learn a new language, learn to play an instrument…the sky's the limit!

Last, we will look at Financial Well-being.

10. Launch your next career, go back to school and get a degree, take an online class, learn a new skill that you have always wanted to master. Studies show that people who retire and then become sedentary and lose their excitement for life are much more likely to be ill and unhappy.

September is Healthy Aging Month, and it is the perfect time to renew or set some lifestyle goals! Happy Fall to you all!
Reference: HealthyAging.net

"Give thanks to the Lord, for He is good. His love endures forever."
Psalms 136:1
Prayers for peace, joy and good health, and just a reminder…you are uniquely YOU by HIS design!
~Jenny S, RN, BCUMC Parish Nurse

Howdy Partner!
Here is your invitation to:



The Bible-Buddy Round-Up

This is the kick-off to the Children's WEDNESDAY BIBLE BUDDIES program at the

Barnum Community Church

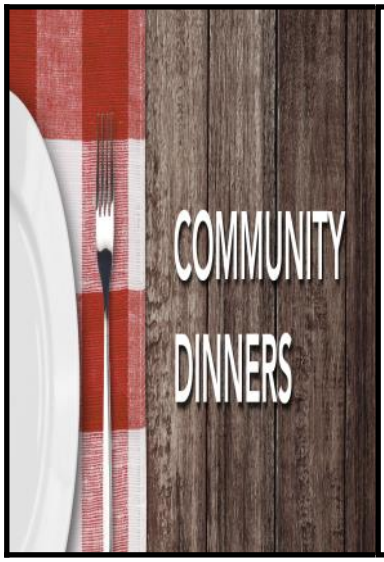
Giddy-up ya'll (ages 4-6th grade) and join up with the Bible Buddies!!

Wednesday evening September 11 at 6 - 7:15 pm, right after the Community Supper (served from 5:15 to 6pm).

After getting everyone registered and rustling up some chow, we will round up the gang of Buddies at 6 pm to enjoy activities including games, songs, crafts, and a Bible lesson.



Important Events in the Life of Our Church



Join us for
Community Dinner
&
Family Night

September 11, 18, 25

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



September 11:	*Family Night Kick Off*
	Community Dinner
	Bible Buddies
	Youth Group (7th – 12th)
	Women's Bible Study
October 31:	*Halloween Trunk or Treat*
November 20:	*Thanksgiving Dinner*
December 24:	*Christmas Eve*
	Candlelight Service



Please join us for **WOW**
"Worship on Wednesday"

6:15—6:30 Praise & Worship Music followed by a short bible lesson from Pastor Lee



The Warm Hearts Ministry will be meet Tuesday, September 24th from 10 am—3 pm to work on Warm Hearts Projects or personal projects. Please bring a lunch and join us for some great sewing time and fellowship. Bring your sewing supplies. Please RSVP Kathy Port.

United Women in Faith

United Women in Faith will be meeting on September 11 at 1:30 at the church. All women of the church are invited to attend this meeting. Ann Kosloski will be the hostess and Kathy Mattson will lead the discussion on pages 94-98 of our study book, "Life on Purpose for Women". Our heart is to assist with church projects wherever possible. Please see Sandy Ferguson for further information.



Important Events in the Life of Our Church



Mother / Child Nursing Tent:

A huge "Thank You" to all the volunteers who helped set up and tear down and work in the Baby Rest Area.





Fair time has come and gone already. Many thanks for all those who volunteered to park cars. This year over $2,600 was collected to help fund the Wednesday night youth programs reaching out to students in our Community.

The Lord's Table, September 8th

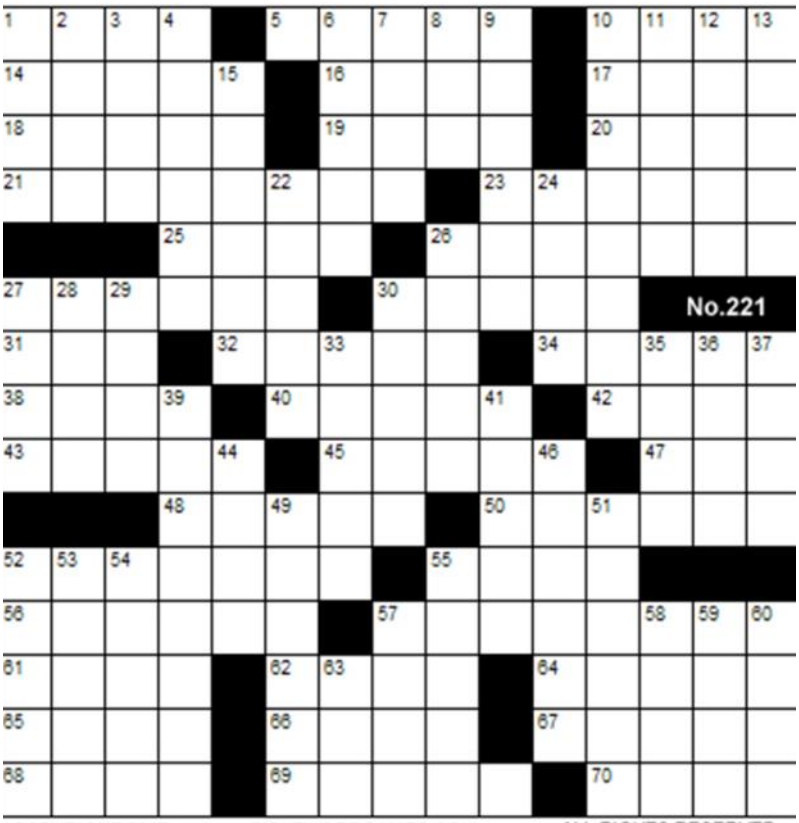


The second Sunday of the month will be our Table Sunday as a church family. We will be sharing communion at the Lord's Table, enjoying a shared-dish (potluck). Table Sunday is a monthly reminder that our life together as the family of God centers in worship, fellowship and sharing.

REMEMBER to bring a dish to share on the second Sunday and even if you aren't able, plan on staying for dinner with your family and friends here.

"Our Daily Bread" is also available on the facebook, mobile app in addition to the printed copies here in the office.

Did you miss out on a Sunday Service don't have access to Facebook or Internet? We have extra copies available for your use.



COPYRIGHT 2017 BIBLEWORDGAMES.COM ALL RIGHTS RESERVED

ACROSS

1 So Moses brought their ___ before the LORD (Num 27:5)
5 Fasten ___ ___ cord to it (1,4) (Ex 28:37)
10 fifth book of the New Testament
14 Like men condemned to die in the ___ (1 Cor 4:9)
16 Speak now in the ____ of the people (Exodus 11:2)
17 In that day the mountains will ___ new wine (Joel 3:18)
18 seems right to a man, but in the end it ___ to death (Prov 16:25)
19 Then they ___ in his face and struck him with their fists (Matt 26:67)
20 Son of man, record this ____ (Ezek 24:2)
21 because the midwives feared God, he gave them ___ of their own (Ex 1:21)
23 Elijah's successor (2 Kings 2:9)
25 Like a bird that strays from its ___ is a man who strays (Prov 27:8)
26 A student is not above his ___ , nor a servant above his master (Matt 10:24)
27 and remove all its vile ___ and detestable idols (Ezek 11:18)
30 they always heap up their sins to the ___ (1Thes 2:16)
31 clump of earth and grass
32 Her Nazarites were ___ than snow, they were whiter than (Lam 4:7) KJV
34 Jesus replied, "Foxes have holes and birds of the air have ___ (Matt 8:20)
38 The Angel which redeemed me from all evil, bless the ___ (Gen 48:16) KJV
40 from foundation to ___, were made of blocks of high-grade (1 Kings 7:9)
42 throwing stones at him and showering him with ___ (2 Sam 16:13)
43 let him seek peace, and ___ it (1 Pet 3:11) (KJV)
45 Like a ___ of Lebanon he will send down his roots (Hosea 14:5)
47 till he should pay all that was ___ unto him (Matt 18:34)
48 The tower of ____ (Gen 11:9)
50 To ____ them that were under the law (Gal 4:5)
52 I ___ silver and gold for myself, and the treasure (Eccl 2:8)
55 he that wavereth is like a ____ of the sea. (James 1:6)
56 What he trusts in is fragile; what he ___ on is a spider's web. (Job 8:14)
57 whosoever of you will be the ___, shall be servant of all (Mark 10:44) KJV
61 There is ___ ___ here, which hath five barley loaves (1,3) (John 6:9)
62 if his hands are ___, the house leaks (Eccl 10:18)
64 sixth angel poured out his vial upon the great ____ Euphrates (Rev 16:12)
65 away, absent (Rev 18:14)
66 which is gone down in the sun ___ of Ahaz (Isa 38:8) KJV
67 She gave herself as a prostitute to all the ____ of the Assyrians (Ezek 23:7)
68 thou shouldest be for salvation unto the ____ of the earth (Acts 13:47) KJV
69 said through the prophet: "Out of ___ I called my son (Matt 2:15)
70 Salvation is found in no one ___, for there is no other name (Acts 4:12)

DOWN

1 the woman had a fat ___ in the house (1 Sam 28:24) KJV
2 a Levite who lived in a remote ___ in the hill country (Judg 19:1)
3 the ephod, close to the ___ just above the waistband (Ex 39:20)
4 beginning with the oldest and ___ with the youngest (Gen 44:12)
6 Fear and trembling have ___ me; horror has overwhelmed me (Ps 55:5)
7 I will measure into their ___ the full payment for (Isa 65:7)
8 See, the LORD has chosen Bezalel son of ___ (Ex.35:30)
9 let each ____ other better than themselves (Phil 2:3)
10 not to be slanderers or ___ to much wine (Titus 2:3)
11 beat against that house, and it fell with a great ___ (Matt 7:27)
12 Thou shalt truly ____ all the increase of thy seed (Deut 14:22)
13 His ___ shaft was like a weaver's rod (1 Sam 17:7)
15 Lazarus has fallen ___; but I am going there to wake him (John 11:11)
22 married a wife, deceased, and, having no ____ (Matt 22:25)
24 Saul and Abner son of Ner had ___ down (1 Sam 26:5)
26 The people have become hungry and ___ and thirsty (2 Sam 17:29)
27 was in the ____ that is called Patmos (Rev 1:9)
28 We all growl like bears; we ___ mournfully like doves (Isa 59:11)
29 If anyone ___ anything to them, God will add to him (Rev 22:18)
30 My feet stand on ___ ground (Ps 26:12)
33 you have ___ with men on foot and they have worn you out (Jer 12:5)
35 I will give him rest from all his enemies on every ____. (1 Chr 22:9)
36 the darkness is passing and the ____ light is already shining (I Jn 2:8)
37 there shall come forth a rod out of the ___ of Jesse (Isa 11:1) KJV
39 Stay with him for a while until your brother's fury ___ (Gen 27:44)
41 no longer to call her ___; her name will be Sarah.(Gen 17:15)
44 listens to me will live in safety and be at ___ (Prov 1:33)
46 the LORD; let all the people of the world ___ him (Ps 33:8)
49 Jesus was walking ___ the Sea of Galilee (Matt 4:18)
51 Do not ___ yourselves by any of these creatures (Lev 11:43)
52 The king got up in ___ ___ left his wine (1,4) (Est 7:7)
53 Like a scarecrow in a ___ patch, their idols cannot speak (Jer 10:5)
54 ___ ___ flowing with milk and honey (1,4) (Deut 26:10)
55 Dan is a lion's ___: he shall leap from Bashan (Deut 33:22) KJV
57 what Adam was made from (Job 33:6)
58 Do not those who plot ___ go astray? (Prov 14:22)
59 silver in two bags, with two ___ of clothing (2 Kings 5:23)
60 every man under his vine and under his fig ____ (1 King 4:25)
63 I'll ___ around it and fertilize it.(Luke 13:8)

Just for Kids

Flashlight TAG



Sometimes we resist the light of Christ. But when his light touches us, we can then share it with others. Play this fun game on a summer night to remember how Christ's light shines in the world.

What you need:

- Friends
- Safe open space outdoors
- A flashlight for each player

How to play:

1. Choose one person to be the Tagger, known as the Light. Only that person can have his or her flashlight on.
2. The Light tries to shine his or her flashlight on other players, who run around and try to hide in the darkness.
3. Once players have been touched by the Light, they turn on their flashlights and join in, trying to shine on others.
4. Play until everyone has been tagged by the Light. Repeat, giving everyone a turn to be the Light.

PUZZLE

GOD'S LIGHT

Summer's long days can remind us of our Creator, who made the sun and wants us to live in his light.

Directions: First, write the opposite of each word in parentheses. Then use the Word Bank words, in order, to complete 1 John 1:5-7, NIV.

WORD BANK: is in is at if in as is in with

God _____ _____; _____ _____
(dark) (her)

there _____ _____ _____ness _____ _____ . ...
(yes) (light) (none)

But _____ we _____ _____ the _____,
(run) (dark)

_____ _____ _____ _____ the _____,
(she) (dark)

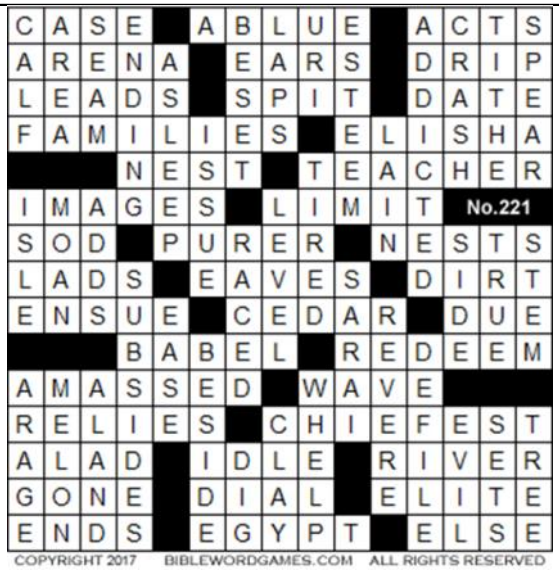
we have fellowship _____ one another. ...

1 John 1:5-7, NIV

Answer: God is light; in him there is no darkness at all . ... But if we walk in the light, as he is in the light, we have fellowship with one another. (1 John 1:5-7, NIV)

Barnum Community United Methodist Church

POSTMASTER:
Please send address changes to:
PO Box 70, 3762 Front Street
Barnum, MN 55707
(218) 389-6876 office@barnumumc.org
www.barnumumc.org



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

BUMC Ministry Team

Pastor—Lee Kantonen
Council Chair—Leon Finifrock
Youth Director—Bill Schoonover
Missions/Outreach—Connie Swanson
Secretary—Mechelle Mattson
Faith Community Nurse—Jennifer Southerton
Congregational Nurture & Care—Connie Herbert
Nursery Coordinator—Kaye Finifrock
Acolyte Coordinator—Roxanne Matten
Wednesday Night Servers—Kaye Finifrock/Terri Krueger
Custodian—Jim Calhoun

United Women in Faith—Sandy Ferguson
Bookkeeper—Tiffany Parr
Ministries Leader—Deb Halls
Staff-Parish Relations—Dawson Gentry
Worship Ministry - Lori Koski
Properties Management—Dave Matten
Discipleship Ministries—Mike Line
Sunday Servers Coordinator—Ann Kosloski
Greeters/Ushers Coordinator—Laurie Audette
Sunday Counters Coordinator—Cathy Kunze
Office Manager—Laurie Audette

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



September 2024
Volume 24—Issue 9

Bible Readings
Church Calendar
Birthdays
Anniversaries
Youth Group
Bible Buddies
Faith Community Nurse
United Women in Faith
Women's Ministry
Council Minutes
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

Office Hours (Mon-Fri)

Sunday Worship

Facebook Live 9:30 am
In Person 9:30 am

Pastor Kennection

Jesus...saw a man called Matthew sitting at the tax booth, and He said to him, "Follow me." And he rose and followed Him. (Matthew 9:9)

Where were the Apostles when Jesus called them to follow Him? It wasn't from the synagogue, was it, even though Jesus regularly was found at the synagogue. It was when the Lord was out and about in the community. The apostles were called when they were on the seashore preparing to fish, or out in their boats, the tax booth, maybe the marketplace, it was from those everyday areas of life that Jesus called them.

There is a wonderful missional heart found here at Barnum Community. My memory is relatively recent in the scheme of things, but it was so good to learn about our connection with John Sergey in years past and to listen to Pastor Sergey and learn of his evangelistic outreach to the people of what at that time was the Soviet Union. For those unfamiliar, spark up a conversation with Jen Berthelot.

Since its outset, mission has been central to the heart of churches with a Wesleyan persuasion and the United Methodist Church is no different. Recently, the Minnesota Annual Conference has been encouraging involvement of all of our churches in something called, Fresh Expressions. Very simply, it is about meeting with people around a shared area of interest while taking time to share a "Jesus Story" during the time together. For years we've known and made known that for the most part people who don't know Christ aren't going to just wander into our churches. Jesus sent his followers out to make disciples, not in.

People have been gathering at bicycling groups, kayaking groups, quilting groups, wood carving groups, golfing groups, you name it. Whatever shared area of interest people have; Fresh Expressions can be occurring there. There have even been axe throwing and burrito gatherings. The key is gathering regularly and making a point to share a Jesus story and an opportunity for prayer. Fresh Expressions is about building relationships with others outside the church. It is a time to introduce Jesus to people who likely will not wander into Barnum Community United Methodist Church or any other church building. We need to keep developing new ways of letting people know God loves them and wants to be in a relationship with them. Perhaps you have already been doing that sort of thing without calling it Fresh Expressions.

So, if you have thought sharing your faith with others is something you could never do, I invite and encourage you to think again. There might be those here at Barnum Community who share your interests to join with you to get your Fresh Expression initiated. The community is filled with people who hold shared interests in need of knowing the Lord. Thank you for sharing the love of God and inviting others to join the journey.

The Good Shepherd's Sheepdog,

Lee



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:30 Worship Service 11:00 Adult Class	**2 LABOR DAY** **Office Closed** 5-8 Youth Group	3 11:00 Prayer Group	4 5-8 Youth Group	5	6	7
8 Grandparents Day 9:30 Worship Service **Communion** 11:00 Adult Class	9 5-8 Youth Group 6:30 Council Mtg	10 11:00 Prayer Group 1:00 Moms in Prayer	11 **FAMILY NIGHT KICK OFF** 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	12	13	14
15 9:30 Worship Service 11:00 Adult Class Congregational Meeting after Church Service	16 5-8 Youth Group	17 11:00 Prayer Group 1:00 Moms in Prayer	18 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	19	20	21
22 9:30 Worship Service 11:00 Adult Class	23 5-8:00 Youth Group	24 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	25 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study Newsletter Deadline	26	27	28
29 9:30 Worship Service 11:00 Adult Class	30 5-8 Youth Group					

** Schedule subject to change.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 11:00 Prayer Group 1:00 Moms in Prayer	2 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	3	4	5
6 **Pastor Appreciation Day** 9:30 Worship Service 11:00 Adult Class	7 **COLUMBUS DAY** 5-8:00 Youth Group 6:00 Finance Mtg 6:30 Council Mtg	8 11:00 Prayer Group 1:00 Moms in Prayer	9 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	10	11	12 9:30 Secret Sister Reveal Party
13 9:30 Worship Service **Communion** 11:00 Adult Class	14 5-8:00 Youth Group	15 11:00 Prayer Group 1:00 Moms in Prayer	16 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	17	18	19
20 9:30 Worship Service 11:00 Adult Class	21 5-8:00 Youth Group	22 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	23 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	24	25	26
27 9:30 Worship Service 11:00 Adult Class	28 5-8:00 Youth Group	29 11:00 Prayer Group 1:00 Moms in Prayer Newsletter Deadline	30 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	31 **HALLOWEEN**		

** Schedule subject to change.

Daily Nourishment



OLD & NEW TESTAMENT

Sep 1: Ps 135-136; 1Cor 12
Sep 2: Ps 137-139; 1Cor 13
Sep 3: Ps 140-142; 1Cor 14:1-20
Sep 4: Ps 143-145; 1Cor 14:21-40
Sep 5: Ps 146-147; 1Cor 15:1-28
Sep 6: Ps 148-150; 1Cor 15:29-58
Sep 7: Prov 1-2; 1Cor 16
Sep 8: Prov 3-5; 2Cor 1
Sep 9: Prov 6-7; 2Cor 2
Sep 10: Prov 8-9; 2Cor 3
Sep 11: Prov 10-12; 2Cor 4
Sep 12: Prov 13-15; 2Cor 5
Sep 13: Prov 16-18; 2Cor 6
Sep 14: Prov 19-21; 2Cor 7
Sep 15: Prov 22-24; 2Cor 8
Sep 16: Prov 25-26; 2Cor 9
Sep 17: Prov 27-29; 2Cor 10
Sep 18: Prov 30-31; 2Cor 11:1-15
Sep 19: Ecc 1-3; 2Cor 11:16-33
Sep 20: Ecc 4-6; 2Cor 12
Sep 21: Ecc 7-9; 2Cor 13
Sep 22: Ecc 10-12; Gal 1
Sep 23: Song 1-3; Gal 2
Sep 24: Song 4-5; Gal 3
Sep 25: Song 6-8; Gal 4
Sep 26: Is 1-2; Gal 5
Sep 27: Is 3-4; Gal 6
Sep 28: Is 5-6; Eph 1
Sep 29: Is 7-8; Eph 2
Sep 30: Is 9-10; Eph 3

CHRONOLOGICAL

Sep 1: Ezek 18-19
Sep 2: Ezek 20-21
Sep 3: Ezek 22-23
Sep 4: Ezek 24-27
Sep 5: Ezek 28-31
Sep 6: Ezek 32-34
Sep 7: Ezek 35-37
Sep 8: Ezek 38-39
Sep 9: Ezek 40-41
Sep 10: Ezek 42-43
Sep 11: Ezek 44-45
Sep 12: Ezek 46-48
Sep 13: Joel
Sep 14: Dan 1-3
Sep 15: Dan 4-6
Sep 16: Dan 7-9
Sep 17: Dan 10-12
Sep 18: Ezra 1-3
Sep 19: Ezra 4-6; Ps 137
Sep 20: Haggai
Sep 21: Zech 1-7
Sep 22: Zech 8-14
Sep 23: Est 1-5
Sep 24: Est 6-10
Sep 25: Ezra 7-10
Sep 26: Neh 1-5
Sep 27: Neh 6-7
Sep 28: Neh 8-10
Sep 29: Neh 11-13; Ps 126
Sep 30: Malachi

Youth



Welcome to the 2024-25 School Year! Students return to their school routines and sports schedules are back. The Barnum Youth Group (BYG) is launching our new school year theme "But Wait…There's More!" Many people take life as it comes. This year we will be challenging youth that there's more to their lives. What we may see on the surface is only a part of who God created us to be. With each topic we discuss we will pause and look deeper, 'but wait…there's more'! With topics like More to Me, What's your Role, Be Kind to Others, More than Decorations, Forgiving Grudges, The Light of the World and Do you Know Me, we will be exploring so much more this year. Please pray that students are willing to look at their lives and see that they do need more and that the more they need is Jesus.

Before we say goodbye to summer, I wanted to share about an amazing experience I was able to have with a recent graduate. Tobin has attended youth group for many years, and he also loves running. At the beginning of summer, he talked about wanting to do the Moose Lake Triathlon, but he didn't want to do the whole thing. I said we could do it as a team and I would be willing to do the bike part. My wife, Serenity, said she would be willing to do the swim and all summer the three of us prepared for the big event. Serenity swam, I biked and then Tobin set out for his 3-mile run. As we were waiting for Tobin to return Serenity and I talked about how thankful we were to provide this opportunity for Tobin. As Tobin crossed the finished line the announcer said, "And here is our first team to finish." Our team placed first. We couldn't believe it. Later Tobin told me, "I've gotten second place and third place before, but I've never gotten first place!" It was our prayer that God would bless that day, and He did! I want to thank Serenity for swimming for our team and I want to thank the Barnum Church family for coming to support us during the race. You're the Best! Please pray for continued opportunities to bless the students that we work with.









Nursery Volunteers: The nursery is in need of adult volunteers and young adults during church services. Please see Kay Finifrock.

September 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Servers	Wednesday Servers
1	Willis & Kay Finifrock	Scott & Elaine Bogenholm	Bonnie Kepler Cathy Kunze	Jenna Uszenski	Deb Halls	Janet Adelsgruber Karen Smith	
8	Hazel Oachs Jay Oachs	Bing & Kathy Mattson	Brian Koski Deb Donaldson	Daniel Zinter	Deb Entner	COMMUNION SUNDAY	(11) Bette Deming Annette Meyer & Boys
15	Marilyn Criley Judy Jacobs	Chris & Annette Meyer	Robin Paulson Bonnie Kepler	Brenden Zinter	Kay Finifrock	Annette Meyer Brenda Zinter	(18) Deb Entner
22	Cheryl Peterson Terri Krueger	Steve & Sandi Vogel	Brian Koski Deb Donaldson	Liam Parr	Brenda Zinter	Deb Halls Carmen Burak	(25) Evelyn Newman
29	Audrey Sebring Annette Hammitt	Bruce & Eileen Resman	Deb Donaldson Robin Paulson	Evan Earlywine	Tiffany Parr	Connie Herbert Jackie Olson	(2) Deb Halls

October 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Serv-ers	Wednesday Servers
6	Leon Finifrock Connie Herbert	Cliff & Joyce Berggren	Robin Paulson Cathy Kunze	Daniel Zinter	Sandi Vogel	Roxanne Mat-ten Kathy Otnes	(9) Paul & Carmen Burak
13	Ann Kosloski Tiffany Parr	Steve & Sandi Vogel	Brian Koski Bonnie Kepler	Nial Parr	Sandy Ferguson	COMMUNION SUNDAY	(16) Janet Adelsgruber Karen Smith
20	Roger & Deanna Finifrock	Paul & Carmen Burak	Brian Koski Deb Donaldson	Even Earlywine	Deb Halls	Cheryl Peterson Terri Krueger	(23) Terri Krueger
27	Dianne Anderson Connie Swanson	Dave & Sandy Ferguson	Deb Donaldson Robin Paulson	Brenden Zinter	Deb Entner	Ann Kosloski Linda Jusczak	(30) Sue Nelson Kathy Otnes Rachel Finifrock



September Health and Wellness Moment

"Healthy Aging"

September is Healthy Aging Month. The mission behind this month's health topic is to draw attention to the importance of healthy lifestyles for adults 45-plus. Nowadays, it is more important than ever to follow a healthy lifestyle, remain positive and passionate about life, and to look forward to better days ahead. Sometimes, however, this is not easy to do. If you need a boost to improve your lifestyle, here are some tips to be able to age well…in other words, to get older in the healthiest way possible! Let's look at some tips to achieve and maintain physical, social, mental and financial wellness.
First of all, let's look at Mental Wellness. Many people struggle with depression, loneliness, anxiety and isolation. It is important to follow these tips.

1. Be realistic. If you feel overwhelmed by some activities, (yours and/or your family's), learn to say no. Eliminate an activity that is not absolutely necessary. It's possible that you may be taking on more responsibility than you could, or should, handle. If you meet resistance, be ready to give reasons why you are making these changes. Be willing to listen to others' suggestions and be willing to compromise.
2. Shed the "superhero" urge. Nobody is perfect. Don't expect perfection from yourself or others. Focus on what really needs to be done, how much you can realistically get done and in what time frame. It's so important to ask for help when you need it.
3. Take one thing at a time. When someone is stressed or anxious, an ordinary workload can seem unbearable at times. The best way to cope with the feeling of being overwhelmed is to take one task at a time. Once you accomplish one task, choose the next most important thing you want to get done. Some people like to check off tasks on a list; it is very satisfying and helps you visualize your progress!

Next, let's look at the importance of Physical Fitness. According to the National Center for Chronic Disease Prevention and Health Promotion, about 6 in 10 adults in the U.S. have a chronic health condition, and 4 in 10 have two or more. There are many benefits of physical activity for adults and older adults. It's important to keep moving. A body in motion stays in motion! Exercise and strength training improves quality of life, reduces anxiety, and improves sleep. It also is key in weight loss, bone health and a lower risk of falls!

4. Move more, sit less. This recommendation from health.gov is based on new evidence that shows a strong positive relationship between increased sedentary behavior and increased risk of mortality, heart disease and high blood pressure.
5. Aerobic exercise. Check with your doctor for advice on how many minutes of exercise you should be getting per week. Also ask what kind of exercise is best for you and how to know if you are doing too much.
6. Muscle strengthening. These activities provide additional health benefits, so ask your doctor about muscle strengthening as well.

Next, we'll focus on the importance of Diet. Forty two percent of Americans have had an average weight gain of 29 pounds since the beginning of the pandemic. Not only have we been eating more and moving less, but alcohol consumption has also increased in this time frame. You can check out the Dietary Guidelines for Americans 2020-2025 published by the USDA. Always talk to your doctor about what weight is healthy for you.

7. Review your daily diet and make necessary changes. You guessed it, talk to your doctor about what is best for you! Generally, it is best to eat a diet that is rich in fruits, vegetables, whole grains, fat-free or low-fat milk and dairy products, and a variety of healthy proteins. It is best to eat a diet low in saturated fats, trans fats, cholesterol, sodium and added sugars.

Next, we'll focus on the importance of Social Well-being. We are created to be social beings, we crave healthy interaction with others. After feeling isolated, some older adults find it is hard to get out and be social without becoming mentally exhausted. Here are some ways to be active in your community:
8. Volunteer. There are so many places that encourage and welcome volunteering in our communities, churches, schools. Ask a friend to join you and make it a fun event to share!
9. Dream and then get to it. Is there someplace you've always wanted to travel, explore, research? Some of these things may not be realistic or feasible, but maybe some are! Have an adventure, laugh, share a fun moment with loved ones, get out and enjoy the day! Become a pen pal, learn a new language, learn to play an instrument…the sky's the limit!

Last, we will look at Financial Well-being.

10. Launch your next career, go back to school and get a degree, take an online class, learn a new skill that you have always wanted to master. Studies show that people who retire and then become sedentary and lose their excitement for life are much more likely to be ill and unhappy.

September is Healthy Aging Month, and it is the perfect time to renew or set some lifestyle goals! Happy Fall to you all!
Reference: HealthyAging.net

"Give thanks to the Lord, for He is good. His love endures forever."
Psalms 136:1
Prayers for peace, joy and good health, and just a reminder…you are uniquely YOU by HIS design!
~Jenny S, RN, BCUMC Parish Nurse

Howdy Partner!
Here is your invitation to:



The Bible-Buddy Round-Up

This is the kick-off to the Children's WEDNESDAY BIBLE BUDDIES program at the

Barnum Community Church

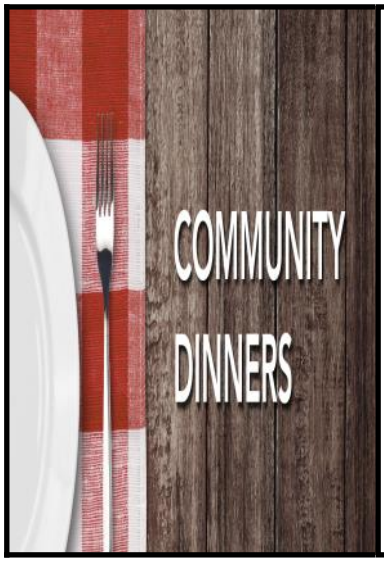
Giddy-up ya'll (ages 4-6th grade) and join up with the Bible Buddies!!

Wednesday evening September 11 at 6 - 7:15 pm, right after the Community Supper (served from 5:15 to 6pm).

After getting everyone registered and rustling up some chow, we will round up the gang of Buddies at 6 pm to enjoy activities including games, songs, crafts, and a Bible lesson.



Important Events in the Life of Our Church



Join us for
Community Dinner
&
Family Night

September 11, 18, 25

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



September 11:	*Family Night Kick Off*
	Community Dinner
	Bible Buddies
	Youth Group (7th – 12th)
	Women's Bible Study
October 31:	*Halloween Trunk or Treat*
November 20:	*Thanksgiving Dinner*
December 24:	*Christmas Eve*
	Candlelight Service



Please join us for **WOW**
"Worship on Wednesday"

6:15—6:30 Praise & Worship Music followed by a short bible lesson from Pastor Lee



The Warm Hearts Ministry will be meet Tuesday, September 24th from 10 am—3 pm to work on Warm Hearts Projects or personal projects. Please bring a lunch and join us for some great sewing time and fellowship. Bring your sewing supplies. Please RSVP Kathy Port.

United Women in Faith

United Women in Faith will be meeting on September 11 at 1:30 at the church. All women of the church are invited to attend this meeting. Ann Kosloski will be the hostess and Kathy Mattson will lead the discussion on pages 94-98 of our study book, "Life on Purpose for Women". Our heart is to assist with church projects wherever possible. Please see Sandy Ferguson for further information.



Important Events in the Life of Our Church



Mother / Child Nursing Tent:

A huge "Thank You" to all the volunteers who helped set up and tear down and work in the Baby Rest Area.





Fair time has come and gone already. Many thanks for all those who volunteered to park cars. This year over $2,600 was collected to help fund the Wednesday night youth programs reaching out to students in our Community.

The Lord's Table, September 8th

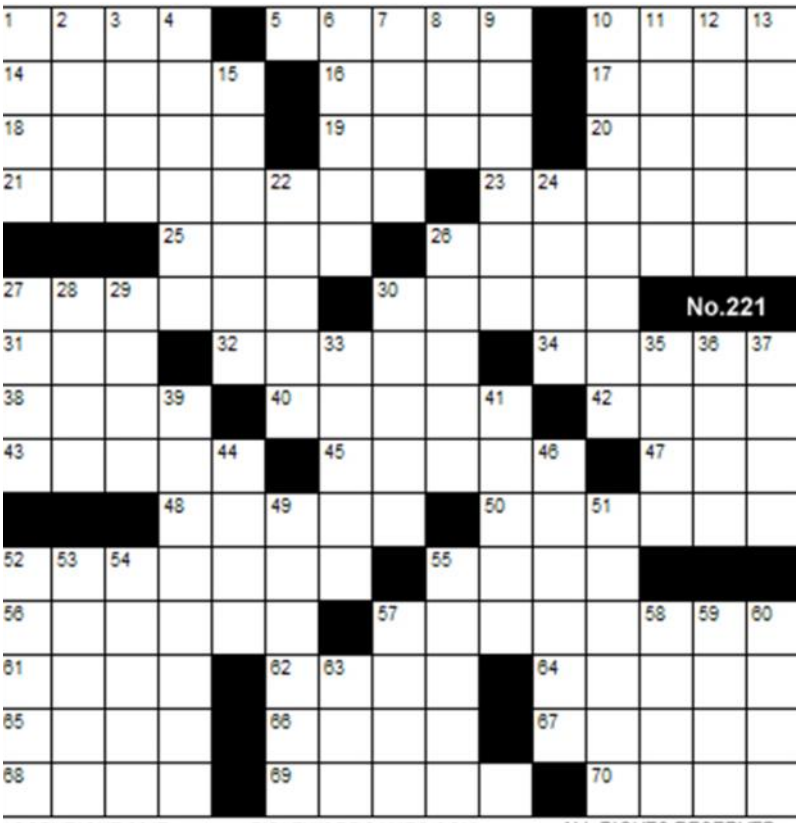


The second Sunday of the month will be our Table Sunday as a church family. We will be sharing communion at the Lord's Table, enjoying a shared-dish (potluck). Table Sunday is a monthly reminder that our life together as the family of God centers in worship, fellowship and sharing.

REMEMBER to bring a dish to share on the second Sunday and even if you aren't able, plan on staying for dinner with your family and friends here.

"Our Daily Bread" is also available on the facebook, mobile app in addition to the printed copies here in the office.

Did you miss out on a Sunday Service don't have access to Facebook or Internet? We have extra copies available for your use.



COPYRIGHT 2017 BIBLEWORDGAMES.COM ALL RIGHTS RESERVED

ACROSS

1 So Moses brought their ___ before the LORD (Num 27:5)
5 Fasten ___ ___ cord to it (1,4) (Ex 28:37)
10 fifth book of the New Testament
14 Like men condemned to die in the ___ (1 Cor 4:9)
16 Speak now in the ____ of the people (Exodus 11:2)
17 In that day the mountains will ___ new wine (Joel 3:18)
18 seems right to a man, but in the end it ___ to death (Prov 16:25)
19 Then they ___ in his face and struck him with their fists (Matt 26:67)
20 Son of man, record this ____ (Ezek 24:2)
21 because the midwives feared God, he gave them ___ of their own (Ex 1:21)
23 Elijah's successor (2 Kings 2:9)
25 Like a bird that strays from its ___ is a man who strays (Prov 27:8)
26 A student is not above his ___ , nor a servant above his master (Matt 10:24)
27 and remove all its vile ___ and detestable idols (Ezek 11:18)
30 they always heap up their sins to the ___ (1Thes 2:16)
31 clump of earth and grass
32 Her Nazarites were ___ than snow, they were whiter than (Lam 4:7) KJV
34 Jesus replied, "Foxes have holes and birds of the air have ___ (Matt 8:20)
38 The Angel which redeemed me from all evil, bless the ___ (Gen 48:16) KJV
40 from foundation to ___, were made of blocks of high-grade (1 Kings 7:9)
42 throwing stones at him and showering him with ___ (2 Sam 16:13)
43 let him seek peace, and ___ it (1 Pet 3:11) (KJV)
45 Like a ___ of Lebanon he will send down his roots (Hosea 14:5)
47 till he should pay all that was ___ unto him (Matt 18:34)
48 The tower of ____ (Gen 11:9)
50 To ____ them that were under the law (Gal 4:5)
52 I ___ silver and gold for myself, and the treasure (Eccl 2:8)
55 he that wavereth is like a ____ of the sea. (James 1:6)
56 What he trusts in is fragile; what he ___ on is a spider's web. (Job 8:14)
57 whosoever of you will be the ___, shall be servant of all (Mark 10:44) KJV
61 There is ___ ___ here, which hath five barley loaves (1,3) (John 6:9)
62 if his hands are ___, the house leaks (Eccl 10:18)
64 sixth angel poured out his vial upon the great ____ Euphrates (Rev 16:12)
65 away, absent (Rev 18:14)
66 which is gone down in the sun ___ of Ahaz (Isa 38:8) KJV
67 She gave herself as a prostitute to all the ____ of the Assyrians (Ezek 23:7)
68 thou shouldest be for salvation unto the ____ of the earth (Acts 13:47) KJV
69 said through the prophet: "Out of ___ I called my son (Matt 2:15)
70 Salvation is found in no one ___, for there is no other name (Acts 4:12)

DOWN

1 the woman had a fat ___ in the house (1 Sam 28:24) KJV
2 a Levite who lived in a remote ___ in the hill country (Judg 19:1)
3 the ephod, close to the ___ just above the waistband (Ex 39:20)
4 beginning with the oldest and ___ with the youngest (Gen 44:12)
6 Fear and trembling have ___ me; horror has overwhelmed me (Ps 55:5)
7 I will measure into their ___ the full payment for (Isa 65:7)
8 See, the LORD has chosen Bezalel son of ___ (Ex.35:30)
9 let each ____ other better than themselves (Phil 2:3)
10 not to be slanderers or ___ to much wine (Titus 2:3)
11 beat against that house, and it fell with a great ___ (Matt 7:27)
12 Thou shalt truly ____ all the increase of thy seed (Deut 14:22)
13 His ___ shaft was like a weaver's rod (1 Sam 17:7)
15 Lazarus has fallen ___; but I am going there to wake him (John 11:11)
22 married a wife, deceased, and, having no ____ (Matt 22:25)
24 Saul and Abner son of Ner had ___ down (1 Sam 26:5)
26 The people have become hungry and ___ and thirsty (2 Sam 17:29)
27 was in the ____ that is called Patmos (Rev 1:9)
28 We all growl like bears; we ___ mournfully like doves (Isa 59:11)
29 If anyone ___ anything to them, God will add to him (Rev 22:18)
30 My feet stand on ___ ground (Ps 26:12)
33 you have ___ with men on foot and they have worn you out (Jer 12:5)
35 I will give him rest from all his enemies on every ____. (1 Chr 22:9)
36 the darkness is passing and the ____ light is already shining (I Jn 2:8)
37 there shall come forth a rod out of the ___ of Jesse (Isa 11:1) KJV
39 Stay with him for a while until your brother's fury ___ (Gen 27:44)
41 no longer to call her ___; her name will be Sarah.(Gen 17:15)
44 listens to me will live in safety and be at ___ (Prov 1:33)
46 the LORD; let all the people of the world ___ him (Ps 33:8)
49 Jesus was walking ___ the Sea of Galilee (Matt 4:18)
51 Do not ___ yourselves by any of these creatures (Lev 11:43)
52 The king got up in ___ ___ left his wine (1,4) (Est 7:7)
53 Like a scarecrow in a ___ patch, their idols cannot speak (Jer 10:5)
54 ___ ___ flowing with milk and honey (1,4) (Deut 26:10)
55 Dan is a lion's ___: he shall leap from Bashan (Deut 33:22) KJV
57 what Adam was made from (Job 33:6)
58 Do not those who plot ___ go astray? (Prov 14:22)
59 silver in two bags, with two ___ of clothing (2 Kings 5:23)
60 every man under his vine and under his fig ____ (1 King 4:25)
63 I'll ___ around it and fertilize it.(Luke 13:8)

Just for Kids

Flashlight TAG



Sometimes we resist the light of Christ. But when his light touches us, we can then share it with others. Play this fun game on a summer night to remember how Christ's light shines in the world.

What you need:

- Friends
- Safe open space outdoors
- A flashlight for each player

How to play:

1. Choose one person to be the Tagger, known as the Light. Only that person can have his or her flashlight on.
2. The Light tries to shine his or her flashlight on other players, who run around and try to hide in the darkness.
3. Once players have been touched by the Light, they turn on their flashlights and join in, trying to shine on others.
4. Play until everyone has been tagged by the Light. Repeat, giving everyone a turn to be the Light.

PUZZLE

GOD'S LIGHT

Summer's long days can remind us of our Creator, who made the sun and wants us to live in his light.

Directions: First, write the opposite of each word in parentheses. Then use the Word Bank words, in order, to complete 1 John 1:5-7, NIV.

WORD BANK: is in is at if in as is in with

God _____ _____; _____ _____
(dark) (her)

there _____ _____ _____ness _____ _____ . ...
(yes) (light) (none)

But _____ we _____ _____ the _____,
(run) (dark)

_____ _____ _____ _____ the _____,
(she) (dark)

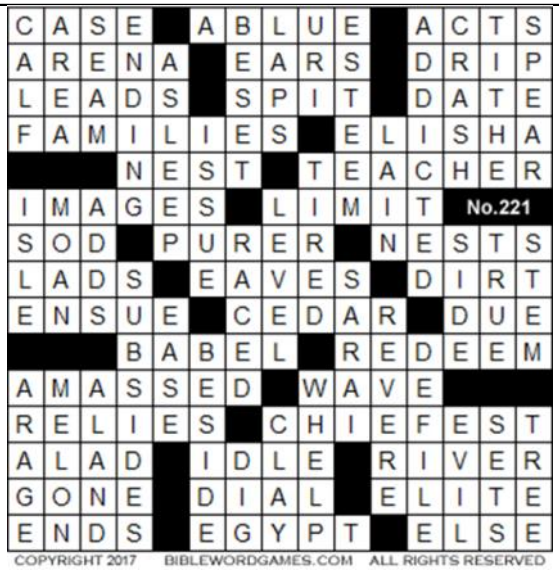
we have fellowship _____ one another. ...

1 John 1:5-7, NIV

Answer: God is light; in him there is no darkness at all . ... But if we walk in the light, as he is in the light, we have fellowship with one another. (1 John 1:5-7, NIV)

Barnum Community United Methodist Church

POSTMASTER:
Please send address changes to:
PO Box 70, 3762 Front Street
Barnum, MN 55707
(218) 389-6876 office@barnumumc.org
www.barnumumc.org



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

BUMC Ministry Team

Pastor—Lee Kantonen
Council Chair—Leon Finifrock
Youth Director—Bill Schoonover
Missions/Outreach—Connie Swanson
Secretary—Mechelle Mattson
Faith Community Nurse—Jennifer Southerton
Congregational Nurture & Care—Connie Herbert
Nursery Coordinator—Kaye Finifrock
Acolyte Coordinator—Roxanne Matten
Wednesday Night Servers—Kaye Finifrock/Terri Krueger
Custodian—Jim Calhoun

United Women in Faith—Sandy Ferguson
Bookkeeper—Tiffany Parr
Ministries Leader—Deb Halls
Staff-Parish Relations—Dawson Gentry
Worship Ministry - Lori Koski
Properties Management—Dave Matten
Discipleship Ministries—Mike Line
Sunday Servers Coordinator—Ann Kosloski
Greeters/Ushers Coordinator—Laurie Audette
Sunday Counters Coordinator—Cathy Kunze
Office Manager—Laurie Audette

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



September 2024
Volume 24—Issue 9

Bible Readings
Church Calendar
Birthdays
Anniversaries
Youth Group
Bible Buddies
Faith Community Nurse
United Women in Faith
Women's Ministry
Council Minutes
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

Office Hours (Mon-Fri)

Sunday Worship

Facebook Live 9:30 am
In Person 9:30 am

Pastor Kennection

Jesus...saw a man called Matthew sitting at the tax booth, and He said to him, "Follow me." And he rose and followed Him. (Matthew 9:9)

Where were the Apostles when Jesus called them to follow Him? It wasn't from the synagogue, was it, even though Jesus regularly was found at the synagogue. It was when the Lord was out and about in the community. The apostles were called when they were on the seashore preparing to fish, or out in their boats, the tax booth, maybe the marketplace, it was from those everyday areas of life that Jesus called them.

There is a wonderful missional heart found here at Barnum Community. My memory is relatively recent in the scheme of things, but it was so good to learn about our connection with John Sergey in years past and to listen to Pastor Sergey and learn of his evangelistic outreach to the people of what at that time was the Soviet Union. For those unfamiliar, spark up a conversation with Jen Berthelot.

Since its outset, mission has been central to the heart of churches with a Wesleyan persuasion and the United Methodist Church is no different. Recently, the Minnesota Annual Conference has been encouraging involvement of all of our churches in something called, Fresh Expressions. Very simply, it is about meeting with people around a shared area of interest while taking time to share a "Jesus Story" during the time together. For years we've known and made known that for the most part people who don't know Christ aren't going to just wander into our churches. Jesus sent his followers out to make disciples, not in.

People have been gathering at bicycling groups, kayaking groups, quilting groups, wood carving groups, golfing groups, you name it. Whatever shared area of interest people have; Fresh Expressions can be occurring there. There have even been axe throwing and burrito gatherings. The key is gathering regularly and making a point to share a Jesus story and an opportunity for prayer. Fresh Expressions is about building relationships with others outside the church. It is a time to introduce Jesus to people who likely will not wander into Barnum Community United Methodist Church or any other church building. We need to keep developing new ways of letting people know God loves them and wants to be in a relationship with them. Perhaps you have already been doing that sort of thing without calling it Fresh Expressions.

So, if you have thought sharing your faith with others is something you could never do, I invite and encourage you to think again. There might be those here at Barnum Community who share your interests to join with you to get your Fresh Expression initiated. The community is filled with people who hold shared interests in need of knowing the Lord. Thank you for sharing the love of God and inviting others to join the journey.

The Good Shepherd's Sheepdog,

Lee



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:30 Worship Service 11:00 Adult Class	**2 LABOR DAY** **Office Closed** 5-8 Youth Group	3 11:00 Prayer Group	4 5-8 Youth Group	5	6	7
8 Grandparents Day 9:30 Worship Service **Communion** 11:00 Adult Class	9 5-8 Youth Group 6:30 Council Mtg	10 11:00 Prayer Group 1:00 Moms in Prayer	11 **FAMILY NIGHT KICK OFF** 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	12	13	14
15 9:30 Worship Service 11:00 Adult Class Congregational Meeting after Church Service	16 5-8 Youth Group	17 11:00 Prayer Group 1:00 Moms in Prayer	18 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	19	20	21
22 9:30 Worship Service 11:00 Adult Class	23 5-8:00 Youth Group	24 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	25 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study Newsletter Deadline	26	27	28
29 9:30 Worship Service 11:00 Adult Class	30 5-8 Youth Group					

** Schedule subject to change.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 11:00 Prayer Group 1:00 Moms in Prayer	2 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	3	4	5
6 **Pastor Appreciation Day** 9:30 Worship Service 11:00 Adult Class	7 **COLUMBUS DAY** 5-8:00 Youth Group 6:00 Finance Mtg 6:30 Council Mtg	8 11:00 Prayer Group 1:00 Moms in Prayer	9 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	10	11	12 9:30 Secret Sister Reveal Party
13 9:30 Worship Service **Communion** 11:00 Adult Class	14 5-8:00 Youth Group	15 11:00 Prayer Group 1:00 Moms in Prayer	16 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	17	18	19
20 9:30 Worship Service 11:00 Adult Class	21 5-8:00 Youth Group	22 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	23 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	24	25	26
27 9:30 Worship Service 11:00 Adult Class	28 5-8:00 Youth Group	29 11:00 Prayer Group 1:00 Moms in Prayer Newsletter Deadline	30 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	31 **HALLOWEEN**		

** Schedule subject to change.

Daily Nourishment



OLD & NEW TESTAMENT

Sep 1: Ps 135-136; 1Cor 12
Sep 2: Ps 137-139; 1Cor 13
Sep 3: Ps 140-142; 1Cor 14:1-20
Sep 4: Ps 143-145; 1Cor 14:21-40
Sep 5: Ps 146-147; 1Cor 15:1-28
Sep 6: Ps 148-150; 1Cor 15:29-58
Sep 7: Prov 1-2; 1Cor 16
Sep 8: Prov 3-5; 2Cor 1
Sep 9: Prov 6-7; 2Cor 2
Sep 10: Prov 8-9; 2Cor 3
Sep 11: Prov 10-12; 2Cor 4
Sep 12: Prov 13-15; 2Cor 5
Sep 13: Prov 16-18; 2Cor 6
Sep 14: Prov 19-21; 2Cor 7
Sep 15: Prov 22-24; 2Cor 8
Sep 16: Prov 25-26; 2Cor 9
Sep 17: Prov 27-29; 2Cor 10
Sep 18: Prov 30-31; 2Cor 11:1-15
Sep 19: Ecc 1-3; 2Cor 11:16-33
Sep 20: Ecc 4-6; 2Cor 12
Sep 21: Ecc 7-9; 2Cor 13
Sep 22: Ecc 10-12; Gal 1
Sep 23: Song 1-3; Gal 2
Sep 24: Song 4-5; Gal 3
Sep 25: Song 6-8; Gal 4
Sep 26: Is 1-2; Gal 5
Sep 27: Is 3-4; Gal 6
Sep 28: Is 5-6; Eph 1
Sep 29: Is 7-8; Eph 2
Sep 30: Is 9-10; Eph 3

CHRONOLOGICAL

Sep 1: Ezek 18-19
Sep 2: Ezek 20-21
Sep 3: Ezek 22-23
Sep 4: Ezek 24-27
Sep 5: Ezek 28-31
Sep 6: Ezek 32-34
Sep 7: Ezek 35-37
Sep 8: Ezek 38-39
Sep 9: Ezek 40-41
Sep 10: Ezek 42-43
Sep 11: Ezek 44-45
Sep 12: Ezek 46-48
Sep 13: Joel
Sep 14: Dan 1-3
Sep 15: Dan 4-6
Sep 16: Dan 7-9
Sep 17: Dan 10-12
Sep 18: Ezra 1-3
Sep 19: Ezra 4-6; Ps 137
Sep 20: Haggai
Sep 21: Zech 1-7
Sep 22: Zech 8-14
Sep 23: Est 1-5
Sep 24: Est 6-10
Sep 25: Ezra 7-10
Sep 26: Neh 1-5
Sep 27: Neh 6-7
Sep 28: Neh 8-10
Sep 29: Neh 11-13; Ps 126
Sep 30: Malachi

Youth



Welcome to the 2024-25 School Year! Students return to their school routines and sports schedules are back. The Barnum Youth Group (BYG) is launching our new school year theme "But Wait…There's More!" Many people take life as it comes. This year we will be challenging youth that there's more to their lives. What we may see on the surface is only a part of who God created us to be. With each topic we discuss we will pause and look deeper, 'but wait…there's more'! With topics like More to Me, What's your Role, Be Kind to Others, More than Decorations, Forgiving Grudges, The Light of the World and Do you Know Me, we will be exploring so much more this year. Please pray that students are willing to look at their lives and see that they do need more and that the more they need is Jesus.

Before we say goodbye to summer, I wanted to share about an amazing experience I was able to have with a recent graduate. Tobin has attended youth group for many years, and he also loves running. At the beginning of summer, he talked about wanting to do the Moose Lake Triathlon, but he didn't want to do the whole thing. I said we could do it as a team and I would be willing to do the bike part. My wife, Serenity, said she would be willing to do the swim and all summer the three of us prepared for the big event. Serenity swam, I biked and then Tobin set out for his 3-mile run. As we were waiting for Tobin to return Serenity and I talked about how thankful we were to provide this opportunity for Tobin. As Tobin crossed the finished line the announcer said, "And here is our first team to finish." Our team placed first. We couldn't believe it. Later Tobin told me, "I've gotten second place and third place before, but I've never gotten first place!" It was our prayer that God would bless that day, and He did! I want to thank Serenity for swimming for our team and I want to thank the Barnum Church family for coming to support us during the race. You're the Best! Please pray for continued opportunities to bless the students that we work with.









Nursery Volunteers: The nursery is in need of adult volunteers and young adults during church services. Please see Kay Finifrock.

September 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Servers	Wednesday Servers
1	Willis & Kay Finifrock	Scott & Elaine Bogenholm	Bonnie Kepler Cathy Kunze	Jenna Uszenski	Deb Halls	Janet Adelsgruber Karen Smith	
8	Hazel Oachs Jay Oachs	Bing & Kathy Mattson	Brian Koski Deb Donaldson	Daniel Zinter	Deb Entner	COMMUNION SUNDAY	(11) Bette Deming Annette Meyer & Boys
15	Marilyn Criley Judy Jacobs	Chris & Annette Meyer	Robin Paulson Bonnie Kepler	Brenden Zinter	Kay Finifrock	Annette Meyer Brenda Zinter	(18) Deb Entner
22	Cheryl Peterson Terri Krueger	Steve & Sandi Vogel	Brian Koski Deb Donaldson	Liam Parr	Brenda Zinter	Deb Halls Carmen Burak	(25) Evelyn Newman
29	Audrey Sebring Annette Hammitt	Bruce & Eileen Resman	Deb Donaldson Robin Paulson	Evan Earlywine	Tiffany Parr	Connie Herbert Jackie Olson	(2) Deb Halls

October 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Serv-ers	Wednesday Servers
6	Leon Finifrock Connie Herbert	Cliff & Joyce Berggren	Robin Paulson Cathy Kunze	Daniel Zinter	Sandi Vogel	Roxanne Mat-ten Kathy Otnes	(9) Paul & Carmen Burak
13	Ann Kosloski Tiffany Parr	Steve & Sandi Vogel	Brian Koski Bonnie Kepler	Nial Parr	Sandy Ferguson	COMMUNION SUNDAY	(16) Janet Adelsgruber Karen Smith
20	Roger & Deanna Finifrock	Paul & Carmen Burak	Brian Koski Deb Donaldson	Even Earlywine	Deb Halls	Cheryl Peterson Terri Krueger	(23) Terri Krueger
27	Dianne Anderson Connie Swanson	Dave & Sandy Ferguson	Deb Donaldson Robin Paulson	Brenden Zinter	Deb Entner	Ann Kosloski Linda Jusczak	(30) Sue Nelson Kathy Otnes Rachel Finifrock



September Health and Wellness Moment

"Healthy Aging"

September is Healthy Aging Month. The mission behind this month's health topic is to draw attention to the importance of healthy lifestyles for adults 45-plus. Nowadays, it is more important than ever to follow a healthy lifestyle, remain positive and passionate about life, and to look forward to better days ahead. Sometimes, however, this is not easy to do. If you need a boost to improve your lifestyle, here are some tips to be able to age well…in other words, to get older in the healthiest way possible! Let's look at some tips to achieve and maintain physical, social, mental and financial wellness.
First of all, let's look at Mental Wellness. Many people struggle with depression, loneliness, anxiety and isolation. It is important to follow these tips.

1. Be realistic. If you feel overwhelmed by some activities, (yours and/or your family's), learn to say no. Eliminate an activity that is not absolutely necessary. It's possible that you may be taking on more responsibility than you could, or should, handle. If you meet resistance, be ready to give reasons why you are making these changes. Be willing to listen to others' suggestions and be willing to compromise.
2. Shed the "superhero" urge. Nobody is perfect. Don't expect perfection from yourself or others. Focus on what really needs to be done, how much you can realistically get done and in what time frame. It's so important to ask for help when you need it.
3. Take one thing at a time. When someone is stressed or anxious, an ordinary workload can seem unbearable at times. The best way to cope with the feeling of being overwhelmed is to take one task at a time. Once you accomplish one task, choose the next most important thing you want to get done. Some people like to check off tasks on a list; it is very satisfying and helps you visualize your progress!

Next, let's look at the importance of Physical Fitness. According to the National Center for Chronic Disease Prevention and Health Promotion, about 6 in 10 adults in the U.S. have a chronic health condition, and 4 in 10 have two or more. There are many benefits of physical activity for adults and older adults. It's important to keep moving. A body in motion stays in motion! Exercise and strength training improves quality of life, reduces anxiety, and improves sleep. It also is key in weight loss, bone health and a lower risk of falls!

4. Move more, sit less. This recommendation from health.gov is based on new evidence that shows a strong positive relationship between increased sedentary behavior and increased risk of mortality, heart disease and high blood pressure.
5. Aerobic exercise. Check with your doctor for advice on how many minutes of exercise you should be getting per week. Also ask what kind of exercise is best for you and how to know if you are doing too much.
6. Muscle strengthening. These activities provide additional health benefits, so ask your doctor about muscle strengthening as well.

Next, we'll focus on the importance of Diet. Forty two percent of Americans have had an average weight gain of 29 pounds since the beginning of the pandemic. Not only have we been eating more and moving less, but alcohol consumption has also increased in this time frame. You can check out the Dietary Guidelines for Americans 2020-2025 published by the USDA. Always talk to your doctor about what weight is healthy for you.

7. Review your daily diet and make necessary changes. You guessed it, talk to your doctor about what is best for you! Generally, it is best to eat a diet that is rich in fruits, vegetables, whole grains, fat-free or low-fat milk and dairy products, and a variety of healthy proteins. It is best to eat a diet low in saturated fats, trans fats, cholesterol, sodium and added sugars.

Next, we'll focus on the importance of Social Well-being. We are created to be social beings, we crave healthy interaction with others. After feeling isolated, some older adults find it is hard to get out and be social without becoming mentally exhausted. Here are some ways to be active in your community:
8. Volunteer. There are so many places that encourage and welcome volunteering in our communities, churches, schools. Ask a friend to join you and make it a fun event to share!
9. Dream and then get to it. Is there someplace you've always wanted to travel, explore, research? Some of these things may not be realistic or feasible, but maybe some are! Have an adventure, laugh, share a fun moment with loved ones, get out and enjoy the day! Become a pen pal, learn a new language, learn to play an instrument…the sky's the limit!

Last, we will look at Financial Well-being.

10. Launch your next career, go back to school and get a degree, take an online class, learn a new skill that you have always wanted to master. Studies show that people who retire and then become sedentary and lose their excitement for life are much more likely to be ill and unhappy.

September is Healthy Aging Month, and it is the perfect time to renew or set some lifestyle goals! Happy Fall to you all!
Reference: HealthyAging.net

"Give thanks to the Lord, for He is good. His love endures forever."
Psalms 136:1
Prayers for peace, joy and good health, and just a reminder…you are uniquely YOU by HIS design!
~Jenny S, RN, BCUMC Parish Nurse

Howdy Partner!
Here is your invitation to:



The Bible-Buddy Round-Up

This is the kick-off to the Children's WEDNESDAY BIBLE BUDDIES program at the

Barnum Community Church

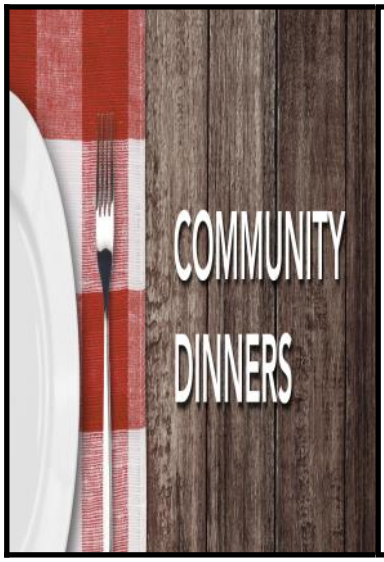
Giddy-up ya'll (ages 4-6th grade) and join up with the Bible Buddies!!

Wednesday evening September 11 at 6 - 7:15 pm, right after the Community Supper (served from 5:15 to 6pm).

After getting everyone registered and rustling up some chow, we will round up the gang of Buddies at 6 pm to enjoy activities including games, songs, crafts, and a Bible lesson.



Important Events in the Life of Our Church



Join us for
Community Dinner
&
Family Night

September 11, 18, 25

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



September 11:	*Family Night Kick Off*
	Community Dinner
	Bible Buddies
	Youth Group (7th – 12th)
	Women's Bible Study
October 31:	*Halloween Trunk or Treat*
November 20:	*Thanksgiving Dinner*
December 24:	*Christmas Eve*
	Candlelight Service



Please join us for **WOW**
"Worship on Wednesday"

6:15—6:30 Praise & Worship Music followed by a short bible lesson from Pastor Lee



The Warm Hearts Ministry will be meet Tuesday, September 24th from 10 am—3 pm to work on Warm Hearts Projects or personal projects. Please bring a lunch and join us for some great sewing time and fellowship. Bring your sewing supplies. Please RSVP Kathy Port.

United Women in Faith

United Women in Faith will be meeting on September 11 at 1:30 at the church. All women of the church are invited to attend this meeting. Ann Kosloski will be the hostess and Kathy Mattson will lead the discussion on pages 94-98 of our study book, "Life on Purpose for Women". Our heart is to assist with church projects wherever possible. Please see Sandy Ferguson for further information.



Important Events in the Life of Our Church



Mother / Child Nursing Tent:

A huge "Thank You" to all the volunteers who helped set up and tear down and work in the Baby Rest Area.





Fair time has come and gone already. Many thanks for all those who volunteered to park cars. This year over $2,600 was collected to help fund the Wednesday night youth programs reaching out to students in our Community.

The Lord's Table, September 8th

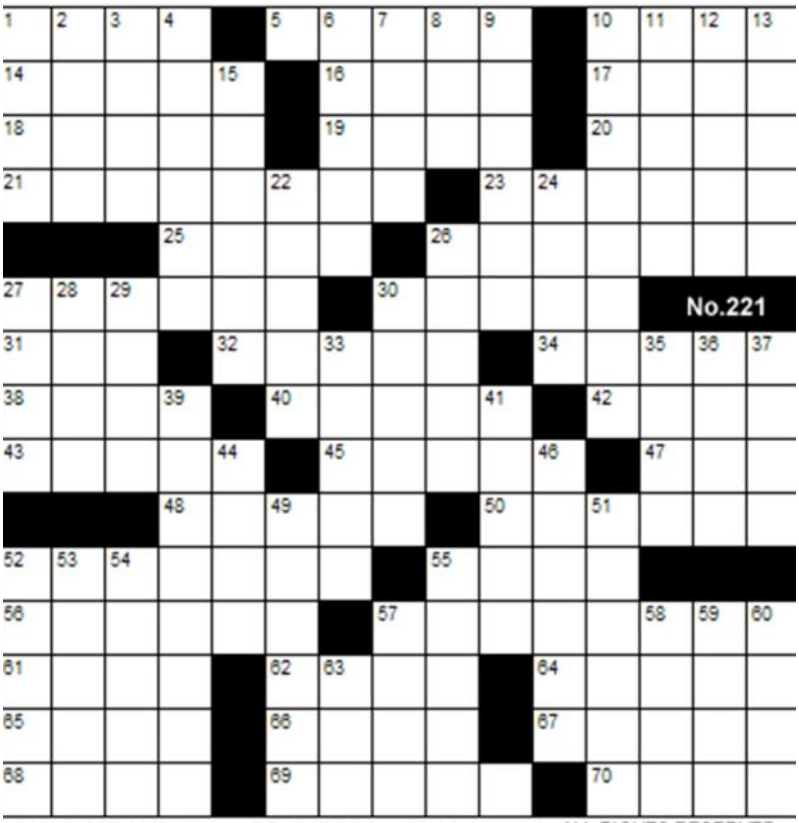


The second Sunday of the month will be our Table Sunday as a church family. We will be sharing communion at the Lord's Table, enjoying a shared-dish (potluck). Table Sunday is a monthly reminder that our life together as the family of God centers in worship, fellowship and sharing.

REMEMBER to bring a dish to share on the second Sunday and even if you aren't able, plan on staying for dinner with your family and friends here.

"Our Daily Bread" is also available on the facebook, mobile app in addition to the printed copies here in the office.

Did you miss out on a Sunday Service don't have access to Facebook or Internet? We have extra copies available for your use.



COPYRIGHT 2017 BIBLEWORDGAMES.COM ALL RIGHTS RESERVED

ACROSS

1 So Moses brought their ___ before the LORD (Num 27:5)
5 Fasten ___ ___ cord to it (1,4) (Ex 28:37)
10 fifth book of the New Testament
14 Like men condemned to die in the ___ (1 Cor 4:9)
16 Speak now in the ____ of the people (Exodus 11:2)
17 In that day the mountains will ___ new wine (Joel 3:18)
18 seems right to a man, but in the end it ___ to death (Prov 16:25)
19 Then they ___ in his face and struck him with their fists (Matt 26:67)
20 Son of man, record this ____ (Ezek 24:2)
21 because the midwives feared God, he gave them ___ of their own (Ex 1:21)
23 Elijah's successor (2 Kings 2:9)
25 Like a bird that strays from its ___ is a man who strays (Prov 27:8)
26 A student is not above his ___ , nor a servant above his master (Matt 10:24)
27 and remove all its vile ___ and detestable idols (Ezek 11:18)
30 they always heap up their sins to the ___ (1Thes 2:16)
31 clump of earth and grass
32 Her Nazarites were ___ than snow, they were whiter than (Lam 4:7) KJV
34 Jesus replied, "Foxes have holes and birds of the air have ___ (Matt 8:20)
38 The Angel which redeemed me from all evil, bless the ___ (Gen 48:16) KJV
40 from foundation to ___, were made of blocks of high-grade (1 Kings 7:9)
42 throwing stones at him and showering him with ___ (2 Sam 16:13)
43 let him seek peace, and ___ it (1 Pet 3:11) (KJV)
45 Like a ___ of Lebanon he will send down his roots (Hosea 14:5)
47 till he should pay all that was ___ unto him (Matt 18:34)
48 The tower of ____ (Gen 11:9)
50 To ____ them that were under the law (Gal 4:5)
52 I ___ silver and gold for myself, and the treasure (Eccl 2:8)
55 he that wavereth is like a ____ of the sea. (James 1:6)
56 What he trusts in is fragile; what he ___ on is a spider's web. (Job 8:14)
57 whosoever of you will be the ___, shall be servant of all (Mark 10:44) KJV
61 There is ___ ___ here, which hath five barley loaves (1,3) (John 6:9)
62 if his hands are ___, the house leaks (Eccl 10:18)
64 sixth angel poured out his vial upon the great ____ Euphrates (Rev 16:12)
65 away, absent (Rev 18:14)
66 which is gone down in the sun ___ of Ahaz (Isa 38:8) KJV
67 She gave herself as a prostitute to all the ____ of the Assyrians (Ezek 23:7)
68 thou shouldest be for salvation unto the ____ of the earth (Acts 13:47) KJV
69 said through the prophet: "Out of ___ I called my son (Matt 2:15)
70 Salvation is found in no one ___, for there is no other name (Acts 4:12)

DOWN

1 the woman had a fat ___ in the house (1 Sam 28:24) KJV
2 a Levite who lived in a remote ___ in the hill country (Judg 19:1)
3 the ephod, close to the ___ just above the waistband (Ex 39:20)
4 beginning with the oldest and ___ with the youngest (Gen 44:12)
6 Fear and trembling have ___ me; horror has overwhelmed me (Ps 55:5)
7 I will measure into their ___ the full payment for (Isa 65:7)
8 See, the LORD has chosen Bezalel son of ___ (Ex.35:30)
9 let each ____ other better than themselves (Phil 2:3)
10 not to be slanderers or ___ to much wine (Titus 2:3)
11 beat against that house, and it fell with a great ___ (Matt 7:27)
12 Thou shalt truly ____ all the increase of thy seed (Deut 14:22)
13 His ___ shaft was like a weaver's rod (1 Sam 17:7)
15 Lazarus has fallen ___; but I am going there to wake him (John 11:11)
22 married a wife, deceased, and, having no ____ (Matt 22:25)
24 Saul and Abner son of Ner had ___ down (1 Sam 26:5)
26 The people have become hungry and ___ and thirsty (2 Sam 17:29)
27 was in the ____ that is called Patmos (Rev 1:9)
28 We all growl like bears; we ___ mournfully like doves (Isa 59:11)
29 If anyone ___ anything to them, God will add to him (Rev 22:18)
30 My feet stand on ___ ground (Ps 26:12)
33 you have ___ with men on foot and they have worn you out (Jer 12:5)
35 I will give him rest from all his enemies on every ____. (1 Chr 22:9)
36 the darkness is passing and the ____ light is already shining (I Jn 2:8)
37 there shall come forth a rod out of the ___ of Jesse (Isa 11:1) KJV
39 Stay with him for a while until your brother's fury ___ (Gen 27:44)
41 no longer to call her ___; her name will be Sarah.(Gen 17:15)
44 listens to me will live in safety and be at ___ (Prov 1:33)
46 the LORD; let all the people of the world ___ him (Ps 33:8)
49 Jesus was walking ___ the Sea of Galilee (Matt 4:18)
51 Do not ___ yourselves by any of these creatures (Lev 11:43)
52 The king got up in ___ ___ left his wine (1,4) (Est 7:7)
53 Like a scarecrow in a ___ patch, their idols cannot speak (Jer 10:5)
54 ___ ___ flowing with milk and honey (1,4) (Deut 26:10)
55 Dan is a lion's ___: he shall leap from Bashan (Deut 33:22) KJV
57 what Adam was made from (Job 33:6)
58 Do not those who plot ___ go astray? (Prov 14:22)
59 silver in two bags, with two ___ of clothing (2 Kings 5:23)
60 every man under his vine and under his fig ____ (1 King 4:25)
63 I'll ___ around it and fertilize it.(Luke 13:8)

Just for Kids

Flashlight TAG



Sometimes we resist the light of Christ. But when his light touches us, we can then share it with others. Play this fun game on a summer night to remember how Christ's light shines in the world.

What you need:

- Friends
- Safe open space outdoors
- A flashlight for each player

How to play:

1. Choose one person to be the Tagger, known as the Light. Only that person can have his or her flashlight on.
2. The Light tries to shine his or her flashlight on other players, who run around and try to hide in the darkness.
3. Once players have been touched by the Light, they turn on their flashlights and join in, trying to shine on others.
4. Play until everyone has been tagged by the Light. Repeat, giving everyone a turn to be the Light.

PUZZLE

GOD'S LIGHT

Summer's long days can remind us of our Creator, who made the sun and wants us to live in his light.

Directions: First, write the opposite of each word in parentheses. Then use the Word Bank words, in order, to complete 1 John 1:5-7, NIV.

WORD BANK: is in is at if in as is in with

God _____ _____; _____ _____
(dark) (her)

there _____ _____ _____ness _____ _____ . ...
(yes) (light) (none)

But _____ we _____ _____ the _____,
(run) (dark)

_____ _____ _____ _____ the _____,
(she) (dark)

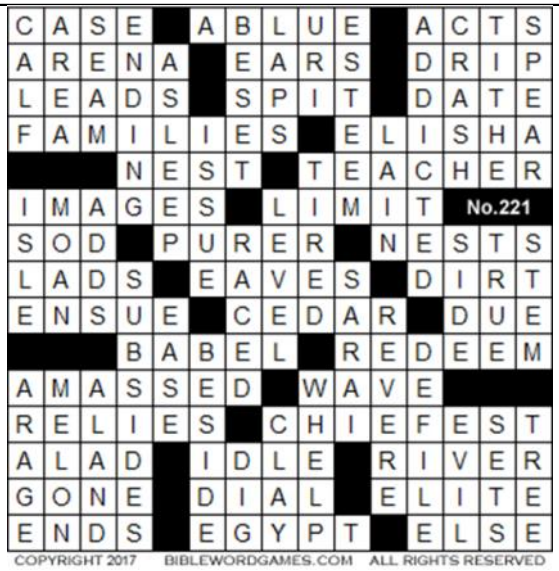
we have fellowship _____ one another. ...

1 John 1:5-7, NIV

Answer: God is light; in him there is no darkness at all . ... But if we walk in the light, as he is in the light, we have fellowship with one another. (1 John 1:5-7, NIV)

Barnum Community United Methodist Church

POSTMASTER:
Please send address changes to:
PO Box 70, 3762 Front Street
Barnum, MN 55707
(218) 389-6876 office@barnumumc.org
www.barnumumc.org



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

BUMC Ministry Team

Pastor—Lee Kantonen
Council Chair—Leon Finifrock
Youth Director—Bill Schoonover
Missions/Outreach—Connie Swanson
Secretary—Mechelle Mattson
Faith Community Nurse—Jennifer Southerton
Congregational Nurture & Care—Connie Herbert
Nursery Coordinator—Kaye Finifrock
Acolyte Coordinator—Roxanne Matten
Wednesday Night Servers—Kaye Finifrock/Terri Krueger
Custodian—Jim Calhoun

United Women in Faith—Sandy Ferguson
Bookkeeper—Tiffany Parr
Ministries Leader—Deb Halls
Staff-Parish Relations—Dawson Gentry
Worship Ministry - Lori Koski
Properties Management—Dave Matten
Discipleship Ministries—Mike Line
Sunday Servers Coordinator—Ann Kosloski
Greeters/Ushers Coordinator—Laurie Audette
Sunday Counters Coordinator—Cathy Kunze
Office Manager—Laurie Audette

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



September 2024
Volume 24—Issue 9

Bible Readings
Church Calendar
Birthdays
Anniversaries
Youth Group
Bible Buddies
Faith Community Nurse
United Women in Faith
Women's Ministry
Council Minutes
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

Office Hours (Mon-Fri)

Sunday Worship

Facebook Live 9:30 am
In Person 9:30 am

Pastor Kennection

Jesus...saw a man called Matthew sitting at the tax booth, and He said to him, "Follow me." And he rose and followed Him. (Matthew 9:9)

Where were the Apostles when Jesus called them to follow Him? It wasn't from the synagogue, was it, even though Jesus regularly was found at the synagogue. It was when the Lord was out and about in the community. The apostles were called when they were on the seashore preparing to fish, or out in their boats, the tax booth, maybe the marketplace, it was from those everyday areas of life that Jesus called them.

There is a wonderful missional heart found here at Barnum Community. My memory is relatively recent in the scheme of things, but it was so good to learn about our connection with John Sergey in years past and to listen to Pastor Sergey and learn of his evangelistic outreach to the people of what at that time was the Soviet Union. For those unfamiliar, spark up a conversation with Jen Berthelot.

Since its outset, mission has been central to the heart of churches with a Wesleyan persuasion and the United Methodist Church is no different. Recently, the Minnesota Annual Conference has been encouraging involvement of all of our churches in something called, Fresh Expressions. Very simply, it is about meeting with people around a shared area of interest while taking time to share a "Jesus Story" during the time together. For years we've known and made known that for the most part people who don't know Christ aren't going to just wander into our churches. Jesus sent his followers out to make disciples, not in.

People have been gathering at bicycling groups, kayaking groups, quilting groups, wood carving groups, golfing groups, you name it. Whatever shared area of interest people have; Fresh Expressions can be occurring there. There have even been axe throwing and burrito gatherings. The key is gathering regularly and making a point to share a Jesus story and an opportunity for prayer. Fresh Expressions is about building relationships with others outside the church. It is a time to introduce Jesus to people who likely will not wander into Barnum Community United Methodist Church or any other church building. We need to keep developing new ways of letting people know God loves them and wants to be in a relationship with them. Perhaps you have already been doing that sort of thing without calling it Fresh Expressions.

So, if you have thought sharing your faith with others is something you could never do, I invite and encourage you to think again. There might be those here at Barnum Community who share your interests to join with you to get your Fresh Expression initiated. The community is filled with people who hold shared interests in need of knowing the Lord. Thank you for sharing the love of God and inviting others to join the journey.

The Good Shepherd's Sheepdog,

Lee



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:30 Worship Service 11:00 Adult Class	**2 LABOR DAY** **Office Closed** 5-8 Youth Group	3 11:00 Prayer Group	4 5-8 Youth Group	5	6	7
8 Grandparents Day 9:30 Worship Service **Communion** 11:00 Adult Class	9 5-8 Youth Group 6:30 Council Mtg	10 11:00 Prayer Group 1:00 Moms in Prayer	11 **FAMILY NIGHT KICK OFF** 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	12	13	14
15 9:30 Worship Service 11:00 Adult Class Congregational Meeting after Church Service	16 5-8 Youth Group	17 11:00 Prayer Group 1:00 Moms in Prayer	18 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	19	20	21
22 9:30 Worship Service 11:00 Adult Class	23 5-8:00 Youth Group	24 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	25 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study Newsletter Deadline	26	27	28
29 9:30 Worship Service 11:00 Adult Class	30 5-8 Youth Group					

** Schedule subject to change.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 11:00 Prayer Group 1:00 Moms in Prayer	2 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	3	4	5
6 **Pastor Appreciation Day** 9:30 Worship Service 11:00 Adult Class	7 **COLUMBUS DAY** 5-8:00 Youth Group 6:00 Finance Mtg 6:30 Council Mtg	8 11:00 Prayer Group 1:00 Moms in Prayer	9 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	10	11	12 9:30 Secret Sister Reveal Party
13 9:30 Worship Service **Communion** 11:00 Adult Class	14 5-8:00 Youth Group	15 11:00 Prayer Group 1:00 Moms in Prayer	16 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	17	18	19
20 9:30 Worship Service 11:00 Adult Class	21 5-8:00 Youth Group	22 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	23 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	24	25	26
27 9:30 Worship Service 11:00 Adult Class	28 5-8:00 Youth Group	29 11:00 Prayer Group 1:00 Moms in Prayer Newsletter Deadline	30 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	31 **HALLOWEEN**		

** Schedule subject to change.

Daily Nourishment



OLD & NEW TESTAMENT

Sep 1: Ps 135-136; 1Cor 12
Sep 2: Ps 137-139; 1Cor 13
Sep 3: Ps 140-142; 1Cor 14:1-20
Sep 4: Ps 143-145; 1Cor 14:21-40
Sep 5: Ps 146-147; 1Cor 15:1-28
Sep 6: Ps 148-150; 1Cor 15:29-58
Sep 7: Prov 1-2; 1Cor 16
Sep 8: Prov 3-5; 2Cor 1
Sep 9: Prov 6-7; 2Cor 2
Sep 10: Prov 8-9; 2Cor 3
Sep 11: Prov 10-12; 2Cor 4
Sep 12: Prov 13-15; 2Cor 5
Sep 13: Prov 16-18; 2Cor 6
Sep 14: Prov 19-21; 2Cor 7
Sep 15: Prov 22-24; 2Cor 8
Sep 16: Prov 25-26; 2Cor 9
Sep 17: Prov 27-29; 2Cor 10
Sep 18: Prov 30-31; 2Cor 11:1-15
Sep 19: Ecc 1-3; 2Cor 11:16-33
Sep 20: Ecc 4-6; 2Cor 12
Sep 21: Ecc 7-9; 2Cor 13
Sep 22: Ecc 10-12; Gal 1
Sep 23: Song 1-3; Gal 2
Sep 24: Song 4-5; Gal 3
Sep 25: Song 6-8; Gal 4
Sep 26: Is 1-2; Gal 5
Sep 27: Is 3-4; Gal 6
Sep 28: Is 5-6; Eph 1
Sep 29: Is 7-8; Eph 2
Sep 30: Is 9-10; Eph 3

CHRONOLOGICAL

Sep 1: Ezek 18-19
Sep 2: Ezek 20-21
Sep 3: Ezek 22-23
Sep 4: Ezek 24-27
Sep 5: Ezek 28-31
Sep 6: Ezek 32-34
Sep 7: Ezek 35-37
Sep 8: Ezek 38-39
Sep 9: Ezek 40-41
Sep 10: Ezek 42-43
Sep 11: Ezek 44-45
Sep 12: Ezek 46-48
Sep 13: Joel
Sep 14: Dan 1-3
Sep 15: Dan 4-6
Sep 16: Dan 7-9
Sep 17: Dan 10-12
Sep 18: Ezra 1-3
Sep 19: Ezra 4-6; Ps 137
Sep 20: Haggai
Sep 21: Zech 1-7
Sep 22: Zech 8-14
Sep 23: Est 1-5
Sep 24: Est 6-10
Sep 25: Ezra 7-10
Sep 26: Neh 1-5
Sep 27: Neh 6-7
Sep 28: Neh 8-10
Sep 29: Neh 11-13; Ps 126
Sep 30: Malachi

Youth



Welcome to the 2024-25 School Year! Students return to their school routines and sports schedules are back. The Barnum Youth Group (BYG) is launching our new school year theme "But Wait…There's More!" Many people take life as it comes. This year we will be challenging youth that there's more to their lives. What we may see on the surface is only a part of who God created us to be. With each topic we discuss we will pause and look deeper, 'but wait…there's more'! With topics like More to Me, What's your Role, Be Kind to Others, More than Decorations, Forgiving Grudges, The Light of the World and Do you Know Me, we will be exploring so much more this year. Please pray that students are willing to look at their lives and see that they do need more and that the more they need is Jesus.

Before we say goodbye to summer, I wanted to share about an amazing experience I was able to have with a recent graduate. Tobin has attended youth group for many years, and he also loves running. At the beginning of summer, he talked about wanting to do the Moose Lake Triathlon, but he didn't want to do the whole thing. I said we could do it as a team and I would be willing to do the bike part. My wife, Serenity, said she would be willing to do the swim and all summer the three of us prepared for the big event. Serenity swam, I biked and then Tobin set out for his 3-mile run. As we were waiting for Tobin to return Serenity and I talked about how thankful we were to provide this opportunity for Tobin. As Tobin crossed the finished line the announcer said, "And here is our first team to finish." Our team placed first. We couldn't believe it. Later Tobin told me, "I've gotten second place and third place before, but I've never gotten first place!" It was our prayer that God would bless that day, and He did! I want to thank Serenity for swimming for our team and I want to thank the Barnum Church family for coming to support us during the race. You're the Best! Please pray for continued opportunities to bless the students that we work with.









Nursery Volunteers: The nursery is in need of adult volunteers and young adults during church services. Please see Kay Finifrock.

September 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Servers	Wednesday Servers
1	Willis & Kay Finifrock	Scott & Elaine Bogenholm	Bonnie Kepler Cathy Kunze	Jenna Uszenski	Deb Halls	Janet Adelsgruber Karen Smith	
8	Hazel Oachs Jay Oachs	Bing & Kathy Mattson	Brian Koski Deb Donaldson	Daniel Zinter	Deb Entner	COMMUNION SUNDAY	(11) Bette Deming Annette Meyer & Boys
15	Marilyn Criley Judy Jacobs	Chris & Annette Meyer	Robin Paulson Bonnie Kepler	Brenden Zinter	Kay Finifrock	Annette Meyer Brenda Zinter	(18) Deb Entner
22	Cheryl Peterson Terri Krueger	Steve & Sandi Vogel	Brian Koski Deb Donaldson	Liam Parr	Brenda Zinter	Deb Halls Carmen Burak	(25) Evelyn Newman
29	Audrey Sebring Annette Hammitt	Bruce & Eileen Resman	Deb Donaldson Robin Paulson	Evan Earlywine	Tiffany Parr	Connie Herbert Jackie Olson	(2) Deb Halls

October 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Serv-ers	Wednesday Servers
6	Leon Finifrock Connie Herbert	Cliff & Joyce Berggren	Robin Paulson Cathy Kunze	Daniel Zinter	Sandi Vogel	Roxanne Mat-ten Kathy Otnes	(9) Paul & Carmen Burak
13	Ann Kosloski Tiffany Parr	Steve & Sandi Vogel	Brian Koski Bonnie Kepler	Nial Parr	Sandy Ferguson	COMMUNION SUNDAY	(16) Janet Adelsgruber Karen Smith
20	Roger & Deanna Finifrock	Paul & Carmen Burak	Brian Koski Deb Donaldson	Even Earlywine	Deb Halls	Cheryl Peterson Terri Krueger	(23) Terri Krueger
27	Dianne Anderson Connie Swanson	Dave & Sandy Ferguson	Deb Donaldson Robin Paulson	Brenden Zinter	Deb Entner	Ann Kosloski Linda Jusczak	(30) Sue Nelson Kathy Otnes Rachel Finifrock



September Health and Wellness Moment

"Healthy Aging"

September is Healthy Aging Month. The mission behind this month's health topic is to draw attention to the importance of healthy lifestyles for adults 45-plus. Nowadays, it is more important than ever to follow a healthy lifestyle, remain positive and passionate about life, and to look forward to better days ahead. Sometimes, however, this is not easy to do. If you need a boost to improve your lifestyle, here are some tips to be able to age well…in other words, to get older in the healthiest way possible! Let's look at some tips to achieve and maintain physical, social, mental and financial wellness.
First of all, let's look at Mental Wellness. Many people struggle with depression, loneliness, anxiety and isolation. It is important to follow these tips.

1. Be realistic. If you feel overwhelmed by some activities, (yours and/or your family's), learn to say no. Eliminate an activity that is not absolutely necessary. It's possible that you may be taking on more responsibility than you could, or should, handle. If you meet resistance, be ready to give reasons why you are making these changes. Be willing to listen to others' suggestions and be willing to compromise.
2. Shed the "superhero" urge. Nobody is perfect. Don't expect perfection from yourself or others. Focus on what really needs to be done, how much you can realistically get done and in what time frame. It's so important to ask for help when you need it.
3. Take one thing at a time. When someone is stressed or anxious, an ordinary workload can seem unbearable at times. The best way to cope with the feeling of being overwhelmed is to take one task at a time. Once you accomplish one task, choose the next most important thing you want to get done. Some people like to check off tasks on a list; it is very satisfying and helps you visualize your progress!

Next, let's look at the importance of Physical Fitness. According to the National Center for Chronic Disease Prevention and Health Promotion, about 6 in 10 adults in the U.S. have a chronic health condition, and 4 in 10 have two or more. There are many benefits of physical activity for adults and older adults. It's important to keep moving. A body in motion stays in motion! Exercise and strength training improves quality of life, reduces anxiety, and improves sleep. It also is key in weight loss, bone health and a lower risk of falls!

4. Move more, sit less. This recommendation from health.gov is based on new evidence that shows a strong positive relationship between increased sedentary behavior and increased risk of mortality, heart disease and high blood pressure.
5. Aerobic exercise. Check with your doctor for advice on how many minutes of exercise you should be getting per week. Also ask what kind of exercise is best for you and how to know if you are doing too much.
6. Muscle strengthening. These activities provide additional health benefits, so ask your doctor about muscle strengthening as well.

Next, we'll focus on the importance of Diet. Forty two percent of Americans have had an average weight gain of 29 pounds since the beginning of the pandemic. Not only have we been eating more and moving less, but alcohol consumption has also increased in this time frame. You can check out the Dietary Guidelines for Americans 2020-2025 published by the USDA. Always talk to your doctor about what weight is healthy for you.

7. Review your daily diet and make necessary changes. You guessed it, talk to your doctor about what is best for you! Generally, it is best to eat a diet that is rich in fruits, vegetables, whole grains, fat-free or low-fat milk and dairy products, and a variety of healthy proteins. It is best to eat a diet low in saturated fats, trans fats, cholesterol, sodium and added sugars.

Next, we'll focus on the importance of Social Well-being. We are created to be social beings, we crave healthy interaction with others. After feeling isolated, some older adults find it is hard to get out and be social without becoming mentally exhausted. Here are some ways to be active in your community:
8. Volunteer. There are so many places that encourage and welcome volunteering in our communities, churches, schools. Ask a friend to join you and make it a fun event to share!
9. Dream and then get to it. Is there someplace you've always wanted to travel, explore, research? Some of these things may not be realistic or feasible, but maybe some are! Have an adventure, laugh, share a fun moment with loved ones, get out and enjoy the day! Become a pen pal, learn a new language, learn to play an instrument…the sky's the limit!

Last, we will look at Financial Well-being.

10. Launch your next career, go back to school and get a degree, take an online class, learn a new skill that you have always wanted to master. Studies show that people who retire and then become sedentary and lose their excitement for life are much more likely to be ill and unhappy.

September is Healthy Aging Month, and it is the perfect time to renew or set some lifestyle goals! Happy Fall to you all!
Reference: HealthyAging.net

"Give thanks to the Lord, for He is good. His love endures forever."
Psalms 136:1
Prayers for peace, joy and good health, and just a reminder…you are uniquely YOU by HIS design!
~Jenny S, RN, BCUMC Parish Nurse

Howdy Partner!
Here is your invitation to:



The Bible-Buddy Round-Up

This is the kick-off to the Children's WEDNESDAY BIBLE BUDDIES program at the

Barnum Community Church

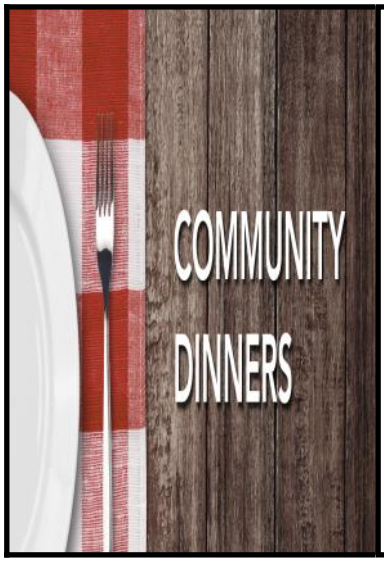
Giddy-up ya'll (ages 4-6th grade) and join up with the Bible Buddies!!

Wednesday evening September 11 at 6 - 7:15 pm, right after the Community Supper (served from 5:15 to 6pm).

After getting everyone registered and rustling up some chow, we will round up the gang of Buddies at 6 pm to enjoy activities including games, songs, crafts, and a Bible lesson.



Important Events in the Life of Our Church



Join us for
Community Dinner
&
Family Night

September 11, 18, 25

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



September 11:	*Family Night Kick Off*
	Community Dinner
	Bible Buddies
	Youth Group (7th – 12th)
	Women's Bible Study
October 31:	*Halloween Trunk or Treat*
November 20:	*Thanksgiving Dinner*
December 24:	*Christmas Eve*
	Candlelight Service



Please join us for **WOW**
"Worship on Wednesday"

6:15—6:30 Praise & Worship Music followed by a short bible lesson from Pastor Lee



The Warm Hearts Ministry will be meet Tuesday, September 24th from 10 am—3 pm to work on Warm Hearts Projects or personal projects. Please bring a lunch and join us for some great sewing time and fellowship. Bring your sewing supplies. Please RSVP Kathy Port.

United Women in Faith

United Women in Faith will be meeting on September 11 at 1:30 at the church. All women of the church are invited to attend this meeting. Ann Kosloski will be the hostess and Kathy Mattson will lead the discussion on pages 94-98 of our study book, "Life on Purpose for Women". Our heart is to assist with church projects wherever possible. Please see Sandy Ferguson for further information.



Important Events in the Life of Our Church



Mother / Child Nursing Tent:

A huge "Thank You" to all the volunteers who helped set up and tear down and work in the Baby Rest Area.





Fair time has come and gone already. Many thanks for all those who volunteered to park cars. This year over $2,600 was collected to help fund the Wednesday night youth programs reaching out to students in our Community.

The Lord's Table, September 8th

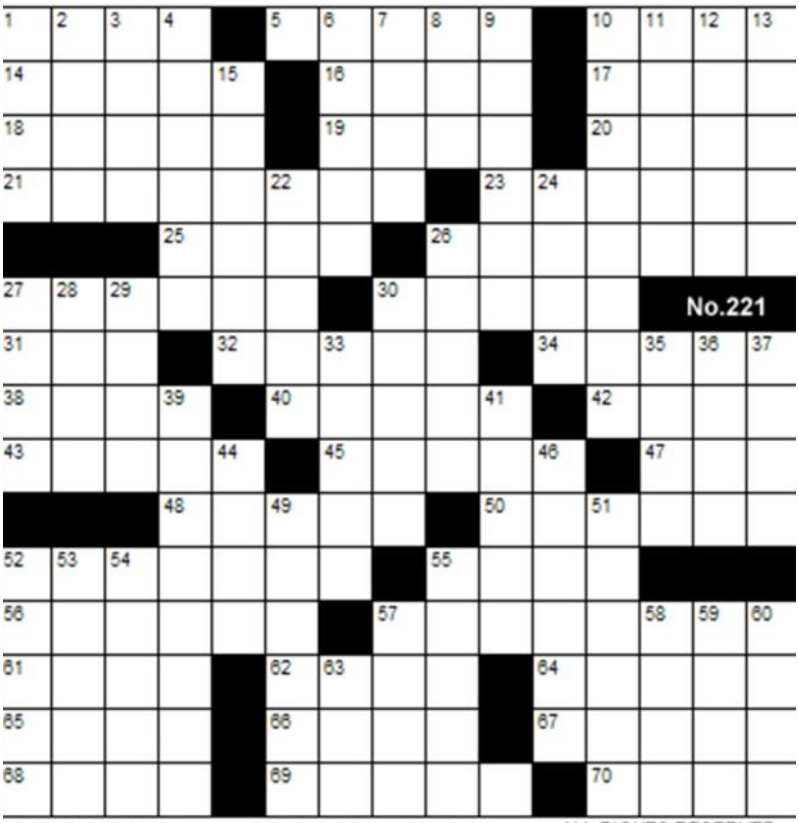


The second Sunday of the month will be our Table Sunday as a church family. We will be sharing communion at the Lord's Table, enjoying a shared-dish (potluck). Table Sunday is a monthly reminder that our life together as the family of God centers in worship, fellowship and sharing.

REMEMBER to bring a dish to share on the second Sunday and even if you aren't able, plan on staying for dinner with your family and friends here.

"Our Daily Bread" is also available on the facebook, mobile app in addition to the printed copies here in the office.

Did you miss out on a Sunday Service don't have access to Facebook or Internet? We have extra copies available for your use.



COPYRIGHT 2017 BIBLEWORDGAMES.COM ALL RIGHTS RESERVED

ACROSS

1 So Moses brought their ___ before the LORD (Num 27:5)
5 Fasten ___ ___ cord to it (1,4) (Ex 28:37)
10 fifth book of the New Testament
14 Like men condemned to die in the ___ (1 Cor 4:9)
16 Speak now in the ____ of the people (Exodus 11:2)
17 In that day the mountains will ___ new wine (Joel 3:18)
18 seems right to a man, but in the end it ___ to death (Prov 16:25)
19 Then they ___ in his face and struck him with their fists (Matt 26:67)
20 Son of man, record this ____ (Ezek 24:2)
21 because the midwives feared God, he gave them ___ of their own (Ex 1:21)
23 Elijah's successor (2 Kings 2:9)
25 Like a bird that strays from its ___ is a man who strays (Prov 27:8)
26 A student is not above his ___ , nor a servant above his master (Matt 10:24)
27 and remove all its vile ___ and detestable idols (Ezek 11:18)
30 they always heap up their sins to the ___ (1Thes 2:16)
31 clump of earth and grass
32 Her Nazarites were ___ than snow, they were whiter than (Lam 4:7) KJV
34 Jesus replied, "Foxes have holes and birds of the air have ___ (Matt 8:20)
38 The Angel which redeemed me from all evil, bless the ___ (Gen 48:16) KJV
40 from foundation to ___, were made of blocks of high-grade (1 Kings 7:9)
42 throwing stones at him and showering him with ___ (2 Sam 16:13)
43 let him seek peace, and ___ it (1 Pet 3:11) (KJV)
45 Like a ___ of Lebanon he will send down his roots (Hosea 14:5)
47 till he should pay all that was ___ unto him (Matt 18:34)
48 The tower of ____ (Gen 11:9)
50 To ____ them that were under the law (Gal 4:5)
52 I ___ silver and gold for myself, and the treasure (Eccl 2:8)
55 he that wavereth is like a ____ of the sea. (James 1:6)
56 What he trusts in is fragile; what he ___ on is a spider's web. (Job 8:14)
57 whosoever of you will be the ___, shall be servant of all (Mark 10:44) KJV
61 There is ___ ___ here, which hath five barley loaves (1,3) (John 6:9)
62 if his hands are ___, the house leaks (Eccl 10:18)
64 sixth angel poured out his vial upon the great ____ Euphrates (Rev 16:12)
65 away, absent (Rev 18:14)
66 which is gone down in the sun ___ of Ahaz (Isa 38:8) KJV
67 She gave herself as a prostitute to all the ____ of the Assyrians (Ezek 23:7)
68 thou shouldest be for salvation unto the ____ of the earth (Acts 13:47) KJV
69 said through the prophet: "Out of ___ I called my son (Matt 2:15)
70 Salvation is found in no one ___, for there is no other name (Acts 4:12)

DOWN

1 the woman had a fat ___ in the house (1 Sam 28:24) KJV
2 a Levite who lived in a remote ___ in the hill country (Judg 19:1)
3 the ephod, close to the ___ just above the waistband (Ex 39:20)
4 beginning with the oldest and ___ with the youngest (Gen 44:12)
6 Fear and trembling have ___ me; horror has overwhelmed me (Ps 55:5)
7 I will measure into their ___ the full payment for (Isa 65:7)
8 See, the LORD has chosen Bezalel son of ___ (Ex.35:30)
9 let each ____ other better than themselves (Phil 2:3)
10 not to be slanderers or ___ to much wine (Titus 2:3)
11 beat against that house, and it fell with a great ___ (Matt 7:27)
12 Thou shalt truly ____ all the increase of thy seed (Deut 14:22)
13 His ___ shaft was like a weaver's rod (1 Sam 17:7)
15 Lazarus has fallen ___; but I am going there to wake him (John 11:11)
22 married a wife, deceased, and, having no ____ (Matt 22:25)
24 Saul and Abner son of Ner had ___ down (1 Sam 26:5)
26 The people have become hungry and ___ and thirsty (2 Sam 17:29)
27 was in the ____ that is called Patmos (Rev 1:9)
28 We all growl like bears; we ___ mournfully like doves (Isa 59:11)
29 If anyone ___ anything to them, God will add to him (Rev 22:18)
30 My feet stand on ___ ground (Ps 26:12)
33 you have ___ with men on foot and they have worn you out (Jer 12:5)
35 I will give him rest from all his enemies on every ____. (1 Chr 22:9)
36 the darkness is passing and the ____ light is already shining (I Jn 2:8)
37 there shall come forth a rod out of the ___ of Jesse (Isa 11:1) KJV
39 Stay with him for a while until your brother's fury ___ (Gen 27:44)
41 no longer to call her ___; her name will be Sarah.(Gen 17:15)
44 listens to me will live in safety and be at ___ (Prov 1:33)
46 the LORD; let all the people of the world ___ him (Ps 33:8)
49 Jesus was walking ___ the Sea of Galilee (Matt 4:18)
51 Do not ___ yourselves by any of these creatures (Lev 11:43)
52 The king got up in ___ ___ left his wine (1,4) (Est 7:7)
53 Like a scarecrow in a ___ patch, their idols cannot speak (Jer 10:5)
54 ___ ___ flowing with milk and honey (1,4) (Deut 26:10)
55 Dan is a lion's ___: he shall leap from Bashan (Deut 33:22) KJV
57 what Adam was made from (Job 33:6)
58 Do not those who plot ___ go astray? (Prov 14:22)
59 silver in two bags, with two ___ of clothing (2 Kings 5:23)
60 every man under his vine and under his fig ____ (1 King 4:25)
63 I'll ___ around it and fertilize it.(Luke 13:8)

Just for Kids

Flashlight TAG



Sometimes we resist the light of Christ. But when his light touches us, we can then share it with others. Play this fun game on a summer night to remember how Christ's light shines in the world.

What you need:

- Friends
- Safe open space outdoors
- A flashlight for each player

How to play:

1. Choose one person to be the Tagger, known as the Light. Only that person can have his or her flashlight on.
2. The Light tries to shine his or her flashlight on other players, who run around and try to hide in the darkness.
3. Once players have been touched by the Light, they turn on their flashlights and join in, trying to shine on others.
4. Play until everyone has been tagged by the Light. Repeat, giving everyone a turn to be the Light.

PUZZLE

GOD'S LIGHT

Summer's long days can remind us of our Creator, who made the sun and wants us to live in his light.

Directions: First, write the opposite of each word in parentheses. Then use the Word Bank words, in order, to complete 1 John 1:5-7, NIV.

WORD BANK: is in is at if in as is in with

God _____ _____; _____ _____
(dark) (her)

there _____ _____ _____ness _____ _____ . ...
(yes) (light) (none)

But _____ we _____ _____ the _____,
(run) (dark)

_____ _____ _____ _____ the _____,
(she) (dark)

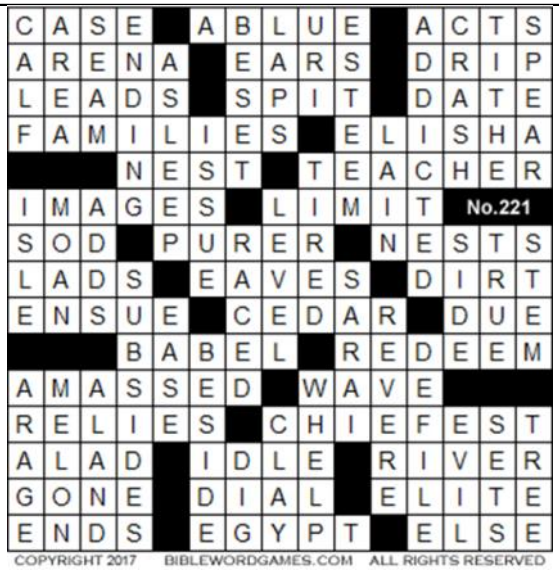
we have fellowship _____ one another. ...

1 John 1:5-7, NIV

Answer: God is light; in him there is no darkness at all . ... But if we walk in the light, as he is in the light, we have fellowship with one another. (1 John 1:5-7, NIV)

Barnum Community United Methodist Church

POSTMASTER:
Please send address changes to:
PO Box 70, 3762 Front Street
Barnum, MN 55707
(218) 389-6876 office@barnumumc.org
www.barnumumc.org



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

BUMC Ministry Team

Pastor—Lee Kantonen
Council Chair—Leon Finifrock
Youth Director—Bill Schoonover
Missions/Outreach—Connie Swanson
Secretary—Mechelle Mattson
Faith Community Nurse—Jennifer Southerton
Congregational Nurture & Care—Connie Herbert
Nursery Coordinator—Kaye Finifrock
Acolyte Coordinator—Roxanne Matten
Wednesday Night Servers—Kaye Finifrock/Terri Krueger
Custodian—Jim Calhoun

United Women in Faith—Sandy Ferguson
Bookkeeper—Tiffany Parr
Ministries Leader—Deb Halls
Staff-Parish Relations—Dawson Gentry
Worship Ministry - Lori Koski
Properties Management—Dave Matten
Discipleship Ministries—Mike Line
Sunday Servers Coordinator—Ann Kosloski
Greeters/Ushers Coordinator—Laurie Audette
Sunday Counters Coordinator—Cathy Kunze
Office Manager—Laurie Audette

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



September 2024
Volume 24—Issue 9

Bible Readings
Church Calendar
Birthdays
Anniversaries
Youth Group
Bible Buddies
Faith Community Nurse
United Women in Faith
Women's Ministry
Council Minutes
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

Office Hours (Mon-Fri)

Sunday Worship

Facebook Live 9:30 am
In Person 9:30 am

Pastor Kennection

Jesus...saw a man called Matthew sitting at the tax booth, and He said to him, "Follow me." And he rose and followed Him. (Matthew 9:9)

Where were the Apostles when Jesus called them to follow Him? It wasn't from the synagogue, was it, even though Jesus regularly was found at the synagogue. It was when the Lord was out and about in the community. The apostles were called when they were on the seashore preparing to fish, or out in their boats, the tax booth, maybe the marketplace, it was from those everyday areas of life that Jesus called them.

There is a wonderful missional heart found here at Barnum Community. My memory is relatively recent in the scheme of things, but it was so good to learn about our connection with John Sergey in years past and to listen to Pastor Sergey and learn of his evangelistic outreach to the people of what at that time was the Soviet Union. For those unfamiliar, spark up a conversation with Jen Berthelot.

Since its outset, mission has been central to the heart of churches with a Wesleyan persuasion and the United Methodist Church is no different. Recently, the Minnesota Annual Conference has been encouraging involvement of all of our churches in something called, Fresh Expressions. Very simply, it is about meeting with people around a shared area of interest while taking time to share a "Jesus Story" during the time together. For years we've known and made known that for the most part people who don't know Christ aren't going to just wander into our churches. Jesus sent his followers out to make disciples, not in.

People have been gathering at bicycling groups, kayaking groups, quilting groups, wood carving groups, golfing groups, you name it. Whatever shared area of interest people have; Fresh Expressions can be occurring there. There have even been axe throwing and burrito gatherings. The key is gathering regularly and making a point to share a Jesus story and an opportunity for prayer. Fresh Expressions is about building relationships with others outside the church. It is a time to introduce Jesus to people who likely will not wander into Barnum Community United Methodist Church or any other church building. We need to keep developing new ways of letting people know God loves them and wants to be in a relationship with them. Perhaps you have already been doing that sort of thing without calling it Fresh Expressions.

So, if you have thought sharing your faith with others is something you could never do, I invite and encourage you to think again. There might be those here at Barnum Community who share your interests to join with you to get your Fresh Expression initiated. The community is filled with people who hold shared interests in need of knowing the Lord. Thank you for sharing the love of God and inviting others to join the journey.

The Good Shepherd's Sheepdog,

Lee



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:30 Worship Service 11:00 Adult Class	**2 LABOR DAY** **Office Closed** 5-8 Youth Group	3 11:00 Prayer Group	4 5-8 Youth Group	5	6	7
8 Grandparents Day 9:30 Worship Service **Communion** 11:00 Adult Class	9 5-8 Youth Group 6:30 Council Mtg	10 11:00 Prayer Group 1:00 Moms in Prayer	11 **FAMILY NIGHT KICK OFF** 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	12	13	14
15 9:30 Worship Service 11:00 Adult Class Congregational Meeting after Church Service	16 5-8 Youth Group	17 11:00 Prayer Group 1:00 Moms in Prayer	18 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	19	20	21
22 9:30 Worship Service 11:00 Adult Class	23 5-8:00 Youth Group	24 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	25 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study Newsletter Deadline	26	27	28
29 9:30 Worship Service 11:00 Adult Class	30 5-8 Youth Group					

** Schedule subject to change.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 11:00 Prayer Group 1:00 Moms in Prayer	2 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	3	4	5
6 **Pastor Appreciation Day** 9:30 Worship Service 11:00 Adult Class	7 **COLUMBUS DAY** 5-8:00 Youth Group 6:00 Finance Mtg 6:30 Council Mtg	8 11:00 Prayer Group 1:00 Moms in Prayer	9 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	10	11	12 9:30 Secret Sister Reveal Party
13 9:30 Worship Service **Communion** 11:00 Adult Class	14 5-8:00 Youth Group	15 11:00 Prayer Group 1:00 Moms in Prayer	16 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	17	18	19
20 9:30 Worship Service 11:00 Adult Class	21 5-8:00 Youth Group	22 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	23 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	24	25	26
27 9:30 Worship Service 11:00 Adult Class	28 5-8:00 Youth Group	29 11:00 Prayer Group 1:00 Moms in Prayer Newsletter Deadline	30 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	31 **HALLOWEEN**		

** Schedule subject to change.

Daily Nourishment



OLD & NEW TESTAMENT

Sep 1: Ps 135-136; 1Cor 12
Sep 2: Ps 137-139; 1Cor 13
Sep 3: Ps 140-142; 1Cor 14:1-20
Sep 4: Ps 143-145; 1Cor 14:21-40
Sep 5: Ps 146-147; 1Cor 15:1-28
Sep 6: Ps 148-150; 1Cor 15:29-58
Sep 7: Prov 1-2; 1Cor 16
Sep 8: Prov 3-5; 2Cor 1
Sep 9: Prov 6-7; 2Cor 2
Sep 10: Prov 8-9; 2Cor 3
Sep 11: Prov 10-12; 2Cor 4
Sep 12: Prov 13-15; 2Cor 5
Sep 13: Prov 16-18; 2Cor 6
Sep 14: Prov 19-21; 2Cor 7
Sep 15: Prov 22-24; 2Cor 8
Sep 16: Prov 25-26; 2Cor 9
Sep 17: Prov 27-29; 2Cor 10
Sep 18: Prov 30-31; 2Cor 11:1-15
Sep 19: Ecc 1-3; 2Cor 11:16-33
Sep 20: Ecc 4-6; 2Cor 12
Sep 21: Ecc 7-9; 2Cor 13
Sep 22: Ecc 10-12; Gal 1
Sep 23: Song 1-3; Gal 2
Sep 24: Song 4-5; Gal 3
Sep 25: Song 6-8; Gal 4
Sep 26: Is 1-2; Gal 5
Sep 27: Is 3-4; Gal 6
Sep 28: Is 5-6; Eph 1
Sep 29: Is 7-8; Eph 2
Sep 30: Is 9-10; Eph 3

CHRONOLOGICAL

Sep 1: Ezek 18-19
Sep 2: Ezek 20-21
Sep 3: Ezek 22-23
Sep 4: Ezek 24-27
Sep 5: Ezek 28-31
Sep 6: Ezek 32-34
Sep 7: Ezek 35-37
Sep 8: Ezek 38-39
Sep 9: Ezek 40-41
Sep 10: Ezek 42-43
Sep 11: Ezek 44-45
Sep 12: Ezek 46-48
Sep 13: Joel
Sep 14: Dan 1-3
Sep 15: Dan 4-6
Sep 16: Dan 7-9
Sep 17: Dan 10-12
Sep 18: Ezra 1-3
Sep 19: Ezra 4-6; Ps 137
Sep 20: Haggai
Sep 21: Zech 1-7
Sep 22: Zech 8-14
Sep 23: Est 1-5
Sep 24: Est 6-10
Sep 25: Ezra 7-10
Sep 26: Neh 1-5
Sep 27: Neh 6-7
Sep 28: Neh 8-10
Sep 29: Neh 11-13; Ps 126
Sep 30: Malachi

Youth



Welcome to the 2024-25 School Year! Students return to their school routines and sports schedules are back. The Barnum Youth Group (BYG) is launching our new school year theme "But Wait…There's More!" Many people take life as it comes. This year we will be challenging youth that there's more to their lives. What we may see on the surface is only a part of who God created us to be. With each topic we discuss we will pause and look deeper, 'but wait…there's more'! With topics like More to Me, What's your Role, Be Kind to Others, More than Decorations, Forgiving Grudges, The Light of the World and Do you Know Me, we will be exploring so much more this year. Please pray that students are willing to look at their lives and see that they do need more and that the more they need is Jesus.

Before we say goodbye to summer, I wanted to share about an amazing experience I was able to have with a recent graduate. Tobin has attended youth group for many years, and he also loves running. At the beginning of summer, he talked about wanting to do the Moose Lake Triathlon, but he didn't want to do the whole thing. I said we could do it as a team and I would be willing to do the bike part. My wife, Serenity, said she would be willing to do the swim and all summer the three of us prepared for the big event. Serenity swam, I biked and then Tobin set out for his 3-mile run. As we were waiting for Tobin to return Serenity and I talked about how thankful we were to provide this opportunity for Tobin. As Tobin crossed the finished line the announcer said, "And here is our first team to finish." Our team placed first. We couldn't believe it. Later Tobin told me, "I've gotten second place and third place before, but I've never gotten first place!" It was our prayer that God would bless that day, and He did! I want to thank Serenity for swimming for our team and I want to thank the Barnum Church family for coming to support us during the race. You're the Best! Please pray for continued opportunities to bless the students that we work with.









Nursery Volunteers: The nursery is in need of adult volunteers and young adults during church services. Please see Kay Finifrock.

September 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Servers	Wednesday Servers
1	Willis & Kay Finifrock	Scott & Elaine Bogenholm	Bonnie Kepler Cathy Kunze	Jenna Uszenski	Deb Halls	Janet Adelsgruber Karen Smith	
8	Hazel Oachs Jay Oachs	Bing & Kathy Mattson	Brian Koski Deb Donaldson	Daniel Zinter	Deb Entner	COMMUNION SUNDAY	(11) Bette Deming Annette Meyer & Boys
15	Marilyn Criley Judy Jacobs	Chris & Annette Meyer	Robin Paulson Bonnie Kepler	Brenden Zinter	Kay Finifrock	Annette Meyer Brenda Zinter	(18) Deb Entner
22	Cheryl Peterson Terri Krueger	Steve & Sandi Vogel	Brian Koski Deb Donaldson	Liam Parr	Brenda Zinter	Deb Halls Carmen Burak	(25) Evelyn Newman
29	Audrey Sebring Annette Hammitt	Bruce & Eileen Resman	Deb Donaldson Robin Paulson	Evan Earlywine	Tiffany Parr	Connie Herbert Jackie Olson	(2) Deb Halls

October 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Serv-ers	Wednesday Servers
6	Leon Finifrock Connie Herbert	Cliff & Joyce Berggren	Robin Paulson Cathy Kunze	Daniel Zinter	Sandi Vogel	Roxanne Mat-ten Kathy Otnes	(9) Paul & Carmen Burak
13	Ann Kosloski Tiffany Parr	Steve & Sandi Vogel	Brian Koski Bonnie Kepler	Nial Parr	Sandy Ferguson	COMMUNION SUNDAY	(16) Janet Adelsgruber Karen Smith
20	Roger & Deanna Finifrock	Paul & Carmen Burak	Brian Koski Deb Donaldson	Even Earlywine	Deb Halls	Cheryl Peterson Terri Krueger	(23) Terri Krueger
27	Dianne Anderson Connie Swanson	Dave & Sandy Ferguson	Deb Donaldson Robin Paulson	Brenden Zinter	Deb Entner	Ann Kosloski Linda Jusczak	(30) Sue Nelson Kathy Otnes Rachel Finifrock



September Health and Wellness Moment

"Healthy Aging"

September is Healthy Aging Month. The mission behind this month's health topic is to draw attention to the importance of healthy lifestyles for adults 45-plus. Nowadays, it is more important than ever to follow a healthy lifestyle, remain positive and passionate about life, and to look forward to better days ahead. Sometimes, however, this is not easy to do. If you need a boost to improve your lifestyle, here are some tips to be able to age well…in other words, to get older in the healthiest way possible! Let's look at some tips to achieve and maintain physical, social, mental and financial wellness.
First of all, let's look at Mental Wellness. Many people struggle with depression, loneliness, anxiety and isolation. It is important to follow these tips.

1. Be realistic. If you feel overwhelmed by some activities, (yours and/or your family's), learn to say no. Eliminate an activity that is not absolutely necessary. It's possible that you may be taking on more responsibility than you could, or should, handle. If you meet resistance, be ready to give reasons why you are making these changes. Be willing to listen to others' suggestions and be willing to compromise.
2. Shed the "superhero" urge. Nobody is perfect. Don't expect perfection from yourself or others. Focus on what really needs to be done, how much you can realistically get done and in what time frame. It's so important to ask for help when you need it.
3. Take one thing at a time. When someone is stressed or anxious, an ordinary workload can seem unbearable at times. The best way to cope with the feeling of being overwhelmed is to take one task at a time. Once you accomplish one task, choose the next most important thing you want to get done. Some people like to check off tasks on a list; it is very satisfying and helps you visualize your progress!

Next, let's look at the importance of Physical Fitness. According to the National Center for Chronic Disease Prevention and Health Promotion, about 6 in 10 adults in the U.S. have a chronic health condition, and 4 in 10 have two or more. There are many benefits of physical activity for adults and older adults. It's important to keep moving. A body in motion stays in motion! Exercise and strength training improves quality of life, reduces anxiety, and improves sleep. It also is key in weight loss, bone health and a lower risk of falls!

4. Move more, sit less. This recommendation from health.gov is based on new evidence that shows a strong positive relationship between increased sedentary behavior and increased risk of mortality, heart disease and high blood pressure.
5. Aerobic exercise. Check with your doctor for advice on how many minutes of exercise you should be getting per week. Also ask what kind of exercise is best for you and how to know if you are doing too much.
6. Muscle strengthening. These activities provide additional health benefits, so ask your doctor about muscle strengthening as well.

Next, we'll focus on the importance of Diet. Forty two percent of Americans have had an average weight gain of 29 pounds since the beginning of the pandemic. Not only have we been eating more and moving less, but alcohol consumption has also increased in this time frame. You can check out the Dietary Guidelines for Americans 2020-2025 published by the USDA. Always talk to your doctor about what weight is healthy for you.

7. Review your daily diet and make necessary changes. You guessed it, talk to your doctor about what is best for you! Generally, it is best to eat a diet that is rich in fruits, vegetables, whole grains, fat-free or low-fat milk and dairy products, and a variety of healthy proteins. It is best to eat a diet low in saturated fats, trans fats, cholesterol, sodium and added sugars.

Next, we'll focus on the importance of Social Well-being. We are created to be social beings, we crave healthy interaction with others. After feeling isolated, some older adults find it is hard to get out and be social without becoming mentally exhausted. Here are some ways to be active in your community:
8. Volunteer. There are so many places that encourage and welcome volunteering in our communities, churches, schools. Ask a friend to join you and make it a fun event to share!
9. Dream and then get to it. Is there someplace you've always wanted to travel, explore, research? Some of these things may not be realistic or feasible, but maybe some are! Have an adventure, laugh, share a fun moment with loved ones, get out and enjoy the day! Become a pen pal, learn a new language, learn to play an instrument…the sky's the limit!

Last, we will look at Financial Well-being.

10. Launch your next career, go back to school and get a degree, take an online class, learn a new skill that you have always wanted to master. Studies show that people who retire and then become sedentary and lose their excitement for life are much more likely to be ill and unhappy.

September is Healthy Aging Month, and it is the perfect time to renew or set some lifestyle goals! Happy Fall to you all!
Reference: HealthyAging.net

"Give thanks to the Lord, for He is good. His love endures forever."
Psalms 136:1
Prayers for peace, joy and good health, and just a reminder…you are uniquely YOU by HIS design!
~Jenny S, RN, BCUMC Parish Nurse

Howdy Partner!
Here is your invitation to:



The Bible-Buddy Round-Up

This is the kick-off to the Children's WEDNESDAY BIBLE BUDDIES program at the

Barnum Community Church

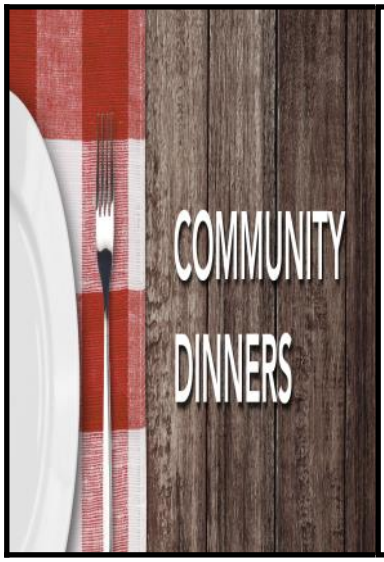
Giddy-up ya'll (ages 4-6th grade) and join up with the Bible Buddies!!

Wednesday evening September 11 at 6 - 7:15 pm, right after the Community Supper (served from 5:15 to 6pm).

After getting everyone registered and rustling up some chow, we will round up the gang of Buddies at 6 pm to enjoy activities including games, songs, crafts, and a Bible lesson.



Important Events in the Life of Our Church



Join us for
Community Dinner
&
Family Night

September 11, 18, 25

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



September 11:	*Family Night Kick Off*
	Community Dinner
	Bible Buddies
	Youth Group (7th – 12th)
	Women's Bible Study
October 31:	*Halloween Trunk or Treat*
November 20:	*Thanksgiving Dinner*
December 24:	*Christmas Eve*
	Candlelight Service



Please join us for **WOW**
"Worship on Wednesday"

6:15—6:30 Praise & Worship Music followed by a short bible lesson from Pastor Lee



The Warm Hearts Ministry will be meet Tuesday, September 24th from 10 am—3 pm to work on Warm Hearts Projects or personal projects. Please bring a lunch and join us for some great sewing time and fellowship. Bring your sewing supplies. Please RSVP Kathy Port.

United Women in Faith

United Women in Faith will be meeting on September 11 at 1:30 at the church. All women of the church are invited to attend this meeting. Ann Kosloski will be the hostess and Kathy Mattson will lead the discussion on pages 94-98 of our study book, "Life on Purpose for Women". Our heart is to assist with church projects wherever possible. Please see Sandy Ferguson for further information.



Important Events in the Life of Our Church



Mother / Child Nursing Tent:

A huge "Thank You" to all the volunteers who helped set up and tear down and work in the Baby Rest Area.





Fair time has come and gone already. Many thanks for all those who volunteered to park cars. This year over $2,600 was collected to help fund the Wednesday night youth programs reaching out to students in our Community.

The Lord's Table, September 8th

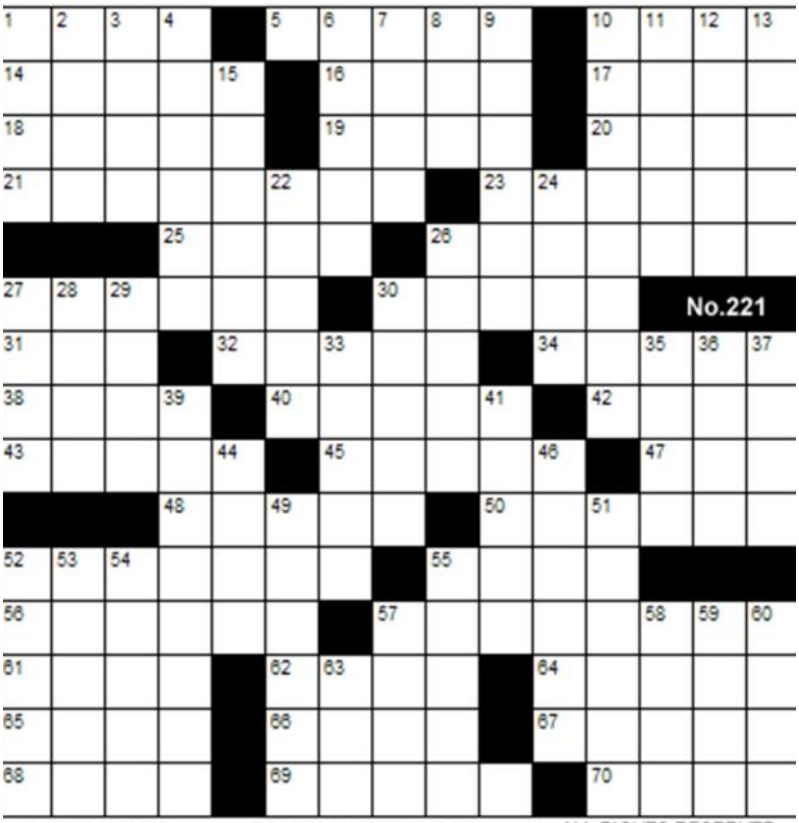


The second Sunday of the month will be our Table Sunday as a church family. We will be sharing communion at the Lord's Table, enjoying a shared-dish (potluck). Table Sunday is a monthly reminder that our life together as the family of God centers in worship, fellowship and sharing.

REMEMBER to bring a dish to share on the second Sunday and even if you aren't able, plan on staying for dinner with your family and friends here.

"Our Daily Bread" is also available on the facebook, mobile app in addition to the printed copies here in the office.

Did you miss out on a Sunday Service don't have access to Facebook or Internet? We have extra copies available for your use.



COPYRIGHT 2017 BIBLEWORDGAMES.COM ALL RIGHTS RESERVED

ACROSS

1 So Moses brought their ___ before the LORD (Num 27:5)
5 Fasten ___ ___ cord to it (1,4) (Ex 28:37)
10 fifth book of the New Testament
14 Like men condemned to die in the ___ (1 Cor 4:9)
16 Speak now in the ____ of the people (Exodus 11:2)
17 In that day the mountains will ___ new wine (Joel 3:18)
18 seems right to a man, but in the end it ___ to death (Prov 16:25)
19 Then they ___ in his face and struck him with their fists (Matt 26:67)
20 Son of man, record this ____ (Ezek 24:2)
21 because the midwives feared God, he gave them ___ of their own (Ex 1:21)
23 Elijah's successor (2 Kings 2:9)
25 Like a bird that strays from its ___ is a man who strays (Prov 27:8)
26 A student is not above his ___ , nor a servant above his master (Matt 10:24)
27 and remove all its vile ___ and detestable idols (Ezek 11:18)
30 they always heap up their sins to the ___ (1Thes 2:16)
31 clump of earth and grass
32 Her Nazarites were ___ than snow, they were whiter than (Lam 4:7) KJV
34 Jesus replied, "Foxes have holes and birds of the air have ___ (Matt 8:20)
38 The Angel which redeemed me from all evil, bless the ___ (Gen 48:16) KJV
40 from foundation to ___, were made of blocks of high-grade (1 Kings 7:9)
42 throwing stones at him and showering him with ___ (2 Sam 16:13)
43 let him seek peace, and ___ it (1 Pet 3:11) (KJV)
45 Like a ___ of Lebanon he will send down his roots (Hosea 14:5)
47 till he should pay all that was ___ unto him (Matt 18:34)
48 The tower of ____ (Gen 11:9)
50 To ____ them that were under the law (Gal 4:5)
52 I ___ silver and gold for myself, and the treasure (Eccl 2:8)
55 he that wavereth is like a ____ of the sea. (James 1:6)
56 What he trusts in is fragile; what he ___ on is a spider's web. (Job 8:14)
57 whosoever of you will be the ___, shall be servant of all (Mark 10:44) KJV
61 There is ___ ___ here, which hath five barley loaves (1,3) (John 6:9)
62 if his hands are ___, the house leaks (Eccl 10:18)
64 sixth angel poured out his vial upon the great ____ Euphrates (Rev 16:12)
65 away, absent (Rev 18:14)
66 which is gone down in the sun ___ of Ahaz (Isa 38:8) KJV
67 She gave herself as a prostitute to all the ____ of the Assyrians (Ezek 23:7)
68 thou shouldest be for salvation unto the ____ of the earth (Acts 13:47) KJV
69 said through the prophet: "Out of ___ I called my son (Matt 2:15)
70 Salvation is found in no one ___, for there is no other name (Acts 4:12)

DOWN

1 the woman had a fat ___ in the house (1 Sam 28:24) KJV
2 a Levite who lived in a remote ___ in the hill country (Judg 19:1)
3 the ephod, close to the ___ just above the waistband (Ex 39:20)
4 beginning with the oldest and ___ with the youngest (Gen 44:12)
6 Fear and trembling have ___ me; horror has overwhelmed me (Ps 55:5)
7 I will measure into their ___ the full payment for (Isa 65:7)
8 See, the LORD has chosen Bezalel son of ___ (Ex.35:30)
9 let each ____ other better than themselves (Phil 2:3)
10 not to be slanderers or ___ to much wine (Titus 2:3)
11 beat against that house, and it fell with a great ___ (Matt 7:27)
12 Thou shalt truly ____ all the increase of thy seed (Deut 14:22)
13 His ___ shaft was like a weaver's rod (1 Sam 17:7)
15 Lazarus has fallen ___; but I am going there to wake him (John 11:11)
22 married a wife, deceased, and, having no ____ (Matt 22:25)
24 Saul and Abner son of Ner had ___ down (1 Sam 26:5)
26 The people have become hungry and ___ and thirsty (2 Sam 17:29)
27 was in the ____ that is called Patmos (Rev 1:9)
28 We all growl like bears; we ___ mournfully like doves (Isa 59:11)
29 If anyone ___ anything to them, God will add to him (Rev 22:18)
30 My feet stand on ___ ground (Ps 26:12)
33 you have ___ with men on foot and they have worn you out (Jer 12:5)
35 I will give him rest from all his enemies on every ____. (1 Chr 22:9)
36 the darkness is passing and the ____ light is already shining (I Jn 2:8)
37 there shall come forth a rod out of the ___ of Jesse (Isa 11:1) KJV
39 Stay with him for a while until your brother's fury ___ (Gen 27:44)
41 no longer to call her ___; her name will be Sarah.(Gen 17:15)
44 listens to me will live in safety and be at ___ (Prov 1:33)
46 the LORD; let all the people of the world ___ him (Ps 33:8)
49 Jesus was walking ___ the Sea of Galilee (Matt 4:18)
51 Do not ___ yourselves by any of these creatures (Lev 11:43)
52 The king got up in ___ ___ left his wine (1,4) (Est 7:7)
53 Like a scarecrow in a ___ patch, their idols cannot speak (Jer 10:5)
54 ___ ___ flowing with milk and honey (1,4) (Deut 26:10)
55 Dan is a lion's ___: he shall leap from Bashan (Deut 33:22) KJV
57 what Adam was made from (Job 33:6)
58 Do not those who plot ___ go astray? (Prov 14:22)
59 silver in two bags, with two ___ of clothing (2 Kings 5:23)
60 every man under his vine and under his fig ____ (1 King 4:25)
63 I'll ___ around it and fertilize it.(Luke 13:8)

Just for Kids

Flashlight TAG



Sometimes we resist the light of Christ. But when his light touches us, we can then share it with others. Play this fun game on a summer night to remember how Christ's light shines in the world.

What you need:

- Friends
- Safe open space outdoors
- A flashlight for each player

How to play:

1. Choose one person to be the Tagger, known as the Light. Only that person can have his or her flashlight on.
2. The Light tries to shine his or her flashlight on other players, who run around and try to hide in the darkness.
3. Once players have been touched by the Light, they turn on their flashlights and join in, trying to shine on others.
4. Play until everyone has been tagged by the Light. Repeat, giving everyone a turn to be the Light.

PUZZLE

GOD'S LIGHT

Summer's long days can remind us of our Creator, who made the sun and wants us to live in his light.

Directions: First, write the opposite of each word in parentheses. Then use the Word Bank words, in order, to complete 1 John 1:5-7, NIV.

WORD BANK: is in is at if in as is in with

God _____ _____; _____ _____
(dark) (her)

there _____ _____ _____ness _____ _____ . ...
(yes) (light) (none)

But _____ we _____ _____ the _____,
(run) (dark)

_____ _____ _____ _____ the _____,
(she) (dark)

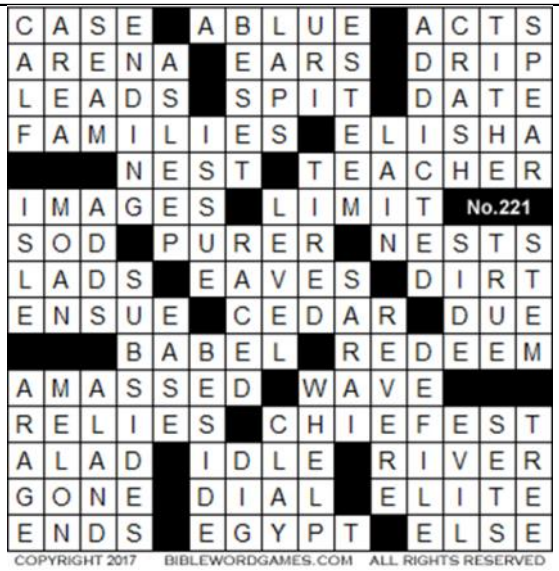
we have fellowship _____ one another. ...

1 John 1:5-7, NIV

Answer: God is light; in him there is no darkness at all . ... But if we walk in the light, as he is in the light, we have fellowship with one another. (1 John 1:5-7, NIV)

Barnum Community United Methodist Church

POSTMASTER:
Please send address changes to:
PO Box 70, 3762 Front Street
Barnum, MN 55707
(218) 389-6876 office@barnumumc.org
www.barnumumc.org



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

BUMC Ministry Team

Pastor—Lee Kantonen
Council Chair—Leon Finifrock
Youth Director—Bill Schoonover
Missions/Outreach—Connie Swanson
Secretary—Mechelle Mattson
Faith Community Nurse—Jennifer Southerton
Congregational Nurture & Care—Connie Herbert
Nursery Coordinator—Kaye Finifrock
Acolyte Coordinator—Roxanne Matten
Wednesday Night Servers—Kaye Finifrock/Terri Krueger
Custodian—Jim Calhoun

United Women in Faith—Sandy Ferguson
Bookkeeper—Tiffany Parr
Ministries Leader—Deb Halls
Staff-Parish Relations—Dawson Gentry
Worship Ministry - Lori Koski
Properties Management—Dave Matten
Discipleship Ministries—Mike Line
Sunday Servers Coordinator—Ann Kosloski
Greeters/Ushers Coordinator—Laurie Audette
Sunday Counters Coordinator—Cathy Kunze
Office Manager—Laurie Audette

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



September 2024
Volume 24—Issue 9

Bible Readings
Church Calendar
Birthdays
Anniversaries
Youth Group
Bible Buddies
Faith Community Nurse
United Women in Faith
Women's Ministry
Council Minutes
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

Office Hours (Mon-Fri)

Sunday Worship

Facebook Live 9:30 am
In Person 9:30 am

Pastor Kennection

Jesus...saw a man called Matthew sitting at the tax booth, and He said to him, "Follow me." And he rose and followed Him. (Matthew 9:9)

Where were the Apostles when Jesus called them to follow Him? It wasn't from the synagogue, was it, even though Jesus regularly was found at the synagogue. It was when the Lord was out and about in the community. The apostles were called when they were on the seashore preparing to fish, or out in their boats, the tax booth, maybe the marketplace, it was from those everyday areas of life that Jesus called them.

There is a wonderful missional heart found here at Barnum Community. My memory is relatively recent in the scheme of things, but it was so good to learn about our connection with John Sergey in years past and to listen to Pastor Sergey and learn of his evangelistic outreach to the people of what at that time was the Soviet Union. For those unfamiliar, spark up a conversation with Jen Berthelot.

Since its outset, mission has been central to the heart of churches with a Wesleyan persuasion and the United Methodist Church is no different. Recently, the Minnesota Annual Conference has been encouraging involvement of all of our churches in something called, Fresh Expressions. Very simply, it is about meeting with people around a shared area of interest while taking time to share a "Jesus Story" during the time together. For years we've known and made known that for the most part people who don't know Christ aren't going to just wander into our churches. Jesus sent his followers out to make disciples, not in.

People have been gathering at bicycling groups, kayaking groups, quilting groups, wood carving groups, golfing groups, you name it. Whatever shared area of interest people have; Fresh Expressions can be occurring there. There have even been axe throwing and burrito gatherings. The key is gathering regularly and making a point to share a Jesus story and an opportunity for prayer. Fresh Expressions is about building relationships with others outside the church. It is a time to introduce Jesus to people who likely will not wander into Barnum Community United Methodist Church or any other church building. We need to keep developing new ways of letting people know God loves them and wants to be in a relationship with them. Perhaps you have already been doing that sort of thing without calling it Fresh Expressions.

So, if you have thought sharing your faith with others is something you could never do, I invite and encourage you to think again. There might be those here at Barnum Community who share your interests to join with you to get your Fresh Expression initiated. The community is filled with people who hold shared interests in need of knowing the Lord. Thank you for sharing the love of God and inviting others to join the journey.

The Good Shepherd's Sheepdog,

Lee



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:30 Worship Service 11:00 Adult Class	**2 LABOR DAY** **Office Closed** 5-8 Youth Group	3 11:00 Prayer Group	4 5-8 Youth Group	5	6	7
8 Grandparents Day 9:30 Worship Service **Communion** 11:00 Adult Class	9 5-8 Youth Group 6:30 Council Mtg	10 11:00 Prayer Group 1:00 Moms in Prayer	11 **FAMILY NIGHT KICK OFF** 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	12	13	14
15 9:30 Worship Service 11:00 Adult Class Congregational Meeting after Church Service	16 5-8 Youth Group	17 11:00 Prayer Group 1:00 Moms in Prayer	18 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	19	20	21
22 9:30 Worship Service 11:00 Adult Class	23 5-8:00 Youth Group	24 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	25 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study Newsletter Deadline	26	27	28
29 9:30 Worship Service 11:00 Adult Class	30 5-8 Youth Group					

** Schedule subject to change.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 11:00 Prayer Group 1:00 Moms in Prayer	2 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	3	4	5
6 **Pastor Appreciation Day** 9:30 Worship Service 11:00 Adult Class	7 **COLUMBUS DAY** 5-8:00 Youth Group 6:00 Finance Mtg 6:30 Council Mtg	8 11:00 Prayer Group 1:00 Moms in Prayer	9 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	10	11	12 9:30 Secret Sister Reveal Party
13 9:30 Worship Service **Communion** 11:00 Adult Class	14 5-8:00 Youth Group	15 11:00 Prayer Group 1:00 Moms in Prayer	16 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	17	18	19
20 9:30 Worship Service 11:00 Adult Class	21 5-8:00 Youth Group	22 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	23 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	24	25	26
27 9:30 Worship Service 11:00 Adult Class	28 5-8:00 Youth Group	29 11:00 Prayer Group 1:00 Moms in Prayer Newsletter Deadline	30 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	31 **HALLOWEEN**		

** Schedule subject to change.

Daily Nourishment



OLD & NEW TESTAMENT

Sep 1: Ps 135-136; 1Cor 12
Sep 2: Ps 137-139; 1Cor 13
Sep 3: Ps 140-142; 1Cor 14:1-20
Sep 4: Ps 143-145; 1Cor 14:21-40
Sep 5: Ps 146-147; 1Cor 15:1-28
Sep 6: Ps 148-150; 1Cor 15:29-58
Sep 7: Prov 1-2; 1Cor 16
Sep 8: Prov 3-5; 2Cor 1
Sep 9: Prov 6-7; 2Cor 2
Sep 10: Prov 8-9; 2Cor 3
Sep 11: Prov 10-12; 2Cor 4
Sep 12: Prov 13-15; 2Cor 5
Sep 13: Prov 16-18; 2Cor 6
Sep 14: Prov 19-21; 2Cor 7
Sep 15: Prov 22-24; 2Cor 8
Sep 16: Prov 25-26; 2Cor 9
Sep 17: Prov 27-29; 2Cor 10
Sep 18: Prov 30-31; 2Cor 11:1-15
Sep 19: Ecc 1-3; 2Cor 11:16-33
Sep 20: Ecc 4-6; 2Cor 12
Sep 21: Ecc 7-9; 2Cor 13
Sep 22: Ecc 10-12; Gal 1
Sep 23: Song 1-3; Gal 2
Sep 24: Song 4-5; Gal 3
Sep 25: Song 6-8; Gal 4
Sep 26: Is 1-2; Gal 5
Sep 27: Is 3-4; Gal 6
Sep 28: Is 5-6; Eph 1
Sep 29: Is 7-8; Eph 2
Sep 30: Is 9-10; Eph 3

CHRONOLOGICAL

Sep 1: Ezek 18-19
Sep 2: Ezek 20-21
Sep 3: Ezek 22-23
Sep 4: Ezek 24-27
Sep 5: Ezek 28-31
Sep 6: Ezek 32-34
Sep 7: Ezek 35-37
Sep 8: Ezek 38-39
Sep 9: Ezek 40-41
Sep 10: Ezek 42-43
Sep 11: Ezek 44-45
Sep 12: Ezek 46-48
Sep 13: Joel
Sep 14: Dan 1-3
Sep 15: Dan 4-6
Sep 16: Dan 7-9
Sep 17: Dan 10-12
Sep 18: Ezra 1-3
Sep 19: Ezra 4-6; Ps 137
Sep 20: Haggai
Sep 21: Zech 1-7
Sep 22: Zech 8-14
Sep 23: Est 1-5
Sep 24: Est 6-10
Sep 25: Ezra 7-10
Sep 26: Neh 1-5
Sep 27: Neh 6-7
Sep 28: Neh 8-10
Sep 29: Neh 11-13; Ps 126
Sep 30: Malachi

Youth



Welcome to the 2024-25 School Year! Students return to their school routines and sports schedules are back. The Barnum Youth Group (BYG) is launching our new school year theme "But Wait…There's More!" Many people take life as it comes. This year we will be challenging youth that there's more to their lives. What we may see on the surface is only a part of who God created us to be. With each topic we discuss we will pause and look deeper, 'but wait…there's more'! With topics like More to Me, What's your Role, Be Kind to Others, More than Decorations, Forgiving Grudges, The Light of the World and Do you Know Me, we will be exploring so much more this year. Please pray that students are willing to look at their lives and see that they do need more and that the more they need is Jesus.

Before we say goodbye to summer, I wanted to share about an amazing experience I was able to have with a recent graduate. Tobin has attended youth group for many years, and he also loves running. At the beginning of summer, he talked about wanting to do the Moose Lake Triathlon, but he didn't want to do the whole thing. I said we could do it as a team and I would be willing to do the bike part. My wife, Serenity, said she would be willing to do the swim and all summer the three of us prepared for the big event. Serenity swam, I biked and then Tobin set out for his 3-mile run. As we were waiting for Tobin to return Serenity and I talked about how thankful we were to provide this opportunity for Tobin. As Tobin crossed the finished line the announcer said, "And here is our first team to finish." Our team placed first. We couldn't believe it. Later Tobin told me, "I've gotten second place and third place before, but I've never gotten first place!" It was our prayer that God would bless that day, and He did! I want to thank Serenity for swimming for our team and I want to thank the Barnum Church family for coming to support us during the race. You're the Best! Please pray for continued opportunities to bless the students that we work with.









Nursery Volunteers: The nursery is in need of adult volunteers and young adults during church services. Please see Kay Finifrock.

September 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Servers	Wednesday Servers
1	Willis & Kay Finifrock	Scott & Elaine Bogenholm	Bonnie Kepler Cathy Kunze	Jenna Uszenski	Deb Halls	Janet Adelsgruber Karen Smith	
8	Hazel Oachs Jay Oachs	Bing & Kathy Mattson	Brian Koski Deb Donaldson	Daniel Zinter	Deb Entner	COMMUNION SUNDAY	(11) Bette Deming Annette Meyer & Boys
15	Marilyn Criley Judy Jacobs	Chris & Annette Meyer	Robin Paulson Bonnie Kepler	Brenden Zinter	Kay Finifrock	Annette Meyer Brenda Zinter	(18) Deb Entner
22	Cheryl Peterson Terri Krueger	Steve & Sandi Vogel	Brian Koski Deb Donaldson	Liam Parr	Brenda Zinter	Deb Halls Carmen Burak	(25) Evelyn Newman
29	Audrey Sebring Annette Hammitt	Bruce & Eileen Resman	Deb Donaldson Robin Paulson	Evan Earlywine	Tiffany Parr	Connie Herbert Jackie Olson	(2) Deb Halls

October 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Serv-ers	Wednesday Servers
6	Leon Finifrock Connie Herbert	Cliff & Joyce Berggren	Robin Paulson Cathy Kunze	Daniel Zinter	Sandi Vogel	Roxanne Mat-ten Kathy Otnes	(9) Paul & Carmen Burak
13	Ann Kosloski Tiffany Parr	Steve & Sandi Vogel	Brian Koski Bonnie Kepler	Nial Parr	Sandy Ferguson	COMMUNION SUNDAY	(16) Janet Adelsgruber Karen Smith
20	Roger & Deanna Finifrock	Paul & Carmen Burak	Brian Koski Deb Donaldson	Even Earlywine	Deb Halls	Cheryl Peterson Terri Krueger	(23) Terri Krueger
27	Dianne Anderson Connie Swanson	Dave & Sandy Ferguson	Deb Donaldson Robin Paulson	Brenden Zinter	Deb Entner	Ann Kosloski Linda Jusczak	(30) Sue Nelson Kathy Otnes Rachel Finifrock



September Health and Wellness Moment

"Healthy Aging"

September is Healthy Aging Month. The mission behind this month's health topic is to draw attention to the importance of healthy lifestyles for adults 45-plus. Nowadays, it is more important than ever to follow a healthy lifestyle, remain positive and passionate about life, and to look forward to better days ahead. Sometimes, however, this is not easy to do. If you need a boost to improve your lifestyle, here are some tips to be able to age well…in other words, to get older in the healthiest way possible! Let's look at some tips to achieve and maintain physical, social, mental and financial wellness.
First of all, let's look at Mental Wellness. Many people struggle with depression, loneliness, anxiety and isolation. It is important to follow these tips.

1. Be realistic. If you feel overwhelmed by some activities, (yours and/or your family's), learn to say no. Eliminate an activity that is not absolutely necessary. It's possible that you may be taking on more responsibility than you could, or should, handle. If you meet resistance, be ready to give reasons why you are making these changes. Be willing to listen to others' suggestions and be willing to compromise.
2. Shed the "superhero" urge. Nobody is perfect. Don't expect perfection from yourself or others. Focus on what really needs to be done, how much you can realistically get done and in what time frame. It's so important to ask for help when you need it.
3. Take one thing at a time. When someone is stressed or anxious, an ordinary workload can seem unbearable at times. The best way to cope with the feeling of being overwhelmed is to take one task at a time. Once you accomplish one task, choose the next most important thing you want to get done. Some people like to check off tasks on a list; it is very satisfying and helps you visualize your progress!

Next, let's look at the importance of Physical Fitness. According to the National Center for Chronic Disease Prevention and Health Promotion, about 6 in 10 adults in the U.S. have a chronic health condition, and 4 in 10 have two or more. There are many benefits of physical activity for adults and older adults. It's important to keep moving. A body in motion stays in motion! Exercise and strength training improves quality of life, reduces anxiety, and improves sleep. It also is key in weight loss, bone health and a lower risk of falls!

4. Move more, sit less. This recommendation from health.gov is based on new evidence that shows a strong positive relationship between increased sedentary behavior and increased risk of mortality, heart disease and high blood pressure.
5. Aerobic exercise. Check with your doctor for advice on how many minutes of exercise you should be getting per week. Also ask what kind of exercise is best for you and how to know if you are doing too much.
6. Muscle strengthening. These activities provide additional health benefits, so ask your doctor about muscle strengthening as well.

Next, we'll focus on the importance of Diet. Forty two percent of Americans have had an average weight gain of 29 pounds since the beginning of the pandemic. Not only have we been eating more and moving less, but alcohol consumption has also increased in this time frame. You can check out the Dietary Guidelines for Americans 2020-2025 published by the USDA. Always talk to your doctor about what weight is healthy for you.

7. Review your daily diet and make necessary changes. You guessed it, talk to your doctor about what is best for you! Generally, it is best to eat a diet that is rich in fruits, vegetables, whole grains, fat-free or low-fat milk and dairy products, and a variety of healthy proteins. It is best to eat a diet low in saturated fats, trans fats, cholesterol, sodium and added sugars.

Next, we'll focus on the importance of Social Well-being. We are created to be social beings, we crave healthy interaction with others. After feeling isolated, some older adults find it is hard to get out and be social without becoming mentally exhausted. Here are some ways to be active in your community:
8. Volunteer. There are so many places that encourage and welcome volunteering in our communities, churches, schools. Ask a friend to join you and make it a fun event to share!
9. Dream and then get to it. Is there someplace you've always wanted to travel, explore, research? Some of these things may not be realistic or feasible, but maybe some are! Have an adventure, laugh, share a fun moment with loved ones, get out and enjoy the day! Become a pen pal, learn a new language, learn to play an instrument…the sky's the limit!

Last, we will look at Financial Well-being.

10. Launch your next career, go back to school and get a degree, take an online class, learn a new skill that you have always wanted to master. Studies show that people who retire and then become sedentary and lose their excitement for life are much more likely to be ill and unhappy.

September is Healthy Aging Month, and it is the perfect time to renew or set some lifestyle goals! Happy Fall to you all!
Reference: HealthyAging.net

"Give thanks to the Lord, for He is good. His love endures forever."
Psalms 136:1
Prayers for peace, joy and good health, and just a reminder…you are uniquely YOU by HIS design!
~Jenny S, RN, BCUMC Parish Nurse

Howdy Partner!
Here is your invitation to:



The Bible-Buddy Round-Up

This is the kick-off to the Children's WEDNESDAY BIBLE BUDDIES program at the

Barnum Community Church

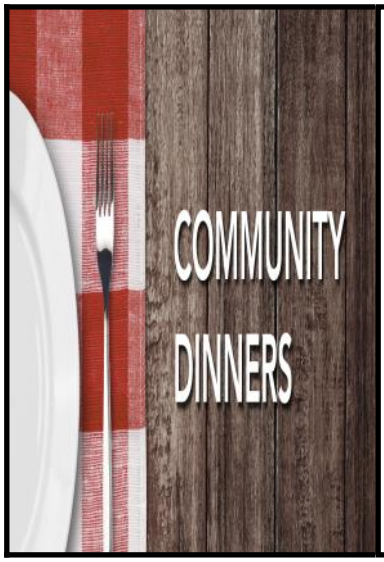
Giddy-up ya'll (ages 4-6th grade) and join up with the Bible Buddies!!

Wednesday evening September 11 at 6 - 7:15 pm, right after the Community Supper (served from 5:15 to 6pm).

After getting everyone registered and rustling up some chow, we will round up the gang of Buddies at 6 pm to enjoy activities including games, songs, crafts, and a Bible lesson.



Important Events in the Life of Our Church



Join us for
Community Dinner
&
Family Night

September 11, 18, 25

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



September 11:	*Family Night Kick Off*
	Community Dinner
	Bible Buddies
	Youth Group (7th – 12th)
	Women's Bible Study
October 31:	*Halloween Trunk or Treat*
November 20:	*Thanksgiving Dinner*
December 24:	*Christmas Eve*
	Candlelight Service



Please join us for **WOW**
"Worship on Wednesday"

6:15—6:30 Praise & Worship Music followed by a short bible lesson from Pastor Lee



The Warm Hearts Ministry will be meet Tuesday, September 24th from 10 am—3 pm to work on Warm Hearts Projects or personal projects. Please bring a lunch and join us for some great sewing time and fellowship. Bring your sewing supplies. Please RSVP Kathy Port.

United Women in Faith

United Women in Faith will be meeting on September 11 at 1:30 at the church. All women of the church are invited to attend this meeting. Ann Kosloski will be the hostess and Kathy Mattson will lead the discussion on pages 94-98 of our study book, "Life on Purpose for Women". Our heart is to assist with church projects wherever possible. Please see Sandy Ferguson for further information.



Important Events in the Life of Our Church



Mother / Child Nursing Tent:

A huge "Thank You" to all the volunteers who helped set up and tear down and work in the Baby Rest Area.





Fair time has come and gone already. Many thanks for all those who volunteered to park cars. This year over $2,600 was collected to help fund the Wednesday night youth programs reaching out to students in our Community.

The Lord's Table, September 8th

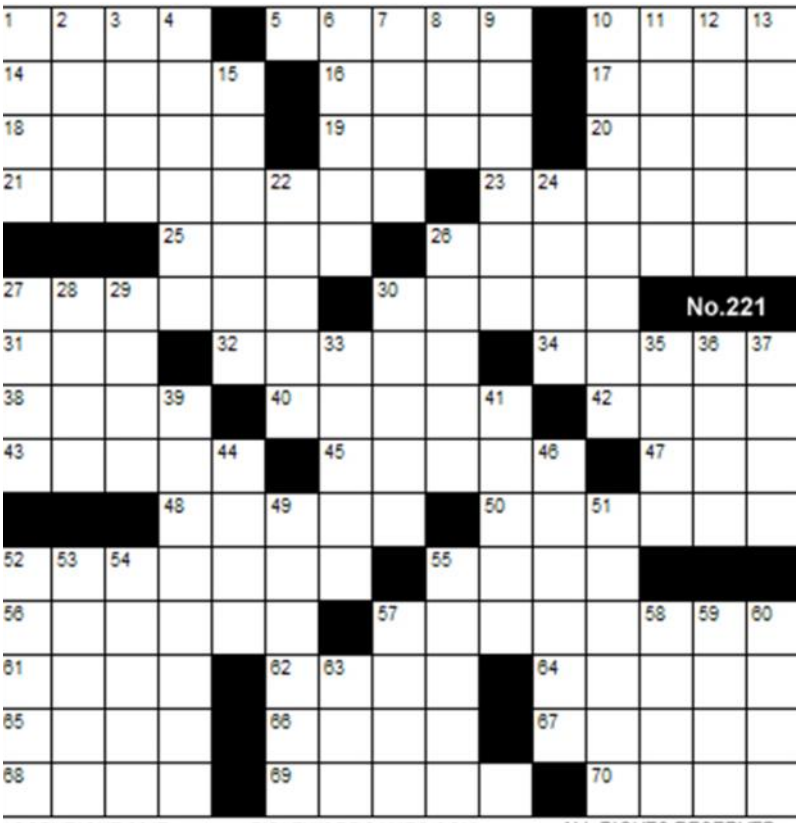


The second Sunday of the month will be our Table Sunday as a church family. We will be sharing communion at the Lord's Table, enjoying a shared-dish (potluck). Table Sunday is a monthly reminder that our life together as the family of God centers in worship, fellowship and sharing.

REMEMBER to bring a dish to share on the second Sunday and even if you aren't able, plan on staying for dinner with your family and friends here.

"Our Daily Bread" is also available on the facebook, mobile app in addition to the printed copies here in the office.

Did you miss out on a Sunday Service don't have access to Facebook or Internet? We have extra copies available for your use.



COPYRIGHT 2017 BIBLEWORDGAMES.COM ALL RIGHTS RESERVED

ACROSS

1 So Moses brought their ___ before the LORD (Num 27:5)
5 Fasten ___ ___ cord to it (1,4) (Ex 28:37)
10 fifth book of the New Testament
14 Like men condemned to die in the ___ (1 Cor 4:9)
16 Speak now in the ____ of the people (Exodus 11:2)
17 In that day the mountains will ___ new wine (Joel 3:18)
18 seems right to a man, but in the end it ___ to death (Prov 16:25)
19 Then they ___ in his face and struck him with their fists (Matt 26:67)
20 Son of man, record this ____ (Ezek 24:2)
21 because the midwives feared God, he gave them ___ of their own (Ex 1:21)
23 Elijah's successor (2 Kings 2:9)
25 Like a bird that strays from its ___ is a man who strays (Prov 27:8)
26 A student is not above his ___ , nor a servant above his master (Matt 10:24)
27 and remove all its vile ___ and detestable idols (Ezek 11:18)
30 they always heap up their sins to the ___ (1Thes 2:16)
31 clump of earth and grass
32 Her Nazarites were ___ than snow, they were whiter than (Lam 4:7) KJV
34 Jesus replied, "Foxes have holes and birds of the air have ___ (Matt 8:20)
38 The Angel which redeemed me from all evil, bless the ___ (Gen 48:16) KJV
40 from foundation to ___, were made of blocks of high-grade (1 Kings 7:9)
42 throwing stones at him and showering him with ___ (2 Sam 16:13)
43 let him seek peace, and ___ it (1 Pet 3:11) (KJV)
45 Like a ___ of Lebanon he will send down his roots (Hosea 14:5)
47 till he should pay all that was ___ unto him (Matt 18:34)
48 The tower of ____ (Gen 11:9)
50 To ____ them that were under the law (Gal 4:5)
52 I ___ silver and gold for myself, and the treasure (Eccl 2:8)
55 he that wavereth is like a ____ of the sea. (James 1:6)
56 What he trusts in is fragile; what he ___ on is a spider's web. (Job 8:14)
57 whosoever of you will be the ___, shall be servant of all (Mark 10:44) KJV
61 There is ___ ___ here, which hath five barley loaves (1,3) (John 6:9)
62 if his hands are ___, the house leaks (Eccl 10:18)
64 sixth angel poured out his vial upon the great ____ Euphrates (Rev 16:12)
65 away, absent (Rev 18:14)
66 which is gone down in the sun ___ of Ahaz (Isa 38:8) KJV
67 She gave herself as a prostitute to all the ____ of the Assyrians (Ezek 23:7)
68 thou shouldest be for salvation unto the ____ of the earth (Acts 13:47) KJV
69 said through the prophet: "Out of ___ I called my son (Matt 2:15)
70 Salvation is found in no one ___, for there is no other name (Acts 4:12)

DOWN

1 the woman had a fat ___ in the house (1 Sam 28:24) KJV
2 a Levite who lived in a remote ___ in the hill country (Judg 19:1)
3 the ephod, close to the ___ just above the waistband (Ex 39:20)
4 beginning with the oldest and ___ with the youngest (Gen 44:12)
6 Fear and trembling have ___ me; horror has overwhelmed me (Ps 55:5)
7 I will measure into their ___ the full payment for (Isa 65:7)
8 See, the LORD has chosen Bezalel son of ___ (Ex.35:30)
9 let each ____ other better than themselves (Phil 2:3)
10 not to be slanderers or ___ to much wine (Titus 2:3)
11 beat against that house, and it fell with a great ___ (Matt 7:27)
12 Thou shalt truly ____ all the increase of thy seed (Deut 14:22)
13 His ___ shaft was like a weaver's rod (1 Sam 17:7)
15 Lazarus has fallen ___; but I am going there to wake him (John 11:11)
22 married a wife, deceased, and, having no ____ (Matt 22:25)
24 Saul and Abner son of Ner had ___ down (1 Sam 26:5)
26 The people have become hungry and ___ and thirsty (2 Sam 17:29)
27 was in the ____ that is called Patmos (Rev 1:9)
28 We all growl like bears; we ___ mournfully like doves (Isa 59:11)
29 If anyone ___ anything to them, God will add to him (Rev 22:18)
30 My feet stand on ___ ground (Ps 26:12)
33 you have ___ with men on foot and they have worn you out (Jer 12:5)
35 I will give him rest from all his enemies on every ____. (1 Chr 22:9)
36 the darkness is passing and the ____ light is already shining (I Jn 2:8)
37 there shall come forth a rod out of the ___ of Jesse (Isa 11:1) KJV
39 Stay with him for a while until your brother's fury ___ (Gen 27:44)
41 no longer to call her ___; her name will be Sarah.(Gen 17:15)
44 listens to me will live in safety and be at ___ (Prov 1:33)
46 the LORD; let all the people of the world ___ him (Ps 33:8)
49 Jesus was walking ___ the Sea of Galilee (Matt 4:18)
51 Do not ___ yourselves by any of these creatures (Lev 11:43)
52 The king got up in ___ ___ left his wine (1,4) (Est 7:7)
53 Like a scarecrow in a ___ patch, their idols cannot speak (Jer 10:5)
54 ___ ___ flowing with milk and honey (1,4) (Deut 26:10)
55 Dan is a lion's ___: he shall leap from Bashan (Deut 33:22) KJV
57 what Adam was made from (Job 33:6)
58 Do not those who plot ___ go astray? (Prov 14:22)
59 silver in two bags, with two ___ of clothing (2 Kings 5:23)
60 every man under his vine and under his fig ____ (1 King 4:25)
63 I'll ___ around it and fertilize it.(Luke 13:8)

Just for Kids

Flashlight TAG



Sometimes we resist the light of Christ. But when his light touches us, we can then share it with others. Play this fun game on a summer night to remember how Christ's light shines in the world.

What you need:

- Friends
- Safe open space outdoors
- A flashlight for each player

How to play:

1. Choose one person to be the Tagger, known as the Light. Only that person can have his or her flashlight on.
2. The Light tries to shine his or her flashlight on other players, who run around and try to hide in the darkness.
3. Once players have been touched by the Light, they turn on their flashlights and join in, trying to shine on others.
4. Play until everyone has been tagged by the Light. Repeat, giving everyone a turn to be the Light.

PUZZLE

GOD'S LIGHT

Summer's long days can remind us of our Creator, who made the sun and wants us to live in his light.

Directions: First, write the opposite of each word in parentheses. Then use the Word Bank words, in order, to complete 1 John 1:5-7, NIV.

WORD BANK: is in is at if in as is in with

God _____ _____; _____ _____
(dark) (her)

there _____ _____ _____ness _____ _____ . ...
(yes) (light) (none)

But _____ we _____ _____ the _____,
(run) (dark)

_____ _____ _____ _____ the _____,
(she) (dark)

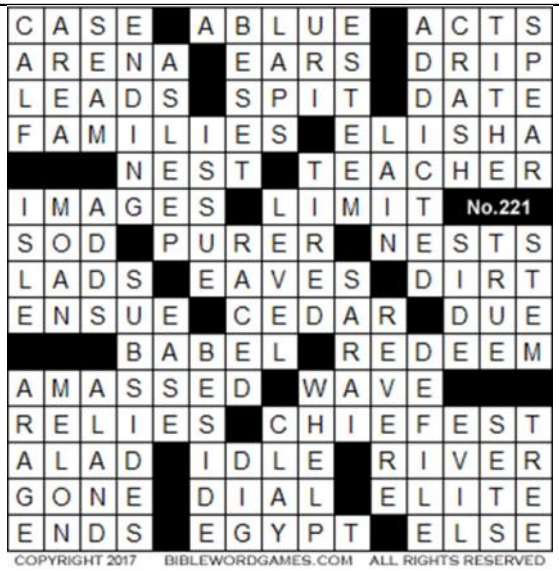
we have fellowship _____ one another. ...

1 John 1:5-7, NIV

Answer: God is light; in him there is no darkness at all . ... But if we walk in the light, as he is in the light, we have fellowship with one another. (1 John 1:5-7, NIV)

Barnum Community United Methodist Church

POSTMASTER:
Please send address changes to:
PO Box 70, 3762 Front Street
Barnum, MN 55707
(218) 389-6876 office@barnumumc.org
www.barnumumc.org



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

BUMC Ministry Team

Pastor—Lee Kantonen
Council Chair—Leon Finifrock
Youth Director—Bill Schoonover
Missions/Outreach—Connie Swanson
Secretary—Mechelle Mattson
Faith Community Nurse—Jennifer Southerton
Congregational Nurture & Care—Connie Herbert
Nursery Coordinator—Kaye Finifrock
Acolyte Coordinator—Roxanne Matten
Wednesday Night Servers—Kaye Finifrock/Terri Krueger
Custodian—Jim Calhoun

United Women in Faith—Sandy Ferguson
Bookkeeper—Tiffany Parr
Ministries Leader—Deb Halls
Staff-Parish Relations—Dawson Gentry
Worship Ministry - Lori Koski
Properties Management—Dave Matten
Discipleship Ministries—Mike Line
Sunday Servers Coordinator—Ann Kosloski
Greeters/Ushers Coordinator—Laurie Audette
Sunday Counters Coordinator—Cathy Kunze
Office Manager—Laurie Audette

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



September 2024
Volume 24—Issue 9

Bible Readings
Church Calendar
Birthdays
Anniversaries
Youth Group
Bible Buddies
Faith Community Nurse
United Women in Faith
Women's Ministry
Council Minutes
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

Office Hours (Mon-Fri)

Sunday Worship

Facebook Live 9:30 am
In Person 9:30 am

Pastor Kennection

Jesus...saw a man called Matthew sitting at the tax booth, and He said to him, "Follow me." And he rose and followed Him. (Matthew 9:9)

Where were the Apostles when Jesus called them to follow Him? It wasn't from the synagogue, was it, even though Jesus regularly was found at the synagogue. It was when the Lord was out and about in the community. The apostles were called when they were on the seashore preparing to fish, or out in their boats, the tax booth, maybe the marketplace, it was from those everyday areas of life that Jesus called them.

There is a wonderful missional heart found here at Barnum Community. My memory is relatively recent in the scheme of things, but it was so good to learn about our connection with John Sergey in years past and to listen to Pastor Sergey and learn of his evangelistic outreach to the people of what at that time was the Soviet Union. For those unfamiliar, spark up a conversation with Jen Berthelot.

Since its outset, mission has been central to the heart of churches with a Wesleyan persuasion and the United Methodist Church is no different. Recently, the Minnesota Annual Conference has been encouraging involvement of all of our churches in something called, Fresh Expressions. Very simply, it is about meeting with people around a shared area of interest while taking time to share a "Jesus Story" during the time together. For years we've known and made known that for the most part people who don't know Christ aren't going to just wander into our churches. Jesus sent his followers out to make disciples, not in.

People have been gathering at bicycling groups, kayaking groups, quilting groups, wood carving groups, golfing groups, you name it. Whatever shared area of interest people have; Fresh Expressions can be occurring there. There have even been axe throwing and burrito gatherings. The key is gathering regularly and making a point to share a Jesus story and an opportunity for prayer. Fresh Expressions is about building relationships with others outside the church. It is a time to introduce Jesus to people who likely will not wander into Barnum Community United Methodist Church or any other church building. We need to keep developing new ways of letting people know God loves them and wants to be in a relationship with them. Perhaps you have already been doing that sort of thing without calling it Fresh Expressions.

So, if you have thought sharing your faith with others is something you could never do, I invite and encourage you to think again. There might be those here at Barnum Community who share your interests to join with you to get your Fresh Expression initiated. The community is filled with people who hold shared interests in need of knowing the Lord. Thank you for sharing the love of God and inviting others to join the journey.

The Good Shepherd's Sheepdog,

Lee



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:30 Worship Service 11:00 Adult Class	**2 LABOR DAY** **Office Closed** 5-8 Youth Group	3 11:00 Prayer Group	4 5-8 Youth Group	5	6	7
8 Grandparents Day 9:30 Worship Service **Communion** 11:00 Adult Class	9 5-8 Youth Group 6:30 Council Mtg	10 11:00 Prayer Group 1:00 Moms in Prayer	11 **FAMILY NIGHT KICK OFF** 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	12	13	14
15 9:30 Worship Service 11:00 Adult Class Congregational Meeting after Church Service	16 5-8 Youth Group	17 11:00 Prayer Group 1:00 Moms in Prayer	18 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	19	20	21
22 9:30 Worship Service 11:00 Adult Class	23 5-8:00 Youth Group	24 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	25 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study Newsletter Deadline	26	27	28
29 9:30 Worship Service 11:00 Adult Class	30 5-8 Youth Group					

** Schedule subject to change.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 11:00 Prayer Group 1:00 Moms in Prayer	2 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	3	4	5
6 **Pastor Appreciation Day** 9:30 Worship Service 11:00 Adult Class	7 **COLUMBUS DAY** 5-8:00 Youth Group 6:00 Finance Mtg 6:30 Council Mtg	8 11:00 Prayer Group 1:00 Moms in Prayer	9 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	10	11	12 9:30 Secret Sister Reveal Party
13 9:30 Worship Service **Communion** 11:00 Adult Class	14 5-8:00 Youth Group	15 11:00 Prayer Group 1:00 Moms in Prayer	16 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	17	18	19
20 9:30 Worship Service 11:00 Adult Class	21 5-8:00 Youth Group	22 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	23 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	24	25	26
27 9:30 Worship Service 11:00 Adult Class	28 5-8:00 Youth Group	29 11:00 Prayer Group 1:00 Moms in Prayer Newsletter Deadline	30 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	31 **HALLOWEEN**		

** Schedule subject to change.

Daily Nourishment



OLD & NEW TESTAMENT

Sep 1: Ps 135-136; 1Cor 12
Sep 2: Ps 137-139; 1Cor 13
Sep 3: Ps 140-142; 1Cor 14:1-20
Sep 4: Ps 143-145; 1Cor 14:21-40
Sep 5: Ps 146-147; 1Cor 15:1-28
Sep 6: Ps 148-150; 1Cor 15:29-58
Sep 7: Prov 1-2; 1Cor 16
Sep 8: Prov 3-5; 2Cor 1
Sep 9: Prov 6-7; 2Cor 2
Sep 10: Prov 8-9; 2Cor 3
Sep 11: Prov 10-12; 2Cor 4
Sep 12: Prov 13-15; 2Cor 5
Sep 13: Prov 16-18; 2Cor 6
Sep 14: Prov 19-21; 2Cor 7
Sep 15: Prov 22-24; 2Cor 8
Sep 16: Prov 25-26; 2Cor 9
Sep 17: Prov 27-29; 2Cor 10
Sep 18: Prov 30-31; 2Cor 11:1-15
Sep 19: Ecc 1-3; 2Cor 11:16-33
Sep 20: Ecc 4-6; 2Cor 12
Sep 21: Ecc 7-9; 2Cor 13
Sep 22: Ecc 10-12; Gal 1
Sep 23: Song 1-3; Gal 2
Sep 24: Song 4-5; Gal 3
Sep 25: Song 6-8; Gal 4
Sep 26: Is 1-2; Gal 5
Sep 27: Is 3-4; Gal 6
Sep 28: Is 5-6; Eph 1
Sep 29: Is 7-8; Eph 2
Sep 30: Is 9-10; Eph 3

CHRONOLOGICAL

Sep 1: Ezek 18-19
Sep 2: Ezek 20-21
Sep 3: Ezek 22-23
Sep 4: Ezek 24-27
Sep 5: Ezek 28-31
Sep 6: Ezek 32-34
Sep 7: Ezek 35-37
Sep 8: Ezek 38-39
Sep 9: Ezek 40-41
Sep 10: Ezek 42-43
Sep 11: Ezek 44-45
Sep 12: Ezek 46-48
Sep 13: Joel
Sep 14: Dan 1-3
Sep 15: Dan 4-6
Sep 16: Dan 7-9
Sep 17: Dan 10-12
Sep 18: Ezra 1-3
Sep 19: Ezra 4-6; Ps 137
Sep 20: Haggai
Sep 21: Zech 1-7
Sep 22: Zech 8-14
Sep 23: Est 1-5
Sep 24: Est 6-10
Sep 25: Ezra 7-10
Sep 26: Neh 1-5
Sep 27: Neh 6-7
Sep 28: Neh 8-10
Sep 29: Neh 11-13; Ps 126
Sep 30: Malachi

Youth



Welcome to the 2024-25 School Year! Students return to their school routines and sports schedules are back. The Barnum Youth Group (BYG) is launching our new school year theme "But Wait…There's More!" Many people take life as it comes. This year we will be challenging youth that there's more to their lives. What we may see on the surface is only a part of who God created us to be. With each topic we discuss we will pause and look deeper, 'but wait…there's more'! With topics like More to Me, What's your Role, Be Kind to Others, More than Decorations, Forgiving Grudges, The Light of the World and Do you Know Me, we will be exploring so much more this year. Please pray that students are willing to look at their lives and see that they do need more and that the more they need is Jesus.

Before we say goodbye to summer, I wanted to share about an amazing experience I was able to have with a recent graduate. Tobin has attended youth group for many years, and he also loves running. At the beginning of summer, he talked about wanting to do the Moose Lake Triathlon, but he didn't want to do the whole thing. I said we could do it as a team and I would be willing to do the bike part. My wife, Serenity, said she would be willing to do the swim and all summer the three of us prepared for the big event. Serenity swam, I biked and then Tobin set out for his 3-mile run. As we were waiting for Tobin to return Serenity and I talked about how thankful we were to provide this opportunity for Tobin. As Tobin crossed the finished line the announcer said, "And here is our first team to finish." Our team placed first. We couldn't believe it. Later Tobin told me, "I've gotten second place and third place before, but I've never gotten first place!" It was our prayer that God would bless that day, and He did! I want to thank Serenity for swimming for our team and I want to thank the Barnum Church family for coming to support us during the race. You're the Best! Please pray for continued opportunities to bless the students that we work with.









Nursery Volunteers: The nursery is in need of adult volunteers and young adults during church services. Please see Kay Finifrock.

September 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Servers	Wednesday Servers
1	Willis & Kay Finifrock	Scott & Elaine Bogenholm	Bonnie Kepler Cathy Kunze	Jenna Uszenski	Deb Halls	Janet Adelsgruber Karen Smith	
8	Hazel Oachs Jay Oachs	Bing & Kathy Mattson	Brian Koski Deb Donaldson	Daniel Zinter	Deb Entner	COMMUNION SUNDAY	(11) Bette Deming Annette Meyer & Boys
15	Marilyn Criley Judy Jacobs	Chris & Annette Meyer	Robin Paulson Bonnie Kepler	Brenden Zinter	Kay Finifrock	Annette Meyer Brenda Zinter	(18) Deb Entner
22	Cheryl Peterson Terri Krueger	Steve & Sandi Vogel	Brian Koski Deb Donaldson	Liam Parr	Brenda Zinter	Deb Halls Carmen Burak	(25) Evelyn Newman
29	Audrey Sebring Annette Hammitt	Bruce & Eileen Resman	Deb Donaldson Robin Paulson	Evan Earlywine	Tiffany Parr	Connie Herbert Jackie Olson	(2) Deb Halls

October 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Serv-ers	Wednesday Servers
6	Leon Finifrock Connie Herbert	Cliff & Joyce Berggren	Robin Paulson Cathy Kunze	Daniel Zinter	Sandi Vogel	Roxanne Mat-ten Kathy Otnes	(9) Paul & Carmen Burak
13	Ann Kosloski Tiffany Parr	Steve & Sandi Vogel	Brian Koski Bonnie Kepler	Nial Parr	Sandy Ferguson	COMMUNION SUNDAY	(16) Janet Adelsgruber Karen Smith
20	Roger & Deanna Finifrock	Paul & Carmen Burak	Brian Koski Deb Donaldson	Even Earlywine	Deb Halls	Cheryl Peterson Terri Krueger	(23) Terri Krueger
27	Dianne Anderson Connie Swanson	Dave & Sandy Ferguson	Deb Donaldson Robin Paulson	Brenden Zinter	Deb Entner	Ann Kosloski Linda Jusczak	(30) Sue Nelson Kathy Otnes Rachel Finifrock



September Health and Wellness Moment

"Healthy Aging"

September is Healthy Aging Month. The mission behind this month's health topic is to draw attention to the importance of healthy lifestyles for adults 45-plus. Nowadays, it is more important than ever to follow a healthy lifestyle, remain positive and passionate about life, and to look forward to better days ahead. Sometimes, however, this is not easy to do. If you need a boost to improve your lifestyle, here are some tips to be able to age well…in other words, to get older in the healthiest way possible! Let's look at some tips to achieve and maintain physical, social, mental and financial wellness.
First of all, let's look at Mental Wellness. Many people struggle with depression, loneliness, anxiety and isolation. It is important to follow these tips.

1. Be realistic. If you feel overwhelmed by some activities, (yours and/or your family's), learn to say no. Eliminate an activity that is not absolutely necessary. It's possible that you may be taking on more responsibility than you could, or should, handle. If you meet resistance, be ready to give reasons why you are making these changes. Be willing to listen to others' suggestions and be willing to compromise.
2. Shed the "superhero" urge. Nobody is perfect. Don't expect perfection from yourself or others. Focus on what really needs to be done, how much you can realistically get done and in what time frame. It's so important to ask for help when you need it.
3. Take one thing at a time. When someone is stressed or anxious, an ordinary workload can seem unbearable at times. The best way to cope with the feeling of being overwhelmed is to take one task at a time. Once you accomplish one task, choose the next most important thing you want to get done. Some people like to check off tasks on a list; it is very satisfying and helps you visualize your progress!

Next, let's look at the importance of Physical Fitness. According to the National Center for Chronic Disease Prevention and Health Promotion, about 6 in 10 adults in the U.S. have a chronic health condition, and 4 in 10 have two or more. There are many benefits of physical activity for adults and older adults. It's important to keep moving. A body in motion stays in motion! Exercise and strength training improves quality of life, reduces anxiety, and improves sleep. It also is key in weight loss, bone health and a lower risk of falls!

4. Move more, sit less. This recommendation from health.gov is based on new evidence that shows a strong positive relationship between increased sedentary behavior and increased risk of mortality, heart disease and high blood pressure.
5. Aerobic exercise. Check with your doctor for advice on how many minutes of exercise you should be getting per week. Also ask what kind of exercise is best for you and how to know if you are doing too much.
6. Muscle strengthening. These activities provide additional health benefits, so ask your doctor about muscle strengthening as well.

Next, we'll focus on the importance of Diet. Forty two percent of Americans have had an average weight gain of 29 pounds since the beginning of the pandemic. Not only have we been eating more and moving less, but alcohol consumption has also increased in this time frame. You can check out the Dietary Guidelines for Americans 2020-2025 published by the USDA. Always talk to your doctor about what weight is healthy for you.

7. Review your daily diet and make necessary changes. You guessed it, talk to your doctor about what is best for you! Generally, it is best to eat a diet that is rich in fruits, vegetables, whole grains, fat-free or low-fat milk and dairy products, and a variety of healthy proteins. It is best to eat a diet low in saturated fats, trans fats, cholesterol, sodium and added sugars.

Next, we'll focus on the importance of Social Well-being. We are created to be social beings, we crave healthy interaction with others. After feeling isolated, some older adults find it is hard to get out and be social without becoming mentally exhausted. Here are some ways to be active in your community:
8. Volunteer. There are so many places that encourage and welcome volunteering in our communities, churches, schools. Ask a friend to join you and make it a fun event to share!
9. Dream and then get to it. Is there someplace you've always wanted to travel, explore, research? Some of these things may not be realistic or feasible, but maybe some are! Have an adventure, laugh, share a fun moment with loved ones, get out and enjoy the day! Become a pen pal, learn a new language, learn to play an instrument…the sky's the limit!

Last, we will look at Financial Well-being.

10. Launch your next career, go back to school and get a degree, take an online class, learn a new skill that you have always wanted to master. Studies show that people who retire and then become sedentary and lose their excitement for life are much more likely to be ill and unhappy.

September is Healthy Aging Month, and it is the perfect time to renew or set some lifestyle goals! Happy Fall to you all!
Reference: HealthyAging.net

"Give thanks to the Lord, for He is good. His love endures forever."
Psalms 136:1
Prayers for peace, joy and good health, and just a reminder…you are uniquely YOU by HIS design!
~Jenny S, RN, BCUMC Parish Nurse

Howdy Partner!
Here is your invitation to:



The Bible-Buddy Round-Up

This is the kick-off to the Children's WEDNESDAY BIBLE BUDDIES program at the

Barnum Community Church

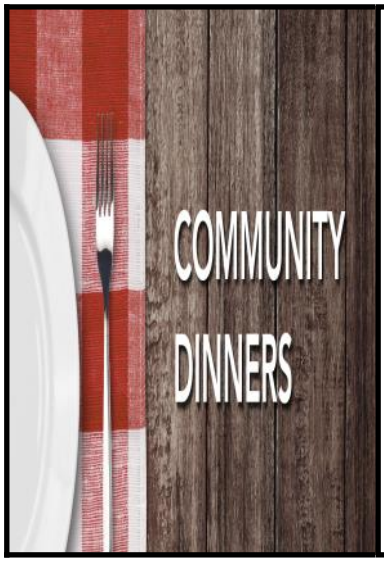
Giddy-up ya'll (ages 4-6th grade) and join up with the Bible Buddies!!

Wednesday evening September 11 at 6 - 7:15 pm, right after the Community Supper (served from 5:15 to 6pm).

After getting everyone registered and rustling up some chow, we will round up the gang of Buddies at 6 pm to enjoy activities including games, songs, crafts, and a Bible lesson.



Important Events in the Life of Our Church



Join us for
Community Dinner
&
Family Night

September 11, 18, 25

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



September 11:	*Family Night Kick Off*
	Community Dinner
	Bible Buddies
	Youth Group (7th – 12th)
	Women's Bible Study
October 31:	*Halloween Trunk or Treat*
November 20:	*Thanksgiving Dinner*
December 24:	*Christmas Eve*
	Candlelight Service



Please join us for **WOW**
"Worship on Wednesday"

6:15—6:30 Praise & Worship Music followed by a short bible lesson from Pastor Lee



The Warm Hearts Ministry will be meet Tuesday, September 24th from 10 am—3 pm to work on Warm Hearts Projects or personal projects. Please bring a lunch and join us for some great sewing time and fellowship. Bring your sewing supplies. Please RSVP Kathy Port.

United Women in Faith

United Women in Faith will be meeting on September 11 at 1:30 at the church. All women of the church are invited to attend this meeting. Ann Kosloski will be the hostess and Kathy Mattson will lead the discussion on pages 94-98 of our study book, "Life on Purpose for Women". Our heart is to assist with church projects wherever possible. Please see Sandy Ferguson for further information.



Important Events in the Life of Our Church



Mother / Child Nursing Tent:

A huge "Thank You" to all the volunteers who helped set up and tear down and work in the Baby Rest Area.





Fair time has come and gone already. Many thanks for all those who volunteered to park cars. This year over $2,600 was collected to help fund the Wednesday night youth programs reaching out to students in our Community.

The Lord's Table, September 8th

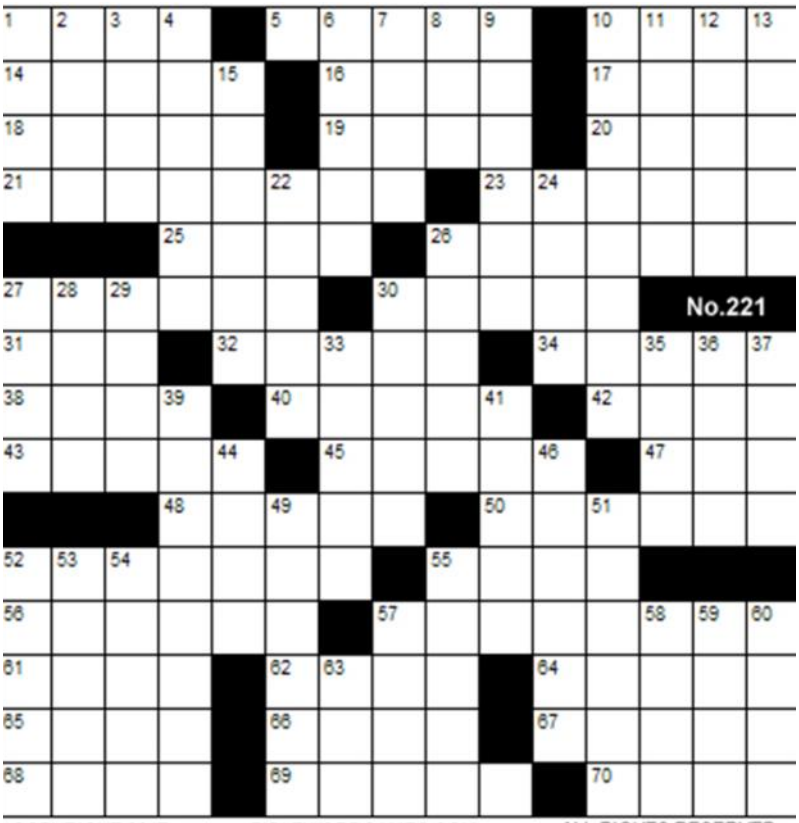


The second Sunday of the month will be our Table Sunday as a church family. We will be sharing communion at the Lord's Table, enjoying a shared-dish (potluck). Table Sunday is a monthly reminder that our life together as the family of God centers in worship, fellowship and sharing.

REMEMBER to bring a dish to share on the second Sunday and even if you aren't able, plan on staying for dinner with your family and friends here.

"Our Daily Bread" is also available on the facebook, mobile app in addition to the printed copies here in the office.

Did you miss out on a Sunday Service don't have access to Facebook or Internet? We have extra copies available for your use.



COPYRIGHT 2017 BIBLEWORDGAMES.COM ALL RIGHTS RESERVED

ACROSS

1 So Moses brought their ___ before the LORD (Num 27:5)
5 Fasten ___ ___ cord to it (1,4) (Ex 28:37)
10 fifth book of the New Testament
14 Like men condemned to die in the ___ (1 Cor 4:9)
16 Speak now in the ____ of the people (Exodus 11:2)
17 In that day the mountains will ___ new wine (Joel 3:18)
18 seems right to a man, but in the end it ___ to death (Prov 16:25)
19 Then they ___ in his face and struck him with their fists (Matt 26:67)
20 Son of man, record this ____ (Ezek 24:2)
21 because the midwives feared God, he gave them ___ of their own (Ex 1:21)
23 Elijah's successor (2 Kings 2:9)
25 Like a bird that strays from its ___ is a man who strays (Prov 27:8)
26 A student is not above his ___ , nor a servant above his master (Matt 10:24)
27 and remove all its vile ___ and detestable idols (Ezek 11:18)
30 they always heap up their sins to the ___ (1Thes 2:16)
31 clump of earth and grass
32 Her Nazarites were ___ than snow, they were whiter than (Lam 4:7) KJV
34 Jesus replied, "Foxes have holes and birds of the air have ___ (Matt 8:20)
38 The Angel which redeemed me from all evil, bless the ___ (Gen 48:16) KJV
40 from foundation to ___, were made of blocks of high-grade (1 Kings 7:9)
42 throwing stones at him and showering him with ___ (2 Sam 16:13)
43 let him seek peace, and ___ it (1 Pet 3:11) (KJV)
45 Like a ___ of Lebanon he will send down his roots (Hosea 14:5)
47 till he should pay all that was ___ unto him (Matt 18:34)
48 The tower of ____ (Gen 11:9)
50 To ____ them that were under the law (Gal 4:5)
52 I ___ silver and gold for myself, and the treasure (Eccl 2:8)
55 he that wavereth is like a ____ of the sea. (James 1:6)
56 What he trusts in is fragile; what he ___ on is a spider's web. (Job 8:14)
57 whosoever of you will be the ___, shall be servant of all (Mark 10:44) KJV
61 There is ___ ___ here, which hath five barley loaves (1,3) (John 6:9)
62 if his hands are ___, the house leaks (Eccl 10:18)
64 sixth angel poured out his vial upon the great ____ Euphrates (Rev 16:12)
65 away, absent (Rev 18:14)
66 which is gone down in the sun ___ of Ahaz (Isa 38:8) KJV
67 She gave herself as a prostitute to all the ____ of the Assyrians (Ezek 23:7)
68 thou shouldest be for salvation unto the ____ of the earth (Acts 13:47) KJV
69 said through the prophet: "Out of ___ I called my son (Matt 2:15)
70 Salvation is found in no one ___, for there is no other name (Acts 4:12)

DOWN

1 the woman had a fat ___ in the house (1 Sam 28:24) KJV
2 a Levite who lived in a remote ___ in the hill country (Judg 19:1)
3 the ephod, close to the ___ just above the waistband (Ex 39:20)
4 beginning with the oldest and ___ with the youngest (Gen 44:12)
6 Fear and trembling have ___ me; horror has overwhelmed me (Ps 55:5)
7 I will measure into their ___ the full payment for (Isa 65:7)
8 See, the LORD has chosen Bezalel son of ___ (Ex.35:30)
9 let each ____ other better than themselves (Phil 2:3)
10 not to be slanderers or ___ to much wine (Titus 2:3)
11 beat against that house, and it fell with a great ___ (Matt 7:27)
12 Thou shalt truly ____ all the increase of thy seed (Deut 14:22)
13 His ___ shaft was like a weaver's rod (1 Sam 17:7)
15 Lazarus has fallen ___; but I am going there to wake him (John 11:11)
22 married a wife, deceased, and, having no ____ (Matt 22:25)
24 Saul and Abner son of Ner had ___ down (1 Sam 26:5)
26 The people have become hungry and ___ and thirsty (2 Sam 17:29)
27 was in the ____ that is called Patmos (Rev 1:9)
28 We all growl like bears; we ___ mournfully like doves (Isa 59:11)
29 If anyone ___ anything to them, God will add to him (Rev 22:18)
30 My feet stand on ___ ground (Ps 26:12)
33 you have ___ with men on foot and they have worn you out (Jer 12:5)
35 I will give him rest from all his enemies on every ____. (1 Chr 22:9)
36 the darkness is passing and the ____ light is already shining (I Jn 2:8)
37 there shall come forth a rod out of the ___ of Jesse (Isa 11:1) KJV
39 Stay with him for a while until your brother's fury ___ (Gen 27:44)
41 no longer to call her ___; her name will be Sarah.(Gen 17:15)
44 listens to me will live in safety and be at ___ (Prov 1:33)
46 the LORD; let all the people of the world ___ him (Ps 33:8)
49 Jesus was walking ___ the Sea of Galilee (Matt 4:18)
51 Do not ___ yourselves by any of these creatures (Lev 11:43)
52 The king got up in ___ ___ left his wine (1,4) (Est 7:7)
53 Like a scarecrow in a ___ patch, their idols cannot speak (Jer 10:5)
54 ___ ___ flowing with milk and honey (1,4) (Deut 26:10)
55 Dan is a lion's ___: he shall leap from Bashan (Deut 33:22) KJV
57 what Adam was made from (Job 33:6)
58 Do not those who plot ___ go astray? (Prov 14:22)
59 silver in two bags, with two ___ of clothing (2 Kings 5:23)
60 every man under his vine and under his fig ____ (1 King 4:25)
63 I'll ___ around it and fertilize it.(Luke 13:8)

Just for Kids

Flashlight TAG



Sometimes we resist the light of Christ. But when his light touches us, we can then share it with others. Play this fun game on a summer night to remember how Christ's light shines in the world.

What you need:

- Friends
- Safe open space outdoors
- A flashlight for each player

How to play:

1. Choose one person to be the Tagger, known as the Light. Only that person can have his or her flashlight on.
2. The Light tries to shine his or her flashlight on other players, who run around and try to hide in the darkness.
3. Once players have been touched by the Light, they turn on their flashlights and join in, trying to shine on others.
4. Play until everyone has been tagged by the Light. Repeat, giving everyone a turn to be the Light.

PUZZLE

GOD'S LIGHT

Summer's long days can remind us of our Creator, who made the sun and wants us to live in his light.

Directions: First, write the opposite of each word in parentheses. Then use the Word Bank words, in order, to complete 1 John 1:5-7, NIV.

WORD BANK: is in is at if in as is in with

God _____ _____; _____ _____
(dark) (her)

there _____ _____ _____ness _____ _____ . ...
(yes) (light) (none)

But _____ we _____ _____ the _____,
(run) (dark)

_____ _____ _____ _____ the _____,
(she) (dark)

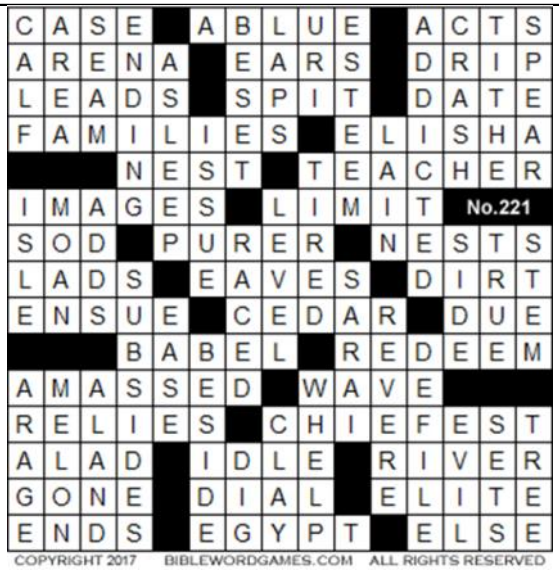
we have fellowship _____ one another. ...

1 John 1:5-7, NIV

Answer: God is light; in him there is no darkness at all . ... But if we walk in the light, as he is in the light, we have fellowship with one another. (1 John 1:5-7, NIV)

Barnum Community United Methodist Church

POSTMASTER:
Please send address changes to:
PO Box 70, 3762 Front Street
Barnum, MN 55707
(218) 389-6876 office@barnumumc.org
www.barnumumc.org



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

BUMC Ministry Team

Pastor—Lee Kantonen
Council Chair—Leon Finifrock
Youth Director—Bill Schoonover
Missions/Outreach—Connie Swanson
Secretary—Mechelle Mattson
Faith Community Nurse—Jennifer Southerton
Congregational Nurture & Care—Connie Herbert
Nursery Coordinator—Kaye Finifrock
Acolyte Coordinator—Roxanne Matten
Wednesday Night Servers—Kaye Finifrock/Terri Krueger
Custodian—Jim Calhoun

United Women in Faith—Sandy Ferguson
Bookkeeper—Tiffany Parr
Ministries Leader—Deb Halls
Staff-Parish Relations—Dawson Gentry
Worship Ministry - Lori Koski
Properties Management—Dave Matten
Discipleship Ministries—Mike Line
Sunday Servers Coordinator—Ann Kosloski
Greeters/Ushers Coordinator—Laurie Audette
Sunday Counters Coordinator—Cathy Kunze
Office Manager—Laurie Audette

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



September 2024
Volume 24—Issue 9

Bible Readings
Church Calendar
Birthdays
Anniversaries
Youth Group
Bible Buddies
Faith Community Nurse
United Women in Faith
Women's Ministry
Council Minutes
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

Office Hours (Mon-Fri)

Sunday Worship

Facebook Live 9:30 am
In Person 9:30 am

Pastor Kennection

Jesus...saw a man called Matthew sitting at the tax booth, and He said to him, "Follow me." And he rose and followed Him. (Matthew 9:9)

Where were the Apostles when Jesus called them to follow Him? It wasn't from the synagogue, was it, even though Jesus regularly was found at the synagogue. It was when the Lord was out and about in the community. The apostles were called when they were on the seashore preparing to fish, or out in their boats, the tax booth, maybe the marketplace, it was from those everyday areas of life that Jesus called them.

There is a wonderful missional heart found here at Barnum Community. My memory is relatively recent in the scheme of things, but it was so good to learn about our connection with John Sergey in years past and to listen to Pastor Sergey and learn of his evangelistic outreach to the people of what at that time was the Soviet Union. For those unfamiliar, spark up a conversation with Jen Berthelot.

Since its outset, mission has been central to the heart of churches with a Wesleyan persuasion and the United Methodist Church is no different. Recently, the Minnesota Annual Conference has been encouraging involvement of all of our churches in something called, Fresh Expressions. Very simply, it is about meeting with people around a shared area of interest while taking time to share a "Jesus Story" during the time together. For years we've known and made known that for the most part people who don't know Christ aren't going to just wander into our churches. Jesus sent his followers out to make disciples, not in.

People have been gathering at bicycling groups, kayaking groups, quilting groups, wood carving groups, golfing groups, you name it. Whatever shared area of interest people have; Fresh Expressions can be occurring there. There have even been axe throwing and burrito gatherings. The key is gathering regularly and making a point to share a Jesus story and an opportunity for prayer. Fresh Expressions is about building relationships with others outside the church. It is a time to introduce Jesus to people who likely will not wander into Barnum Community United Methodist Church or any other church building. We need to keep developing new ways of letting people know God loves them and wants to be in a relationship with them. Perhaps you have already been doing that sort of thing without calling it Fresh Expressions.

So, if you have thought sharing your faith with others is something you could never do, I invite and encourage you to think again. There might be those here at Barnum Community who share your interests to join with you to get your Fresh Expression initiated. The community is filled with people who hold shared interests in need of knowing the Lord. Thank you for sharing the love of God and inviting others to join the journey.

The Good Shepherd's Sheepdog,

Lee



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:30 Worship Service 11:00 Adult Class	**2 LABOR DAY** **Office Closed** 5-8 Youth Group	3 11:00 Prayer Group	4 5-8 Youth Group	5	6	7
8 Grandparents Day 9:30 Worship Service **Communion** 11:00 Adult Class	9 5-8 Youth Group 6:30 Council Mtg	10 11:00 Prayer Group 1:00 Moms in Prayer	11 **FAMILY NIGHT KICK OFF** 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	12	13	14
15 9:30 Worship Service 11:00 Adult Class Congregational Meeting after Church Service	16 5-8 Youth Group	17 11:00 Prayer Group 1:00 Moms in Prayer	18 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	19	20	21
22 9:30 Worship Service 11:00 Adult Class	23 5-8:00 Youth Group	24 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	25 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study Newsletter Deadline	26	27	28
29 9:30 Worship Service 11:00 Adult Class	30 5-8 Youth Group					

** Schedule subject to change.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 11:00 Prayer Group 1:00 Moms in Prayer	2 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	3	4	5
6 **Pastor Appreciation Day** 9:30 Worship Service 11:00 Adult Class	7 **COLUMBUS DAY** 5-8:00 Youth Group 6:00 Finance Mtg 6:30 Council Mtg	8 11:00 Prayer Group 1:00 Moms in Prayer	9 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	10	11	12 9:30 Secret Sister Reveal Party
13 9:30 Worship Service **Communion** 11:00 Adult Class	14 5-8:00 Youth Group	15 11:00 Prayer Group 1:00 Moms in Prayer	16 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	17	18	19
20 9:30 Worship Service 11:00 Adult Class	21 5-8:00 Youth Group	22 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	23 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	24	25	26
27 9:30 Worship Service 11:00 Adult Class	28 5-8:00 Youth Group	29 11:00 Prayer Group 1:00 Moms in Prayer Newsletter Deadline	30 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	31 **HALLOWEEN**		

** Schedule subject to change.

Daily Nourishment



OLD & NEW TESTAMENT

Sep 1: Ps 135-136; 1Cor 12
Sep 2: Ps 137-139; 1Cor 13
Sep 3: Ps 140-142; 1Cor 14:1-20
Sep 4: Ps 143-145; 1Cor 14:21-40
Sep 5: Ps 146-147; 1Cor 15:1-28
Sep 6: Ps 148-150; 1Cor 15:29-58
Sep 7: Prov 1-2; 1Cor 16
Sep 8: Prov 3-5; 2Cor 1
Sep 9: Prov 6-7; 2Cor 2
Sep 10: Prov 8-9; 2Cor 3
Sep 11: Prov 10-12; 2Cor 4
Sep 12: Prov 13-15; 2Cor 5
Sep 13: Prov 16-18; 2Cor 6
Sep 14: Prov 19-21; 2Cor 7
Sep 15: Prov 22-24; 2Cor 8
Sep 16: Prov 25-26; 2Cor 9
Sep 17: Prov 27-29; 2Cor 10
Sep 18: Prov 30-31; 2Cor 11:1-15
Sep 19: Ecc 1-3; 2Cor 11:16-33
Sep 20: Ecc 4-6; 2Cor 12
Sep 21: Ecc 7-9; 2Cor 13
Sep 22: Ecc 10-12; Gal 1
Sep 23: Song 1-3; Gal 2
Sep 24: Song 4-5; Gal 3
Sep 25: Song 6-8; Gal 4
Sep 26: Is 1-2; Gal 5
Sep 27: Is 3-4; Gal 6
Sep 28: Is 5-6; Eph 1
Sep 29: Is 7-8; Eph 2
Sep 30: Is 9-10; Eph 3

CHRONOLOGICAL

Sep 1: Ezek 18-19
Sep 2: Ezek 20-21
Sep 3: Ezek 22-23
Sep 4: Ezek 24-27
Sep 5: Ezek 28-31
Sep 6: Ezek 32-34
Sep 7: Ezek 35-37
Sep 8: Ezek 38-39
Sep 9: Ezek 40-41
Sep 10: Ezek 42-43
Sep 11: Ezek 44-45
Sep 12: Ezek 46-48
Sep 13: Joel
Sep 14: Dan 1-3
Sep 15: Dan 4-6
Sep 16: Dan 7-9
Sep 17: Dan 10-12
Sep 18: Ezra 1-3
Sep 19: Ezra 4-6; Ps 137
Sep 20: Haggai
Sep 21: Zech 1-7
Sep 22: Zech 8-14
Sep 23: Est 1-5
Sep 24: Est 6-10
Sep 25: Ezra 7-10
Sep 26: Neh 1-5
Sep 27: Neh 6-7
Sep 28: Neh 8-10
Sep 29: Neh 11-13; Ps 126
Sep 30: Malachi

Youth



Welcome to the 2024-25 School Year! Students return to their school routines and sports schedules are back. The Barnum Youth Group (BYG) is launching our new school year theme "But Wait…There's More!" Many people take life as it comes. This year we will be challenging youth that there's more to their lives. What we may see on the surface is only a part of who God created us to be. With each topic we discuss we will pause and look deeper, 'but wait…there's more'! With topics like More to Me, What's your Role, Be Kind to Others, More than Decorations, Forgiving Grudges, The Light of the World and Do you Know Me, we will be exploring so much more this year. Please pray that students are willing to look at their lives and see that they do need more and that the more they need is Jesus.

Before we say goodbye to summer, I wanted to share about an amazing experience I was able to have with a recent graduate. Tobin has attended youth group for many years, and he also loves running. At the beginning of summer, he talked about wanting to do the Moose Lake Triathlon, but he didn't want to do the whole thing. I said we could do it as a team and I would be willing to do the bike part. My wife, Serenity, said she would be willing to do the swim and all summer the three of us prepared for the big event. Serenity swam, I biked and then Tobin set out for his 3-mile run. As we were waiting for Tobin to return Serenity and I talked about how thankful we were to provide this opportunity for Tobin. As Tobin crossed the finished line the announcer said, "And here is our first team to finish." Our team placed first. We couldn't believe it. Later Tobin told me, "I've gotten second place and third place before, but I've never gotten first place!" It was our prayer that God would bless that day, and He did! I want to thank Serenity for swimming for our team and I want to thank the Barnum Church family for coming to support us during the race. You're the Best! Please pray for continued opportunities to bless the students that we work with.









Nursery Volunteers: The nursery is in need of adult volunteers and young adults during church services. Please see Kay Finifrock.

September 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Servers	Wednesday Servers
1	Willis & Kay Finifrock	Scott & Elaine Bogenholm	Bonnie Kepler Cathy Kunze	Jenna Uszenski	Deb Halls	Janet Adelsgruber Karen Smith	
8	Hazel Oachs Jay Oachs	Bing & Kathy Mattson	Brian Koski Deb Donaldson	Daniel Zinter	Deb Entner	COMMUNION SUNDAY	(11) Bette Deming Annette Meyer & Boys
15	Marilyn Criley Judy Jacobs	Chris & Annette Meyer	Robin Paulson Bonnie Kepler	Brenden Zinter	Kay Finifrock	Annette Meyer Brenda Zinter	(18) Deb Entner
22	Cheryl Peterson Terri Krueger	Steve & Sandi Vogel	Brian Koski Deb Donaldson	Liam Parr	Brenda Zinter	Deb Halls Carmen Burak	(25) Evelyn Newman
29	Audrey Sebring Annette Hammitt	Bruce & Eileen Resman	Deb Donaldson Robin Paulson	Evan Earlywine	Tiffany Parr	Connie Herbert Jackie Olson	(2) Deb Halls

October 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Serv-ers	Wednesday Servers
6	Leon Finifrock Connie Herbert	Cliff & Joyce Berggren	Robin Paulson Cathy Kunze	Daniel Zinter	Sandi Vogel	Roxanne Mat-ten Kathy Otnes	(9) Paul & Carmen Burak
13	Ann Kosloski Tiffany Parr	Steve & Sandi Vogel	Brian Koski Bonnie Kepler	Nial Parr	Sandy Ferguson	COMMUNION SUNDAY	(16) Janet Adelsgruber Karen Smith
20	Roger & Deanna Finifrock	Paul & Carmen Burak	Brian Koski Deb Donaldson	Even Earlywine	Deb Halls	Cheryl Peterson Terri Krueger	(23) Terri Krueger
27	Dianne Anderson Connie Swanson	Dave & Sandy Ferguson	Deb Donaldson Robin Paulson	Brenden Zinter	Deb Entner	Ann Kosloski Linda Jusczak	(30) Sue Nelson Kathy Otnes Rachel Finifrock



September Health and Wellness Moment

"Healthy Aging"

September is Healthy Aging Month. The mission behind this month's health topic is to draw attention to the importance of healthy lifestyles for adults 45-plus. Nowadays, it is more important than ever to follow a healthy lifestyle, remain positive and passionate about life, and to look forward to better days ahead. Sometimes, however, this is not easy to do. If you need a boost to improve your lifestyle, here are some tips to be able to age well…in other words, to get older in the healthiest way possible! Let's look at some tips to achieve and maintain physical, social, mental and financial wellness.
First of all, let's look at Mental Wellness. Many people struggle with depression, loneliness, anxiety and isolation. It is important to follow these tips.

1. Be realistic. If you feel overwhelmed by some activities, (yours and/or your family's), learn to say no. Eliminate an activity that is not absolutely necessary. It's possible that you may be taking on more responsibility than you could, or should, handle. If you meet resistance, be ready to give reasons why you are making these changes. Be willing to listen to others' suggestions and be willing to compromise.
2. Shed the "superhero" urge. Nobody is perfect. Don't expect perfection from yourself or others. Focus on what really needs to be done, how much you can realistically get done and in what time frame. It's so important to ask for help when you need it.
3. Take one thing at a time. When someone is stressed or anxious, an ordinary workload can seem unbearable at times. The best way to cope with the feeling of being overwhelmed is to take one task at a time. Once you accomplish one task, choose the next most important thing you want to get done. Some people like to check off tasks on a list; it is very satisfying and helps you visualize your progress!

Next, let's look at the importance of Physical Fitness. According to the National Center for Chronic Disease Prevention and Health Promotion, about 6 in 10 adults in the U.S. have a chronic health condition, and 4 in 10 have two or more. There are many benefits of physical activity for adults and older adults. It's important to keep moving. A body in motion stays in motion! Exercise and strength training improves quality of life, reduces anxiety, and improves sleep. It also is key in weight loss, bone health and a lower risk of falls!

4. Move more, sit less. This recommendation from health.gov is based on new evidence that shows a strong positive relationship between increased sedentary behavior and increased risk of mortality, heart disease and high blood pressure.
5. Aerobic exercise. Check with your doctor for advice on how many minutes of exercise you should be getting per week. Also ask what kind of exercise is best for you and how to know if you are doing too much.
6. Muscle strengthening. These activities provide additional health benefits, so ask your doctor about muscle strengthening as well.

Next, we'll focus on the importance of Diet. Forty two percent of Americans have had an average weight gain of 29 pounds since the beginning of the pandemic. Not only have we been eating more and moving less, but alcohol consumption has also increased in this time frame. You can check out the Dietary Guidelines for Americans 2020-2025 published by the USDA. Always talk to your doctor about what weight is healthy for you.

7. Review your daily diet and make necessary changes. You guessed it, talk to your doctor about what is best for you! Generally, it is best to eat a diet that is rich in fruits, vegetables, whole grains, fat-free or low-fat milk and dairy products, and a variety of healthy proteins. It is best to eat a diet low in saturated fats, trans fats, cholesterol, sodium and added sugars.

Next, we'll focus on the importance of Social Well-being. We are created to be social beings, we crave healthy interaction with others. After feeling isolated, some older adults find it is hard to get out and be social without becoming mentally exhausted. Here are some ways to be active in your community:
8. Volunteer. There are so many places that encourage and welcome volunteering in our communities, churches, schools. Ask a friend to join you and make it a fun event to share!
9. Dream and then get to it. Is there someplace you've always wanted to travel, explore, research? Some of these things may not be realistic or feasible, but maybe some are! Have an adventure, laugh, share a fun moment with loved ones, get out and enjoy the day! Become a pen pal, learn a new language, learn to play an instrument…the sky's the limit!

Last, we will look at Financial Well-being.

10. Launch your next career, go back to school and get a degree, take an online class, learn a new skill that you have always wanted to master. Studies show that people who retire and then become sedentary and lose their excitement for life are much more likely to be ill and unhappy.

September is Healthy Aging Month, and it is the perfect time to renew or set some lifestyle goals! Happy Fall to you all!
Reference: HealthyAging.net

"Give thanks to the Lord, for He is good. His love endures forever."
Psalms 136:1
Prayers for peace, joy and good health, and just a reminder…you are uniquely YOU by HIS design!
~Jenny S, RN, BCUMC Parish Nurse

Howdy Partner!
Here is your invitation to:



The Bible-Buddy Round-Up

This is the kick-off to the Children's WEDNESDAY BIBLE BUDDIES program at the

Barnum Community Church

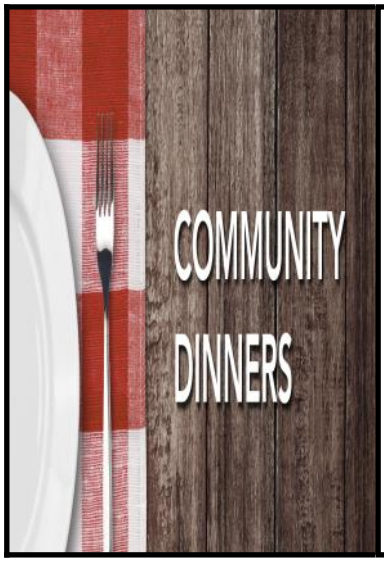
Giddy-up ya'll (ages 4-6th grade) and join up with the Bible Buddies!!

Wednesday evening September 11 at 6 - 7:15 pm, right after the Community Supper (served from 5:15 to 6pm).

After getting everyone registered and rustling up some chow, we will round up the gang of Buddies at 6 pm to enjoy activities including games, songs, crafts, and a Bible lesson.



Important Events in the Life of Our Church



Join us for
Community Dinner
&
Family Night

September 11, 18, 25

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



September 11:	*Family Night Kick Off*
	Community Dinner
	Bible Buddies
	Youth Group (7th – 12th)
	Women's Bible Study
October 31:	*Halloween Trunk or Treat*
November 20:	*Thanksgiving Dinner*
December 24:	*Christmas Eve*
	Candlelight Service



Please join us for **WOW**
"Worship on Wednesday"

6:15—6:30 Praise & Worship Music followed by a short bible lesson from Pastor Lee



The Warm Hearts Ministry will be meet Tuesday, September 24th from 10 am—3 pm to work on Warm Hearts Projects or personal projects. Please bring a lunch and join us for some great sewing time and fellowship. Bring your sewing supplies. Please RSVP Kathy Port.

United Women in Faith

United Women in Faith will be meeting on September 11 at 1:30 at the church. All women of the church are invited to attend this meeting. Ann Kosloski will be the hostess and Kathy Mattson will lead the discussion on pages 94-98 of our study book, "Life on Purpose for Women". Our heart is to assist with church projects wherever possible. Please see Sandy Ferguson for further information.



Important Events in the Life of Our Church



Mother / Child Nursing Tent:

A huge "Thank You" to all the volunteers who helped set up and tear down and work in the Baby Rest Area.





Fair time has come and gone already. Many thanks for all those who volunteered to park cars. This year over $2,600 was collected to help fund the Wednesday night youth programs reaching out to students in our Community.

The Lord's Table, September 8th

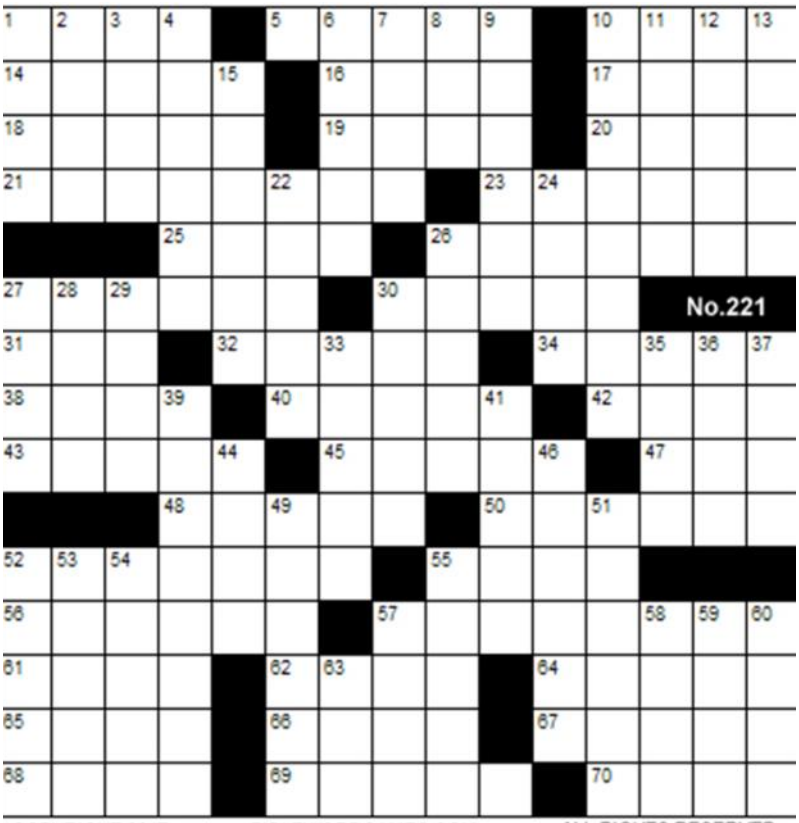


The second Sunday of the month will be our Table Sunday as a church family. We will be sharing communion at the Lord's Table, enjoying a shared-dish (potluck). Table Sunday is a monthly reminder that our life together as the family of God centers in worship, fellowship and sharing.

REMEMBER to bring a dish to share on the second Sunday and even if you aren't able, plan on staying for dinner with your family and friends here.

"Our Daily Bread" is also available on the facebook, mobile app in addition to the printed copies here in the office.

Did you miss out on a Sunday Service don't have access to Facebook or Internet? We have extra copies available for your use.



COPYRIGHT 2017 BIBLEWORDGAMES.COM ALL RIGHTS RESERVED

ACROSS

1 So Moses brought their ___ before the LORD (Num 27:5)
5 Fasten ___ ___ cord to it (1,4) (Ex 28:37)
10 fifth book of the New Testament
14 Like men condemned to die in the ___ (1 Cor 4:9)
16 Speak now in the ____ of the people (Exodus 11:2)
17 In that day the mountains will ___ new wine (Joel 3:18)
18 seems right to a man, but in the end it ___ to death (Prov 16:25)
19 Then they ___ in his face and struck him with their fists (Matt 26:67)
20 Son of man, record this ____ (Ezek 24:2)
21 because the midwives feared God, he gave them ___ of their own (Ex 1:21)
23 Elijah's successor (2 Kings 2:9)
25 Like a bird that strays from its ___ is a man who strays (Prov 27:8)
26 A student is not above his ___ , nor a servant above his master (Matt 10:24)
27 and remove all its vile ___ and detestable idols (Ezek 11:18)
30 they always heap up their sins to the ___ (1Thes 2:16)
31 clump of earth and grass
32 Her Nazarites were ___ than snow, they were whiter than (Lam 4:7) KJV
34 Jesus replied, "Foxes have holes and birds of the air have ___ (Matt 8:20)
38 The Angel which redeemed me from all evil, bless the ___ (Gen 48:16) KJV
40 from foundation to ___, were made of blocks of high-grade (1 Kings 7:9)
42 throwing stones at him and showering him with ___ (2 Sam 16:13)
43 let him seek peace, and ___ it (1 Pet 3:11) (KJV)
45 Like a ___ of Lebanon he will send down his roots (Hosea 14:5)
47 till he should pay all that was ___ unto him (Matt 18:34)
48 The tower of ____ (Gen 11:9)
50 To ____ them that were under the law (Gal 4:5)
52 I ___ silver and gold for myself, and the treasure (Eccl 2:8)
55 he that wavereth is like a ____ of the sea. (James 1:6)
56 What he trusts in is fragile; what he ___ on is a spider's web. (Job 8:14)
57 whosoever of you will be the ___, shall be servant of all (Mark 10:44) KJV
61 There is ___ ___ here, which hath five barley loaves (1,3) (John 6:9)
62 if his hands are ___, the house leaks (Eccl 10:18)
64 sixth angel poured out his vial upon the great ____ Euphrates (Rev 16:12)
65 away, absent (Rev 18:14)
66 which is gone down in the sun ___ of Ahaz (Isa 38:8) KJV
67 She gave herself as a prostitute to all the ____ of the Assyrians (Ezek 23:7)
68 thou shouldest be for salvation unto the ____ of the earth (Acts 13:47) KJV
69 said through the prophet: "Out of ___ I called my son (Matt 2:15)
70 Salvation is found in no one ___, for there is no other name (Acts 4:12)

DOWN

1 the woman had a fat ___ in the house (1 Sam 28:24) KJV
2 a Levite who lived in a remote ___ in the hill country (Judg 19:1)
3 the ephod, close to the ___ just above the waistband (Ex 39:20)
4 beginning with the oldest and ___ with the youngest (Gen 44:12)
6 Fear and trembling have ___ me; horror has overwhelmed me (Ps 55:5)
7 I will measure into their ___ the full payment for (Isa 65:7)
8 See, the LORD has chosen Bezalel son of ___ (Ex.35:30)
9 let each ____ other better than themselves (Phil 2:3)
10 not to be slanderers or ___ to much wine (Titus 2:3)
11 beat against that house, and it fell with a great ___ (Matt 7:27)
12 Thou shalt truly ____ all the increase of thy seed (Deut 14:22)
13 His ___ shaft was like a weaver's rod (1 Sam 17:7)
15 Lazarus has fallen ___; but I am going there to wake him (John 11:11)
22 married a wife, deceased, and, having no ____ (Matt 22:25)
24 Saul and Abner son of Ner had ___ down (1 Sam 26:5)
26 The people have become hungry and ___ and thirsty (2 Sam 17:29)
27 was in the ____ that is called Patmos (Rev 1:9)
28 We all growl like bears; we ___ mournfully like doves (Isa 59:11)
29 If anyone ___ anything to them, God will add to him (Rev 22:18)
30 My feet stand on ___ ground (Ps 26:12)
33 you have ___ with men on foot and they have worn you out (Jer 12:5)
35 I will give him rest from all his enemies on every ____. (1 Chr 22:9)
36 the darkness is passing and the ____ light is already shining (I Jn 2:8)
37 there shall come forth a rod out of the ___ of Jesse (Isa 11:1) KJV
39 Stay with him for a while until your brother's fury ___ (Gen 27:44)
41 no longer to call her ___; her name will be Sarah.(Gen 17:15)
44 listens to me will live in safety and be at ___ (Prov 1:33)
46 the LORD; let all the people of the world ___ him (Ps 33:8)
49 Jesus was walking ___ the Sea of Galilee (Matt 4:18)
51 Do not ___ yourselves by any of these creatures (Lev 11:43)
52 The king got up in ___ ___ left his wine (1,4) (Est 7:7)
53 Like a scarecrow in a ___ patch, their idols cannot speak (Jer 10:5)
54 ___ ___ flowing with milk and honey (1,4) (Deut 26:10)
55 Dan is a lion's ___: he shall leap from Bashan (Deut 33:22) KJV
57 what Adam was made from (Job 33:6)
58 Do not those who plot ___ go astray? (Prov 14:22)
59 silver in two bags, with two ___ of clothing (2 Kings 5:23)
60 every man under his vine and under his fig ____ (1 King 4:25)
63 I'll ___ around it and fertilize it.(Luke 13:8)

Just for Kids

Flashlight TAG



Sometimes we resist the light of Christ. But when his light touches us, we can then share it with others. Play this fun game on a summer night to remember how Christ's light shines in the world.

What you need:

- Friends
- Safe open space outdoors
- A flashlight for each player

How to play:

1. Choose one person to be the Tagger, known as the Light. Only that person can have his or her flashlight on.
2. The Light tries to shine his or her flashlight on other players, who run around and try to hide in the darkness.
3. Once players have been touched by the Light, they turn on their flashlights and join in, trying to shine on others.
4. Play until everyone has been tagged by the Light. Repeat, giving everyone a turn to be the Light.

PUZZLE

GOD'S LIGHT

Summer's long days can remind us of our Creator, who made the sun and wants us to live in his light.

Directions: First, write the opposite of each word in parentheses. Then use the Word Bank words, in order, to complete 1 John 1:5-7, NIV.

WORD BANK: is in is at if in as is in with

God _____ _____; _____ _____
(dark) (her)

there _____ _____ _____ness _____ _____ . ...
(yes) (light) (none)

But _____ we _____ _____ the _____,
(run) (dark)

_____ _____ _____ _____ the _____,
(she) (dark)

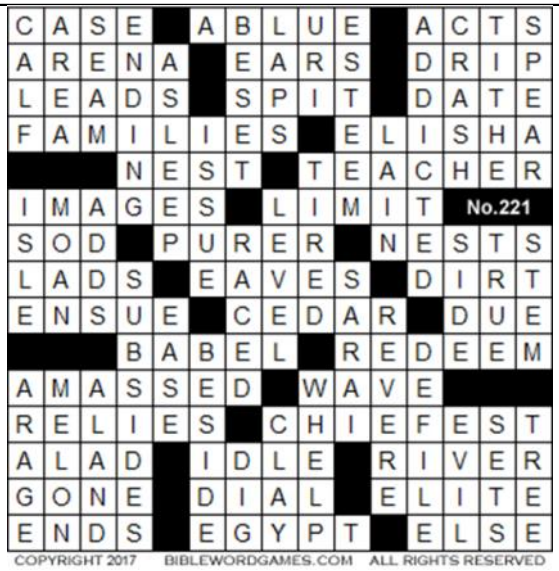
we have fellowship _____ one another. ...

1 John 1:5-7, NIV

Answer: God is light; in him there is no darkness at all . ... But if we walk in the light, as he is in the light, we have fellowship with one another. (1 John 1:5-7, NIV)

Barnum Community United Methodist Church

POSTMASTER:
Please send address changes to:
PO Box 70, 3762 Front Street
Barnum, MN 55707
(218) 389-6876 office@barnumumc.org
www.barnumumc.org



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

BUMC Ministry Team

Pastor—Lee Kantonen
Council Chair—Leon Finifrock
Youth Director—Bill Schoonover
Missions/Outreach—Connie Swanson
Secretary—Mechelle Mattson
Faith Community Nurse—Jennifer Southerton
Congregational Nurture & Care—Connie Herbert
Nursery Coordinator—Kaye Finifrock
Acolyte Coordinator—Roxanne Matten
Wednesday Night Servers—Kaye Finifrock/Terri Krueger
Custodian—Jim Calhoun

United Women in Faith—Sandy Ferguson
Bookkeeper—Tiffany Parr
Ministries Leader—Deb Halls
Staff-Parish Relations—Dawson Gentry
Worship Ministry - Lori Koski
Properties Management—Dave Matten
Discipleship Ministries—Mike Line
Sunday Servers Coordinator—Ann Kosloski
Greeters/Ushers Coordinator—Laurie Audette
Sunday Counters Coordinator—Cathy Kunze
Office Manager—Laurie Audette

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



September 2024
Volume 24—Issue 9

Bible Readings
Church Calendar
Birthdays
Anniversaries
Youth Group
Bible Buddies
Faith Community Nurse
United Women in Faith
Women's Ministry
Council Minutes
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

Office Hours (Mon-Fri)

Sunday Worship

Facebook Live 9:30 am
In Person 9:30 am

Pastor Kennection

Jesus...saw a man called Matthew sitting at the tax booth, and He said to him, "Follow me." And he rose and followed Him. (Matthew 9:9)

Where were the Apostles when Jesus called them to follow Him? It wasn't from the synagogue, was it, even though Jesus regularly was found at the synagogue. It was when the Lord was out and about in the community. The apostles were called when they were on the seashore preparing to fish, or out in their boats, the tax booth, maybe the marketplace, it was from those everyday areas of life that Jesus called them.

There is a wonderful missional heart found here at Barnum Community. My memory is relatively recent in the scheme of things, but it was so good to learn about our connection with John Sergey in years past and to listen to Pastor Sergey and learn of his evangelistic outreach to the people of what at that time was the Soviet Union. For those unfamiliar, spark up a conversation with Jen Berthelot.

Since its outset, mission has been central to the heart of churches with a Wesleyan persuasion and the United Methodist Church is no different. Recently, the Minnesota Annual Conference has been encouraging involvement of all of our churches in something called, Fresh Expressions. Very simply, it is about meeting with people around a shared area of interest while taking time to share a "Jesus Story" during the time together. For years we've known and made known that for the most part people who don't know Christ aren't going to just wander into our churches. Jesus sent his followers out to make disciples, not in.

People have been gathering at bicycling groups, kayaking groups, quilting groups, wood carving groups, golfing groups, you name it. Whatever shared area of interest people have; Fresh Expressions can be occurring there. There have even been axe throwing and burrito gatherings. The key is gathering regularly and making a point to share a Jesus story and an opportunity for prayer. Fresh Expressions is about building relationships with others outside the church. It is a time to introduce Jesus to people who likely will not wander into Barnum Community United Methodist Church or any other church building. We need to keep developing new ways of letting people know God loves them and wants to be in a relationship with them. Perhaps you have already been doing that sort of thing without calling it Fresh Expressions.

So, if you have thought sharing your faith with others is something you could never do, I invite and encourage you to think again. There might be those here at Barnum Community who share your interests to join with you to get your Fresh Expression initiated. The community is filled with people who hold shared interests in need of knowing the Lord. Thank you for sharing the love of God and inviting others to join the journey.

The Good Shepherd's Sheepdog,

Lee



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:30 Worship Service 11:00 Adult Class	**2 LABOR DAY** **Office Closed** 5-8 Youth Group	3 11:00 Prayer Group	4 5-8 Youth Group	5	6	7
8 Grandparents Day 9:30 Worship Service **Communion** 11:00 Adult Class	9 5-8 Youth Group 6:30 Council Mtg	10 11:00 Prayer Group 1:00 Moms in Prayer	11 **FAMILY NIGHT KICK OFF** 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	12	13	14
15 9:30 Worship Service 11:00 Adult Class Congregational Meeting after Church Service	16 5-8 Youth Group	17 11:00 Prayer Group 1:00 Moms in Prayer	18 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	19	20	21
22 9:30 Worship Service 11:00 Adult Class	23 5-8:00 Youth Group	24 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	25 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study Newsletter Deadline	26	27	28
29 9:30 Worship Service 11:00 Adult Class	30 5-8 Youth Group					

** Schedule subject to change.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 11:00 Prayer Group 1:00 Moms in Prayer	2 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	3	4	5
6 **Pastor Appreciation Day** 9:30 Worship Service 11:00 Adult Class	7 **COLUMBUS DAY** 5-8:00 Youth Group 6:00 Finance Mtg 6:30 Council Mtg	8 11:00 Prayer Group 1:00 Moms in Prayer	9 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	10	11	12 9:30 Secret Sister Reveal Party
13 9:30 Worship Service **Communion** 11:00 Adult Class	14 5-8:00 Youth Group	15 11:00 Prayer Group 1:00 Moms in Prayer	16 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	17	18	19
20 9:30 Worship Service 11:00 Adult Class	21 5-8:00 Youth Group	22 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	23 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	24	25	26
27 9:30 Worship Service 11:00 Adult Class	28 5-8:00 Youth Group	29 11:00 Prayer Group 1:00 Moms in Prayer Newsletter Deadline	30 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	31 **HALLOWEEN**		

** Schedule subject to change.

Daily Nourishment



OLD & NEW TESTAMENT

Sep 1: Ps 135-136; 1Cor 12
Sep 2: Ps 137-139; 1Cor 13
Sep 3: Ps 140-142; 1Cor 14:1-20
Sep 4: Ps 143-145; 1Cor 14:21-40
Sep 5: Ps 146-147; 1Cor 15:1-28
Sep 6: Ps 148-150; 1Cor 15:29-58
Sep 7: Prov 1-2; 1Cor 16
Sep 8: Prov 3-5; 2Cor 1
Sep 9: Prov 6-7; 2Cor 2
Sep 10: Prov 8-9; 2Cor 3
Sep 11: Prov 10-12; 2Cor 4
Sep 12: Prov 13-15; 2Cor 5
Sep 13: Prov 16-18; 2Cor 6
Sep 14: Prov 19-21; 2Cor 7
Sep 15: Prov 22-24; 2Cor 8
Sep 16: Prov 25-26; 2Cor 9
Sep 17: Prov 27-29; 2Cor 10
Sep 18: Prov 30-31; 2Cor 11:1-15
Sep 19: Ecc 1-3; 2Cor 11:16-33
Sep 20: Ecc 4-6; 2Cor 12
Sep 21: Ecc 7-9; 2Cor 13
Sep 22: Ecc 10-12; Gal 1
Sep 23: Song 1-3; Gal 2
Sep 24: Song 4-5; Gal 3
Sep 25: Song 6-8; Gal 4
Sep 26: Is 1-2; Gal 5
Sep 27: Is 3-4; Gal 6
Sep 28: Is 5-6; Eph 1
Sep 29: Is 7-8; Eph 2
Sep 30: Is 9-10; Eph 3

CHRONOLOGICAL

Sep 1: Ezek 18-19
Sep 2: Ezek 20-21
Sep 3: Ezek 22-23
Sep 4: Ezek 24-27
Sep 5: Ezek 28-31
Sep 6: Ezek 32-34
Sep 7: Ezek 35-37
Sep 8: Ezek 38-39
Sep 9: Ezek 40-41
Sep 10: Ezek 42-43
Sep 11: Ezek 44-45
Sep 12: Ezek 46-48
Sep 13: Joel
Sep 14: Dan 1-3
Sep 15: Dan 4-6
Sep 16: Dan 7-9
Sep 17: Dan 10-12
Sep 18: Ezra 1-3
Sep 19: Ezra 4-6; Ps 137
Sep 20: Haggai
Sep 21: Zech 1-7
Sep 22: Zech 8-14
Sep 23: Est 1-5
Sep 24: Est 6-10
Sep 25: Ezra 7-10
Sep 26: Neh 1-5
Sep 27: Neh 6-7
Sep 28: Neh 8-10
Sep 29: Neh 11-13; Ps 126
Sep 30: Malachi

Youth



Welcome to the 2024-25 School Year! Students return to their school routines and sports schedules are back. The Barnum Youth Group (BYG) is launching our new school year theme "But Wait…There's More!" Many people take life as it comes. This year we will be challenging youth that there's more to their lives. What we may see on the surface is only a part of who God created us to be. With each topic we discuss we will pause and look deeper, 'but wait…there's more'! With topics like More to Me, What's your Role, Be Kind to Others, More than Decorations, Forgiving Grudges, The Light of the World and Do you Know Me, we will be exploring so much more this year. Please pray that students are willing to look at their lives and see that they do need more and that the more they need is Jesus.

Before we say goodbye to summer, I wanted to share about an amazing experience I was able to have with a recent graduate. Tobin has attended youth group for many years, and he also loves running. At the beginning of summer, he talked about wanting to do the Moose Lake Triathlon, but he didn't want to do the whole thing. I said we could do it as a team and I would be willing to do the bike part. My wife, Serenity, said she would be willing to do the swim and all summer the three of us prepared for the big event. Serenity swam, I biked and then Tobin set out for his 3-mile run. As we were waiting for Tobin to return Serenity and I talked about how thankful we were to provide this opportunity for Tobin. As Tobin crossed the finished line the announcer said, "And here is our first team to finish." Our team placed first. We couldn't believe it. Later Tobin told me, "I've gotten second place and third place before, but I've never gotten first place!" It was our prayer that God would bless that day, and He did! I want to thank Serenity for swimming for our team and I want to thank the Barnum Church family for coming to support us during the race. You're the Best! Please pray for continued opportunities to bless the students that we work with.









Nursery Volunteers: The nursery is in need of adult volunteers and young adults during church services. Please see Kay Finifrock.

September 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Servers	Wednesday Servers
1	Willis & Kay Finifrock	Scott & Elaine Bogenholm	Bonnie Kepler Cathy Kunze	Jenna Uszenski	Deb Halls	Janet Adelsgruber Karen Smith	
8	Hazel Oachs Jay Oachs	Bing & Kathy Mattson	Brian Koski Deb Donaldson	Daniel Zinter	Deb Entner	COMMUNION SUNDAY	(11) Bette Deming Annette Meyer & Boys
15	Marilyn Criley Judy Jacobs	Chris & Annette Meyer	Robin Paulson Bonnie Kepler	Brenden Zinter	Kay Finifrock	Annette Meyer Brenda Zinter	(18) Deb Entner
22	Cheryl Peterson Terri Krueger	Steve & Sandi Vogel	Brian Koski Deb Donaldson	Liam Parr	Brenda Zinter	Deb Halls Carmen Burak	(25) Evelyn Newman
29	Audrey Sebring Annette Hammitt	Bruce & Eileen Resman	Deb Donaldson Robin Paulson	Evan Earlywine	Tiffany Parr	Connie Herbert Jackie Olson	(2) Deb Halls

October 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Serv-ers	Wednesday Servers
6	Leon Finifrock Connie Herbert	Cliff & Joyce Berggren	Robin Paulson Cathy Kunze	Daniel Zinter	Sandi Vogel	Roxanne Mat-ten Kathy Otnes	(9) Paul & Carmen Burak
13	Ann Kosloski Tiffany Parr	Steve & Sandi Vogel	Brian Koski Bonnie Kepler	Nial Parr	Sandy Ferguson	COMMUNION SUNDAY	(16) Janet Adelsgruber Karen Smith
20	Roger & Deanna Finifrock	Paul & Carmen Burak	Brian Koski Deb Donaldson	Even Earlywine	Deb Halls	Cheryl Peterson Terri Krueger	(23) Terri Krueger
27	Dianne Anderson Connie Swanson	Dave & Sandy Ferguson	Deb Donaldson Robin Paulson	Brenden Zinter	Deb Entner	Ann Kosloski Linda Jusczak	(30) Sue Nelson Kathy Otnes Rachel Finifrock



September Health and Wellness Moment

"Healthy Aging"

September is Healthy Aging Month. The mission behind this month's health topic is to draw attention to the importance of healthy lifestyles for adults 45-plus. Nowadays, it is more important than ever to follow a healthy lifestyle, remain positive and passionate about life, and to look forward to better days ahead. Sometimes, however, this is not easy to do. If you need a boost to improve your lifestyle, here are some tips to be able to age well…in other words, to get older in the healthiest way possible! Let's look at some tips to achieve and maintain physical, social, mental and financial wellness.
First of all, let's look at Mental Wellness. Many people struggle with depression, loneliness, anxiety and isolation. It is important to follow these tips.

1. Be realistic. If you feel overwhelmed by some activities, (yours and/or your family's), learn to say no. Eliminate an activity that is not absolutely necessary. It's possible that you may be taking on more responsibility than you could, or should, handle. If you meet resistance, be ready to give reasons why you are making these changes. Be willing to listen to others' suggestions and be willing to compromise.
2. Shed the "superhero" urge. Nobody is perfect. Don't expect perfection from yourself or others. Focus on what really needs to be done, how much you can realistically get done and in what time frame. It's so important to ask for help when you need it.
3. Take one thing at a time. When someone is stressed or anxious, an ordinary workload can seem unbearable at times. The best way to cope with the feeling of being overwhelmed is to take one task at a time. Once you accomplish one task, choose the next most important thing you want to get done. Some people like to check off tasks on a list; it is very satisfying and helps you visualize your progress!

Next, let's look at the importance of Physical Fitness. According to the National Center for Chronic Disease Prevention and Health Promotion, about 6 in 10 adults in the U.S. have a chronic health condition, and 4 in 10 have two or more. There are many benefits of physical activity for adults and older adults. It's important to keep moving. A body in motion stays in motion! Exercise and strength training improves quality of life, reduces anxiety, and improves sleep. It also is key in weight loss, bone health and a lower risk of falls!

4. Move more, sit less. This recommendation from health.gov is based on new evidence that shows a strong positive relationship between increased sedentary behavior and increased risk of mortality, heart disease and high blood pressure.
5. Aerobic exercise. Check with your doctor for advice on how many minutes of exercise you should be getting per week. Also ask what kind of exercise is best for you and how to know if you are doing too much.
6. Muscle strengthening. These activities provide additional health benefits, so ask your doctor about muscle strengthening as well.

Next, we'll focus on the importance of Diet. Forty two percent of Americans have had an average weight gain of 29 pounds since the beginning of the pandemic. Not only have we been eating more and moving less, but alcohol consumption has also increased in this time frame. You can check out the Dietary Guidelines for Americans 2020-2025 published by the USDA. Always talk to your doctor about what weight is healthy for you.

7. Review your daily diet and make necessary changes. You guessed it, talk to your doctor about what is best for you! Generally, it is best to eat a diet that is rich in fruits, vegetables, whole grains, fat-free or low-fat milk and dairy products, and a variety of healthy proteins. It is best to eat a diet low in saturated fats, trans fats, cholesterol, sodium and added sugars.

Next, we'll focus on the importance of Social Well-being. We are created to be social beings, we crave healthy interaction with others. After feeling isolated, some older adults find it is hard to get out and be social without becoming mentally exhausted. Here are some ways to be active in your community:
8. Volunteer. There are so many places that encourage and welcome volunteering in our communities, churches, schools. Ask a friend to join you and make it a fun event to share!
9. Dream and then get to it. Is there someplace you've always wanted to travel, explore, research? Some of these things may not be realistic or feasible, but maybe some are! Have an adventure, laugh, share a fun moment with loved ones, get out and enjoy the day! Become a pen pal, learn a new language, learn to play an instrument…the sky's the limit!

Last, we will look at Financial Well-being.

10. Launch your next career, go back to school and get a degree, take an online class, learn a new skill that you have always wanted to master. Studies show that people who retire and then become sedentary and lose their excitement for life are much more likely to be ill and unhappy.

September is Healthy Aging Month, and it is the perfect time to renew or set some lifestyle goals! Happy Fall to you all!
Reference: HealthyAging.net

"Give thanks to the Lord, for He is good. His love endures forever."
Psalms 136:1
Prayers for peace, joy and good health, and just a reminder…you are uniquely YOU by HIS design!
~Jenny S, RN, BCUMC Parish Nurse

Howdy Partner!
Here is your invitation to:



The Bible-Buddy Round-Up

This is the kick-off to the Children's WEDNESDAY BIBLE BUDDIES program at the

Barnum Community Church

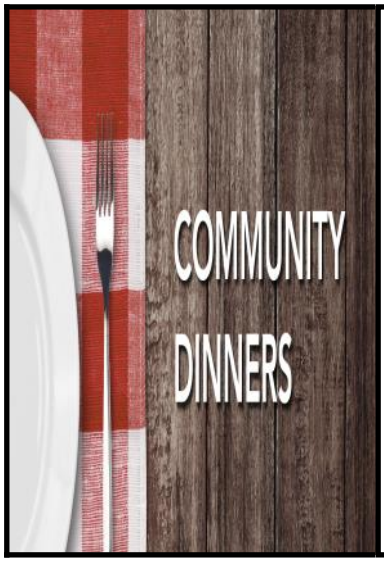
Giddy-up ya'll (ages 4-6th grade) and join up with the Bible Buddies!!

Wednesday evening September 11 at 6 - 7:15 pm, right after the Community Supper (served from 5:15 to 6pm).

After getting everyone registered and rustling up some chow, we will round up the gang of Buddies at 6 pm to enjoy activities including games, songs, crafts, and a Bible lesson.



Important Events in the Life of Our Church



Join us for
Community Dinner
&
Family Night

September 11, 18, 25

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



September 11:	*Family Night Kick Off*
	Community Dinner
	Bible Buddies
	Youth Group (7th – 12th)
	Women's Bible Study
October 31:	*Halloween Trunk or Treat*
November 20:	*Thanksgiving Dinner*
December 24:	*Christmas Eve*
	Candlelight Service



Please join us for **WOW**
"Worship on Wednesday"

6:15—6:30 Praise & Worship Music followed by a short bible lesson from Pastor Lee



The Warm Hearts Ministry will be meet Tuesday, September 24th from 10 am—3 pm to work on Warm Hearts Projects or personal projects. Please bring a lunch and join us for some great sewing time and fellowship. Bring your sewing supplies. Please RSVP Kathy Port.

United Women in Faith

United Women in Faith will be meeting on September 11 at 1:30 at the church. All women of the church are invited to attend this meeting. Ann Kosloski will be the hostess and Kathy Mattson will lead the discussion on pages 94-98 of our study book, "Life on Purpose for Women". Our heart is to assist with church projects wherever possible. Please see Sandy Ferguson for further information.



Important Events in the Life of Our Church



Mother / Child Nursing Tent:

A huge "Thank You" to all the volunteers who helped set up and tear down and work in the Baby Rest Area.





Fair time has come and gone already. Many thanks for all those who volunteered to park cars. This year over $2,600 was collected to help fund the Wednesday night youth programs reaching out to students in our Community.

The Lord's Table, September 8th

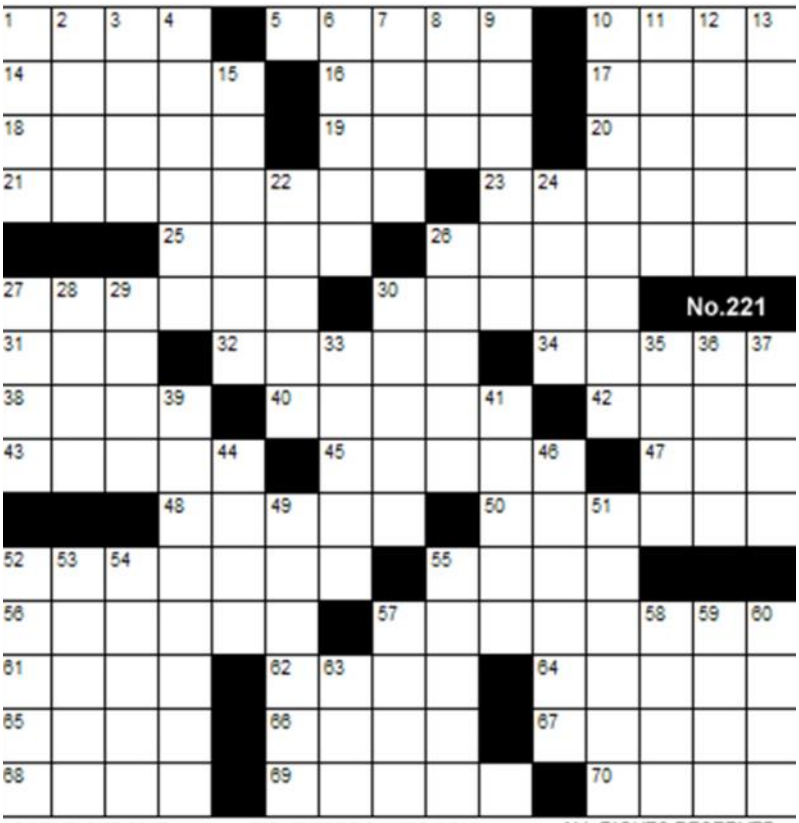


The second Sunday of the month will be our Table Sunday as a church family. We will be sharing communion at the Lord's Table, enjoying a shared-dish (potluck). Table Sunday is a monthly reminder that our life together as the family of God centers in worship, fellowship and sharing.

REMEMBER to bring a dish to share on the second Sunday and even if you aren't able, plan on staying for dinner with your family and friends here.

"Our Daily Bread" is also available on the facebook, mobile app in addition to the printed copies here in the office.

Did you miss out on a Sunday Service don't have access to Facebook or Internet? We have extra copies available for your use.



COPYRIGHT 2017 BIBLEWORDGAMES.COM ALL RIGHTS RESERVED

ACROSS

1 So Moses brought their ___ before the LORD (Num 27:5)
5 Fasten ___ ___ cord to it (1,4) (Ex 28:37)
10 fifth book of the New Testament
14 Like men condemned to die in the ___ (1 Cor 4:9)
16 Speak now in the ____ of the people (Exodus 11:2)
17 In that day the mountains will ___ new wine (Joel 3:18)
18 seems right to a man, but in the end it ___ to death (Prov 16:25)
19 Then they ___ in his face and struck him with their fists (Matt 26:67)
20 Son of man, record this ____ (Ezek 24:2)
21 because the midwives feared God, he gave them ___ of their own (Ex 1:21)
23 Elijah's successor (2 Kings 2:9)
25 Like a bird that strays from its ___ is a man who strays (Prov 27:8)
26 A student is not above his ___ , nor a servant above his master (Matt 10:24)
27 and remove all its vile ___ and detestable idols (Ezek 11:18)
30 they always heap up their sins to the ___ (1Thes 2:16)
31 clump of earth and grass
32 Her Nazarites were ___ than snow, they were whiter than (Lam 4:7) KJV
34 Jesus replied, "Foxes have holes and birds of the air have ___ (Matt 8:20)
38 The Angel which redeemed me from all evil, bless the ___ (Gen 48:16) KJV
40 from foundation to ___, were made of blocks of high-grade (1 Kings 7:9)
42 throwing stones at him and showering him with ___ (2 Sam 16:13)
43 let him seek peace, and ___ it (1 Pet 3:11) (KJV)
45 Like a ___ of Lebanon he will send down his roots (Hosea 14:5)
47 till he should pay all that was ___ unto him (Matt 18:34)
48 The tower of ____ (Gen 11:9)
50 To ____ them that were under the law (Gal 4:5)
52 I ___ silver and gold for myself, and the treasure (Eccl 2:8)
55 he that wavereth is like a ____ of the sea. (James 1:6)
56 What he trusts in is fragile; what he ___ on is a spider's web. (Job 8:14)
57 whosoever of you will be the ___, shall be servant of all (Mark 10:44) KJV
61 There is ___ ___ here, which hath five barley loaves (1,3) (John 6:9)
62 if his hands are ___, the house leaks (Eccl 10:18)
64 sixth angel poured out his vial upon the great ____ Euphrates (Rev 16:12)
65 away, absent (Rev 18:14)
66 which is gone down in the sun ___ of Ahaz (Isa 38:8) KJV
67 She gave herself as a prostitute to all the ____ of the Assyrians (Ezek 23:7)
68 thou shouldest be for salvation unto the ____ of the earth (Acts 13:47) KJV
69 said through the prophet: "Out of ___ I called my son (Matt 2:15)
70 Salvation is found in no one ___, for there is no other name (Acts 4:12)

DOWN

1 the woman had a fat ___ in the house (1 Sam 28:24) KJV
2 a Levite who lived in a remote ___ in the hill country (Judg 19:1)
3 the ephod, close to the ___ just above the waistband (Ex 39:20)
4 beginning with the oldest and ___ with the youngest (Gen 44:12)
6 Fear and trembling have ___ me; horror has overwhelmed me (Ps 55:5)
7 I will measure into their ___ the full payment for (Isa 65:7)
8 See, the LORD has chosen Bezalel son of ___ (Ex.35:30)
9 let each ____ other better than themselves (Phil 2:3)
10 not to be slanderers or ___ to much wine (Titus 2:3)
11 beat against that house, and it fell with a great ___ (Matt 7:27)
12 Thou shalt truly ____ all the increase of thy seed (Deut 14:22)
13 His ___ shaft was like a weaver's rod (1 Sam 17:7)
15 Lazarus has fallen ___; but I am going there to wake him (John 11:11)
22 married a wife, deceased, and, having no ____ (Matt 22:25)
24 Saul and Abner son of Ner had ___ down (1 Sam 26:5)
26 The people have become hungry and ___ and thirsty (2 Sam 17:29)
27 was in the ____ that is called Patmos (Rev 1:9)
28 We all growl like bears; we ___ mournfully like doves (Isa 59:11)
29 If anyone ___ anything to them, God will add to him (Rev 22:18)
30 My feet stand on ___ ground (Ps 26:12)
33 you have ___ with men on foot and they have worn you out (Jer 12:5)
35 I will give him rest from all his enemies on every ____. (1 Chr 22:9)
36 the darkness is passing and the ____ light is already shining (I Jn 2:8)
37 there shall come forth a rod out of the ___ of Jesse (Isa 11:1) KJV
39 Stay with him for a while until your brother's fury ___ (Gen 27:44)
41 no longer to call her ___; her name will be Sarah.(Gen 17:15)
44 listens to me will live in safety and be at ___ (Prov 1:33)
46 the LORD; let all the people of the world ___ him (Ps 33:8)
49 Jesus was walking ___ the Sea of Galilee (Matt 4:18)
51 Do not ___ yourselves by any of these creatures (Lev 11:43)
52 The king got up in ___ ___ left his wine (1,4) (Est 7:7)
53 Like a scarecrow in a ___ patch, their idols cannot speak (Jer 10:5)
54 ___ ___ flowing with milk and honey (1,4) (Deut 26:10)
55 Dan is a lion's ___: he shall leap from Bashan (Deut 33:22) KJV
57 what Adam was made from (Job 33:6)
58 Do not those who plot ___ go astray? (Prov 14:22)
59 silver in two bags, with two ___ of clothing (2 Kings 5:23)
60 every man under his vine and under his fig ____ (1 King 4:25)
63 I'll ___ around it and fertilize it.(Luke 13:8)

Just for Kids

Flashlight TAG



Sometimes we resist the light of Christ. But when his light touches us, we can then share it with others. Play this fun game on a summer night to remember how Christ's light shines in the world.

What you need:

- Friends
- Safe open space outdoors
- A flashlight for each player

How to play:

1. Choose one person to be the Tagger, known as the Light. Only that person can have his or her flashlight on.
2. The Light tries to shine his or her flashlight on other players, who run around and try to hide in the darkness.
3. Once players have been touched by the Light, they turn on their flashlights and join in, trying to shine on others.
4. Play until everyone has been tagged by the Light. Repeat, giving everyone a turn to be the Light.

PUZZLE

GOD'S LIGHT

Summer's long days can remind us of our Creator, who made the sun and wants us to live in his light.

Directions: First, write the opposite of each word in parentheses. Then use the Word Bank words, in order, to complete 1 John 1:5-7, NIV.

WORD BANK: is in is at if in as is in with

God _____ _____; _____ _____
(dark) (her)

there _____ _____ _____ness _____ _____ . ...
(yes) (light) (none)

But _____ we _____ _____ the _____,
(run) (dark)

_____ _____ _____ _____ the _____,
(she) (dark)

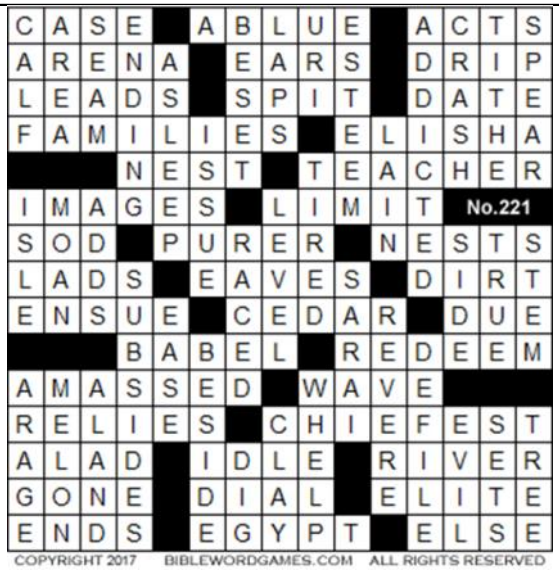
we have fellowship _____ one another. ...

1 John 1:5-7, NIV

Answer: God is light; in him there is no darkness at all . ... But if we walk in the light, as he is in the light, we have fellowship with one another. (1 John 1:5-7, NIV)

Barnum Community United Methodist Church

POSTMASTER:
Please send address changes to:
PO Box 70, 3762 Front Street
Barnum, MN 55707
(218) 389-6876 office@barnumumc.org
www.barnumumc.org



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

BUMC Ministry Team

Pastor—Lee Kantonen
Council Chair—Leon Finifrock
Youth Director—Bill Schoonover
Missions/Outreach—Connie Swanson
Secretary—Mechelle Mattson
Faith Community Nurse—Jennifer Southerton
Congregational Nurture & Care—Connie Herbert
Nursery Coordinator—Kaye Finifrock
Acolyte Coordinator—Roxanne Matten
Wednesday Night Servers—Kaye Finifrock/Terri Krueger
Custodian—Jim Calhoun

United Women in Faith—Sandy Ferguson
Bookkeeper—Tiffany Parr
Ministries Leader—Deb Halls
Staff-Parish Relations—Dawson Gentry
Worship Ministry - Lori Koski
Properties Management—Dave Matten
Discipleship Ministries—Mike Line
Sunday Servers Coordinator—Ann Kosloski
Greeters/Ushers Coordinator—Laurie Audette
Sunday Counters Coordinator—Cathy Kunze
Office Manager—Laurie Audette

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



September 2024
Volume 24—Issue 9

Bible Readings
Church Calendar
Birthdays
Anniversaries
Youth Group
Bible Buddies
Faith Community Nurse
United Women in Faith
Women's Ministry
Council Minutes
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

Office Hours (Mon-Fri)

Sunday Worship

Facebook Live 9:30 am
In Person 9:30 am

Pastor Kennection

Jesus...saw a man called Matthew sitting at the tax booth, and He said to him, "Follow me." And he rose and followed Him. (Matthew 9:9)

Where were the Apostles when Jesus called them to follow Him? It wasn't from the synagogue, was it, even though Jesus regularly was found at the synagogue. It was when the Lord was out and about in the community. The apostles were called when they were on the seashore preparing to fish, or out in their boats, the tax booth, maybe the marketplace, it was from those everyday areas of life that Jesus called them.

There is a wonderful missional heart found here at Barnum Community. My memory is relatively recent in the scheme of things, but it was so good to learn about our connection with John Sergey in years past and to listen to Pastor Sergey and learn of his evangelistic outreach to the people of what at that time was the Soviet Union. For those unfamiliar, spark up a conversation with Jen Berthelot.

Since its outset, mission has been central to the heart of churches with a Wesleyan persuasion and the United Methodist Church is no different. Recently, the Minnesota Annual Conference has been encouraging involvement of all of our churches in something called, Fresh Expressions. Very simply, it is about meeting with people around a shared area of interest while taking time to share a "Jesus Story" during the time together. For years we've known and made known that for the most part people who don't know Christ aren't going to just wander into our churches. Jesus sent his followers out to make disciples, not in.

People have been gathering at bicycling groups, kayaking groups, quilting groups, wood carving groups, golfing groups, you name it. Whatever shared area of interest people have; Fresh Expressions can be occurring there. There have even been axe throwing and burrito gatherings. The key is gathering regularly and making a point to share a Jesus story and an opportunity for prayer. Fresh Expressions is about building relationships with others outside the church. It is a time to introduce Jesus to people who likely will not wander into Barnum Community United Methodist Church or any other church building. We need to keep developing new ways of letting people know God loves them and wants to be in a relationship with them. Perhaps you have already been doing that sort of thing without calling it Fresh Expressions.

So, if you have thought sharing your faith with others is something you could never do, I invite and encourage you to think again. There might be those here at Barnum Community who share your interests to join with you to get your Fresh Expression initiated. The community is filled with people who hold shared interests in need of knowing the Lord. Thank you for sharing the love of God and inviting others to join the journey.

The Good Shepherd's Sheepdog,

Lee



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:30 Worship Service 11:00 Adult Class	**2 LABOR DAY** **Office Closed** 5-8 Youth Group	3 11:00 Prayer Group	4 5-8 Youth Group	5	6	7
8 Grandparents Day 9:30 Worship Service **Communion** 11:00 Adult Class	9 5-8 Youth Group 6:30 Council Mtg	10 11:00 Prayer Group 1:00 Moms in Prayer	11 **FAMILY NIGHT KICK OFF** 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	12	13	14
15 9:30 Worship Service 11:00 Adult Class Congregational Meeting after Church Service	16 5-8 Youth Group	17 11:00 Prayer Group 1:00 Moms in Prayer	18 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	19	20	21
22 9:30 Worship Service 11:00 Adult Class	23 5-8:00 Youth Group	24 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	25 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study Newsletter Deadline	26	27	28
29 9:30 Worship Service 11:00 Adult Class	30 5-8 Youth Group					

** Schedule subject to change.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 11:00 Prayer Group 1:00 Moms in Prayer	2 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	3	4	5
6 **Pastor Appreciation Day** 9:30 Worship Service 11:00 Adult Class	7 **COLUMBUS DAY** 5-8:00 Youth Group 6:00 Finance Mtg 6:30 Council Mtg	8 11:00 Prayer Group 1:00 Moms in Prayer	9 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	10	11	12 9:30 Secret Sister Reveal Party
13 9:30 Worship Service **Communion** 11:00 Adult Class	14 5-8:00 Youth Group	15 11:00 Prayer Group 1:00 Moms in Prayer	16 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	17	18	19
20 9:30 Worship Service 11:00 Adult Class	21 5-8:00 Youth Group	22 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	23 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	24	25	26
27 9:30 Worship Service 11:00 Adult Class	28 5-8:00 Youth Group	29 11:00 Prayer Group 1:00 Moms in Prayer Newsletter Deadline	30 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	31 **HALLOWEEN**		

** Schedule subject to change.

Daily Nourishment



OLD & NEW TESTAMENT

Sep 1: Ps 135-136; 1Cor 12
Sep 2: Ps 137-139; 1Cor 13
Sep 3: Ps 140-142; 1Cor 14:1-20
Sep 4: Ps 143-145; 1Cor 14:21-40
Sep 5: Ps 146-147; 1Cor 15:1-28
Sep 6: Ps 148-150; 1Cor 15:29-58
Sep 7: Prov 1-2; 1Cor 16
Sep 8: Prov 3-5; 2Cor 1
Sep 9: Prov 6-7; 2Cor 2
Sep 10: Prov 8-9; 2Cor 3
Sep 11: Prov 10-12; 2Cor 4
Sep 12: Prov 13-15; 2Cor 5
Sep 13: Prov 16-18; 2Cor 6
Sep 14: Prov 19-21; 2Cor 7
Sep 15: Prov 22-24; 2Cor 8
Sep 16: Prov 25-26; 2Cor 9
Sep 17: Prov 27-29; 2Cor 10
Sep 18: Prov 30-31; 2Cor 11:1-15
Sep 19: Ecc 1-3; 2Cor 11:16-33
Sep 20: Ecc 4-6; 2Cor 12
Sep 21: Ecc 7-9; 2Cor 13
Sep 22: Ecc 10-12; Gal 1
Sep 23: Song 1-3; Gal 2
Sep 24: Song 4-5; Gal 3
Sep 25: Song 6-8; Gal 4
Sep 26: Is 1-2; Gal 5
Sep 27: Is 3-4; Gal 6
Sep 28: Is 5-6; Eph 1
Sep 29: Is 7-8; Eph 2
Sep 30: Is 9-10; Eph 3

CHRONOLOGICAL

Sep 1: Ezek 18-19
Sep 2: Ezek 20-21
Sep 3: Ezek 22-23
Sep 4: Ezek 24-27
Sep 5: Ezek 28-31
Sep 6: Ezek 32-34
Sep 7: Ezek 35-37
Sep 8: Ezek 38-39
Sep 9: Ezek 40-41
Sep 10: Ezek 42-43
Sep 11: Ezek 44-45
Sep 12: Ezek 46-48
Sep 13: Joel
Sep 14: Dan 1-3
Sep 15: Dan 4-6
Sep 16: Dan 7-9
Sep 17: Dan 10-12
Sep 18: Ezra 1-3
Sep 19: Ezra 4-6; Ps 137
Sep 20: Haggai
Sep 21: Zech 1-7
Sep 22: Zech 8-14
Sep 23: Est 1-5
Sep 24: Est 6-10
Sep 25: Ezra 7-10
Sep 26: Neh 1-5
Sep 27: Neh 6-7
Sep 28: Neh 8-10
Sep 29: Neh 11-13; Ps 126
Sep 30: Malachi

Youth



Welcome to the 2024-25 School Year! Students return to their school routines and sports schedules are back. The Barnum Youth Group (BYG) is launching our new school year theme "But Wait…There's More!" Many people take life as it comes. This year we will be challenging youth that there's more to their lives. What we may see on the surface is only a part of who God created us to be. With each topic we discuss we will pause and look deeper, 'but wait…there's more'! With topics like More to Me, What's your Role, Be Kind to Others, More than Decorations, Forgiving Grudges, The Light of the World and Do you Know Me, we will be exploring so much more this year. Please pray that students are willing to look at their lives and see that they do need more and that the more they need is Jesus.

Before we say goodbye to summer, I wanted to share about an amazing experience I was able to have with a recent graduate. Tobin has attended youth group for many years, and he also loves running. At the beginning of summer, he talked about wanting to do the Moose Lake Triathlon, but he didn't want to do the whole thing. I said we could do it as a team and I would be willing to do the bike part. My wife, Serenity, said she would be willing to do the swim and all summer the three of us prepared for the big event. Serenity swam, I biked and then Tobin set out for his 3-mile run. As we were waiting for Tobin to return Serenity and I talked about how thankful we were to provide this opportunity for Tobin. As Tobin crossed the finished line the announcer said, "And here is our first team to finish." Our team placed first. We couldn't believe it. Later Tobin told me, "I've gotten second place and third place before, but I've never gotten first place!" It was our prayer that God would bless that day, and He did! I want to thank Serenity for swimming for our team and I want to thank the Barnum Church family for coming to support us during the race. You're the Best! Please pray for continued opportunities to bless the students that we work with.









Nursery Volunteers: The nursery is in need of adult volunteers and young adults during church services. Please see Kay Finifrock.

September 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Servers	Wednesday Servers
1	Willis & Kay Finifrock	Scott & Elaine Bogenholm	Bonnie Kepler Cathy Kunze	Jenna Uszenski	Deb Halls	Janet Adelsgruber Karen Smith	
8	Hazel Oachs Jay Oachs	Bing & Kathy Mattson	Brian Koski Deb Donaldson	Daniel Zinter	Deb Entner	COMMUNION SUNDAY	(11) Bette Deming Annette Meyer & Boys
15	Marilyn Criley Judy Jacobs	Chris & Annette Meyer	Robin Paulson Bonnie Kepler	Brenden Zinter	Kay Finifrock	Annette Meyer Brenda Zinter	(18) Deb Entner
22	Cheryl Peterson Terri Krueger	Steve & Sandi Vogel	Brian Koski Deb Donaldson	Liam Parr	Brenda Zinter	Deb Halls Carmen Burak	(25) Evelyn Newman
29	Audrey Sebring Annette Hammitt	Bruce & Eileen Resman	Deb Donaldson Robin Paulson	Evan Earlywine	Tiffany Parr	Connie Herbert Jackie Olson	(2) Deb Halls

October 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Serv-ers	Wednesday Servers
6	Leon Finifrock Connie Herbert	Cliff & Joyce Berggren	Robin Paulson Cathy Kunze	Daniel Zinter	Sandi Vogel	Roxanne Mat-ten Kathy Otnes	(9) Paul & Carmen Burak
13	Ann Kosloski Tiffany Parr	Steve & Sandi Vogel	Brian Koski Bonnie Kepler	Nial Parr	Sandy Ferguson	COMMUNION SUNDAY	(16) Janet Adelsgruber Karen Smith
20	Roger & Deanna Finifrock	Paul & Carmen Burak	Brian Koski Deb Donaldson	Even Earlywine	Deb Halls	Cheryl Peterson Terri Krueger	(23) Terri Krueger
27	Dianne Anderson Connie Swanson	Dave & Sandy Ferguson	Deb Donaldson Robin Paulson	Brenden Zinter	Deb Entner	Ann Kosloski Linda Jusczak	(30) Sue Nelson Kathy Otnes Rachel Finifrock



September Health and Wellness Moment

"Healthy Aging"

September is Healthy Aging Month. The mission behind this month's health topic is to draw attention to the importance of healthy lifestyles for adults 45-plus. Nowadays, it is more important than ever to follow a healthy lifestyle, remain positive and passionate about life, and to look forward to better days ahead. Sometimes, however, this is not easy to do. If you need a boost to improve your lifestyle, here are some tips to be able to age well…in other words, to get older in the healthiest way possible! Let's look at some tips to achieve and maintain physical, social, mental and financial wellness.
First of all, let's look at Mental Wellness. Many people struggle with depression, loneliness, anxiety and isolation. It is important to follow these tips.

1. Be realistic. If you feel overwhelmed by some activities, (yours and/or your family's), learn to say no. Eliminate an activity that is not absolutely necessary. It's possible that you may be taking on more responsibility than you could, or should, handle. If you meet resistance, be ready to give reasons why you are making these changes. Be willing to listen to others' suggestions and be willing to compromise.
2. Shed the "superhero" urge. Nobody is perfect. Don't expect perfection from yourself or others. Focus on what really needs to be done, how much you can realistically get done and in what time frame. It's so important to ask for help when you need it.
3. Take one thing at a time. When someone is stressed or anxious, an ordinary workload can seem unbearable at times. The best way to cope with the feeling of being overwhelmed is to take one task at a time. Once you accomplish one task, choose the next most important thing you want to get done. Some people like to check off tasks on a list; it is very satisfying and helps you visualize your progress!

Next, let's look at the importance of Physical Fitness. According to the National Center for Chronic Disease Prevention and Health Promotion, about 6 in 10 adults in the U.S. have a chronic health condition, and 4 in 10 have two or more. There are many benefits of physical activity for adults and older adults. It's important to keep moving. A body in motion stays in motion! Exercise and strength training improves quality of life, reduces anxiety, and improves sleep. It also is key in weight loss, bone health and a lower risk of falls!

4. Move more, sit less. This recommendation from health.gov is based on new evidence that shows a strong positive relationship between increased sedentary behavior and increased risk of mortality, heart disease and high blood pressure.
5. Aerobic exercise. Check with your doctor for advice on how many minutes of exercise you should be getting per week. Also ask what kind of exercise is best for you and how to know if you are doing too much.
6. Muscle strengthening. These activities provide additional health benefits, so ask your doctor about muscle strengthening as well.

Next, we'll focus on the importance of Diet. Forty two percent of Americans have had an average weight gain of 29 pounds since the beginning of the pandemic. Not only have we been eating more and moving less, but alcohol consumption has also increased in this time frame. You can check out the Dietary Guidelines for Americans 2020-2025 published by the USDA. Always talk to your doctor about what weight is healthy for you.

7. Review your daily diet and make necessary changes. You guessed it, talk to your doctor about what is best for you! Generally, it is best to eat a diet that is rich in fruits, vegetables, whole grains, fat-free or low-fat milk and dairy products, and a variety of healthy proteins. It is best to eat a diet low in saturated fats, trans fats, cholesterol, sodium and added sugars.

Next, we'll focus on the importance of Social Well-being. We are created to be social beings, we crave healthy interaction with others. After feeling isolated, some older adults find it is hard to get out and be social without becoming mentally exhausted. Here are some ways to be active in your community:
8. Volunteer. There are so many places that encourage and welcome volunteering in our communities, churches, schools. Ask a friend to join you and make it a fun event to share!
9. Dream and then get to it. Is there someplace you've always wanted to travel, explore, research? Some of these things may not be realistic or feasible, but maybe some are! Have an adventure, laugh, share a fun moment with loved ones, get out and enjoy the day! Become a pen pal, learn a new language, learn to play an instrument…the sky's the limit!

Last, we will look at Financial Well-being.

10. Launch your next career, go back to school and get a degree, take an online class, learn a new skill that you have always wanted to master. Studies show that people who retire and then become sedentary and lose their excitement for life are much more likely to be ill and unhappy.

September is Healthy Aging Month, and it is the perfect time to renew or set some lifestyle goals! Happy Fall to you all!
Reference: HealthyAging.net

"Give thanks to the Lord, for He is good. His love endures forever."
Psalms 136:1
Prayers for peace, joy and good health, and just a reminder…you are uniquely YOU by HIS design!
~Jenny S, RN, BCUMC Parish Nurse

Howdy Partner!
Here is your invitation to:



The Bible-Buddy Round-Up

This is the kick-off to the Children's WEDNESDAY BIBLE BUDDIES program at the

Barnum Community Church

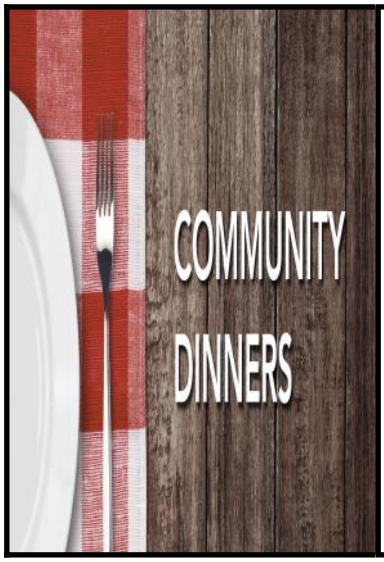
Giddy-up ya'll (ages 4-6th grade) and join up with the Bible Buddies!!

Wednesday evening September 11 at 6 - 7:15 pm, right after the Community Supper (served from 5:15 to 6pm).

After getting everyone registered and rustling up some chow, we will round up the gang of Buddies at 6 pm to enjoy activities including games, songs, crafts, and a Bible lesson.



Important Events in the Life of Our Church



Join us for
Community Dinner
&
Family Night

September 11, 18, 25

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



September 11:	*Family Night Kick Off*
	Community Dinner
	Bible Buddies
	Youth Group (7th – 12th)
	Women's Bible Study
October 31:	*Halloween Trunk or Treat*
November 20:	*Thanksgiving Dinner*
December 24:	*Christmas Eve*
	Candlelight Service



Please join us for **WOW**
"Worship on Wednesday"

6:15—6:30 Praise & Worship Music followed by a short bible lesson from Pastor Lee



The Warm Hearts Ministry will be meet Tuesday, September 24th from 10 am—3 pm to work on Warm Hearts Projects or personal projects. Please bring a lunch and join us for some great sewing time and fellowship. Bring your sewing supplies. Please RSVP Kathy Port.

United Women in Faith

United Women in Faith will be meeting on September 11 at 1:30 at the church. All women of the church are invited to attend this meeting. Ann Kosloski will be the hostess and Kathy Mattson will lead the discussion on pages 94-98 of our study book, "Life on Purpose for Women". Our heart is to assist with church projects wherever possible. Please see Sandy Ferguson for further information.



Important Events in the Life of Our Church



Mother / Child Nursing Tent:

A huge "Thank You" to all the volunteers who helped set up and tear down and work in the Baby Rest Area.





Fair time has come and gone already. Many thanks for all those who volunteered to park cars. This year over $2,600 was collected to help fund the Wednesday night youth programs reaching out to students in our Community.

The Lord's Table, September 8th

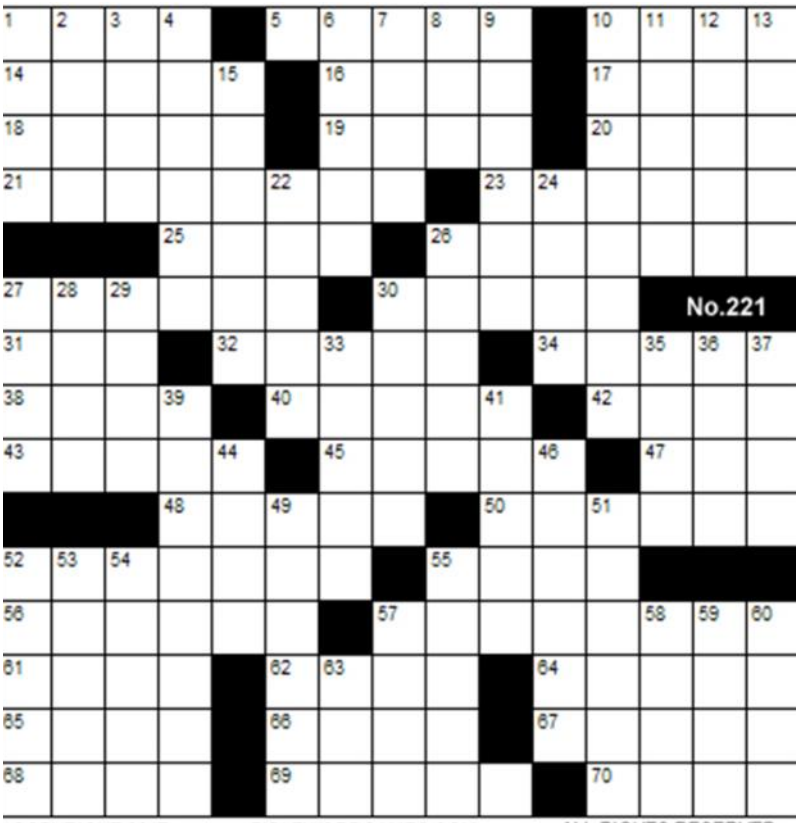


The second Sunday of the month will be our Table Sunday as a church family. We will be sharing communion at the Lord's Table, enjoying a shared-dish (potluck). Table Sunday is a monthly reminder that our life together as the family of God centers in worship, fellowship and sharing.

REMEMBER to bring a dish to share on the second Sunday and even if you aren't able, plan on staying for dinner with your family and friends here.

"Our Daily Bread" is also available on the facebook, mobile app in addition to the printed copies here in the office.

Did you miss out on a Sunday Service don't have access to Facebook or Internet? We have extra copies available for your use.



COPYRIGHT 2017 BIBLEWORDGAMES.COM ALL RIGHTS RESERVED

ACROSS

1 So Moses brought their ___ before the LORD (Num 27:5)
5 Fasten ___ ___ cord to it (1,4) (Ex 28:37)
10 fifth book of the New Testament
14 Like men condemned to die in the ___ (1 Cor 4:9)
16 Speak now in the ____ of the people (Exodus 11:2)
17 In that day the mountains will ___ new wine (Joel 3:18)
18 seems right to a man, but in the end it ___ to death (Prov 16:25)
19 Then they ___ in his face and struck him with their fists (Matt 26:67)
20 Son of man, record this ____ (Ezek 24:2)
21 because the midwives feared God, he gave them ___ of their own (Ex 1:21)
23 Elijah's successor (2 Kings 2:9)
25 Like a bird that strays from its ___ is a man who strays (Prov 27:8)
26 A student is not above his ___ , nor a servant above his master (Matt 10:24)
27 and remove all its vile ___ and detestable idols (Ezek 11:18)
30 they always heap up their sins to the ___ (1Thes 2:16)
31 clump of earth and grass
32 Her Nazarites were ___ than snow, they were whiter than (Lam 4:7) KJV
34 Jesus replied, "Foxes have holes and birds of the air have ___ (Matt 8:20)
38 The Angel which redeemed me from all evil, bless the ___ (Gen 48:16) KJV
40 from foundation to ___, were made of blocks of high-grade (1 Kings 7:9)
42 throwing stones at him and showering him with ___ (2 Sam 16:13)
43 let him seek peace, and ___ it (1 Pet 3:11) (KJV)
45 Like a ___ of Lebanon he will send down his roots (Hosea 14:5)
47 till he should pay all that was ___ unto him (Matt 18:34)
48 The tower of ____ (Gen 11:9)
50 To ____ them that were under the law (Gal 4:5)
52 I ___ silver and gold for myself, and the treasure (Eccl 2:8)
55 he that wavereth is like a ____ of the sea. (James 1:6)
56 What he trusts in is fragile; what he ___ on is a spider's web. (Job 8:14)
57 whosoever of you will be the ___, shall be servant of all (Mark 10:44) KJV
61 There is ___ ___ here, which hath five barley loaves (1,3) (John 6:9)
62 if his hands are ___, the house leaks (Eccl 10:18)
64 sixth angel poured out his vial upon the great ____ Euphrates (Rev 16:12)
65 away, absent (Rev 18:14)
66 which is gone down in the sun ___ of Ahaz (Isa 38:8) KJV
67 She gave herself as a prostitute to all the ____ of the Assyrians (Ezek 23:7)
68 thou shouldest be for salvation unto the ____ of the earth (Acts 13:47) KJV
69 said through the prophet: "Out of ___ I called my son (Matt 2:15)
70 Salvation is found in no one ___, for there is no other name (Acts 4:12)

DOWN

1 the woman had a fat ___ in the house (1 Sam 28:24) KJV
2 a Levite who lived in a remote ___ in the hill country (Judg 19:1)
3 the ephod, close to the ___ just above the waistband (Ex 39:20)
4 beginning with the oldest and ___ with the youngest (Gen 44:12)
6 Fear and trembling have ___ me; horror has overwhelmed me (Ps 55:5)
7 I will measure into their ___ the full payment for (Isa 65:7)
8 See, the LORD has chosen Bezalel son of ___ (Ex.35:30)
9 let each ____ other better than themselves (Phil 2:3)
10 not to be slanderers or ___ to much wine (Titus 2:3)
11 beat against that house, and it fell with a great ___ (Matt 7:27)
12 Thou shalt truly ____ all the increase of thy seed (Deut 14:22)
13 His ___ shaft was like a weaver's rod (1 Sam 17:7)
15 Lazarus has fallen ___; but I am going there to wake him (John 11:11)
22 married a wife, deceased, and, having no ____ (Matt 22:25)
24 Saul and Abner son of Ner had ___ down (1 Sam 26:5)
26 The people have become hungry and ___ and thirsty (2 Sam 17:29)
27 was in the ____ that is called Patmos (Rev 1:9)
28 We all growl like bears; we ___ mournfully like doves (Isa 59:11)
29 If anyone ___ anything to them, God will add to him (Rev 22:18)
30 My feet stand on ___ ground (Ps 26:12)
33 you have ___ with men on foot and they have worn you out (Jer 12:5)
35 I will give him rest from all his enemies on every ____. (1 Chr 22:9)
36 the darkness is passing and the ____ light is already shining (I Jn 2:8)
37 there shall come forth a rod out of the ___ of Jesse (Isa 11:1) KJV
39 Stay with him for a while until your brother's fury ___ (Gen 27:44)
41 no longer to call her ___; her name will be Sarah.(Gen 17:15)
44 listens to me will live in safety and be at ___ (Prov 1:33)
46 the LORD; let all the people of the world ___ him (Ps 33:8)
49 Jesus was walking ___ the Sea of Galilee (Matt 4:18)
51 Do not ___ yourselves by any of these creatures (Lev 11:43)
52 The king got up in ___ ___ left his wine (1,4) (Est 7:7)
53 Like a scarecrow in a ___ patch, their idols cannot speak (Jer 10:5)
54 ___ ___ flowing with milk and honey (1,4) (Deut 26:10)
55 Dan is a lion's ___: he shall leap from Bashan (Deut 33:22) KJV
57 what Adam was made from (Job 33:6)
58 Do not those who plot ___ go astray? (Prov 14:22)
59 silver in two bags, with two ___ of clothing (2 Kings 5:23)
60 every man under his vine and under his fig ____ (1 King 4:25)
63 I'll ___ around it and fertilize it.(Luke 13:8)

Just for Kids

Flashlight TAG



Sometimes we resist the light of Christ. But when his light touches us, we can then share it with others. Play this fun game on a summer night to remember how Christ's light shines in the world.

What you need:

- Friends
- Safe open space outdoors
- A flashlight for each player

How to play:

1. Choose one person to be the Tagger, known as the Light. Only that person can have his or her flashlight on.
2. The Light tries to shine his or her flashlight on other players, who run around and try to hide in the darkness.
3. Once players have been touched by the Light, they turn on their flashlights and join in, trying to shine on others.
4. Play until everyone has been tagged by the Light. Repeat, giving everyone a turn to be the Light.

PUZZLE

GOD'S LIGHT

Summer's long days can remind us of our Creator, who made the sun and wants us to live in his light.

Directions: First, write the opposite of each word in parentheses. Then use the Word Bank words, in order, to complete 1 John 1:5-7, NIV.

WORD BANK: is in is at if in as is in with

God _____ _____; _____ _____
(dark) (her)

there _____ _____ _____ness _____ _____ . ...
(yes) (light) (none)

But _____ we _____ _____ the _____,
(run) (dark)

_____ _____ _____ _____ the _____,
(she) (dark)

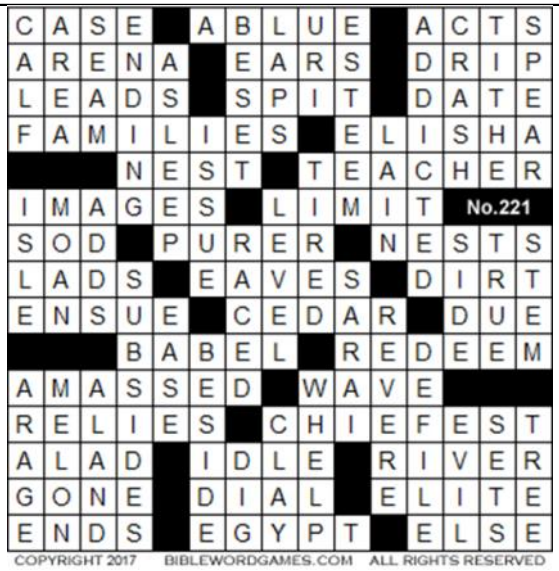
we have fellowship _____ one another. ...

1 John 1:5-7, NIV

Answer: God is light; in him there is no darkness at all . ... But if we walk in the light, as he is in the light, we have fellowship with one another. (1 John 1:5-7, NIV)

Barnum Community United Methodist Church

POSTMASTER:
Please send address changes to:
PO Box 70, 3762 Front Street
Barnum, MN 55707
(218) 389-6876 office@barnumumc.org
www.barnumumc.org



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

BUMC Ministry Team

Pastor—Lee Kantonen
Council Chair—Leon Finifrock
Youth Director—Bill Schoonover
Missions/Outreach—Connie Swanson
Secretary—Mechelle Mattson
Faith Community Nurse—Jennifer Southerton
Congregational Nurture & Care—Connie Herbert
Nursery Coordinator—Kaye Finifrock
Acolyte Coordinator—Roxanne Matten
Wednesday Night Servers—Kaye Finifrock/Terri Krueger
Custodian—Jim Calhoun

United Women in Faith—Sandy Ferguson
Bookkeeper—Tiffany Parr
Ministries Leader—Deb Halls
Staff-Parish Relations—Dawson Gentry
Worship Ministry - Lori Koski
Properties Management—Dave Matten
Discipleship Ministries—Mike Line
Sunday Servers Coordinator—Ann Kosloski
Greeters/Ushers Coordinator—Laurie Audette
Sunday Counters Coordinator—Cathy Kunze
Office Manager—Laurie Audette

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



September 2024
Volume 24—Issue 9

Bible Readings
Church Calendar
Birthdays
Anniversaries
Youth Group
Bible Buddies
Faith Community Nurse
United Women in Faith
Women's Ministry
Council Minutes
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

Office Hours (Mon-Fri)

Sunday Worship

Facebook Live 9:30 am
In Person 9:30 am

Pastor Kennection

Jesus...saw a man called Matthew sitting at the tax booth, and He said to him, "Follow me." And he rose and followed Him. (Matthew 9:9)

Where were the Apostles when Jesus called them to follow Him? It wasn't from the synagogue, was it, even though Jesus regularly was found at the synagogue. It was when the Lord was out and about in the community. The apostles were called when they were on the seashore preparing to fish, or out in their boats, the tax booth, maybe the marketplace, it was from those everyday areas of life that Jesus called them.

There is a wonderful missional heart found here at Barnum Community. My memory is relatively recent in the scheme of things, but it was so good to learn about our connection with John Sergey in years past and to listen to Pastor Sergey and learn of his evangelistic outreach to the people of what at that time was the Soviet Union. For those unfamiliar, spark up a conversation with Jen Berthelot.

Since its outset, mission has been central to the heart of churches with a Wesleyan persuasion and the United Methodist Church is no different. Recently, the Minnesota Annual Conference has been encouraging involvement of all of our churches in something called, Fresh Expressions. Very simply, it is about meeting with people around a shared area of interest while taking time to share a "Jesus Story" during the time together. For years we've known and made known that for the most part people who don't know Christ aren't going to just wander into our churches. Jesus sent his followers out to make disciples, not in.

People have been gathering at bicycling groups, kayaking groups, quilting groups, wood carving groups, golfing groups, you name it. Whatever shared area of interest people have; Fresh Expressions can be occurring there. There have even been axe throwing and burrito gatherings. The key is gathering regularly and making a point to share a Jesus story and an opportunity for prayer. Fresh Expressions is about building relationships with others outside the church. It is a time to introduce Jesus to people who likely will not wander into Barnum Community United Methodist Church or any other church building. We need to keep developing new ways of letting people know God loves them and wants to be in a relationship with them. Perhaps you have already been doing that sort of thing without calling it Fresh Expressions.

So, if you have thought sharing your faith with others is something you could never do, I invite and encourage you to think again. There might be those here at Barnum Community who share your interests to join with you to get your Fresh Expression initiated. The community is filled with people who hold shared interests in need of knowing the Lord. Thank you for sharing the love of God and inviting others to join the journey.

The Good Shepherd's Sheepdog,

Lee



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:30 Worship Service 11:00 Adult Class	**2 LABOR DAY** **Office Closed** 5-8 Youth Group	3 11:00 Prayer Group	4 5-8 Youth Group	5	6	7
8 Grandparents Day 9:30 Worship Service **Communion** 11:00 Adult Class	9 5-8 Youth Group 6:30 Council Mtg	10 11:00 Prayer Group 1:00 Moms in Prayer	11 **FAMILY NIGHT KICK OFF** 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	12	13	14
15 9:30 Worship Service 11:00 Adult Class Congregational Meeting after Church Service	16 5-8 Youth Group	17 11:00 Prayer Group 1:00 Moms in Prayer	18 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	19	20	21
22 9:30 Worship Service 11:00 Adult Class	23 5-8:00 Youth Group	24 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	25 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study Newsletter Deadline	26	27	28
29 9:30 Worship Service 11:00 Adult Class	30 5-8 Youth Group					

** Schedule subject to change.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 11:00 Prayer Group 1:00 Moms in Prayer	2 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	3	4	5
6 **Pastor Appreciation Day** 9:30 Worship Service 11:00 Adult Class	7 **COLUMBUS DAY** 5-8:00 Youth Group 6:00 Finance Mtg 6:30 Council Mtg	8 11:00 Prayer Group 1:00 Moms in Prayer	9 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	10	11	12 9:30 Secret Sister Reveal Party
13 9:30 Worship Service **Communion** 11:00 Adult Class	14 5-8:00 Youth Group	15 11:00 Prayer Group 1:00 Moms in Prayer	16 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	17	18	19
20 9:30 Worship Service 11:00 Adult Class	21 5-8:00 Youth Group	22 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	23 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	24	25	26
27 9:30 Worship Service 11:00 Adult Class	28 5-8:00 Youth Group	29 11:00 Prayer Group 1:00 Moms in Prayer Newsletter Deadline	30 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	31 **HALLOWEEN**		

** Schedule subject to change.

Daily Nourishment



OLD & NEW TESTAMENT

Sep 1: Ps 135-136; 1Cor 12
Sep 2: Ps 137-139; 1Cor 13
Sep 3: Ps 140-142; 1Cor 14:1-20
Sep 4: Ps 143-145; 1Cor 14:21-40
Sep 5: Ps 146-147; 1Cor 15:1-28
Sep 6: Ps 148-150; 1Cor 15:29-58
Sep 7: Prov 1-2; 1Cor 16
Sep 8: Prov 3-5; 2Cor 1
Sep 9: Prov 6-7; 2Cor 2
Sep 10: Prov 8-9; 2Cor 3
Sep 11: Prov 10-12; 2Cor 4
Sep 12: Prov 13-15; 2Cor 5
Sep 13: Prov 16-18; 2Cor 6
Sep 14: Prov 19-21; 2Cor 7
Sep 15: Prov 22-24; 2Cor 8
Sep 16: Prov 25-26; 2Cor 9
Sep 17: Prov 27-29; 2Cor 10
Sep 18: Prov 30-31; 2Cor 11:1-15
Sep 19: Ecc 1-3; 2Cor 11:16-33
Sep 20: Ecc 4-6; 2Cor 12
Sep 21: Ecc 7-9; 2Cor 13
Sep 22: Ecc 10-12; Gal 1
Sep 23: Song 1-3; Gal 2
Sep 24: Song 4-5; Gal 3
Sep 25: Song 6-8; Gal 4
Sep 26: Is 1-2; Gal 5
Sep 27: Is 3-4; Gal 6
Sep 28: Is 5-6; Eph 1
Sep 29: Is 7-8; Eph 2
Sep 30: Is 9-10; Eph 3

CHRONOLOGICAL

Sep 1: Ezek 18-19
Sep 2: Ezek 20-21
Sep 3: Ezek 22-23
Sep 4: Ezek 24-27
Sep 5: Ezek 28-31
Sep 6: Ezek 32-34
Sep 7: Ezek 35-37
Sep 8: Ezek 38-39
Sep 9: Ezek 40-41
Sep 10: Ezek 42-43
Sep 11: Ezek 44-45
Sep 12: Ezek 46-48
Sep 13: Joel
Sep 14: Dan 1-3
Sep 15: Dan 4-6
Sep 16: Dan 7-9
Sep 17: Dan 10-12
Sep 18: Ezra 1-3
Sep 19: Ezra 4-6; Ps 137
Sep 20: Haggai
Sep 21: Zech 1-7
Sep 22: Zech 8-14
Sep 23: Est 1-5
Sep 24: Est 6-10
Sep 25: Ezra 7-10
Sep 26: Neh 1-5
Sep 27: Neh 6-7
Sep 28: Neh 8-10
Sep 29: Neh 11-13; Ps 126
Sep 30: Malachi

Youth



Welcome to the 2024-25 School Year! Students return to their school routines and sports schedules are back. The Barnum Youth Group (BYG) is launching our new school year theme "But Wait…There's More!" Many people take life as it comes. This year we will be challenging youth that there's more to their lives. What we may see on the surface is only a part of who God created us to be. With each topic we discuss we will pause and look deeper, 'but wait…there's more'! With topics like More to Me, What's your Role, Be Kind to Others, More than Decorations, Forgiving Grudges, The Light of the World and Do you Know Me, we will be exploring so much more this year. Please pray that students are willing to look at their lives and see that they do need more and that the more they need is Jesus.

Before we say goodbye to summer, I wanted to share about an amazing experience I was able to have with a recent graduate. Tobin has attended youth group for many years, and he also loves running. At the beginning of summer, he talked about wanting to do the Moose Lake Triathlon, but he didn't want to do the whole thing. I said we could do it as a team and I would be willing to do the bike part. My wife, Serenity, said she would be willing to do the swim and all summer the three of us prepared for the big event. Serenity swam, I biked and then Tobin set out for his 3-mile run. As we were waiting for Tobin to return Serenity and I talked about how thankful we were to provide this opportunity for Tobin. As Tobin crossed the finished line the announcer said, "And here is our first team to finish." Our team placed first. We couldn't believe it. Later Tobin told me, "I've gotten second place and third place before, but I've never gotten first place!" It was our prayer that God would bless that day, and He did! I want to thank Serenity for swimming for our team and I want to thank the Barnum Church family for coming to support us during the race. You're the Best! Please pray for continued opportunities to bless the students that we work with.









Nursery Volunteers: The nursery is in need of adult volunteers and young adults during church services. Please see Kay Finifrock.

September 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Servers	Wednesday Servers
1	Willis & Kay Finifrock	Scott & Elaine Bogenholm	Bonnie Kepler Cathy Kunze	Jenna Uszenski	Deb Halls	Janet Adelsgruber Karen Smith	
8	Hazel Oachs Jay Oachs	Bing & Kathy Mattson	Brian Koski Deb Donaldson	Daniel Zinter	Deb Entner	COMMUNION SUNDAY	(11) Bette Deming Annette Meyer & Boys
15	Marilyn Criley Judy Jacobs	Chris & Annette Meyer	Robin Paulson Bonnie Kepler	Brenden Zinter	Kay Finifrock	Annette Meyer Brenda Zinter	(18) Deb Entner
22	Cheryl Peterson Terri Krueger	Steve & Sandi Vogel	Brian Koski Deb Donaldson	Liam Parr	Brenda Zinter	Deb Halls Carmen Burak	(25) Evelyn Newman
29	Audrey Sebring Annette Hammitt	Bruce & Eileen Resman	Deb Donaldson Robin Paulson	Evan Earlywine	Tiffany Parr	Connie Herbert Jackie Olson	(2) Deb Halls

October 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Serv-ers	Wednesday Servers
6	Leon Finifrock Connie Herbert	Cliff & Joyce Berggren	Robin Paulson Cathy Kunze	Daniel Zinter	Sandi Vogel	Roxanne Mat-ten Kathy Otnes	(9) Paul & Carmen Burak
13	Ann Kosloski Tiffany Parr	Steve & Sandi Vogel	Brian Koski Bonnie Kepler	Nial Parr	Sandy Ferguson	COMMUNION SUNDAY	(16) Janet Adelsgruber Karen Smith
20	Roger & Deanna Finifrock	Paul & Carmen Burak	Brian Koski Deb Donaldson	Even Earlywine	Deb Halls	Cheryl Peterson Terri Krueger	(23) Terri Krueger
27	Dianne Anderson Connie Swanson	Dave & Sandy Ferguson	Deb Donaldson Robin Paulson	Brenden Zinter	Deb Entner	Ann Kosloski Linda Jusczak	(30) Sue Nelson Kathy Otnes Rachel Finifrock



September Health and Wellness Moment

"Healthy Aging"

September is Healthy Aging Month. The mission behind this month's health topic is to draw attention to the importance of healthy lifestyles for adults 45-plus. Nowadays, it is more important than ever to follow a healthy lifestyle, remain positive and passionate about life, and to look forward to better days ahead. Sometimes, however, this is not easy to do. If you need a boost to improve your lifestyle, here are some tips to be able to age well…in other words, to get older in the healthiest way possible! Let's look at some tips to achieve and maintain physical, social, mental and financial wellness.
First of all, let's look at Mental Wellness. Many people struggle with depression, loneliness, anxiety and isolation. It is important to follow these tips.

1. Be realistic. If you feel overwhelmed by some activities, (yours and/or your family's), learn to say no. Eliminate an activity that is not absolutely necessary. It's possible that you may be taking on more responsibility than you could, or should, handle. If you meet resistance, be ready to give reasons why you are making these changes. Be willing to listen to others' suggestions and be willing to compromise.
2. Shed the "superhero" urge. Nobody is perfect. Don't expect perfection from yourself or others. Focus on what really needs to be done, how much you can realistically get done and in what time frame. It's so important to ask for help when you need it.
3. Take one thing at a time. When someone is stressed or anxious, an ordinary workload can seem unbearable at times. The best way to cope with the feeling of being overwhelmed is to take one task at a time. Once you accomplish one task, choose the next most important thing you want to get done. Some people like to check off tasks on a list; it is very satisfying and helps you visualize your progress!

Next, let's look at the importance of Physical Fitness. According to the National Center for Chronic Disease Prevention and Health Promotion, about 6 in 10 adults in the U.S. have a chronic health condition, and 4 in 10 have two or more. There are many benefits of physical activity for adults and older adults. It's important to keep moving. A body in motion stays in motion! Exercise and strength training improves quality of life, reduces anxiety, and improves sleep. It also is key in weight loss, bone health and a lower risk of falls!

4. Move more, sit less. This recommendation from health.gov is based on new evidence that shows a strong positive relationship between increased sedentary behavior and increased risk of mortality, heart disease and high blood pressure.
5. Aerobic exercise. Check with your doctor for advice on how many minutes of exercise you should be getting per week. Also ask what kind of exercise is best for you and how to know if you are doing too much.
6. Muscle strengthening. These activities provide additional health benefits, so ask your doctor about muscle strengthening as well.

Next, we'll focus on the importance of Diet. Forty two percent of Americans have had an average weight gain of 29 pounds since the beginning of the pandemic. Not only have we been eating more and moving less, but alcohol consumption has also increased in this time frame. You can check out the Dietary Guidelines for Americans 2020-2025 published by the USDA. Always talk to your doctor about what weight is healthy for you.

7. Review your daily diet and make necessary changes. You guessed it, talk to your doctor about what is best for you! Generally, it is best to eat a diet that is rich in fruits, vegetables, whole grains, fat-free or low-fat milk and dairy products, and a variety of healthy proteins. It is best to eat a diet low in saturated fats, trans fats, cholesterol, sodium and added sugars.

Next, we'll focus on the importance of Social Well-being. We are created to be social beings, we crave healthy interaction with others. After feeling isolated, some older adults find it is hard to get out and be social without becoming mentally exhausted. Here are some ways to be active in your community:
8. Volunteer. There are so many places that encourage and welcome volunteering in our communities, churches, schools. Ask a friend to join you and make it a fun event to share!
9. Dream and then get to it. Is there someplace you've always wanted to travel, explore, research? Some of these things may not be realistic or feasible, but maybe some are! Have an adventure, laugh, share a fun moment with loved ones, get out and enjoy the day! Become a pen pal, learn a new language, learn to play an instrument…the sky's the limit!

Last, we will look at Financial Well-being.

10. Launch your next career, go back to school and get a degree, take an online class, learn a new skill that you have always wanted to master. Studies show that people who retire and then become sedentary and lose their excitement for life are much more likely to be ill and unhappy.

September is Healthy Aging Month, and it is the perfect time to renew or set some lifestyle goals! Happy Fall to you all!
Reference: HealthyAging.net

"Give thanks to the Lord, for He is good. His love endures forever."
Psalms 136:1
Prayers for peace, joy and good health, and just a reminder…you are uniquely YOU by HIS design!
~Jenny S, RN, BCUMC Parish Nurse

Howdy Partner!
Here is your invitation to:



The Bible-Buddy Round-Up

This is the kick-off to the Children's WEDNESDAY BIBLE BUDDIES program at the

Barnum Community Church

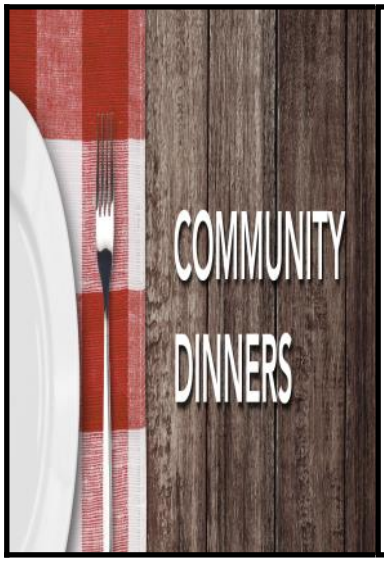
Giddy-up ya'll (ages 4-6th grade) and join up with the Bible Buddies!!

Wednesday evening September 11 at 6 - 7:15 pm, right after the Community Supper (served from 5:15 to 6pm).

After getting everyone registered and rustling up some chow, we will round up the gang of Buddies at 6 pm to enjoy activities including games, songs, crafts, and a Bible lesson.



Important Events in the Life of Our Church



Join us for
Community Dinner
&
Family Night

September 11, 18, 25

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



September 11:	*Family Night Kick Off*
	Community Dinner
	Bible Buddies
	Youth Group (7th – 12th)
	Women's Bible Study
October 31:	*Halloween Trunk or Treat*
November 20:	*Thanksgiving Dinner*
December 24:	*Christmas Eve*
	Candlelight Service



Please join us for **WOW**
"Worship on Wednesday"

6:15—6:30 Praise & Worship Music followed by a short bible lesson from Pastor Lee



The Warm Hearts Ministry will be meet Tuesday, September 24th from 10 am—3 pm to work on Warm Hearts Projects or personal projects. Please bring a lunch and join us for some great sewing time and fellowship. Bring your sewing supplies. Please RSVP Kathy Port.

United Women in Faith

United Women in Faith will be meeting on September 11 at 1:30 at the church. All women of the church are invited to attend this meeting. Ann Kosloski will be the hostess and Kathy Mattson will lead the discussion on pages 94-98 of our study book, "Life on Purpose for Women". Our heart is to assist with church projects wherever possible. Please see Sandy Ferguson for further information.



Important Events in the Life of Our Church



Mother / Child Nursing Tent:

A huge "Thank You" to all the volunteers who helped set up and tear down and work in the Baby Rest Area.





Fair time has come and gone already. Many thanks for all those who volunteered to park cars. This year over $2,600 was collected to help fund the Wednesday night youth programs reaching out to students in our Community.

The Lord's Table, September 8th

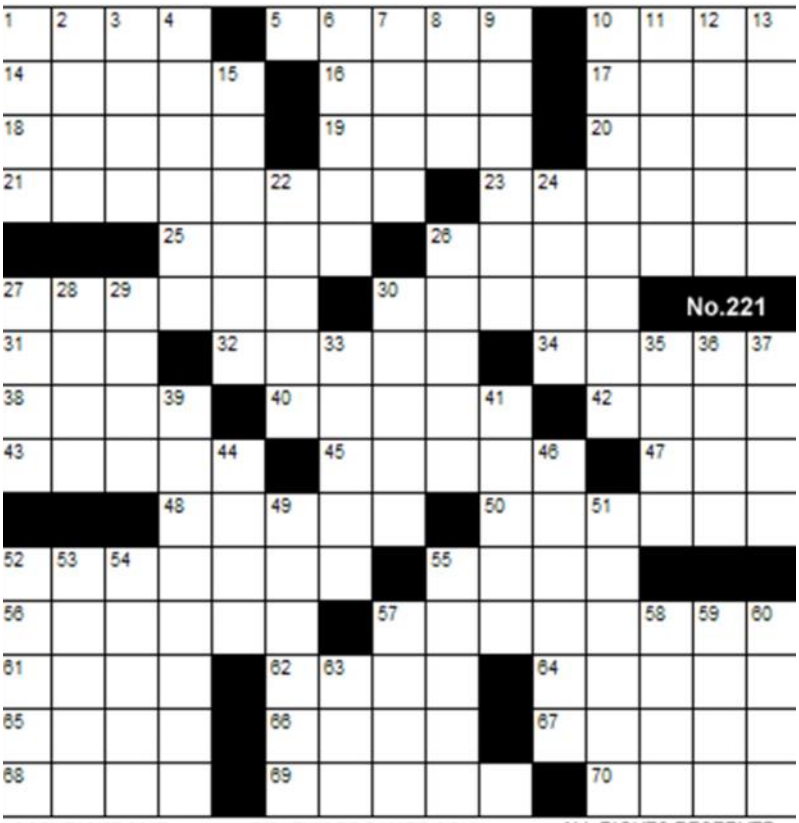


The second Sunday of the month will be our Table Sunday as a church family. We will be sharing communion at the Lord's Table, enjoying a shared-dish (potluck). Table Sunday is a monthly reminder that our life together as the family of God centers in worship, fellowship and sharing.

REMEMBER to bring a dish to share on the second Sunday and even if you aren't able, plan on staying for dinner with your family and friends here.

"Our Daily Bread" is also available on the facebook, mobile app in addition to the printed copies here in the office.

Did you miss out on a Sunday Service don't have access to Facebook or Internet? We have extra copies available for your use.



COPYRIGHT 2017 BIBLEWORDGAMES.COM ALL RIGHTS RESERVED

ACROSS

1 So Moses brought their ___ before the LORD (Num 27:5)
5 Fasten ___ ___ cord to it (1,4) (Ex 28:37)
10 fifth book of the New Testament
14 Like men condemned to die in the ___ (1 Cor 4:9)
16 Speak now in the ____ of the people (Exodus 11:2)
17 In that day the mountains will ___ new wine (Joel 3:18)
18 seems right to a man, but in the end it ___ to death (Prov 16:25)
19 Then they ___ in his face and struck him with their fists (Matt 26:67)
20 Son of man, record this ____ (Ezek 24:2)
21 because the midwives feared God, he gave them ___ of their own (Ex 1:21)
23 Elijah's successor (2 Kings 2:9)
25 Like a bird that strays from its ___ is a man who strays (Prov 27:8)
26 A student is not above his ___ , nor a servant above his master (Matt 10:24)
27 and remove all its vile ___ and detestable idols (Ezek 11:18)
30 they always heap up their sins to the ___ (1Thes 2:16)
31 clump of earth and grass
32 Her Nazarites were ___ than snow, they were whiter than (Lam 4:7) KJV
34 Jesus replied, "Foxes have holes and birds of the air have ___ (Matt 8:20)
38 The Angel which redeemed me from all evil, bless the ___ (Gen 48:16) KJV
40 from foundation to ___, were made of blocks of high-grade (1 Kings 7:9)
42 throwing stones at him and showering him with ___ (2 Sam 16:13)
43 let him seek peace, and ___ it (1 Pet 3:11) (KJV)
45 Like a ___ of Lebanon he will send down his roots (Hosea 14:5)
47 till he should pay all that was ___ unto him (Matt 18:34)
48 The tower of ____ (Gen 11:9)
50 To ____ them that were under the law (Gal 4:5)
52 I ___ silver and gold for myself, and the treasure (Eccl 2:8)
55 he that wavereth is like a ____ of the sea. (James 1:6)
56 What he trusts in is fragile; what he ___ on is a spider's web. (Job 8:14)
57 whosoever of you will be the ___, shall be servant of all (Mark 10:44) KJV
61 There is ___ ___ here, which hath five barley loaves (1,3) (John 6:9)
62 if his hands are ___, the house leaks (Eccl 10:18)
64 sixth angel poured out his vial upon the great ____ Euphrates (Rev 16:12)
65 away, absent (Rev 18:14)
66 which is gone down in the sun ___ of Ahaz (Isa 38:8) KJV
67 She gave herself as a prostitute to all the ____ of the Assyrians (Ezek 23:7)
68 thou shouldest be for salvation unto the ____ of the earth (Acts 13:47) KJV
69 said through the prophet: "Out of ___ I called my son (Matt 2:15)
70 Salvation is found in no one ___, for there is no other name (Acts 4:12)

DOWN

1 the woman had a fat ___ in the house (1 Sam 28:24) KJV
2 a Levite who lived in a remote ___ in the hill country (Judg 19:1)
3 the ephod, close to the ___ just above the waistband (Ex 39:20)
4 beginning with the oldest and ___ with the youngest (Gen 44:12)
6 Fear and trembling have ___ me; horror has overwhelmed me (Ps 55:5)
7 I will measure into their ___ the full payment for (Isa 65:7)
8 See, the LORD has chosen Bezalel son of ___ (Ex.35:30)
9 let each ____ other better than themselves (Phil 2:3)
10 not to be slanderers or ___ to much wine (Titus 2:3)
11 beat against that house, and it fell with a great ___ (Matt 7:27)
12 Thou shalt truly ____ all the increase of thy seed (Deut 14:22)
13 His ___ shaft was like a weaver's rod (1 Sam 17:7)
15 Lazarus has fallen ___; but I am going there to wake him (John 11:11)
22 married a wife, deceased, and, having no ____ (Matt 22:25)
24 Saul and Abner son of Ner had ___ down (1 Sam 26:5)
26 The people have become hungry and ___ and thirsty (2 Sam 17:29)
27 was in the ____ that is called Patmos (Rev 1:9)
28 We all growl like bears; we ___ mournfully like doves (Isa 59:11)
29 If anyone ___ anything to them, God will add to him (Rev 22:18)
30 My feet stand on ___ ground (Ps 26:12)
33 you have ___ with men on foot and they have worn you out (Jer 12:5)
35 I will give him rest from all his enemies on every ____. (1 Chr 22:9)
36 the darkness is passing and the ____ light is already shining (I Jn 2:8)
37 there shall come forth a rod out of the ___ of Jesse (Isa 11:1) KJV
39 Stay with him for a while until your brother's fury ___ (Gen 27:44)
41 no longer to call her ___; her name will be Sarah.(Gen 17:15)
44 listens to me will live in safety and be at ___ (Prov 1:33)
46 the LORD; let all the people of the world ___ him (Ps 33:8)
49 Jesus was walking ___ the Sea of Galilee (Matt 4:18)
51 Do not ___ yourselves by any of these creatures (Lev 11:43)
52 The king got up in ___ ___ left his wine (1,4) (Est 7:7)
53 Like a scarecrow in a ___ patch, their idols cannot speak (Jer 10:5)
54 ___ ___ flowing with milk and honey (1,4) (Deut 26:10)
55 Dan is a lion's ___: he shall leap from Bashan (Deut 33:22) KJV
57 what Adam was made from (Job 33:6)
58 Do not those who plot ___ go astray? (Prov 14:22)
59 silver in two bags, with two ___ of clothing (2 Kings 5:23)
60 every man under his vine and under his fig ____ (1 King 4:25)
63 I'll ___ around it and fertilize it.(Luke 13:8)

Just for Kids

Flashlight TAG



Sometimes we resist the light of Christ. But when his light touches us, we can then share it with others. Play this fun game on a summer night to remember how Christ's light shines in the world.

What you need:

- Friends
- Safe open space outdoors
- A flashlight for each player

How to play:

1. Choose one person to be the Tagger, known as the Light. Only that person can have his or her flashlight on.
2. The Light tries to shine his or her flashlight on other players, who run around and try to hide in the darkness.
3. Once players have been touched by the Light, they turn on their flashlights and join in, trying to shine on others.
4. Play until everyone has been tagged by the Light. Repeat, giving everyone a turn to be the Light.

PUZZLE

GOD'S LIGHT

Summer's long days can remind us of our Creator, who made the sun and wants us to live in his light.

Directions: First, write the opposite of each word in parentheses. Then use the Word Bank words, in order, to complete 1 John 1:5-7, NIV.

WORD BANK: is in is at if in as is in with

God _____ _____; _____ _____
(dark) (her)

there _____ _____ _____ness _____ _____ . ...
(yes) (light) (none)

But _____ we _____ _____ the _____,
(run) (dark)

_____ _____ _____ _____ the _____,
(she) (dark)

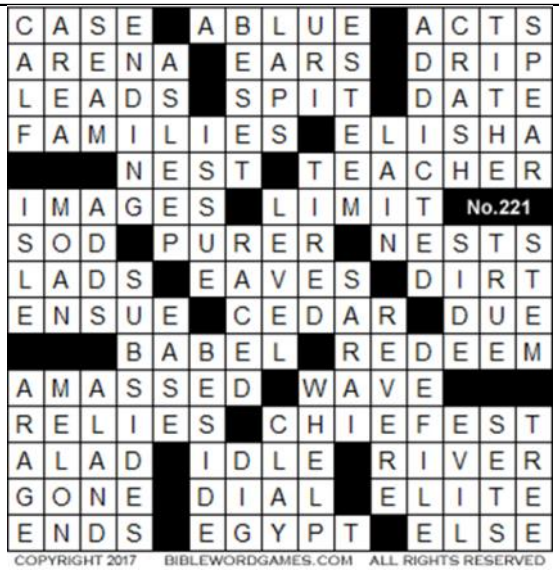
we have fellowship _____ one another. ...

1 John 1:5-7, NIV

Answer: God is light; in him there is no darkness at all . ... But if we walk in the light, as he is in the light, we have fellowship with one another. (1 John 1:5-7, NIV)

Barnum Community United Methodist Church

POSTMASTER:
Please send address changes to:
PO Box 70, 3762 Front Street
Barnum, MN 55707
(218) 389-6876 office@barnumumc.org
www.barnumumc.org



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

BUMC Ministry Team

Pastor—Lee Kantonen
Council Chair—Leon Finifrock
Youth Director—Bill Schoonover
Missions/Outreach—Connie Swanson
Secretary—Mechelle Mattson
Faith Community Nurse—Jennifer Southerton
Congregational Nurture & Care—Connie Herbert
Nursery Coordinator—Kaye Finifrock
Acolyte Coordinator—Roxanne Matten
Wednesday Night Servers—Kaye Finifrock/Terri Krueger
Custodian—Jim Calhoun

United Women in Faith—Sandy Ferguson
Bookkeeper—Tiffany Parr
Ministries Leader—Deb Halls
Staff-Parish Relations—Dawson Gentry
Worship Ministry - Lori Koski
Properties Management—Dave Matten
Discipleship Ministries—Mike Line
Sunday Servers Coordinator—Ann Kosloski
Greeters/Ushers Coordinator—Laurie Audette
Sunday Counters Coordinator—Cathy Kunze
Office Manager—Laurie Audette

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



September 2024
Volume 24—Issue 9

Bible Readings
Church Calendar
Birthdays
Anniversaries
Youth Group
Bible Buddies
Faith Community Nurse
United Women in Faith
Women's Ministry
Council Minutes
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

Office Hours (Mon-Fri)

Sunday Worship

Facebook Live 9:30 am
In Person 9:30 am

Pastor Kennection

Jesus...saw a man called Matthew sitting at the tax booth, and He said to him, "Follow me." And he rose and followed Him. (Matthew 9:9)

Where were the Apostles when Jesus called them to follow Him? It wasn't from the synagogue, was it, even though Jesus regularly was found at the synagogue. It was when the Lord was out and about in the community. The apostles were called when they were on the seashore preparing to fish, or out in their boats, the tax booth, maybe the marketplace, it was from those everyday areas of life that Jesus called them.

There is a wonderful missional heart found here at Barnum Community. My memory is relatively recent in the scheme of things, but it was so good to learn about our connection with John Sergey in years past and to listen to Pastor Sergey and learn of his evangelistic outreach to the people of what at that time was the Soviet Union. For those unfamiliar, spark up a conversation with Jen Berthelot.

Since its outset, mission has been central to the heart of churches with a Wesleyan persuasion and the United Methodist Church is no different. Recently, the Minnesota Annual Conference has been encouraging involvement of all of our churches in something called, Fresh Expressions. Very simply, it is about meeting with people around a shared area of interest while taking time to share a "Jesus Story" during the time together. For years we've known and made known that for the most part people who don't know Christ aren't going to just wander into our churches. Jesus sent his followers out to make disciples, not in.

People have been gathering at bicycling groups, kayaking groups, quilting groups, wood carving groups, golfing groups, you name it. Whatever shared area of interest people have; Fresh Expressions can be occurring there. There have even been axe throwing and burrito gatherings. The key is gathering regularly and making a point to share a Jesus story and an opportunity for prayer. Fresh Expressions is about building relationships with others outside the church. It is a time to introduce Jesus to people who likely will not wander into Barnum Community United Methodist Church or any other church building. We need to keep developing new ways of letting people know God loves them and wants to be in a relationship with them. Perhaps you have already been doing that sort of thing without calling it Fresh Expressions.

So, if you have thought sharing your faith with others is something you could never do, I invite and encourage you to think again. There might be those here at Barnum Community who share your interests to join with you to get your Fresh Expression initiated. The community is filled with people who hold shared interests in need of knowing the Lord. Thank you for sharing the love of God and inviting others to join the journey.

The Good Shepherd's Sheepdog,

Lee



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:30 Worship Service 11:00 Adult Class	**2 LABOR DAY** **Office Closed** 5-8 Youth Group	3 11:00 Prayer Group	4 5-8 Youth Group	5	6	7
8 Grandparents Day 9:30 Worship Service **Communion** 11:00 Adult Class	9 5-8 Youth Group 6:30 Council Mtg	10 11:00 Prayer Group 1:00 Moms in Prayer	11 **FAMILY NIGHT KICK OFF** 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	12	13	14
15 9:30 Worship Service 11:00 Adult Class Congregational Meeting after Church Service	16 5-8 Youth Group	17 11:00 Prayer Group 1:00 Moms in Prayer	18 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	19	20	21
22 9:30 Worship Service 11:00 Adult Class	23 5-8:00 Youth Group	24 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	25 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study Newsletter Deadline	26	27	28
29 9:30 Worship Service 11:00 Adult Class	30 5-8 Youth Group					

** Schedule subject to change.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 11:00 Prayer Group 1:00 Moms in Prayer	2 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	3	4	5
6 **Pastor Appreciation Day** 9:30 Worship Service 11:00 Adult Class	7 **COLUMBUS DAY** 5-8:00 Youth Group 6:00 Finance Mtg 6:30 Council Mtg	8 11:00 Prayer Group 1:00 Moms in Prayer	9 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	10	11	12 9:30 Secret Sister Reveal Party
13 9:30 Worship Service **Communion** 11:00 Adult Class	14 5-8:00 Youth Group	15 11:00 Prayer Group 1:00 Moms in Prayer	16 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	17	18	19
20 9:30 Worship Service 11:00 Adult Class	21 5-8:00 Youth Group	22 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	23 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	24	25	26
27 9:30 Worship Service 11:00 Adult Class	28 5-8:00 Youth Group	29 11:00 Prayer Group 1:00 Moms in Prayer Newsletter Deadline	30 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	31 **HALLOWEEN**		

** Schedule subject to change.

Daily Nourishment



OLD & NEW TESTAMENT

Sep 1: Ps 135-136; 1Cor 12
Sep 2: Ps 137-139; 1Cor 13
Sep 3: Ps 140-142; 1Cor 14:1-20
Sep 4: Ps 143-145; 1Cor 14:21-40
Sep 5: Ps 146-147; 1Cor 15:1-28
Sep 6: Ps 148-150; 1Cor 15:29-58
Sep 7: Prov 1-2; 1Cor 16
Sep 8: Prov 3-5; 2Cor 1
Sep 9: Prov 6-7; 2Cor 2
Sep 10: Prov 8-9; 2Cor 3
Sep 11: Prov 10-12; 2Cor 4
Sep 12: Prov 13-15; 2Cor 5
Sep 13: Prov 16-18; 2Cor 6
Sep 14: Prov 19-21; 2Cor 7
Sep 15: Prov 22-24; 2Cor 8
Sep 16: Prov 25-26; 2Cor 9
Sep 17: Prov 27-29; 2Cor 10
Sep 18: Prov 30-31; 2Cor 11:1-15
Sep 19: Ecc 1-3; 2Cor 11:16-33
Sep 20: Ecc 4-6; 2Cor 12
Sep 21: Ecc 7-9; 2Cor 13
Sep 22: Ecc 10-12; Gal 1
Sep 23: Song 1-3; Gal 2
Sep 24: Song 4-5; Gal 3
Sep 25: Song 6-8; Gal 4
Sep 26: Is 1-2; Gal 5
Sep 27: Is 3-4; Gal 6
Sep 28: Is 5-6; Eph 1
Sep 29: Is 7-8; Eph 2
Sep 30: Is 9-10; Eph 3

CHRONOLOGICAL

Sep 1: Ezek 18-19
Sep 2: Ezek 20-21
Sep 3: Ezek 22-23
Sep 4: Ezek 24-27
Sep 5: Ezek 28-31
Sep 6: Ezek 32-34
Sep 7: Ezek 35-37
Sep 8: Ezek 38-39
Sep 9: Ezek 40-41
Sep 10: Ezek 42-43
Sep 11: Ezek 44-45
Sep 12: Ezek 46-48
Sep 13: Joel
Sep 14: Dan 1-3
Sep 15: Dan 4-6
Sep 16: Dan 7-9
Sep 17: Dan 10-12
Sep 18: Ezra 1-3
Sep 19: Ezra 4-6; Ps 137
Sep 20: Haggai
Sep 21: Zech 1-7
Sep 22: Zech 8-14
Sep 23: Est 1-5
Sep 24: Est 6-10
Sep 25: Ezra 7-10
Sep 26: Neh 1-5
Sep 27: Neh 6-7
Sep 28: Neh 8-10
Sep 29: Neh 11-13; Ps 126
Sep 30: Malachi

Youth



Welcome to the 2024-25 School Year! Students return to their school routines and sports schedules are back. The Barnum Youth Group (BYG) is launching our new school year theme "But Wait…There's More!" Many people take life as it comes. This year we will be challenging youth that there's more to their lives. What we may see on the surface is only a part of who God created us to be. With each topic we discuss we will pause and look deeper, 'but wait…there's more'! With topics like More to Me, What's your Role, Be Kind to Others, More than Decorations, Forgiving Grudges, The Light of the World and Do you Know Me, we will be exploring so much more this year. Please pray that students are willing to look at their lives and see that they do need more and that the more they need is Jesus.

Before we say goodbye to summer, I wanted to share about an amazing experience I was able to have with a recent graduate. Tobin has attended youth group for many years, and he also loves running. At the beginning of summer, he talked about wanting to do the Moose Lake Triathlon, but he didn't want to do the whole thing. I said we could do it as a team and I would be willing to do the bike part. My wife, Serenity, said she would be willing to do the swim and all summer the three of us prepared for the big event. Serenity swam, I biked and then Tobin set out for his 3-mile run. As we were waiting for Tobin to return Serenity and I talked about how thankful we were to provide this opportunity for Tobin. As Tobin crossed the finished line the announcer said, "And here is our first team to finish." Our team placed first. We couldn't believe it. Later Tobin told me, "I've gotten second place and third place before, but I've never gotten first place!" It was our prayer that God would bless that day, and He did! I want to thank Serenity for swimming for our team and I want to thank the Barnum Church family for coming to support us during the race. You're the Best! Please pray for continued opportunities to bless the students that we work with.









Nursery Volunteers: The nursery is in need of adult volunteers and young adults during church services. Please see Kay Finifrock.

September 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Servers	Wednesday Servers
1	Willis & Kay Finifrock	Scott & Elaine Bogenholm	Bonnie Kepler Cathy Kunze	Jenna Uszenski	Deb Halls	Janet Adelsgruber Karen Smith	
8	Hazel Oachs Jay Oachs	Bing & Kathy Mattson	Brian Koski Deb Donaldson	Daniel Zinter	Deb Entner	COMMUNION SUNDAY	(11) Bette Deming Annette Meyer & Boys
15	Marilyn Criley Judy Jacobs	Chris & Annette Meyer	Robin Paulson Bonnie Kepler	Brenden Zinter	Kay Finifrock	Annette Meyer Brenda Zinter	(18) Deb Entner
22	Cheryl Peterson Terri Krueger	Steve & Sandi Vogel	Brian Koski Deb Donaldson	Liam Parr	Brenda Zinter	Deb Halls Carmen Burak	(25) Evelyn Newman
29	Audrey Sebring Annette Hammitt	Bruce & Eileen Resman	Deb Donaldson Robin Paulson	Evan Earlywine	Tiffany Parr	Connie Herbert Jackie Olson	(2) Deb Halls

October 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Serv-ers	Wednesday Servers
6	Leon Finifrock Connie Herbert	Cliff & Joyce Berggren	Robin Paulson Cathy Kunze	Daniel Zinter	Sandi Vogel	Roxanne Mat-ten Kathy Otnes	(9) Paul & Carmen Burak
13	Ann Kosloski Tiffany Parr	Steve & Sandi Vogel	Brian Koski Bonnie Kepler	Nial Parr	Sandy Ferguson	COMMUNION SUNDAY	(16) Janet Adelsgruber Karen Smith
20	Roger & Deanna Finifrock	Paul & Carmen Burak	Brian Koski Deb Donaldson	Even Earlywine	Deb Halls	Cheryl Peterson Terri Krueger	(23) Terri Krueger
27	Dianne Anderson Connie Swanson	Dave & Sandy Ferguson	Deb Donaldson Robin Paulson	Brenden Zinter	Deb Entner	Ann Kosloski Linda Jusczak	(30) Sue Nelson Kathy Otnes Rachel Finifrock



September Health and Wellness Moment

"Healthy Aging"

September is Healthy Aging Month. The mission behind this month's health topic is to draw attention to the importance of healthy lifestyles for adults 45-plus. Nowadays, it is more important than ever to follow a healthy lifestyle, remain positive and passionate about life, and to look forward to better days ahead. Sometimes, however, this is not easy to do. If you need a boost to improve your lifestyle, here are some tips to be able to age well…in other words, to get older in the healthiest way possible! Let's look at some tips to achieve and maintain physical, social, mental and financial wellness.
First of all, let's look at Mental Wellness. Many people struggle with depression, loneliness, anxiety and isolation. It is important to follow these tips.

1. Be realistic. If you feel overwhelmed by some activities, (yours and/or your family's), learn to say no. Eliminate an activity that is not absolutely necessary. It's possible that you may be taking on more responsibility than you could, or should, handle. If you meet resistance, be ready to give reasons why you are making these changes. Be willing to listen to others' suggestions and be willing to compromise.
2. Shed the "superhero" urge. Nobody is perfect. Don't expect perfection from yourself or others. Focus on what really needs to be done, how much you can realistically get done and in what time frame. It's so important to ask for help when you need it.
3. Take one thing at a time. When someone is stressed or anxious, an ordinary workload can seem unbearable at times. The best way to cope with the feeling of being overwhelmed is to take one task at a time. Once you accomplish one task, choose the next most important thing you want to get done. Some people like to check off tasks on a list; it is very satisfying and helps you visualize your progress!

Next, let's look at the importance of Physical Fitness. According to the National Center for Chronic Disease Prevention and Health Promotion, about 6 in 10 adults in the U.S. have a chronic health condition, and 4 in 10 have two or more. There are many benefits of physical activity for adults and older adults. It's important to keep moving. A body in motion stays in motion! Exercise and strength training improves quality of life, reduces anxiety, and improves sleep. It also is key in weight loss, bone health and a lower risk of falls!

4. Move more, sit less. This recommendation from health.gov is based on new evidence that shows a strong positive relationship between increased sedentary behavior and increased risk of mortality, heart disease and high blood pressure.
5. Aerobic exercise. Check with your doctor for advice on how many minutes of exercise you should be getting per week. Also ask what kind of exercise is best for you and how to know if you are doing too much.
6. Muscle strengthening. These activities provide additional health benefits, so ask your doctor about muscle strengthening as well.

Next, we'll focus on the importance of Diet. Forty two percent of Americans have had an average weight gain of 29 pounds since the beginning of the pandemic. Not only have we been eating more and moving less, but alcohol consumption has also increased in this time frame. You can check out the Dietary Guidelines for Americans 2020-2025 published by the USDA. Always talk to your doctor about what weight is healthy for you.

7. Review your daily diet and make necessary changes. You guessed it, talk to your doctor about what is best for you! Generally, it is best to eat a diet that is rich in fruits, vegetables, whole grains, fat-free or low-fat milk and dairy products, and a variety of healthy proteins. It is best to eat a diet low in saturated fats, trans fats, cholesterol, sodium and added sugars.

Next, we'll focus on the importance of Social Well-being. We are created to be social beings, we crave healthy interaction with others. After feeling isolated, some older adults find it is hard to get out and be social without becoming mentally exhausted. Here are some ways to be active in your community:
8. Volunteer. There are so many places that encourage and welcome volunteering in our communities, churches, schools. Ask a friend to join you and make it a fun event to share!
9. Dream and then get to it. Is there someplace you've always wanted to travel, explore, research? Some of these things may not be realistic or feasible, but maybe some are! Have an adventure, laugh, share a fun moment with loved ones, get out and enjoy the day! Become a pen pal, learn a new language, learn to play an instrument…the sky's the limit!

Last, we will look at Financial Well-being.

10. Launch your next career, go back to school and get a degree, take an online class, learn a new skill that you have always wanted to master. Studies show that people who retire and then become sedentary and lose their excitement for life are much more likely to be ill and unhappy.

September is Healthy Aging Month, and it is the perfect time to renew or set some lifestyle goals! Happy Fall to you all!
Reference: HealthyAging.net

"Give thanks to the Lord, for He is good. His love endures forever."
Psalms 136:1
Prayers for peace, joy and good health, and just a reminder…you are uniquely YOU by HIS design!
~Jenny S, RN, BCUMC Parish Nurse

Howdy Partner!
Here is your invitation to:



The Bible-Buddy Round-Up

This is the kick-off to the Children's WEDNESDAY BIBLE BUDDIES program at the

Barnum Community Church

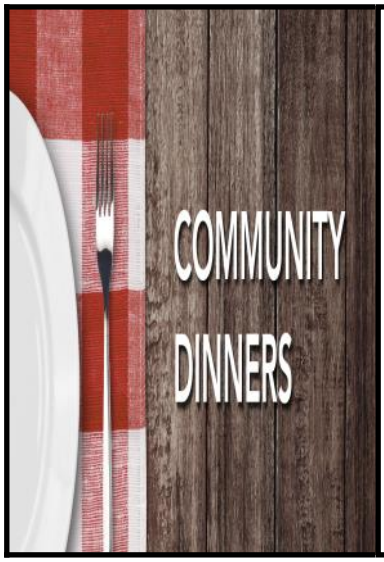
Giddy-up ya'll (ages 4-6th grade) and join up with the Bible Buddies!!

Wednesday evening September 11 at 6 - 7:15 pm, right after the Community Supper (served from 5:15 to 6pm).

After getting everyone registered and rustling up some chow, we will round up the gang of Buddies at 6 pm to enjoy activities including games, songs, crafts, and a Bible lesson.



Important Events in the Life of Our Church



Join us for
Community Dinner
&
Family Night

September 11, 18, 25

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



September 11:	*Family Night Kick Off*
	Community Dinner
	Bible Buddies
	Youth Group (7th – 12th)
	Women's Bible Study
October 31:	*Halloween Trunk or Treat*
November 20:	*Thanksgiving Dinner*
December 24:	*Christmas Eve*
	Candlelight Service



Please join us for **WOW**
"Worship on Wednesday"

6:15—6:30 Praise & Worship Music followed by a short bible lesson from Pastor Lee



The Warm Hearts Ministry will be meet Tuesday, September 24th from 10 am—3 pm to work on Warm Hearts Projects or personal projects. Please bring a lunch and join us for some great sewing time and fellowship. Bring your sewing supplies. Please RSVP Kathy Port.

United Women in Faith

United Women in Faith will be meeting on September 11 at 1:30 at the church. All women of the church are invited to attend this meeting. Ann Kosloski will be the hostess and Kathy Mattson will lead the discussion on pages 94-98 of our study book, "Life on Purpose for Women". Our heart is to assist with church projects wherever possible. Please see Sandy Ferguson for further information.



Important Events in the Life of Our Church



Mother / Child Nursing Tent:

A huge "Thank You" to all the volunteers who helped set up and tear down and work in the Baby Rest Area.





Fair time has come and gone already. Many thanks for all those who volunteered to park cars. This year over $2,600 was collected to help fund the Wednesday night youth programs reaching out to students in our Community.

The Lord's Table, September 8th

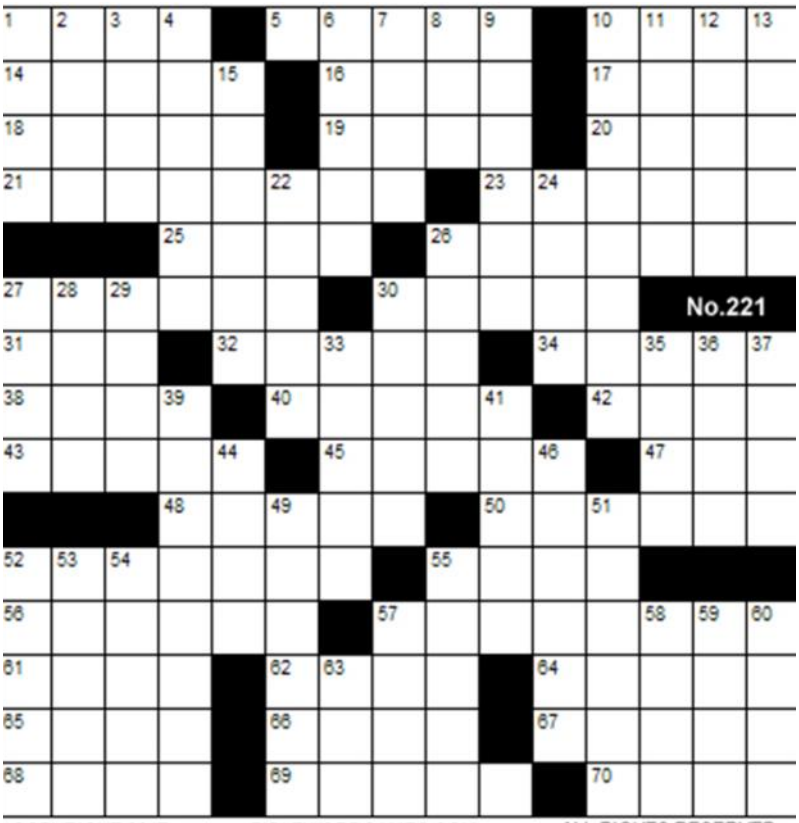


The second Sunday of the month will be our Table Sunday as a church family. We will be sharing communion at the Lord's Table, enjoying a shared-dish (potluck). Table Sunday is a monthly reminder that our life together as the family of God centers in worship, fellowship and sharing.

REMEMBER to bring a dish to share on the second Sunday and even if you aren't able, plan on staying for dinner with your family and friends here.

"Our Daily Bread" is also available on the facebook, mobile app in addition to the printed copies here in the office.

Did you miss out on a Sunday Service don't have access to Facebook or Internet? We have extra copies available for your use.



COPYRIGHT 2017 BIBLEWORDGAMES.COM ALL RIGHTS RESERVED

ACROSS

1 So Moses brought their ___ before the LORD (Num 27:5)
5 Fasten ___ ___ cord to it (1,4) (Ex 28:37)
10 fifth book of the New Testament
14 Like men condemned to die in the ___ (1 Cor 4:9)
16 Speak now in the ____ of the people (Exodus 11:2)
17 In that day the mountains will ___ new wine (Joel 3:18)
18 seems right to a man, but in the end it ___ to death (Prov 16:25)
19 Then they ___ in his face and struck him with their fists (Matt 26:67)
20 Son of man, record this ____ (Ezek 24:2)
21 because the midwives feared God, he gave them ___ of their own (Ex 1:21)
23 Elijah's successor (2 Kings 2:9)
25 Like a bird that strays from its ___ is a man who strays (Prov 27:8)
26 A student is not above his ___ , nor a servant above his master (Matt 10:24)
27 and remove all its vile ___ and detestable idols (Ezek 11:18)
30 they always heap up their sins to the ___ (1Thes 2:16)
31 clump of earth and grass
32 Her Nazarites were ___ than snow, they were whiter than (Lam 4:7) KJV
34 Jesus replied, "Foxes have holes and birds of the air have ___ (Matt 8:20)
38 The Angel which redeemed me from all evil, bless the ___ (Gen 48:16) KJV
40 from foundation to ___, were made of blocks of high-grade (1 Kings 7:9)
42 throwing stones at him and showering him with ___ (2 Sam 16:13)
43 let him seek peace, and ___ it (1 Pet 3:11) (KJV)
45 Like a ___ of Lebanon he will send down his roots (Hosea 14:5)
47 till he should pay all that was ___ unto him (Matt 18:34)
48 The tower of ____ (Gen 11:9)
50 To ____ them that were under the law (Gal 4:5)
52 I ___ silver and gold for myself, and the treasure (Eccl 2:8)
55 he that wavereth is like a ____ of the sea. (James 1:6)
56 What he trusts in is fragile; what he ___ on is a spider's web. (Job 8:14)
57 whosoever of you will be the ___, shall be servant of all (Mark 10:44) KJV
61 There is ___ ___ here, which hath five barley loaves (1,3) (John 6:9)
62 if his hands are ___, the house leaks (Eccl 10:18)
64 sixth angel poured out his vial upon the great ____ Euphrates (Rev 16:12)
65 away, absent (Rev 18:14)
66 which is gone down in the sun ___ of Ahaz (Isa 38:8) KJV
67 She gave herself as a prostitute to all the ____ of the Assyrians (Ezek 23:7)
68 thou shouldest be for salvation unto the ____ of the earth (Acts 13:47) KJV
69 said through the prophet: "Out of ___ I called my son (Matt 2:15)
70 Salvation is found in no one ___, for there is no other name (Acts 4:12)

DOWN

1 the woman had a fat ___ in the house (1 Sam 28:24) KJV
2 a Levite who lived in a remote ___ in the hill country (Judg 19:1)
3 the ephod, close to the ___ just above the waistband (Ex 39:20)
4 beginning with the oldest and ___ with the youngest (Gen 44:12)
6 Fear and trembling have ___ me; horror has overwhelmed me (Ps 55:5)
7 I will measure into their ___ the full payment for (Isa 65:7)
8 See, the LORD has chosen Bezalel son of ___ (Ex.35:30)
9 let each ____ other better than themselves (Phil 2:3)
10 not to be slanderers or ___ to much wine (Titus 2:3)
11 beat against that house, and it fell with a great ___ (Matt 7:27)
12 Thou shalt truly ____ all the increase of thy seed (Deut 14:22)
13 His ___ shaft was like a weaver's rod (1 Sam 17:7)
15 Lazarus has fallen ___; but I am going there to wake him (John 11:11)
22 married a wife, deceased, and, having no ____ (Matt 22:25)
24 Saul and Abner son of Ner had ___ down (1 Sam 26:5)
26 The people have become hungry and ___ and thirsty (2 Sam 17:29)
27 was in the ____ that is called Patmos (Rev 1:9)
28 We all growl like bears; we ___ mournfully like doves (Isa 59:11)
29 If anyone ___ anything to them, God will add to him (Rev 22:18)
30 My feet stand on ___ ground (Ps 26:12)
33 you have ___ with men on foot and they have worn you out (Jer 12:5)
35 I will give him rest from all his enemies on every ____. (1 Chr 22:9)
36 the darkness is passing and the ____ light is already shining (I Jn 2:8)
37 there shall come forth a rod out of the ___ of Jesse (Isa 11:1) KJV
39 Stay with him for a while until your brother's fury ___ (Gen 27:44)
41 no longer to call her ___; her name will be Sarah.(Gen 17:15)
44 listens to me will live in safety and be at ___ (Prov 1:33)
46 the LORD; let all the people of the world ___ him (Ps 33:8)
49 Jesus was walking ___ the Sea of Galilee (Matt 4:18)
51 Do not ___ yourselves by any of these creatures (Lev 11:43)
52 The king got up in ___ ___ left his wine (1,4) (Est 7:7)
53 Like a scarecrow in a ___ patch, their idols cannot speak (Jer 10:5)
54 ___ ___ flowing with milk and honey (1,4) (Deut 26:10)
55 Dan is a lion's ___: he shall leap from Bashan (Deut 33:22) KJV
57 what Adam was made from (Job 33:6)
58 Do not those who plot ___ go astray? (Prov 14:22)
59 silver in two bags, with two ___ of clothing (2 Kings 5:23)
60 every man under his vine and under his fig ____ (1 King 4:25)
63 I'll ___ around it and fertilize it.(Luke 13:8)

Just for Kids

Flashlight TAG



Sometimes we resist the light of Christ. But when his light touches us, we can then share it with others. Play this fun game on a summer night to remember how Christ's light shines in the world.

What you need:

- Friends
- Safe open space outdoors
- A flashlight for each player

How to play:

1. Choose one person to be the Tagger, known as the Light. Only that person can have his or her flashlight on.
2. The Light tries to shine his or her flashlight on other players, who run around and try to hide in the darkness.
3. Once players have been touched by the Light, they turn on their flashlights and join in, trying to shine on others.
4. Play until everyone has been tagged by the Light. Repeat, giving everyone a turn to be the Light.

PUZZLE

GOD'S LIGHT

Summer's long days can remind us of our Creator, who made the sun and wants us to live in his light.

Directions: First, write the opposite of each word in parentheses. Then use the Word Bank words, in order, to complete 1 John 1:5-7, NIV.

WORD BANK: is in is at if in as is in with

God _____ _____; _____ _____
(dark) (her)

there _____ _____ _____ness _____ _____ . ...
(yes) (light) (none)

But _____ we _____ _____ the _____,
(run) (dark)

_____ _____ _____ _____ the _____,
(she) (dark)

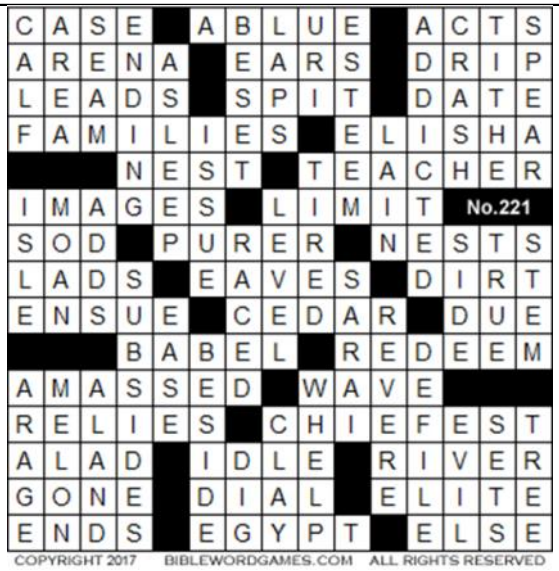
we have fellowship _____ one another. ...

1 John 1:5-7, NIV

Answer: God is light; in him there is no darkness at all . ... But if we walk in the light, as he is in the light, we have fellowship with one another. (1 John 1:5-7, NIV)

Barnum Community United Methodist Church

POSTMASTER:
Please send address changes to:
PO Box 70, 3762 Front Street
Barnum, MN 55707
(218) 389-6876 office@barnumumc.org
www.barnumumc.org



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

BUMC Ministry Team

Pastor—Lee Kantonen
Council Chair—Leon Finifrock
Youth Director—Bill Schoonover
Missions/Outreach—Connie Swanson
Secretary—Mechelle Mattson
Faith Community Nurse—Jennifer Southerton
Congregational Nurture & Care—Connie Herbert
Nursery Coordinator—Kaye Finifrock
Acolyte Coordinator—Roxanne Matten
Wednesday Night Servers—Kaye Finifrock/Terri Krueger
Custodian—Jim Calhoun

United Women in Faith—Sandy Ferguson
Bookkeeper—Tiffany Parr
Ministries Leader—Deb Halls
Staff-Parish Relations—Dawson Gentry
Worship Ministry - Lori Koski
Properties Management—Dave Matten
Discipleship Ministries—Mike Line
Sunday Servers Coordinator—Ann Kosloski
Greeters/Ushers Coordinator—Laurie Audette
Sunday Counters Coordinator—Cathy Kunze
Office Manager—Laurie Audette

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



September 2024
Volume 24—Issue 9

Bible Readings
Church Calendar
Birthdays
Anniversaries
Youth Group
Bible Buddies
Faith Community Nurse
United Women in Faith
Women's Ministry
Council Minutes
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

Office Hours (Mon-Fri)

Sunday Worship

Facebook Live 9:30 am
In Person 9:30 am

Pastor Kennection

Jesus...saw a man called Matthew sitting at the tax booth, and He said to him, "Follow me." And he rose and followed Him. (Matthew 9:9)

Where were the Apostles when Jesus called them to follow Him? It wasn't from the synagogue, was it, even though Jesus regularly was found at the synagogue. It was when the Lord was out and about in the community. The apostles were called when they were on the seashore preparing to fish, or out in their boats, the tax booth, maybe the marketplace, it was from those everyday areas of life that Jesus called them.

There is a wonderful missional heart found here at Barnum Community. My memory is relatively recent in the scheme of things, but it was so good to learn about our connection with John Sergey in years past and to listen to Pastor Sergey and learn of his evangelistic outreach to the people of what at that time was the Soviet Union. For those unfamiliar, spark up a conversation with Jen Berthelot.

Since its outset, mission has been central to the heart of churches with a Wesleyan persuasion and the United Methodist Church is no different. Recently, the Minnesota Annual Conference has been encouraging involvement of all of our churches in something called, Fresh Expressions. Very simply, it is about meeting with people around a shared area of interest while taking time to share a "Jesus Story" during the time together. For years we've known and made known that for the most part people who don't know Christ aren't going to just wander into our churches. Jesus sent his followers out to make disciples, not in.

People have been gathering at bicycling groups, kayaking groups, quilting groups, wood carving groups, golfing groups, you name it. Whatever shared area of interest people have; Fresh Expressions can be occurring there. There have even been axe throwing and burrito gatherings. The key is gathering regularly and making a point to share a Jesus story and an opportunity for prayer. Fresh Expressions is about building relationships with others outside the church. It is a time to introduce Jesus to people who likely will not wander into Barnum Community United Methodist Church or any other church building. We need to keep developing new ways of letting people know God loves them and wants to be in a relationship with them. Perhaps you have already been doing that sort of thing without calling it Fresh Expressions.

So, if you have thought sharing your faith with others is something you could never do, I invite and encourage you to think again. There might be those here at Barnum Community who share your interests to join with you to get your Fresh Expression initiated. The community is filled with people who hold shared interests in need of knowing the Lord. Thank you for sharing the love of God and inviting others to join the journey.

The Good Shepherd's Sheepdog,

Lee



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:30 Worship Service 11:00 Adult Class	**2 LABOR DAY** **Office Closed** 5-8 Youth Group	3 11:00 Prayer Group	4 5-8 Youth Group	5	6	7
8 Grandparents Day 9:30 Worship Service **Communion** 11:00 Adult Class	9 5-8 Youth Group 6:30 Council Mtg	10 11:00 Prayer Group 1:00 Moms in Prayer	11 **FAMILY NIGHT KICK OFF** 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	12	13	14
15 9:30 Worship Service 11:00 Adult Class Congregational Meeting after Church Service	16 5-8 Youth Group	17 11:00 Prayer Group 1:00 Moms in Prayer	18 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	19	20	21
22 9:30 Worship Service 11:00 Adult Class	23 5-8:00 Youth Group	24 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	25 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study Newsletter Deadline	26	27	28
29 9:30 Worship Service 11:00 Adult Class	30 5-8 Youth Group					

** Schedule subject to change.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 11:00 Prayer Group 1:00 Moms in Prayer	2 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	3	4	5
6 **Pastor Appreciation Day** 9:30 Worship Service 11:00 Adult Class	7 **COLUMBUS DAY** 5-8:00 Youth Group 6:00 Finance Mtg 6:30 Council Mtg	8 11:00 Prayer Group 1:00 Moms in Prayer	9 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	10	11	12 9:30 Secret Sister Reveal Party
13 9:30 Worship Service **Communion** 11:00 Adult Class	14 5-8:00 Youth Group	15 11:00 Prayer Group 1:00 Moms in Prayer	16 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	17	18	19
20 9:30 Worship Service 11:00 Adult Class	21 5-8:00 Youth Group	22 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	23 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	24	25	26
27 9:30 Worship Service 11:00 Adult Class	28 5-8:00 Youth Group	29 11:00 Prayer Group 1:00 Moms in Prayer Newsletter Deadline	30 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	31 **HALLOWEEN**		

** Schedule subject to change.

Daily Nourishment



OLD & NEW TESTAMENT

Sep 1: Ps 135-136; 1Cor 12
Sep 2: Ps 137-139; 1Cor 13
Sep 3: Ps 140-142; 1Cor 14:1-20
Sep 4: Ps 143-145; 1Cor 14:21-40
Sep 5: Ps 146-147; 1Cor 15:1-28
Sep 6: Ps 148-150; 1Cor 15:29-58
Sep 7: Prov 1-2; 1Cor 16
Sep 8: Prov 3-5; 2Cor 1
Sep 9: Prov 6-7; 2Cor 2
Sep 10: Prov 8-9; 2Cor 3
Sep 11: Prov 10-12; 2Cor 4
Sep 12: Prov 13-15; 2Cor 5
Sep 13: Prov 16-18; 2Cor 6
Sep 14: Prov 19-21; 2Cor 7
Sep 15: Prov 22-24; 2Cor 8
Sep 16: Prov 25-26; 2Cor 9
Sep 17: Prov 27-29; 2Cor 10
Sep 18: Prov 30-31; 2Cor 11:1-15
Sep 19: Ecc 1-3; 2Cor 11:16-33
Sep 20: Ecc 4-6; 2Cor 12
Sep 21: Ecc 7-9; 2Cor 13
Sep 22: Ecc 10-12; Gal 1
Sep 23: Song 1-3; Gal 2
Sep 24: Song 4-5; Gal 3
Sep 25: Song 6-8; Gal 4
Sep 26: Is 1-2; Gal 5
Sep 27: Is 3-4; Gal 6
Sep 28: Is 5-6; Eph 1
Sep 29: Is 7-8; Eph 2
Sep 30: Is 9-10; Eph 3

CHRONOLOGICAL

Sep 1: Ezek 18-19
Sep 2: Ezek 20-21
Sep 3: Ezek 22-23
Sep 4: Ezek 24-27
Sep 5: Ezek 28-31
Sep 6: Ezek 32-34
Sep 7: Ezek 35-37
Sep 8: Ezek 38-39
Sep 9: Ezek 40-41
Sep 10: Ezek 42-43
Sep 11: Ezek 44-45
Sep 12: Ezek 46-48
Sep 13: Joel
Sep 14: Dan 1-3
Sep 15: Dan 4-6
Sep 16: Dan 7-9
Sep 17: Dan 10-12
Sep 18: Ezra 1-3
Sep 19: Ezra 4-6; Ps 137
Sep 20: Haggai
Sep 21: Zech 1-7
Sep 22: Zech 8-14
Sep 23: Est 1-5
Sep 24: Est 6-10
Sep 25: Ezra 7-10
Sep 26: Neh 1-5
Sep 27: Neh 6-7
Sep 28: Neh 8-10
Sep 29: Neh 11-13; Ps 126
Sep 30: Malachi

Youth



Welcome to the 2024-25 School Year! Students return to their school routines and sports schedules are back. The Barnum Youth Group (BYG) is launching our new school year theme "But Wait…There's More!" Many people take life as it comes. This year we will be challenging youth that there's more to their lives. What we may see on the surface is only a part of who God created us to be. With each topic we discuss we will pause and look deeper, 'but wait…there's more'! With topics like More to Me, What's your Role, Be Kind to Others, More than Decorations, Forgiving Grudges, The Light of the World and Do you Know Me, we will be exploring so much more this year. Please pray that students are willing to look at their lives and see that they do need more and that the more they need is Jesus.

Before we say goodbye to summer, I wanted to share about an amazing experience I was able to have with a recent graduate. Tobin has attended youth group for many years, and he also loves running. At the beginning of summer, he talked about wanting to do the Moose Lake Triathlon, but he didn't want to do the whole thing. I said we could do it as a team and I would be willing to do the bike part. My wife, Serenity, said she would be willing to do the swim and all summer the three of us prepared for the big event. Serenity swam, I biked and then Tobin set out for his 3-mile run. As we were waiting for Tobin to return Serenity and I talked about how thankful we were to provide this opportunity for Tobin. As Tobin crossed the finished line the announcer said, "And here is our first team to finish." Our team placed first. We couldn't believe it. Later Tobin told me, "I've gotten second place and third place before, but I've never gotten first place!" It was our prayer that God would bless that day, and He did! I want to thank Serenity for swimming for our team and I want to thank the Barnum Church family for coming to support us during the race. You're the Best! Please pray for continued opportunities to bless the students that we work with.









Nursery Volunteers: The nursery is in need of adult volunteers and young adults during church services. Please see Kay Finifrock.

September 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Servers	Wednesday Servers
1	Willis & Kay Finifrock	Scott & Elaine Bogenholm	Bonnie Kepler Cathy Kunze	Jenna Uszenski	Deb Halls	Janet Adelsgruber Karen Smith	
8	Hazel Oachs Jay Oachs	Bing & Kathy Mattson	Brian Koski Deb Donaldson	Daniel Zinter	Deb Entner	COMMUNION SUNDAY	(11) Bette Deming Annette Meyer & Boys
15	Marilyn Criley Judy Jacobs	Chris & Annette Meyer	Robin Paulson Bonnie Kepler	Brenden Zinter	Kay Finifrock	Annette Meyer Brenda Zinter	(18) Deb Entner
22	Cheryl Peterson Terri Krueger	Steve & Sandi Vogel	Brian Koski Deb Donaldson	Liam Parr	Brenda Zinter	Deb Halls Carmen Burak	(25) Evelyn Newman
29	Audrey Sebring Annette Hammitt	Bruce & Eileen Resman	Deb Donaldson Robin Paulson	Evan Earlywine	Tiffany Parr	Connie Herbert Jackie Olson	(2) Deb Halls

October 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Serv-ers	Wednesday Servers
6	Leon Finifrock Connie Herbert	Cliff & Joyce Berggren	Robin Paulson Cathy Kunze	Daniel Zinter	Sandi Vogel	Roxanne Mat-ten Kathy Otnes	(9) Paul & Carmen Burak
13	Ann Kosloski Tiffany Parr	Steve & Sandi Vogel	Brian Koski Bonnie Kepler	Nial Parr	Sandy Ferguson	COMMUNION SUNDAY	(16) Janet Adelsgruber Karen Smith
20	Roger & Deanna Finifrock	Paul & Carmen Burak	Brian Koski Deb Donaldson	Even Earlywine	Deb Halls	Cheryl Peterson Terri Krueger	(23) Terri Krueger
27	Dianne Anderson Connie Swanson	Dave & Sandy Ferguson	Deb Donaldson Robin Paulson	Brenden Zinter	Deb Entner	Ann Kosloski Linda Jusczak	(30) Sue Nelson Kathy Otnes Rachel Finifrock



September Health and Wellness Moment

"Healthy Aging"

September is Healthy Aging Month. The mission behind this month's health topic is to draw attention to the importance of healthy lifestyles for adults 45-plus. Nowadays, it is more important than ever to follow a healthy lifestyle, remain positive and passionate about life, and to look forward to better days ahead. Sometimes, however, this is not easy to do. If you need a boost to improve your lifestyle, here are some tips to be able to age well…in other words, to get older in the healthiest way possible! Let's look at some tips to achieve and maintain physical, social, mental and financial wellness.
First of all, let's look at Mental Wellness. Many people struggle with depression, loneliness, anxiety and isolation. It is important to follow these tips.

1. Be realistic. If you feel overwhelmed by some activities, (yours and/or your family's), learn to say no. Eliminate an activity that is not absolutely necessary. It's possible that you may be taking on more responsibility than you could, or should, handle. If you meet resistance, be ready to give reasons why you are making these changes. Be willing to listen to others' suggestions and be willing to compromise.
2. Shed the "superhero" urge. Nobody is perfect. Don't expect perfection from yourself or others. Focus on what really needs to be done, how much you can realistically get done and in what time frame. It's so important to ask for help when you need it.
3. Take one thing at a time. When someone is stressed or anxious, an ordinary workload can seem unbearable at times. The best way to cope with the feeling of being overwhelmed is to take one task at a time. Once you accomplish one task, choose the next most important thing you want to get done. Some people like to check off tasks on a list; it is very satisfying and helps you visualize your progress!

Next, let's look at the importance of Physical Fitness. According to the National Center for Chronic Disease Prevention and Health Promotion, about 6 in 10 adults in the U.S. have a chronic health condition, and 4 in 10 have two or more. There are many benefits of physical activity for adults and older adults. It's important to keep moving. A body in motion stays in motion! Exercise and strength training improves quality of life, reduces anxiety, and improves sleep. It also is key in weight loss, bone health and a lower risk of falls!

4. Move more, sit less. This recommendation from health.gov is based on new evidence that shows a strong positive relationship between increased sedentary behavior and increased risk of mortality, heart disease and high blood pressure.
5. Aerobic exercise. Check with your doctor for advice on how many minutes of exercise you should be getting per week. Also ask what kind of exercise is best for you and how to know if you are doing too much.
6. Muscle strengthening. These activities provide additional health benefits, so ask your doctor about muscle strengthening as well.

Next, we'll focus on the importance of Diet. Forty two percent of Americans have had an average weight gain of 29 pounds since the beginning of the pandemic. Not only have we been eating more and moving less, but alcohol consumption has also increased in this time frame. You can check out the Dietary Guidelines for Americans 2020-2025 published by the USDA. Always talk to your doctor about what weight is healthy for you.

7. Review your daily diet and make necessary changes. You guessed it, talk to your doctor about what is best for you! Generally, it is best to eat a diet that is rich in fruits, vegetables, whole grains, fat-free or low-fat milk and dairy products, and a variety of healthy proteins. It is best to eat a diet low in saturated fats, trans fats, cholesterol, sodium and added sugars.

Next, we'll focus on the importance of Social Well-being. We are created to be social beings, we crave healthy interaction with others. After feeling isolated, some older adults find it is hard to get out and be social without becoming mentally exhausted. Here are some ways to be active in your community:
8. Volunteer. There are so many places that encourage and welcome volunteering in our communities, churches, schools. Ask a friend to join you and make it a fun event to share!
9. Dream and then get to it. Is there someplace you've always wanted to travel, explore, research? Some of these things may not be realistic or feasible, but maybe some are! Have an adventure, laugh, share a fun moment with loved ones, get out and enjoy the day! Become a pen pal, learn a new language, learn to play an instrument…the sky's the limit!

Last, we will look at Financial Well-being.

10. Launch your next career, go back to school and get a degree, take an online class, learn a new skill that you have always wanted to master. Studies show that people who retire and then become sedentary and lose their excitement for life are much more likely to be ill and unhappy.

September is Healthy Aging Month, and it is the perfect time to renew or set some lifestyle goals! Happy Fall to you all!
Reference: HealthyAging.net

"Give thanks to the Lord, for He is good. His love endures forever."
Psalms 136:1
Prayers for peace, joy and good health, and just a reminder…you are uniquely YOU by HIS design!
~Jenny S, RN, BCUMC Parish Nurse

Howdy Partner!
Here is your invitation to:



The Bible-Buddy Round-Up

This is the kick-off to the Children's WEDNESDAY BIBLE BUDDIES program at the

Barnum Community Church

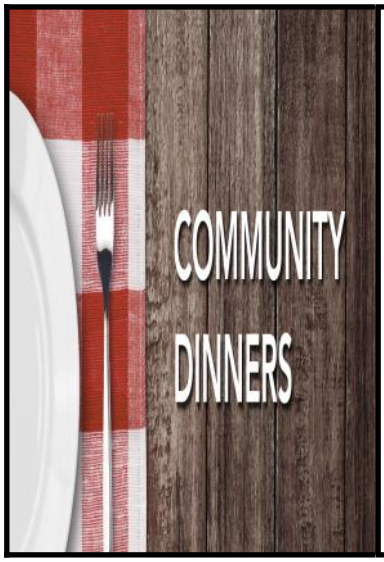
Giddy-up ya'll (ages 4-6th grade) and join up with the Bible Buddies!!

Wednesday evening September 11 at 6 - 7:15 pm, right after the Community Supper (served from 5:15 to 6pm).

After getting everyone registered and rustling up some chow, we will round up the gang of Buddies at 6 pm to enjoy activities including games, songs, crafts, and a Bible lesson.



Important Events in the Life of Our Church



Join us for
Community Dinner
&
Family Night

September 11, 18, 25

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



September 11:	*Family Night Kick Off*
	Community Dinner
	Bible Buddies
	Youth Group (7th – 12th)
	Women's Bible Study
October 31:	*Halloween Trunk or Treat*
November 20:	*Thanksgiving Dinner*
December 24:	*Christmas Eve*
	Candlelight Service



Please join us for **WOW**
"Worship on Wednesday"

6:15—6:30 Praise & Worship Music followed by a short bible lesson from Pastor Lee



The Warm Hearts Ministry will be meet Tuesday, September 24th from 10 am—3 pm to work on Warm Hearts Projects or personal projects. Please bring a lunch and join us for some great sewing time and fellowship. Bring your sewing supplies. Please RSVP Kathy Port.

United Women in Faith

United Women in Faith will be meeting on September 11 at 1:30 at the church. All women of the church are invited to attend this meeting. Ann Kosloski will be the hostess and Kathy Mattson will lead the discussion on pages 94-98 of our study book, "Life on Purpose for Women". Our heart is to assist with church projects wherever possible. Please see Sandy Ferguson for further information.



Important Events in the Life of Our Church



Mother / Child Nursing Tent:

A huge "Thank You" to all the volunteers who helped set up and tear down and work in the Baby Rest Area.





Fair time has come and gone already. Many thanks for all those who volunteered to park cars. This year over $2,600 was collected to help fund the Wednesday night youth programs reaching out to students in our Community.

The Lord's Table, September 8th

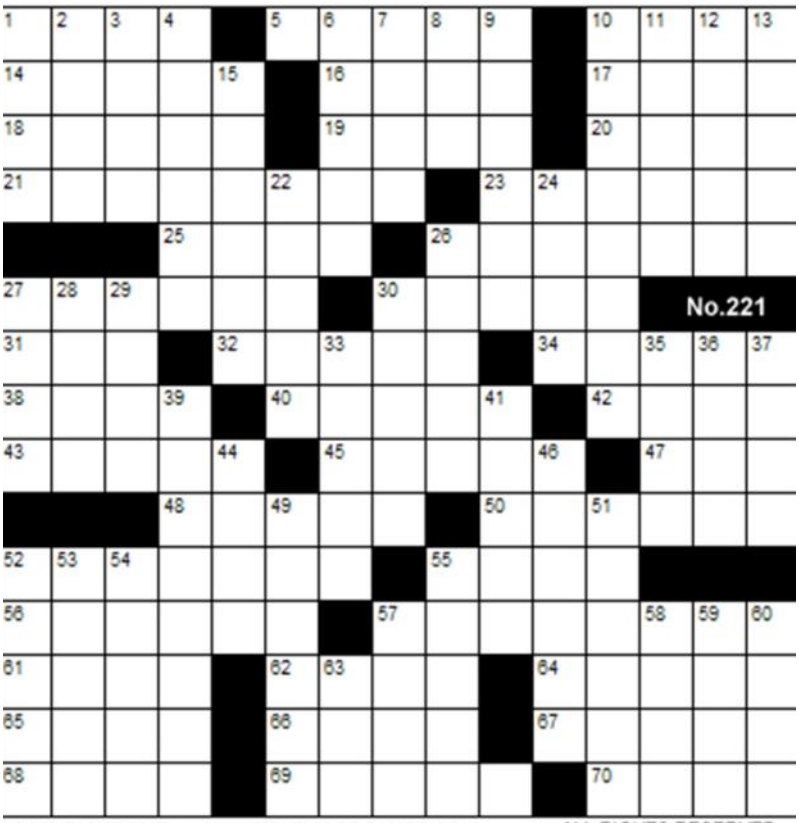


The second Sunday of the month will be our Table Sunday as a church family. We will be sharing communion at the Lord's Table, enjoying a shared-dish (potluck). Table Sunday is a monthly reminder that our life together as the family of God centers in worship, fellowship and sharing.

REMEMBER to bring a dish to share on the second Sunday and even if you aren't able, plan on staying for dinner with your family and friends here.

"Our Daily Bread" is also available on the facebook, mobile app in addition to the printed copies here in the office.

Did you miss out on a Sunday Service don't have access to Facebook or Internet? We have extra copies available for your use.



COPYRIGHT 2017 BIBLEWORDGAMES.COM ALL RIGHTS RESERVED

ACROSS

1 So Moses brought their ___ before the LORD (Num 27:5)
5 Fasten ___ ___ cord to it (1,4) (Ex 28:37)
10 fifth book of the New Testament
14 Like men condemned to die in the ___ (1 Cor 4:9)
16 Speak now in the ____ of the people (Exodus 11:2)
17 In that day the mountains will ___ new wine (Joel 3:18)
18 seems right to a man, but in the end it ___ to death (Prov 16:25)
19 Then they ___ in his face and struck him with their fists (Matt 26:67)
20 Son of man, record this ____ (Ezek 24:2)
21 because the midwives feared God, he gave them ___ of their own (Ex 1:21)
23 Elijah's successor (2 Kings 2:9)
25 Like a bird that strays from its ___ is a man who strays (Prov 27:8)
26 A student is not above his ___ , nor a servant above his master (Matt 10:24)
27 and remove all its vile ___ and detestable idols (Ezek 11:18)
30 they always heap up their sins to the ___ (1Thes 2:16)
31 clump of earth and grass
32 Her Nazarites were ___ than snow, they were whiter than (Lam 4:7) KJV
34 Jesus replied, "Foxes have holes and birds of the air have ___ (Matt 8:20)
38 The Angel which redeemed me from all evil, bless the ___ (Gen 48:16) KJV
40 from foundation to ___, were made of blocks of high-grade (1 Kings 7:9)
42 throwing stones at him and showering him with ___ (2 Sam 16:13)
43 let him seek peace, and ___ it (1 Pet 3:11) (KJV)
45 Like a ___ of Lebanon he will send down his roots (Hosea 14:5)
47 till he should pay all that was ___ unto him (Matt 18:34)
48 The tower of ____ (Gen 11:9)
50 To ____ them that were under the law (Gal 4:5)
52 I ___ silver and gold for myself, and the treasure (Eccl 2:8)
55 he that wavereth is like a ____ of the sea. (James 1:6)
56 What he trusts in is fragile; what he ___ on is a spider's web. (Job 8:14)
57 whosoever of you will be the ___, shall be servant of all (Mark 10:44) KJV
61 There is ___ ___ here, which hath five barley loaves (1,3) (John 6:9)
62 if his hands are ___, the house leaks (Eccl 10:18)
64 sixth angel poured out his vial upon the great ____ Euphrates (Rev 16:12)
65 away, absent (Rev 18:14)
66 which is gone down in the sun ___ of Ahaz (Isa 38:8) KJV
67 She gave herself as a prostitute to all the ____ of the Assyrians (Ezek 23:7)
68 thou shouldest be for salvation unto the ____ of the earth (Acts 13:47) KJV
69 said through the prophet: "Out of ___ I called my son (Matt 2:15)
70 Salvation is found in no one ___, for there is no other name (Acts 4:12)

DOWN

1 the woman had a fat ___ in the house (1 Sam 28:24) KJV
2 a Levite who lived in a remote ___ in the hill country (Judg 19:1)
3 the ephod, close to the ___ just above the waistband (Ex 39:20)
4 beginning with the oldest and ___ with the youngest (Gen 44:12)
6 Fear and trembling have ___ me; horror has overwhelmed me (Ps 55:5)
7 I will measure into their ___ the full payment for (Isa 65:7)
8 See, the LORD has chosen Bezalel son of ___ (Ex.35:30)
9 let each ____ other better than themselves (Phil 2:3)
10 not to be slanderers or ___ to much wine (Titus 2:3)
11 beat against that house, and it fell with a great ___ (Matt 7:27)
12 Thou shalt truly ____ all the increase of thy seed (Deut 14:22)
13 His ___ shaft was like a weaver's rod (1 Sam 17:7)
15 Lazarus has fallen ___; but I am going there to wake him (John 11:11)
22 married a wife, deceased, and, having no ____ (Matt 22:25)
24 Saul and Abner son of Ner had ___ down (1 Sam 26:5)
26 The people have become hungry and ___ and thirsty (2 Sam 17:29)
27 was in the ____ that is called Patmos (Rev 1:9)
28 We all growl like bears; we ___ mournfully like doves (Isa 59:11)
29 If anyone ___ anything to them, God will add to him (Rev 22:18)
30 My feet stand on ___ ground (Ps 26:12)
33 you have ___ with men on foot and they have worn you out (Jer 12:5)
35 I will give him rest from all his enemies on every ____. (1 Chr 22:9)
36 the darkness is passing and the ____ light is already shining (I Jn 2:8)
37 there shall come forth a rod out of the ___ of Jesse (Isa 11:1) KJV
39 Stay with him for a while until your brother's fury ___ (Gen 27:44)
41 no longer to call her ___; her name will be Sarah.(Gen 17:15)
44 listens to me will live in safety and be at ___ (Prov 1:33)
46 the LORD; let all the people of the world ___ him (Ps 33:8)
49 Jesus was walking ___ the Sea of Galilee (Matt 4:18)
51 Do not ___ yourselves by any of these creatures (Lev 11:43)
52 The king got up in ___ ___ left his wine (1,4) (Est 7:7)
53 Like a scarecrow in a ___ patch, their idols cannot speak (Jer 10:5)
54 ___ ___ flowing with milk and honey (1,4) (Deut 26:10)
55 Dan is a lion's ___: he shall leap from Bashan (Deut 33:22) KJV
57 what Adam was made from (Job 33:6)
58 Do not those who plot ___ go astray? (Prov 14:22)
59 silver in two bags, with two ___ of clothing (2 Kings 5:23)
60 every man under his vine and under his fig ____ (1 King 4:25)
63 I'll ___ around it and fertilize it.(Luke 13:8)

Just for Kids

Flashlight TAG



Sometimes we resist the light of Christ. But when his light touches us, we can then share it with others. Play this fun game on a summer night to remember how Christ's light shines in the world.

What you need:

- Friends
- Safe open space outdoors
- A flashlight for each player

How to play:

1. Choose one person to be the Tagger, known as the Light. Only that person can have his or her flashlight on.
2. The Light tries to shine his or her flashlight on other players, who run around and try to hide in the darkness.
3. Once players have been touched by the Light, they turn on their flashlights and join in, trying to shine on others.
4. Play until everyone has been tagged by the Light. Repeat, giving everyone a turn to be the Light.

PUZZLE

GOD'S LIGHT

Summer's long days can remind us of our Creator, who made the sun and wants us to live in his light.

Directions: First, write the opposite of each word in parentheses. Then use the Word Bank words, in order, to complete 1 John 1:5-7, NIV.

WORD BANK: is in is at if in as is in with

God _____ _____; _____ _____
(dark) (her)

there _____ _____ _____ness _____ _____ . ...
(yes) (light) (none)

But _____ we _____ _____ the _____,
(run) (dark)

_____ _____ _____ _____ the _____,
(she) (dark)

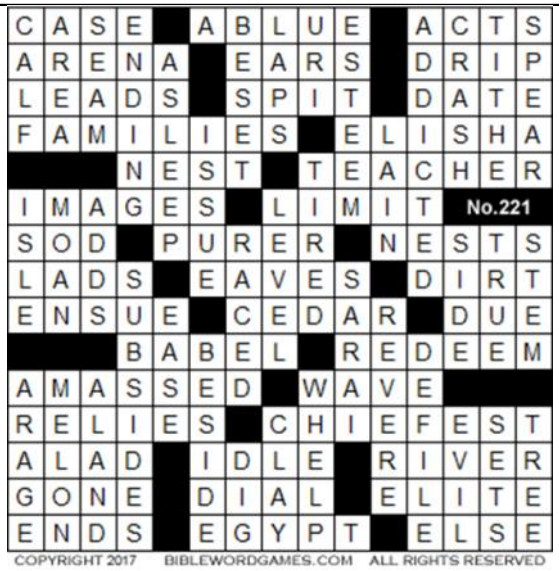
we have fellowship _____ one another. ...

1 John 1:5-7, NIV

Answer: God is light; in him there is no darkness at all . ... But if we walk in the light, as he is in the light, we have fellowship with one another. (1 John 1:5-7, NIV)

Barnum Community United Methodist Church

POSTMASTER:
Please send address changes to:
PO Box 70, 3762 Front Street
Barnum, MN 55707
(218) 389-6876 office@barnumumc.org
www.barnumumc.org



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

BUMC Ministry Team

Pastor—Lee Kantonen
Council Chair—Leon Finifrock
Youth Director—Bill Schoonover
Missions/Outreach—Connie Swanson
Secretary—Mechelle Mattson
Faith Community Nurse—Jennifer Southerton
Congregational Nurture & Care—Connie Herbert
Nursery Coordinator—Kaye Finifrock
Acolyte Coordinator—Roxanne Matten
Wednesday Night Servers—Kaye Finifrock/Terri Krueger
Custodian—Jim Calhoun

United Women in Faith—Sandy Ferguson
Bookkeeper—Tiffany Parr
Ministries Leader—Deb Halls
Staff-Parish Relations—Dawson Gentry
Worship Ministry - Lori Koski
Properties Management—Dave Matten
Discipleship Ministries—Mike Line
Sunday Servers Coordinator—Ann Kosloski
Greeters/Ushers Coordinator—Laurie Audette
Sunday Counters Coordinator—Cathy Kunze
Office Manager—Laurie Audette

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



September 2024
Volume 24—Issue 9

Bible Readings
Church Calendar
Birthdays
Anniversaries
Youth Group
Bible Buddies
Faith Community Nurse
United Women in Faith
Women's Ministry
Council Minutes
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

Office Hours (Mon-Fri)

Sunday Worship

Facebook Live 9:30 am
In Person 9:30 am

Pastor Kennection

Jesus...saw a man called Matthew sitting at the tax booth, and He said to him, "Follow me." And he rose and followed Him. (Matthew 9:9)

Where were the Apostles when Jesus called them to follow Him? It wasn't from the synagogue, was it, even though Jesus regularly was found at the synagogue. It was when the Lord was out and about in the community. The apostles were called when they were on the seashore preparing to fish, or out in their boats, the tax booth, maybe the marketplace, it was from those everyday areas of life that Jesus called them.

There is a wonderful missional heart found here at Barnum Community. My memory is relatively recent in the scheme of things, but it was so good to learn about our connection with John Sergey in years past and to listen to Pastor Sergey and learn of his evangelistic outreach to the people of what at that time was the Soviet Union. For those unfamiliar, spark up a conversation with Jen Berthelot.

Since its outset, mission has been central to the heart of churches with a Wesleyan persuasion and the United Methodist Church is no different. Recently, the Minnesota Annual Conference has been encouraging involvement of all of our churches in something called, Fresh Expressions. Very simply, it is about meeting with people around a shared area of interest while taking time to share a "Jesus Story" during the time together. For years we've known and made known that for the most part people who don't know Christ aren't going to just wander into our churches. Jesus sent his followers out to make disciples, not in.

People have been gathering at bicycling groups, kayaking groups, quilting groups, wood carving groups, golfing groups, you name it. Whatever shared area of interest people have; Fresh Expressions can be occurring there. There have even been axe throwing and burrito gatherings. The key is gathering regularly and making a point to share a Jesus story and an opportunity for prayer. Fresh Expressions is about building relationships with others outside the church. It is a time to introduce Jesus to people who likely will not wander into Barnum Community United Methodist Church or any other church building. We need to keep developing new ways of letting people know God loves them and wants to be in a relationship with them. Perhaps you have already been doing that sort of thing without calling it Fresh Expressions.

So, if you have thought sharing your faith with others is something you could never do, I invite and encourage you to think again. There might be those here at Barnum Community who share your interests to join with you to get your Fresh Expression initiated. The community is filled with people who hold shared interests in need of knowing the Lord. Thank you for sharing the love of God and inviting others to join the journey.

The Good Shepherd's Sheepdog,

Lee



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:30 Worship Service 11:00 Adult Class	**2 LABOR DAY** **Office Closed** 5-8 Youth Group	3 11:00 Prayer Group	4 5-8 Youth Group	5	6	7
8 Grandparents Day 9:30 Worship Service **Communion** 11:00 Adult Class	9 5-8 Youth Group 6:30 Council Mtg	10 11:00 Prayer Group 1:00 Moms in Prayer	11 **FAMILY NIGHT KICK OFF** 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	12	13	14
15 9:30 Worship Service 11:00 Adult Class Congregational Meeting after Church Service	16 5-8 Youth Group	17 11:00 Prayer Group 1:00 Moms in Prayer	18 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	19	20	21
22 9:30 Worship Service 11:00 Adult Class	23 5-8:00 Youth Group	24 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	25 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study Newsletter Deadline	26	27	28
29 9:30 Worship Service 11:00 Adult Class	30 5-8 Youth Group					

** Schedule subject to change.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 11:00 Prayer Group 1:00 Moms in Prayer	2 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	3	4	5
6 **Pastor Appreciation Day** 9:30 Worship Service 11:00 Adult Class	7 **COLUMBUS DAY** 5-8:00 Youth Group 6:00 Finance Mtg 6:30 Council Mtg	8 11:00 Prayer Group 1:00 Moms in Prayer	9 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	10	11	12 9:30 Secret Sister Reveal Party
13 9:30 Worship Service **Communion** 11:00 Adult Class	14 5-8:00 Youth Group	15 11:00 Prayer Group 1:00 Moms in Prayer	16 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	17	18	19
20 9:30 Worship Service 11:00 Adult Class	21 5-8:00 Youth Group	22 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	23 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	24	25	26
27 9:30 Worship Service 11:00 Adult Class	28 5-8:00 Youth Group	29 11:00 Prayer Group 1:00 Moms in Prayer Newsletter Deadline	30 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	31 **HALLOWEEN**		

** Schedule subject to change.

Daily Nourishment



OLD & NEW TESTAMENT

Sep 1: Ps 135-136; 1Cor 12
Sep 2: Ps 137-139; 1Cor 13
Sep 3: Ps 140-142; 1Cor 14:1-20
Sep 4: Ps 143-145; 1Cor 14:21-40
Sep 5: Ps 146-147; 1Cor 15:1-28
Sep 6: Ps 148-150; 1Cor 15:29-58
Sep 7: Prov 1-2; 1Cor 16
Sep 8: Prov 3-5; 2Cor 1
Sep 9: Prov 6-7; 2Cor 2
Sep 10: Prov 8-9; 2Cor 3
Sep 11: Prov 10-12; 2Cor 4
Sep 12: Prov 13-15; 2Cor 5
Sep 13: Prov 16-18; 2Cor 6
Sep 14: Prov 19-21; 2Cor 7
Sep 15: Prov 22-24; 2Cor 8
Sep 16: Prov 25-26; 2Cor 9
Sep 17: Prov 27-29; 2Cor 10
Sep 18: Prov 30-31; 2Cor 11:1-15
Sep 19: Ecc 1-3; 2Cor 11:16-33
Sep 20: Ecc 4-6; 2Cor 12
Sep 21: Ecc 7-9; 2Cor 13
Sep 22: Ecc 10-12; Gal 1
Sep 23: Song 1-3; Gal 2
Sep 24: Song 4-5; Gal 3
Sep 25: Song 6-8; Gal 4
Sep 26: Is 1-2; Gal 5
Sep 27: Is 3-4; Gal 6
Sep 28: Is 5-6; Eph 1
Sep 29: Is 7-8; Eph 2
Sep 30: Is 9-10; Eph 3

CHRONOLOGICAL

Sep 1: Ezek 18-19
Sep 2: Ezek 20-21
Sep 3: Ezek 22-23
Sep 4: Ezek 24-27
Sep 5: Ezek 28-31
Sep 6: Ezek 32-34
Sep 7: Ezek 35-37
Sep 8: Ezek 38-39
Sep 9: Ezek 40-41
Sep 10: Ezek 42-43
Sep 11: Ezek 44-45
Sep 12: Ezek 46-48
Sep 13: Joel
Sep 14: Dan 1-3
Sep 15: Dan 4-6
Sep 16: Dan 7-9
Sep 17: Dan 10-12
Sep 18: Ezra 1-3
Sep 19: Ezra 4-6; Ps 137
Sep 20: Haggai
Sep 21: Zech 1-7
Sep 22: Zech 8-14
Sep 23: Est 1-5
Sep 24: Est 6-10
Sep 25: Ezra 7-10
Sep 26: Neh 1-5
Sep 27: Neh 6-7
Sep 28: Neh 8-10
Sep 29: Neh 11-13; Ps 126
Sep 30: Malachi

Youth



Welcome to the 2024-25 School Year! Students return to their school routines and sports schedules are back. The Barnum Youth Group (BYG) is launching our new school year theme "But Wait…There's More!" Many people take life as it comes. This year we will be challenging youth that there's more to their lives. What we may see on the surface is only a part of who God created us to be. With each topic we discuss we will pause and look deeper, 'but wait…there's more'! With topics like More to Me, What's your Role, Be Kind to Others, More than Decorations, Forgiving Grudges, The Light of the World and Do you Know Me, we will be exploring so much more this year. Please pray that students are willing to look at their lives and see that they do need more and that the more they need is Jesus.

Before we say goodbye to summer, I wanted to share about an amazing experience I was able to have with a recent graduate. Tobin has attended youth group for many years, and he also loves running. At the beginning of summer, he talked about wanting to do the Moose Lake Triathlon, but he didn't want to do the whole thing. I said we could do it as a team and I would be willing to do the bike part. My wife, Serenity, said she would be willing to do the swim and all summer the three of us prepared for the big event. Serenity swam, I biked and then Tobin set out for his 3-mile run. As we were waiting for Tobin to return Serenity and I talked about how thankful we were to provide this opportunity for Tobin. As Tobin crossed the finished line the announcer said, "And here is our first team to finish." Our team placed first. We couldn't believe it. Later Tobin told me, "I've gotten second place and third place before, but I've never gotten first place!" It was our prayer that God would bless that day, and He did! I want to thank Serenity for swimming for our team and I want to thank the Barnum Church family for coming to support us during the race. You're the Best! Please pray for continued opportunities to bless the students that we work with.









Nursery Volunteers: The nursery is in need of adult volunteers and young adults during church services. Please see Kay Finifrock.

September 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Servers	Wednesday Servers
1	Willis & Kay Finifrock	Scott & Elaine Bogenholm	Bonnie Kepler Cathy Kunze	Jenna Uszenski	Deb Halls	Janet Adelsgruber Karen Smith	
8	Hazel Oachs Jay Oachs	Bing & Kathy Mattson	Brian Koski Deb Donaldson	Daniel Zinter	Deb Entner	COMMUNION SUNDAY	(11) Bette Deming Annette Meyer & Boys
15	Marilyn Criley Judy Jacobs	Chris & Annette Meyer	Robin Paulson Bonnie Kepler	Brenden Zinter	Kay Finifrock	Annette Meyer Brenda Zinter	(18) Deb Entner
22	Cheryl Peterson Terri Krueger	Steve & Sandi Vogel	Brian Koski Deb Donaldson	Liam Parr	Brenda Zinter	Deb Halls Carmen Burak	(25) Evelyn Newman
29	Audrey Sebring Annette Hammitt	Bruce & Eileen Resman	Deb Donaldson Robin Paulson	Evan Earlywine	Tiffany Parr	Connie Herbert Jackie Olson	(2) Deb Halls

October 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Serv-ers	Wednesday Servers
6	Leon Finifrock Connie Herbert	Cliff & Joyce Berggren	Robin Paulson Cathy Kunze	Daniel Zinter	Sandi Vogel	Roxanne Mat-ten Kathy Otnes	(9) Paul & Carmen Burak
13	Ann Kosloski Tiffany Parr	Steve & Sandi Vogel	Brian Koski Bonnie Kepler	Nial Parr	Sandy Ferguson	COMMUNION SUNDAY	(16) Janet Adelsgruber Karen Smith
20	Roger & Deanna Finifrock	Paul & Carmen Burak	Brian Koski Deb Donaldson	Even Earlywine	Deb Halls	Cheryl Peterson Terri Krueger	(23) Terri Krueger
27	Dianne Anderson Connie Swanson	Dave & Sandy Ferguson	Deb Donaldson Robin Paulson	Brenden Zinter	Deb Entner	Ann Kosloski Linda Jusczak	(30) Sue Nelson Kathy Otnes Rachel Finifrock



September Health and Wellness Moment

"Healthy Aging"

September is Healthy Aging Month. The mission behind this month's health topic is to draw attention to the importance of healthy lifestyles for adults 45-plus. Nowadays, it is more important than ever to follow a healthy lifestyle, remain positive and passionate about life, and to look forward to better days ahead. Sometimes, however, this is not easy to do. If you need a boost to improve your lifestyle, here are some tips to be able to age well…in other words, to get older in the healthiest way possible! Let's look at some tips to achieve and maintain physical, social, mental and financial wellness.
First of all, let's look at Mental Wellness. Many people struggle with depression, loneliness, anxiety and isolation. It is important to follow these tips.

1. Be realistic. If you feel overwhelmed by some activities, (yours and/or your family's), learn to say no. Eliminate an activity that is not absolutely necessary. It's possible that you may be taking on more responsibility than you could, or should, handle. If you meet resistance, be ready to give reasons why you are making these changes. Be willing to listen to others' suggestions and be willing to compromise.
2. Shed the "superhero" urge. Nobody is perfect. Don't expect perfection from yourself or others. Focus on what really needs to be done, how much you can realistically get done and in what time frame. It's so important to ask for help when you need it.
3. Take one thing at a time. When someone is stressed or anxious, an ordinary workload can seem unbearable at times. The best way to cope with the feeling of being overwhelmed is to take one task at a time. Once you accomplish one task, choose the next most important thing you want to get done. Some people like to check off tasks on a list; it is very satisfying and helps you visualize your progress!

Next, let's look at the importance of Physical Fitness. According to the National Center for Chronic Disease Prevention and Health Promotion, about 6 in 10 adults in the U.S. have a chronic health condition, and 4 in 10 have two or more. There are many benefits of physical activity for adults and older adults. It's important to keep moving. A body in motion stays in motion! Exercise and strength training improves quality of life, reduces anxiety, and improves sleep. It also is key in weight loss, bone health and a lower risk of falls!

4. Move more, sit less. This recommendation from health.gov is based on new evidence that shows a strong positive relationship between increased sedentary behavior and increased risk of mortality, heart disease and high blood pressure.
5. Aerobic exercise. Check with your doctor for advice on how many minutes of exercise you should be getting per week. Also ask what kind of exercise is best for you and how to know if you are doing too much.
6. Muscle strengthening. These activities provide additional health benefits, so ask your doctor about muscle strengthening as well.

Next, we'll focus on the importance of Diet. Forty two percent of Americans have had an average weight gain of 29 pounds since the beginning of the pandemic. Not only have we been eating more and moving less, but alcohol consumption has also increased in this time frame. You can check out the Dietary Guidelines for Americans 2020-2025 published by the USDA. Always talk to your doctor about what weight is healthy for you.

7. Review your daily diet and make necessary changes. You guessed it, talk to your doctor about what is best for you! Generally, it is best to eat a diet that is rich in fruits, vegetables, whole grains, fat-free or low-fat milk and dairy products, and a variety of healthy proteins. It is best to eat a diet low in saturated fats, trans fats, cholesterol, sodium and added sugars.

Next, we'll focus on the importance of Social Well-being. We are created to be social beings, we crave healthy interaction with others. After feeling isolated, some older adults find it is hard to get out and be social without becoming mentally exhausted. Here are some ways to be active in your community:
8. Volunteer. There are so many places that encourage and welcome volunteering in our communities, churches, schools. Ask a friend to join you and make it a fun event to share!
9. Dream and then get to it. Is there someplace you've always wanted to travel, explore, research? Some of these things may not be realistic or feasible, but maybe some are! Have an adventure, laugh, share a fun moment with loved ones, get out and enjoy the day! Become a pen pal, learn a new language, learn to play an instrument…the sky's the limit!

Last, we will look at Financial Well-being.

10. Launch your next career, go back to school and get a degree, take an online class, learn a new skill that you have always wanted to master. Studies show that people who retire and then become sedentary and lose their excitement for life are much more likely to be ill and unhappy.

September is Healthy Aging Month, and it is the perfect time to renew or set some lifestyle goals! Happy Fall to you all!
Reference: HealthyAging.net

"Give thanks to the Lord, for He is good. His love endures forever."
Psalms 136:1
Prayers for peace, joy and good health, and just a reminder…you are uniquely YOU by HIS design!
~Jenny S, RN, BCUMC Parish Nurse

Howdy Partner!
Here is your invitation to:



The Bible-Buddy Round-Up

This is the kick-off to the Children's WEDNESDAY BIBLE BUDDIES program at the

Barnum Community Church

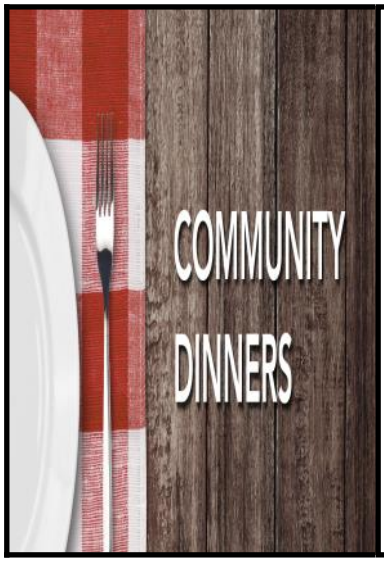
Giddy-up ya'll (ages 4-6th grade) and join up with the Bible Buddies!!

Wednesday evening September 11 at 6 - 7:15 pm, right after the Community Supper (served from 5:15 to 6pm).

After getting everyone registered and rustling up some chow, we will round up the gang of Buddies at 6 pm to enjoy activities including games, songs, crafts, and a Bible lesson.



Important Events in the Life of Our Church



Join us for
Community Dinner
&
Family Night

September 11, 18, 25

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



September 11:	*Family Night Kick Off*
	Community Dinner
	Bible Buddies
	Youth Group (7th – 12th)
	Women's Bible Study
October 31:	*Halloween Trunk or Treat*
November 20:	*Thanksgiving Dinner*
December 24:	*Christmas Eve*
	Candlelight Service



Please join us for **WOW**
"Worship on Wednesday"

6:15—6:30 Praise & Worship Music followed by a short bible lesson from Pastor Lee



The Warm Hearts Ministry will be meet Tuesday, September 24th from 10 am—3 pm to work on Warm Hearts Projects or personal projects. Please bring a lunch and join us for some great sewing time and fellowship. Bring your sewing supplies. Please RSVP Kathy Port.

United Women in Faith

United Women in Faith will be meeting on September 11 at 1:30 at the church. All women of the church are invited to attend this meeting. Ann Kosloski will be the hostess and Kathy Mattson will lead the discussion on pages 94-98 of our study book, "Life on Purpose for Women". Our heart is to assist with church projects wherever possible. Please see Sandy Ferguson for further information.



Important Events in the Life of Our Church



Mother / Child Nursing Tent:

A huge "Thank You" to all the volunteers who helped set up and tear down and work in the Baby Rest Area.





Fair time has come and gone already. Many thanks for all those who volunteered to park cars. This year over $2,600 was collected to help fund the Wednesday night youth programs reaching out to students in our Community.

The Lord's Table, September 8th

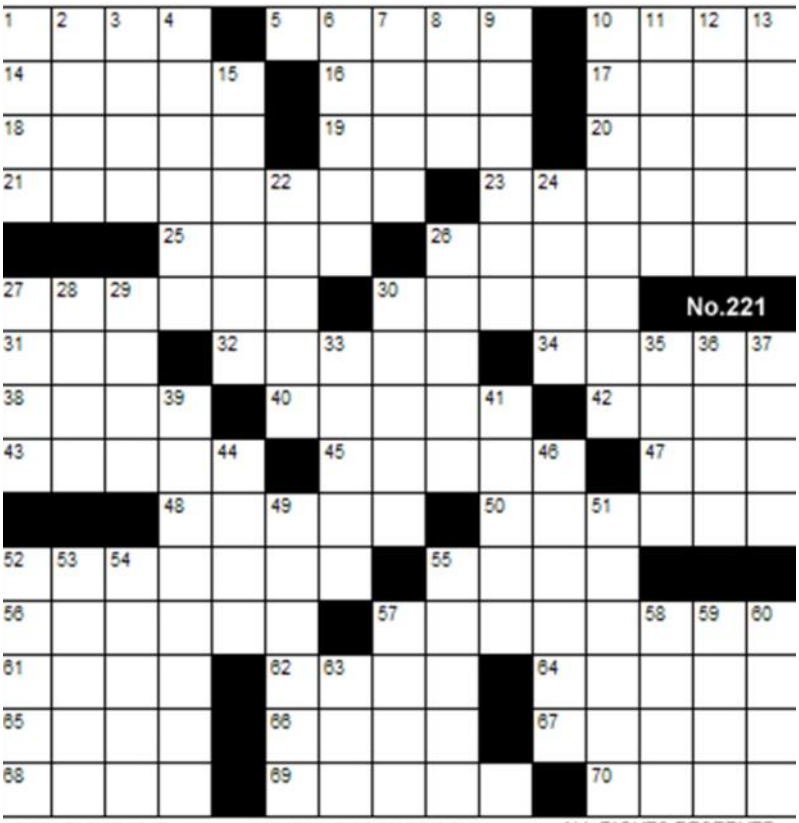


The second Sunday of the month will be our Table Sunday as a church family. We will be sharing communion at the Lord's Table, enjoying a shared-dish (potluck). Table Sunday is a monthly reminder that our life together as the family of God centers in worship, fellowship and sharing.

REMEMBER to bring a dish to share on the second Sunday and even if you aren't able, plan on staying for dinner with your family and friends here.

"Our Daily Bread" is also available on the facebook, mobile app in addition to the printed copies here in the office.

Did you miss out on a Sunday Service don't have access to Facebook or Internet? We have extra copies available for your use.



COPYRIGHT 2017 BIBLEWORDGAMES.COM ALL RIGHTS RESERVED

ACROSS

1 So Moses brought their ___ before the LORD (Num 27:5)
5 Fasten ___ ___ cord to it (1,4) (Ex 28:37)
10 fifth book of the New Testament
14 Like men condemned to die in the ___ (1 Cor 4:9)
16 Speak now in the ____ of the people (Exodus 11:2)
17 In that day the mountains will ___ new wine (Joel 3:18)
18 seems right to a man, but in the end it ___ to death (Prov 16:25)
19 Then they ___ in his face and struck him with their fists (Matt 26:67)
20 Son of man, record this ____ (Ezek 24:2)
21 because the midwives feared God, he gave them ___ of their own (Ex 1:21)
23 Elijah's successor (2 Kings 2:9)
25 Like a bird that strays from its ___ is a man who strays (Prov 27:8)
26 A student is not above his ___ , nor a servant above his master (Matt 10:24)
27 and remove all its vile ___ and detestable idols (Ezek 11:18)
30 they always heap up their sins to the ___ (1Thes 2:16)
31 clump of earth and grass
32 Her Nazarites were ___ than snow, they were whiter than (Lam 4:7) KJV
34 Jesus replied, "Foxes have holes and birds of the air have ___ (Matt 8:20)
38 The Angel which redeemed me from all evil, bless the ___ (Gen 48:16) KJV
40 from foundation to ___, were made of blocks of high-grade (1 Kings 7:9)
42 throwing stones at him and showering him with ___ (2 Sam 16:13)
43 let him seek peace, and ___ it (1 Pet 3:11) (KJV)
45 Like a ___ of Lebanon he will send down his roots (Hosea 14:5)
47 till he should pay all that was ___ unto him (Matt 18:34)
48 The tower of ____ (Gen 11:9)
50 To ____ them that were under the law (Gal 4:5)
52 I ___ silver and gold for myself, and the treasure (Eccl 2:8)
55 he that wavereth is like a ____ of the sea. (James 1:6)
56 What he trusts in is fragile; what he ___ on is a spider's web. (Job 8:14)
57 whosoever of you will be the ___, shall be servant of all (Mark 10:44) KJV
61 There is ___ ___ here, which hath five barley loaves (1,3) (John 6:9)
62 if his hands are ___, the house leaks (Eccl 10:18)
64 sixth angel poured out his vial upon the great ____ Euphrates (Rev 16:12)
65 away, absent (Rev 18:14)
66 which is gone down in the sun ___ of Ahaz (Isa 38:8) KJV
67 She gave herself as a prostitute to all the ____ of the Assyrians (Ezek 23:7)
68 thou shouldest be for salvation unto the ____ of the earth (Acts 13:47) KJV
69 said through the prophet: "Out of ___ I called my son (Matt 2:15)
70 Salvation is found in no one ___, for there is no other name (Acts 4:12)

DOWN

1 the woman had a fat ___ in the house (1 Sam 28:24) KJV
2 a Levite who lived in a remote ___ in the hill country (Judg 19:1)
3 the ephod, close to the ___ just above the waistband (Ex 39:20)
4 beginning with the oldest and ___ with the youngest (Gen 44:12)
6 Fear and trembling have ___ me; horror has overwhelmed me (Ps 55:5)
7 I will measure into their ___ the full payment for (Isa 65:7)
8 See, the LORD has chosen Bezalel son of ___ (Ex.35:30)
9 let each ____ other better than themselves (Phil 2:3)
10 not to be slanderers or ___ to much wine (Titus 2:3)
11 beat against that house, and it fell with a great ___ (Matt 7:27)
12 Thou shalt truly ____ all the increase of thy seed (Deut 14:22)
13 His ___ shaft was like a weaver's rod (1 Sam 17:7)
15 Lazarus has fallen ___; but I am going there to wake him (John 11:11)
22 married a wife, deceased, and, having no ____ (Matt 22:25)
24 Saul and Abner son of Ner had ___ down (1 Sam 26:5)
26 The people have become hungry and ___ and thirsty (2 Sam 17:29)
27 was in the ____ that is called Patmos (Rev 1:9)
28 We all growl like bears; we ___ mournfully like doves (Isa 59:11)
29 If anyone ___ anything to them, God will add to him (Rev 22:18)
30 My feet stand on ___ ground (Ps 26:12)
33 you have ___ with men on foot and they have worn you out (Jer 12:5)
35 I will give him rest from all his enemies on every ____. (1 Chr 22:9)
36 the darkness is passing and the ____ light is already shining (I Jn 2:8)
37 there shall come forth a rod out of the ___ of Jesse (Isa 11:1) KJV
39 Stay with him for a while until your brother's fury ___ (Gen 27:44)
41 no longer to call her ___; her name will be Sarah.(Gen 17:15)
44 listens to me will live in safety and be at ___ (Prov 1:33)
46 the LORD; let all the people of the world ___ him (Ps 33:8)
49 Jesus was walking ___ the Sea of Galilee (Matt 4:18)
51 Do not ___ yourselves by any of these creatures (Lev 11:43)
52 The king got up in ___ ___ left his wine (1,4) (Est 7:7)
53 Like a scarecrow in a ___ patch, their idols cannot speak (Jer 10:5)
54 ___ ___ flowing with milk and honey (1,4) (Deut 26:10)
55 Dan is a lion's ___: he shall leap from Bashan (Deut 33:22) KJV
57 what Adam was made from (Job 33:6)
58 Do not those who plot ___ go astray? (Prov 14:22)
59 silver in two bags, with two ___ of clothing (2 Kings 5:23)
60 every man under his vine and under his fig ____ (1 King 4:25)
63 I'll ___ around it and fertilize it.(Luke 13:8)

Just for Kids

Flashlight TAG



Sometimes we resist the light of Christ. But when his light touches us, we can then share it with others. Play this fun game on a summer night to remember how Christ's light shines in the world.

What you need:

- Friends
- Safe open space outdoors
- A flashlight for each player

How to play:

1. Choose one person to be the Tagger, known as the Light. Only that person can have his or her flashlight on.
2. The Light tries to shine his or her flashlight on other players, who run around and try to hide in the darkness.
3. Once players have been touched by the Light, they turn on their flashlights and join in, trying to shine on others.
4. Play until everyone has been tagged by the Light. Repeat, giving everyone a turn to be the Light.

PUZZLE

GOD'S LIGHT

Summer's long days can remind us of our Creator, who made the sun and wants us to live in his light.

Directions: First, write the opposite of each word in parentheses. Then use the Word Bank words, in order, to complete 1 John 1:5-7, NIV.

WORD BANK: is in is at if in as is in with

God _____ _____; _____ _____
(dark) (her)

there _____ _____ _____ness _____ _____ . ...
(yes) (light) (none)

But _____ we _____ _____ the _____,
(run) (dark)

_____ _____ _____ _____ the _____,
(she) (dark)

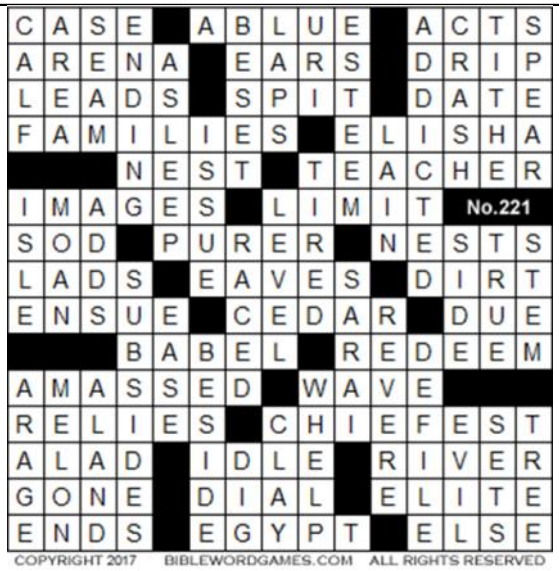
we have fellowship _____ one another. ...

1 John 1:5-7, NIV

Answer: God is light; in him there is no darkness at all . ... But if we walk in the light, as he is in the light, we have fellowship with one another. (1 John 1:5-7, NIV)

Barnum Community United Methodist Church

POSTMASTER:
Please send address changes to:
PO Box 70, 3762 Front Street
Barnum, MN 55707
(218) 389-6876 office@barnumumc.org
www.barnumumc.org



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

BUMC Ministry Team

Pastor—Lee Kantonen
Council Chair—Leon Finifrock
Youth Director—Bill Schoonover
Missions/Outreach—Connie Swanson
Secretary—Mechelle Mattson
Faith Community Nurse—Jennifer Southerton
Congregational Nurture & Care—Connie Herbert
Nursery Coordinator—Kaye Finifrock
Acolyte Coordinator—Roxanne Matten
Wednesday Night Servers—Kaye Finifrock/Terri Krueger
Custodian—Jim Calhoun

United Women in Faith—Sandy Ferguson
Bookkeeper—Tiffany Parr
Ministries Leader—Deb Halls
Staff-Parish Relations—Dawson Gentry
Worship Ministry - Lori Koski
Properties Management—Dave Matten
Discipleship Ministries—Mike Line
Sunday Servers Coordinator—Ann Kosloski
Greeters/Ushers Coordinator—Laurie Audette
Sunday Counters Coordinator—Cathy Kunze
Office Manager—Laurie Audette

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



September 2024
Volume 24—Issue 9

Bible Readings
Church Calendar
Birthdays
Anniversaries
Youth Group
Bible Buddies
Faith Community Nurse
United Women in Faith
Women's Ministry
Council Minutes
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

Office Hours (Mon-Fri)

Sunday Worship

Facebook Live 9:30 am
In Person 9:30 am

Pastor Kennection

Jesus...saw a man called Matthew sitting at the tax booth, and He said to him, "Follow me." And he rose and followed Him. (Matthew 9:9)

Where were the Apostles when Jesus called them to follow Him? It wasn't from the synagogue, was it, even though Jesus regularly was found at the synagogue. It was when the Lord was out and about in the community. The apostles were called when they were on the seashore preparing to fish, or out in their boats, the tax booth, maybe the marketplace, it was from those everyday areas of life that Jesus called them.

There is a wonderful missional heart found here at Barnum Community. My memory is relatively recent in the scheme of things, but it was so good to learn about our connection with John Sergey in years past and to listen to Pastor Sergey and learn of his evangelistic outreach to the people of what at that time was the Soviet Union. For those unfamiliar, spark up a conversation with Jen Berthelot.

Since its outset, mission has been central to the heart of churches with a Wesleyan persuasion and the United Methodist Church is no different. Recently, the Minnesota Annual Conference has been encouraging involvement of all of our churches in something called, Fresh Expressions. Very simply, it is about meeting with people around a shared area of interest while taking time to share a "Jesus Story" during the time together. For years we've known and made known that for the most part people who don't know Christ aren't going to just wander into our churches. Jesus sent his followers out to make disciples, not in.

People have been gathering at bicycling groups, kayaking groups, quilting groups, wood carving groups, golfing groups, you name it. Whatever shared area of interest people have; Fresh Expressions can be occurring there. There have even been axe throwing and burrito gatherings. The key is gathering regularly and making a point to share a Jesus story and an opportunity for prayer. Fresh Expressions is about building relationships with others outside the church. It is a time to introduce Jesus to people who likely will not wander into Barnum Community United Methodist Church or any other church building. We need to keep developing new ways of letting people know God loves them and wants to be in a relationship with them. Perhaps you have already been doing that sort of thing without calling it Fresh Expressions.

So, if you have thought sharing your faith with others is something you could never do, I invite and encourage you to think again. There might be those here at Barnum Community who share your interests to join with you to get your Fresh Expression initiated. The community is filled with people who hold shared interests in need of knowing the Lord. Thank you for sharing the love of God and inviting others to join the journey.

The Good Shepherd's Sheepdog,

Lee



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:30 Worship Service 11:00 Adult Class	**2 LABOR DAY** **Office Closed** 5-8 Youth Group	3 11:00 Prayer Group	4 5-8 Youth Group	5	6	7
8 Grandparents Day 9:30 Worship Service **Communion** 11:00 Adult Class	9 5-8 Youth Group 6:30 Council Mtg	10 11:00 Prayer Group 1:00 Moms in Prayer	11 **FAMILY NIGHT KICK OFF** 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	12	13	14
15 9:30 Worship Service 11:00 Adult Class Congregational Meeting after Church Service	16 5-8 Youth Group	17 11:00 Prayer Group 1:00 Moms in Prayer	18 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	19	20	21
22 9:30 Worship Service 11:00 Adult Class	23 5-8:00 Youth Group	24 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	25 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study Newsletter Deadline	26	27	28
29 9:30 Worship Service 11:00 Adult Class	30 5-8 Youth Group					

** Schedule subject to change.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 11:00 Prayer Group 1:00 Moms in Prayer	2 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	3	4	5
6 **Pastor Appreciation Day** 9:30 Worship Service 11:00 Adult Class	7 **COLUMBUS DAY** 5-8:00 Youth Group 6:00 Finance Mtg 6:30 Council Mtg	8 11:00 Prayer Group 1:00 Moms in Prayer	9 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	10	11	12 9:30 Secret Sister Reveal Party
13 9:30 Worship Service **Communion** 11:00 Adult Class	14 5-8:00 Youth Group	15 11:00 Prayer Group 1:00 Moms in Prayer	16 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	17	18	19
20 9:30 Worship Service 11:00 Adult Class	21 5-8:00 Youth Group	22 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	23 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	24	25	26
27 9:30 Worship Service 11:00 Adult Class	28 5-8:00 Youth Group	29 11:00 Prayer Group 1:00 Moms in Prayer Newsletter Deadline	30 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	31 **HALLOWEEN**		

** Schedule subject to change.

Daily Nourishment



OLD & NEW TESTAMENT

Sep 1: Ps 135-136; 1Cor 12
Sep 2: Ps 137-139; 1Cor 13
Sep 3: Ps 140-142; 1Cor 14:1-20
Sep 4: Ps 143-145; 1Cor 14:21-40
Sep 5: Ps 146-147; 1Cor 15:1-28
Sep 6: Ps 148-150; 1Cor 15:29-58
Sep 7: Prov 1-2; 1Cor 16
Sep 8: Prov 3-5; 2Cor 1
Sep 9: Prov 6-7; 2Cor 2
Sep 10: Prov 8-9; 2Cor 3
Sep 11: Prov 10-12; 2Cor 4
Sep 12: Prov 13-15; 2Cor 5
Sep 13: Prov 16-18; 2Cor 6
Sep 14: Prov 19-21; 2Cor 7
Sep 15: Prov 22-24; 2Cor 8
Sep 16: Prov 25-26; 2Cor 9
Sep 17: Prov 27-29; 2Cor 10
Sep 18: Prov 30-31; 2Cor 11:1-15
Sep 19: Ecc 1-3; 2Cor 11:16-33
Sep 20: Ecc 4-6; 2Cor 12
Sep 21: Ecc 7-9; 2Cor 13
Sep 22: Ecc 10-12; Gal 1
Sep 23: Song 1-3; Gal 2
Sep 24: Song 4-5; Gal 3
Sep 25: Song 6-8; Gal 4
Sep 26: Is 1-2; Gal 5
Sep 27: Is 3-4; Gal 6
Sep 28: Is 5-6; Eph 1
Sep 29: Is 7-8; Eph 2
Sep 30: Is 9-10; Eph 3

CHRONOLOGICAL

Sep 1: Ezek 18-19
Sep 2: Ezek 20-21
Sep 3: Ezek 22-23
Sep 4: Ezek 24-27
Sep 5: Ezek 28-31
Sep 6: Ezek 32-34
Sep 7: Ezek 35-37
Sep 8: Ezek 38-39
Sep 9: Ezek 40-41
Sep 10: Ezek 42-43
Sep 11: Ezek 44-45
Sep 12: Ezek 46-48
Sep 13: Joel
Sep 14: Dan 1-3
Sep 15: Dan 4-6
Sep 16: Dan 7-9
Sep 17: Dan 10-12
Sep 18: Ezra 1-3
Sep 19: Ezra 4-6; Ps 137
Sep 20: Haggai
Sep 21: Zech 1-7
Sep 22: Zech 8-14
Sep 23: Est 1-5
Sep 24: Est 6-10
Sep 25: Ezra 7-10
Sep 26: Neh 1-5
Sep 27: Neh 6-7
Sep 28: Neh 8-10
Sep 29: Neh 11-13; Ps 126
Sep 30: Malachi

Youth



Welcome to the 2024-25 School Year! Students return to their school routines and sports schedules are back. The Barnum Youth Group (BYG) is launching our new school year theme "But Wait…There's More!" Many people take life as it comes. This year we will be challenging youth that there's more to their lives. What we may see on the surface is only a part of who God created us to be. With each topic we discuss we will pause and look deeper, 'but wait…there's more'! With topics like More to Me, What's your Role, Be Kind to Others, More than Decorations, Forgiving Grudges, The Light of the World and Do you Know Me, we will be exploring so much more this year. Please pray that students are willing to look at their lives and see that they do need more and that the more they need is Jesus.

Before we say goodbye to summer, I wanted to share about an amazing experience I was able to have with a recent graduate. Tobin has attended youth group for many years, and he also loves running. At the beginning of summer, he talked about wanting to do the Moose Lake Triathlon, but he didn't want to do the whole thing. I said we could do it as a team and I would be willing to do the bike part. My wife, Serenity, said she would be willing to do the swim and all summer the three of us prepared for the big event. Serenity swam, I biked and then Tobin set out for his 3-mile run. As we were waiting for Tobin to return Serenity and I talked about how thankful we were to provide this opportunity for Tobin. As Tobin crossed the finished line the announcer said, "And here is our first team to finish." Our team placed first. We couldn't believe it. Later Tobin told me, "I've gotten second place and third place before, but I've never gotten first place!" It was our prayer that God would bless that day, and He did! I want to thank Serenity for swimming for our team and I want to thank the Barnum Church family for coming to support us during the race. You're the Best! Please pray for continued opportunities to bless the students that we work with.









Nursery Volunteers: The nursery is in need of adult volunteers and young adults during church services. Please see Kay Finifrock.

September 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Servers	Wednesday Servers
1	Willis & Kay Finifrock	Scott & Elaine Bogenholm	Bonnie Kepler Cathy Kunze	Jenna Uszenski	Deb Halls	Janet Adelsgruber Karen Smith	
8	Hazel Oachs Jay Oachs	Bing & Kathy Mattson	Brian Koski Deb Donaldson	Daniel Zinter	Deb Entner	COMMUNION SUNDAY	(11) Bette Deming Annette Meyer & Boys
15	Marilyn Criley Judy Jacobs	Chris & Annette Meyer	Robin Paulson Bonnie Kepler	Brenden Zinter	Kay Finifrock	Annette Meyer Brenda Zinter	(18) Deb Entner
22	Cheryl Peterson Terri Krueger	Steve & Sandi Vogel	Brian Koski Deb Donaldson	Liam Parr	Brenda Zinter	Deb Halls Carmen Burak	(25) Evelyn Newman
29	Audrey Sebring Annette Hammitt	Bruce & Eileen Resman	Deb Donaldson Robin Paulson	Evan Earlywine	Tiffany Parr	Connie Herbert Jackie Olson	(2) Deb Halls

October 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Serv-ers	Wednesday Servers
6	Leon Finifrock Connie Herbert	Cliff & Joyce Berggren	Robin Paulson Cathy Kunze	Daniel Zinter	Sandi Vogel	Roxanne Mat-ten Kathy Otnes	(9) Paul & Carmen Burak
13	Ann Kosloski Tiffany Parr	Steve & Sandi Vogel	Brian Koski Bonnie Kepler	Nial Parr	Sandy Ferguson	COMMUNION SUNDAY	(16) Janet Adelsgruber Karen Smith
20	Roger & Deanna Finifrock	Paul & Carmen Burak	Brian Koski Deb Donaldson	Even Earlywine	Deb Halls	Cheryl Peterson Terri Krueger	(23) Terri Krueger
27	Dianne Anderson Connie Swanson	Dave & Sandy Ferguson	Deb Donaldson Robin Paulson	Brenden Zinter	Deb Entner	Ann Kosloski Linda Jusczak	(30) Sue Nelson Kathy Otnes Rachel Finifrock



September Health and Wellness Moment

"Healthy Aging"

September is Healthy Aging Month. The mission behind this month's health topic is to draw attention to the importance of healthy lifestyles for adults 45-plus. Nowadays, it is more important than ever to follow a healthy lifestyle, remain positive and passionate about life, and to look forward to better days ahead. Sometimes, however, this is not easy to do. If you need a boost to improve your lifestyle, here are some tips to be able to age well…in other words, to get older in the healthiest way possible! Let's look at some tips to achieve and maintain physical, social, mental and financial wellness.
First of all, let's look at Mental Wellness. Many people struggle with depression, loneliness, anxiety and isolation. It is important to follow these tips.

1. Be realistic. If you feel overwhelmed by some activities, (yours and/or your family's), learn to say no. Eliminate an activity that is not absolutely necessary. It's possible that you may be taking on more responsibility than you could, or should, handle. If you meet resistance, be ready to give reasons why you are making these changes. Be willing to listen to others' suggestions and be willing to compromise.
2. Shed the "superhero" urge. Nobody is perfect. Don't expect perfection from yourself or others. Focus on what really needs to be done, how much you can realistically get done and in what time frame. It's so important to ask for help when you need it.
3. Take one thing at a time. When someone is stressed or anxious, an ordinary workload can seem unbearable at times. The best way to cope with the feeling of being overwhelmed is to take one task at a time. Once you accomplish one task, choose the next most important thing you want to get done. Some people like to check off tasks on a list; it is very satisfying and helps you visualize your progress!

Next, let's look at the importance of Physical Fitness. According to the National Center for Chronic Disease Prevention and Health Promotion, about 6 in 10 adults in the U.S. have a chronic health condition, and 4 in 10 have two or more. There are many benefits of physical activity for adults and older adults. It's important to keep moving. A body in motion stays in motion! Exercise and strength training improves quality of life, reduces anxiety, and improves sleep. It also is key in weight loss, bone health and a lower risk of falls!

4. Move more, sit less. This recommendation from health.gov is based on new evidence that shows a strong positive relationship between increased sedentary behavior and increased risk of mortality, heart disease and high blood pressure.
5. Aerobic exercise. Check with your doctor for advice on how many minutes of exercise you should be getting per week. Also ask what kind of exercise is best for you and how to know if you are doing too much.
6. Muscle strengthening. These activities provide additional health benefits, so ask your doctor about muscle strengthening as well.

Next, we'll focus on the importance of Diet. Forty two percent of Americans have had an average weight gain of 29 pounds since the beginning of the pandemic. Not only have we been eating more and moving less, but alcohol consumption has also increased in this time frame. You can check out the Dietary Guidelines for Americans 2020-2025 published by the USDA. Always talk to your doctor about what weight is healthy for you.

7. Review your daily diet and make necessary changes. You guessed it, talk to your doctor about what is best for you! Generally, it is best to eat a diet that is rich in fruits, vegetables, whole grains, fat-free or low-fat milk and dairy products, and a variety of healthy proteins. It is best to eat a diet low in saturated fats, trans fats, cholesterol, sodium and added sugars.

Next, we'll focus on the importance of Social Well-being. We are created to be social beings, we crave healthy interaction with others. After feeling isolated, some older adults find it is hard to get out and be social without becoming mentally exhausted. Here are some ways to be active in your community:
8. Volunteer. There are so many places that encourage and welcome volunteering in our communities, churches, schools. Ask a friend to join you and make it a fun event to share!
9. Dream and then get to it. Is there someplace you've always wanted to travel, explore, research? Some of these things may not be realistic or feasible, but maybe some are! Have an adventure, laugh, share a fun moment with loved ones, get out and enjoy the day! Become a pen pal, learn a new language, learn to play an instrument…the sky's the limit!

Last, we will look at Financial Well-being.

10. Launch your next career, go back to school and get a degree, take an online class, learn a new skill that you have always wanted to master. Studies show that people who retire and then become sedentary and lose their excitement for life are much more likely to be ill and unhappy.

September is Healthy Aging Month, and it is the perfect time to renew or set some lifestyle goals! Happy Fall to you all!
Reference: HealthyAging.net

"Give thanks to the Lord, for He is good. His love endures forever."
Psalms 136:1
Prayers for peace, joy and good health, and just a reminder…you are uniquely YOU by HIS design!
~Jenny S, RN, BCUMC Parish Nurse

Howdy Partner!
Here is your invitation to:



The Bible-Buddy Round-Up

This is the kick-off to the Children's WEDNESDAY BIBLE BUDDIES program at the

Barnum Community Church

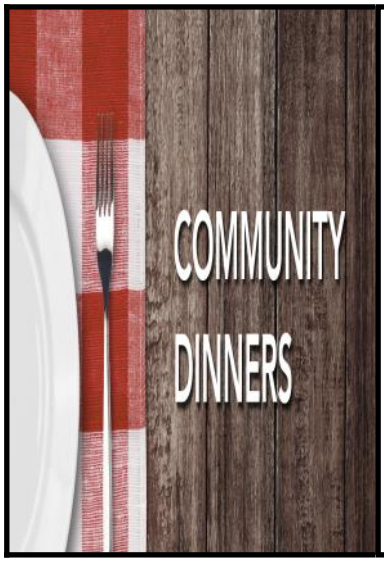
Giddy-up ya'll (ages 4-6th grade) and join up with the Bible Buddies!!

Wednesday evening September 11 at 6 - 7:15 pm, right after the Community Supper (served from 5:15 to 6pm).

After getting everyone registered and rustling up some chow, we will round up the gang of Buddies at 6 pm to enjoy activities including games, songs, crafts, and a Bible lesson.



Important Events in the Life of Our Church



Join us for
Community Dinner
&
Family Night

September 11, 18, 25

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



September 11:	*Family Night Kick Off*
	Community Dinner
	Bible Buddies
	Youth Group (7th – 12th)
	Women's Bible Study
October 31:	*Halloween Trunk or Treat*
November 20:	*Thanksgiving Dinner*
December 24:	*Christmas Eve*
	Candlelight Service



Please join us for **WOW**
"Worship on Wednesday"

6:15—6:30 Praise & Worship Music followed by a short bible lesson from Pastor Lee



The Warm Hearts Ministry will be meet Tuesday, September 24th from 10 am—3 pm to work on Warm Hearts Projects or personal projects. Please bring a lunch and join us for some great sewing time and fellowship. Bring your sewing supplies. Please RSVP Kathy Port.

United Women in Faith

United Women in Faith will be meeting on September 11 at 1:30 at the church. All women of the church are invited to attend this meeting. Ann Kosloski will be the hostess and Kathy Mattson will lead the discussion on pages 94-98 of our study book, "Life on Purpose for Women". Our heart is to assist with church projects wherever possible. Please see Sandy Ferguson for further information.



Important Events in the Life of Our Church



Mother / Child Nursing Tent:

A huge "Thank You" to all the volunteers who helped set up and tear down and work in the Baby Rest Area.





Fair time has come and gone already. Many thanks for all those who volunteered to park cars. This year over $2,600 was collected to help fund the Wednesday night youth programs reaching out to students in our Community.

The Lord's Table, September 8th

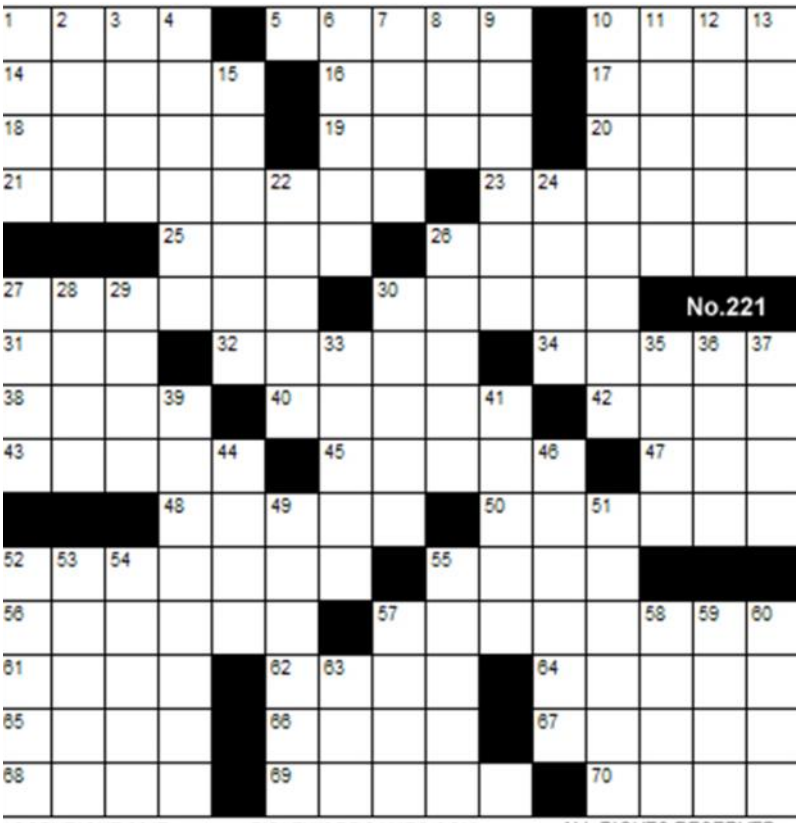


The second Sunday of the month will be our Table Sunday as a church family. We will be sharing communion at the Lord's Table, enjoying a shared-dish (potluck). Table Sunday is a monthly reminder that our life together as the family of God centers in worship, fellowship and sharing.

REMEMBER to bring a dish to share on the second Sunday and even if you aren't able, plan on staying for dinner with your family and friends here.

"Our Daily Bread" is also available on the facebook, mobile app in addition to the printed copies here in the office.

Did you miss out on a Sunday Service don't have access to Facebook or Internet? We have extra copies available for your use.



COPYRIGHT 2017 BIBLEWORDGAMES.COM ALL RIGHTS RESERVED

ACROSS

1 So Moses brought their ___ before the LORD (Num 27:5)
5 Fasten ___ ___ cord to it (1,4) (Ex 28:37)
10 fifth book of the New Testament
14 Like men condemned to die in the ___ (1 Cor 4:9)
16 Speak now in the ____ of the people (Exodus 11:2)
17 In that day the mountains will ___ new wine (Joel 3:18)
18 seems right to a man, but in the end it ___ to death (Prov 16:25)
19 Then they ___ in his face and struck him with their fists (Matt 26:67)
20 Son of man, record this ____ (Ezek 24:2)
21 because the midwives feared God, he gave them ___ of their own (Ex 1:21)
23 Elijah's successor (2 Kings 2:9)
25 Like a bird that strays from its ___ is a man who strays (Prov 27:8)
26 A student is not above his ___ , nor a servant above his master (Matt 10:24)
27 and remove all its vile ___ and detestable idols (Ezek 11:18)
30 they always heap up their sins to the ___ (1Thes 2:16)
31 clump of earth and grass
32 Her Nazarites were ___ than snow, they were whiter than (Lam 4:7) KJV
34 Jesus replied, "Foxes have holes and birds of the air have ___ (Matt 8:20)
38 The Angel which redeemed me from all evil, bless the ___ (Gen 48:16) KJV
40 from foundation to ___, were made of blocks of high-grade (1 Kings 7:9)
42 throwing stones at him and showering him with ___ (2 Sam 16:13)
43 let him seek peace, and ___ it (1 Pet 3:11) (KJV)
45 Like a ___ of Lebanon he will send down his roots (Hosea 14:5)
47 till he should pay all that was ___ unto him (Matt 18:34)
48 The tower of ____ (Gen 11:9)
50 To ____ them that were under the law (Gal 4:5)
52 I ___ silver and gold for myself, and the treasure (Eccl 2:8)
55 he that wavereth is like a ____ of the sea. (James 1:6)
56 What he trusts in is fragile; what he ___ on is a spider's web. (Job 8:14)
57 whosoever of you will be the ___, shall be servant of all (Mark 10:44) KJV
61 There is ___ ___ here, which hath five barley loaves (1,3) (John 6:9)
62 if his hands are ___, the house leaks (Eccl 10:18)
64 sixth angel poured out his vial upon the great ____ Euphrates (Rev 16:12)
65 away, absent (Rev 18:14)
66 which is gone down in the sun ___ of Ahaz (Isa 38:8) KJV
67 She gave herself as a prostitute to all the ____ of the Assyrians (Ezek 23:7)
68 thou shouldest be for salvation unto the ____ of the earth (Acts 13:47) KJV
69 said through the prophet: "Out of ___ I called my son (Matt 2:15)
70 Salvation is found in no one ___, for there is no other name (Acts 4:12)

DOWN

1 the woman had a fat ___ in the house (1 Sam 28:24) KJV
2 a Levite who lived in a remote ___ in the hill country (Judg 19:1)
3 the ephod, close to the ___ just above the waistband (Ex 39:20)
4 beginning with the oldest and ___ with the youngest (Gen 44:12)
6 Fear and trembling have ___ me; horror has overwhelmed me (Ps 55:5)
7 I will measure into their ___ the full payment for (Isa 65:7)
8 See, the LORD has chosen Bezalel son of ___ (Ex.35:30)
9 let each ____ other better than themselves (Phil 2:3)
10 not to be slanderers or ___ to much wine (Titus 2:3)
11 beat against that house, and it fell with a great ___ (Matt 7:27)
12 Thou shalt truly ____ all the increase of thy seed (Deut 14:22)
13 His ___ shaft was like a weaver's rod (1 Sam 17:7)
15 Lazarus has fallen ___; but I am going there to wake him (John 11:11)
22 married a wife, deceased, and, having no ____ (Matt 22:25)
24 Saul and Abner son of Ner had ___ down (1 Sam 26:5)
26 The people have become hungry and ___ and thirsty (2 Sam 17:29)
27 was in the ____ that is called Patmos (Rev 1:9)
28 We all growl like bears; we ___ mournfully like doves (Isa 59:11)
29 If anyone ___ anything to them, God will add to him (Rev 22:18)
30 My feet stand on ___ ground (Ps 26:12)
33 you have ___ with men on foot and they have worn you out (Jer 12:5)
35 I will give him rest from all his enemies on every ____. (1 Chr 22:9)
36 the darkness is passing and the ____ light is already shining (I Jn 2:8)
37 there shall come forth a rod out of the ___ of Jesse (Isa 11:1) KJV
39 Stay with him for a while until your brother's fury ___ (Gen 27:44)
41 no longer to call her ___; her name will be Sarah.(Gen 17:15)
44 listens to me will live in safety and be at ___ (Prov 1:33)
46 the LORD; let all the people of the world ___ him (Ps 33:8)
49 Jesus was walking ___ the Sea of Galilee (Matt 4:18)
51 Do not ___ yourselves by any of these creatures (Lev 11:43)
52 The king got up in ___ ___ left his wine (1,4) (Est 7:7)
53 Like a scarecrow in a ___ patch, their idols cannot speak (Jer 10:5)
54 ___ ___ flowing with milk and honey (1,4) (Deut 26:10)
55 Dan is a lion's ___: he shall leap from Bashan (Deut 33:22) KJV
57 what Adam was made from (Job 33:6)
58 Do not those who plot ___ go astray? (Prov 14:22)
59 silver in two bags, with two ___ of clothing (2 Kings 5:23)
60 every man under his vine and under his fig ____ (1 King 4:25)
63 I'll ___ around it and fertilize it.(Luke 13:8)

Just for Kids

Flashlight TAG



Sometimes we resist the light of Christ. But when his light touches us, we can then share it with others. Play this fun game on a summer night to remember how Christ's light shines in the world.

What you need:

- Friends
- Safe open space outdoors
- A flashlight for each player

How to play:

1. Choose one person to be the Tagger, known as the Light. Only that person can have his or her flashlight on.
2. The Light tries to shine his or her flashlight on other players, who run around and try to hide in the darkness.
3. Once players have been touched by the Light, they turn on their flashlights and join in, trying to shine on others.
4. Play until everyone has been tagged by the Light. Repeat, giving everyone a turn to be the Light.

PUZZLE

GOD'S LIGHT

Summer's long days can remind us of our Creator, who made the sun and wants us to live in his light.

Directions: First, write the opposite of each word in parentheses. Then use the Word Bank words, in order, to complete 1 John 1:5-7, NIV.

WORD BANK: is in is at if in as is in with

God _____ _____; _____ _____
(dark) (her)

there _____ _____ _____ness _____ _____ . ...
(yes) (light) (none)

But _____ we _____ _____ the _____,
(run) (dark)

_____ _____ _____ _____ the _____,
(she) (dark)

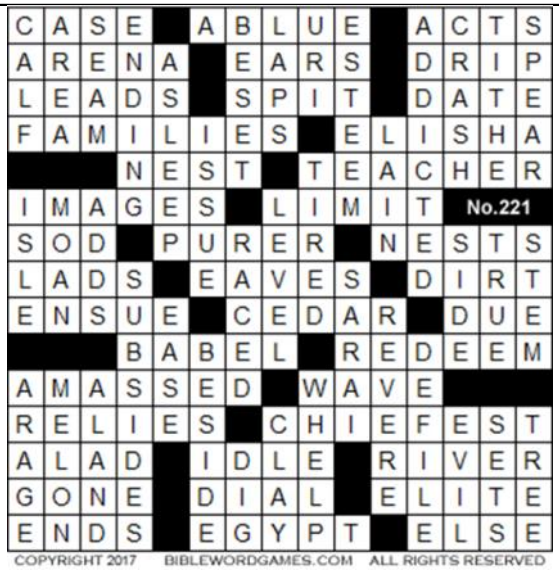
we have fellowship _____ one another. ...

1 John 1:5-7, NIV

Answer: God is light; in him there is no darkness at all . ... But if we walk in the light, as he is in the light, we have fellowship with one another. (1 John 1:5-7, NIV)

Barnum Community United Methodist Church

POSTMASTER:
Please send address changes to:
PO Box 70, 3762 Front Street
Barnum, MN 55707
(218) 389-6876 office@barnumumc.org
www.barnumumc.org



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

BUMC Ministry Team

Pastor—Lee Kantonen
Council Chair—Leon Finifrock
Youth Director—Bill Schoonover
Missions/Outreach—Connie Swanson
Secretary—Mechelle Mattson
Faith Community Nurse—Jennifer Southerton
Congregational Nurture & Care—Connie Herbert
Nursery Coordinator—Kaye Finifrock
Acolyte Coordinator—Roxanne Matten
Wednesday Night Servers—Kaye Finifrock/Terri Krueger
Custodian—Jim Calhoun

United Women in Faith—Sandy Ferguson
Bookkeeper—Tiffany Parr
Ministries Leader—Deb Halls
Staff-Parish Relations—Dawson Gentry
Worship Ministry - Lori Koski
Properties Management—Dave Matten
Discipleship Ministries—Mike Line
Sunday Servers Coordinator—Ann Kosloski
Greeters/Ushers Coordinator—Laurie Audette
Sunday Counters Coordinator—Cathy Kunze
Office Manager—Laurie Audette

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



September 2024
Volume 24—Issue 9

Bible Readings
Church Calendar
Birthdays
Anniversaries
Youth Group
Bible Buddies
Faith Community Nurse
United Women in Faith
Women's Ministry
Council Minutes
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

Office Hours (Mon-Fri)

Sunday Worship

Facebook Live 9:30 am
In Person 9:30 am

Pastor Kennection

Jesus...saw a man called Matthew sitting at the tax booth, and He said to him, "Follow me." And he rose and followed Him. (Matthew 9:9)

Where were the Apostles when Jesus called them to follow Him? It wasn't from the synagogue, was it, even though Jesus regularly was found at the synagogue. It was when the Lord was out and about in the community. The apostles were called when they were on the seashore preparing to fish, or out in their boats, the tax booth, maybe the marketplace, it was from those everyday areas of life that Jesus called them.

There is a wonderful missional heart found here at Barnum Community. My memory is relatively recent in the scheme of things, but it was so good to learn about our connection with John Sergey in years past and to listen to Pastor Sergey and learn of his evangelistic outreach to the people of what at that time was the Soviet Union. For those unfamiliar, spark up a conversation with Jen Berthelot.

Since its outset, mission has been central to the heart of churches with a Wesleyan persuasion and the United Methodist Church is no different. Recently, the Minnesota Annual Conference has been encouraging involvement of all of our churches in something called, Fresh Expressions. Very simply, it is about meeting with people around a shared area of interest while taking time to share a "Jesus Story" during the time together. For years we've known and made known that for the most part people who don't know Christ aren't going to just wander into our churches. Jesus sent his followers out to make disciples, not in.

People have been gathering at bicycling groups, kayaking groups, quilting groups, wood carving groups, golfing groups, you name it. Whatever shared area of interest people have; Fresh Expressions can be occurring there. There have even been axe throwing and burrito gatherings. The key is gathering regularly and making a point to share a Jesus story and an opportunity for prayer. Fresh Expressions is about building relationships with others outside the church. It is a time to introduce Jesus to people who likely will not wander into Barnum Community United Methodist Church or any other church building. We need to keep developing new ways of letting people know God loves them and wants to be in a relationship with them. Perhaps you have already been doing that sort of thing without calling it Fresh Expressions.

So, if you have thought sharing your faith with others is something you could never do, I invite and encourage you to think again. There might be those here at Barnum Community who share your interests to join with you to get your Fresh Expression initiated. The community is filled with people who hold shared interests in need of knowing the Lord. Thank you for sharing the love of God and inviting others to join the journey.

The Good Shepherd's Sheepdog,

Lee



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:30 Worship Service 11:00 Adult Class	**2 LABOR DAY** **Office Closed** 5-8 Youth Group	3 11:00 Prayer Group	4 5-8 Youth Group	5	6	7
8 Grandparents Day 9:30 Worship Service **Communion** 11:00 Adult Class	9 5-8 Youth Group 6:30 Council Mtg	10 11:00 Prayer Group 1:00 Moms in Prayer	11 **FAMILY NIGHT KICK OFF** 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	12	13	14
15 9:30 Worship Service 11:00 Adult Class Congregational Meeting after Church Service	16 5-8 Youth Group	17 11:00 Prayer Group 1:00 Moms in Prayer	18 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	19	20	21
22 9:30 Worship Service 11:00 Adult Class	23 5-8:00 Youth Group	24 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	25 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study Newsletter Deadline	26	27	28
29 9:30 Worship Service 11:00 Adult Class	30 5-8 Youth Group					

** Schedule subject to change.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 11:00 Prayer Group 1:00 Moms in Prayer	2 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	3	4	5
6 **Pastor Appreciation Day** 9:30 Worship Service 11:00 Adult Class	7 **COLUMBUS DAY** 5-8:00 Youth Group 6:00 Finance Mtg 6:30 Council Mtg	8 11:00 Prayer Group 1:00 Moms in Prayer	9 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	10	11	12 9:30 Secret Sister Reveal Party
13 9:30 Worship Service **Communion** 11:00 Adult Class	14 5-8:00 Youth Group	15 11:00 Prayer Group 1:00 Moms in Prayer	16 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	17	18	19
20 9:30 Worship Service 11:00 Adult Class	21 5-8:00 Youth Group	22 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	23 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	24	25	26
27 9:30 Worship Service 11:00 Adult Class	28 5-8:00 Youth Group	29 11:00 Prayer Group 1:00 Moms in Prayer Newsletter Deadline	30 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	31 **HALLOWEEN**		

** Schedule subject to change.

Daily Nourishment



OLD & NEW TESTAMENT

Sep 1: Ps 135-136; 1Cor 12
Sep 2: Ps 137-139; 1Cor 13
Sep 3: Ps 140-142; 1Cor 14:1-20
Sep 4: Ps 143-145; 1Cor 14:21-40
Sep 5: Ps 146-147; 1Cor 15:1-28
Sep 6: Ps 148-150; 1Cor 15:29-58
Sep 7: Prov 1-2; 1Cor 16
Sep 8: Prov 3-5; 2Cor 1
Sep 9: Prov 6-7; 2Cor 2
Sep 10: Prov 8-9; 2Cor 3
Sep 11: Prov 10-12; 2Cor 4
Sep 12: Prov 13-15; 2Cor 5
Sep 13: Prov 16-18; 2Cor 6
Sep 14: Prov 19-21; 2Cor 7
Sep 15: Prov 22-24; 2Cor 8
Sep 16: Prov 25-26; 2Cor 9
Sep 17: Prov 27-29; 2Cor 10
Sep 18: Prov 30-31; 2Cor 11:1-15
Sep 19: Ecc 1-3; 2Cor 11:16-33
Sep 20: Ecc 4-6; 2Cor 12
Sep 21: Ecc 7-9; 2Cor 13
Sep 22: Ecc 10-12; Gal 1
Sep 23: Song 1-3; Gal 2
Sep 24: Song 4-5; Gal 3
Sep 25: Song 6-8; Gal 4
Sep 26: Is 1-2; Gal 5
Sep 27: Is 3-4; Gal 6
Sep 28: Is 5-6; Eph 1
Sep 29: Is 7-8; Eph 2
Sep 30: Is 9-10; Eph 3

CHRONOLOGICAL

Sep 1: Ezek 18-19
Sep 2: Ezek 20-21
Sep 3: Ezek 22-23
Sep 4: Ezek 24-27
Sep 5: Ezek 28-31
Sep 6: Ezek 32-34
Sep 7: Ezek 35-37
Sep 8: Ezek 38-39
Sep 9: Ezek 40-41
Sep 10: Ezek 42-43
Sep 11: Ezek 44-45
Sep 12: Ezek 46-48
Sep 13: Joel
Sep 14: Dan 1-3
Sep 15: Dan 4-6
Sep 16: Dan 7-9
Sep 17: Dan 10-12
Sep 18: Ezra 1-3
Sep 19: Ezra 4-6; Ps 137
Sep 20: Haggai
Sep 21: Zech 1-7
Sep 22: Zech 8-14
Sep 23: Est 1-5
Sep 24: Est 6-10
Sep 25: Ezra 7-10
Sep 26: Neh 1-5
Sep 27: Neh 6-7
Sep 28: Neh 8-10
Sep 29: Neh 11-13; Ps 126
Sep 30: Malachi

Youth



Welcome to the 2024-25 School Year! Students return to their school routines and sports schedules are back. The Barnum Youth Group (BYG) is launching our new school year theme "But Wait…There's More!" Many people take life as it comes. This year we will be challenging youth that there's more to their lives. What we may see on the surface is only a part of who God created us to be. With each topic we discuss we will pause and look deeper, 'but wait…there's more'! With topics like More to Me, What's your Role, Be Kind to Others, More than Decorations, Forgiving Grudges, The Light of the World and Do you Know Me, we will be exploring so much more this year. Please pray that students are willing to look at their lives and see that they do need more and that the more they need is Jesus.

Before we say goodbye to summer, I wanted to share about an amazing experience I was able to have with a recent graduate. Tobin has attended youth group for many years, and he also loves running. At the beginning of summer, he talked about wanting to do the Moose Lake Triathlon, but he didn't want to do the whole thing. I said we could do it as a team and I would be willing to do the bike part. My wife, Serenity, said she would be willing to do the swim and all summer the three of us prepared for the big event. Serenity swam, I biked and then Tobin set out for his 3-mile run. As we were waiting for Tobin to return Serenity and I talked about how thankful we were to provide this opportunity for Tobin. As Tobin crossed the finished line the announcer said, "And here is our first team to finish." Our team placed first. We couldn't believe it. Later Tobin told me, "I've gotten second place and third place before, but I've never gotten first place!" It was our prayer that God would bless that day, and He did! I want to thank Serenity for swimming for our team and I want to thank the Barnum Church family for coming to support us during the race. You're the Best! Please pray for continued opportunities to bless the students that we work with.









Nursery Volunteers: The nursery is in need of adult volunteers and young adults during church services. Please see Kay Finifrock.

September 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Servers	Wednesday Servers
1	Willis & Kay Finifrock	Scott & Elaine Bogenholm	Bonnie Kepler Cathy Kunze	Jenna Uszenski	Deb Halls	Janet Adelsgruber Karen Smith	
8	Hazel Oachs Jay Oachs	Bing & Kathy Mattson	Brian Koski Deb Donaldson	Daniel Zinter	Deb Entner	COMMUNION SUNDAY	(11) Bette Deming Annette Meyer & Boys
15	Marilyn Criley Judy Jacobs	Chris & Annette Meyer	Robin Paulson Bonnie Kepler	Brenden Zinter	Kay Finifrock	Annette Meyer Brenda Zinter	(18) Deb Entner
22	Cheryl Peterson Terri Krueger	Steve & Sandi Vogel	Brian Koski Deb Donaldson	Liam Parr	Brenda Zinter	Deb Halls Carmen Burak	(25) Evelyn Newman
29	Audrey Sebring Annette Hammitt	Bruce & Eileen Resman	Deb Donaldson Robin Paulson	Evan Earlywine	Tiffany Parr	Connie Herbert Jackie Olson	(2) Deb Halls

October 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Serv-ers	Wednesday Servers
6	Leon Finifrock Connie Herbert	Cliff & Joyce Berggren	Robin Paulson Cathy Kunze	Daniel Zinter	Sandi Vogel	Roxanne Mat-ten Kathy Otnes	(9) Paul & Carmen Burak
13	Ann Kosloski Tiffany Parr	Steve & Sandi Vogel	Brian Koski Bonnie Kepler	Nial Parr	Sandy Ferguson	COMMUNION SUNDAY	(16) Janet Adelsgruber Karen Smith
20	Roger & Deanna Finifrock	Paul & Carmen Burak	Brian Koski Deb Donaldson	Even Earlywine	Deb Halls	Cheryl Peterson Terri Krueger	(23) Terri Krueger
27	Dianne Anderson Connie Swanson	Dave & Sandy Ferguson	Deb Donaldson Robin Paulson	Brenden Zinter	Deb Entner	Ann Kosloski Linda Jusczak	(30) Sue Nelson Kathy Otnes Rachel Finifrock



September Health and Wellness Moment

"Healthy Aging"

September is Healthy Aging Month. The mission behind this month's health topic is to draw attention to the importance of healthy lifestyles for adults 45-plus. Nowadays, it is more important than ever to follow a healthy lifestyle, remain positive and passionate about life, and to look forward to better days ahead. Sometimes, however, this is not easy to do. If you need a boost to improve your lifestyle, here are some tips to be able to age well…in other words, to get older in the healthiest way possible! Let's look at some tips to achieve and maintain physical, social, mental and financial wellness.
First of all, let's look at Mental Wellness. Many people struggle with depression, loneliness, anxiety and isolation. It is important to follow these tips.

1. Be realistic. If you feel overwhelmed by some activities, (yours and/or your family's), learn to say no. Eliminate an activity that is not absolutely necessary. It's possible that you may be taking on more responsibility than you could, or should, handle. If you meet resistance, be ready to give reasons why you are making these changes. Be willing to listen to others' suggestions and be willing to compromise.
2. Shed the "superhero" urge. Nobody is perfect. Don't expect perfection from yourself or others. Focus on what really needs to be done, how much you can realistically get done and in what time frame. It's so important to ask for help when you need it.
3. Take one thing at a time. When someone is stressed or anxious, an ordinary workload can seem unbearable at times. The best way to cope with the feeling of being overwhelmed is to take one task at a time. Once you accomplish one task, choose the next most important thing you want to get done. Some people like to check off tasks on a list; it is very satisfying and helps you visualize your progress!

Next, let's look at the importance of Physical Fitness. According to the National Center for Chronic Disease Prevention and Health Promotion, about 6 in 10 adults in the U.S. have a chronic health condition, and 4 in 10 have two or more. There are many benefits of physical activity for adults and older adults. It's important to keep moving. A body in motion stays in motion! Exercise and strength training improves quality of life, reduces anxiety, and improves sleep. It also is key in weight loss, bone health and a lower risk of falls!

4. Move more, sit less. This recommendation from health.gov is based on new evidence that shows a strong positive relationship between increased sedentary behavior and increased risk of mortality, heart disease and high blood pressure.
5. Aerobic exercise. Check with your doctor for advice on how many minutes of exercise you should be getting per week. Also ask what kind of exercise is best for you and how to know if you are doing too much.
6. Muscle strengthening. These activities provide additional health benefits, so ask your doctor about muscle strengthening as well.

Next, we'll focus on the importance of Diet. Forty two percent of Americans have had an average weight gain of 29 pounds since the beginning of the pandemic. Not only have we been eating more and moving less, but alcohol consumption has also increased in this time frame. You can check out the Dietary Guidelines for Americans 2020-2025 published by the USDA. Always talk to your doctor about what weight is healthy for you.

7. Review your daily diet and make necessary changes. You guessed it, talk to your doctor about what is best for you! Generally, it is best to eat a diet that is rich in fruits, vegetables, whole grains, fat-free or low-fat milk and dairy products, and a variety of healthy proteins. It is best to eat a diet low in saturated fats, trans fats, cholesterol, sodium and added sugars.

Next, we'll focus on the importance of Social Well-being. We are created to be social beings, we crave healthy interaction with others. After feeling isolated, some older adults find it is hard to get out and be social without becoming mentally exhausted. Here are some ways to be active in your community:
8. Volunteer. There are so many places that encourage and welcome volunteering in our communities, churches, schools. Ask a friend to join you and make it a fun event to share!
9. Dream and then get to it. Is there someplace you've always wanted to travel, explore, research? Some of these things may not be realistic or feasible, but maybe some are! Have an adventure, laugh, share a fun moment with loved ones, get out and enjoy the day! Become a pen pal, learn a new language, learn to play an instrument…the sky's the limit!

Last, we will look at Financial Well-being.

10. Launch your next career, go back to school and get a degree, take an online class, learn a new skill that you have always wanted to master. Studies show that people who retire and then become sedentary and lose their excitement for life are much more likely to be ill and unhappy.

September is Healthy Aging Month, and it is the perfect time to renew or set some lifestyle goals! Happy Fall to you all!
Reference: HealthyAging.net

"Give thanks to the Lord, for He is good. His love endures forever."
Psalms 136:1
Prayers for peace, joy and good health, and just a reminder…you are uniquely YOU by HIS design!
~Jenny S, RN, BCUMC Parish Nurse

Howdy Partner!
Here is your invitation to:



The Bible-Buddy Round-Up

This is the kick-off to the Children's WEDNESDAY BIBLE BUDDIES program at the

Barnum Community Church

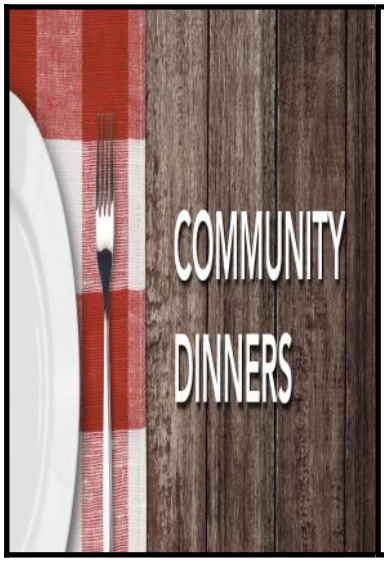
Giddy-up ya'll (ages 4-6th grade) and join up with the Bible Buddies!!

Wednesday evening September 11 at 6 - 7:15 pm, right after the Community Supper (served from 5:15 to 6pm).

After getting everyone registered and rustling up some chow, we will round up the gang of Buddies at 6 pm to enjoy activities including games, songs, crafts, and a Bible lesson.



Important Events in the Life of Our Church



Join us for
Community Dinner
&
Family Night

September 11, 18, 25

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



September 11:	*Family Night Kick Off*
	Community Dinner
	Bible Buddies
	Youth Group (7th – 12th)
	Women's Bible Study
October 31:	*Halloween Trunk or Treat*
November 20:	*Thanksgiving Dinner*
December 24:	*Christmas Eve*
	Candlelight Service



Please join us for **WOW**
"Worship on Wednesday"

6:15—6:30 Praise & Worship Music followed by a short bible lesson from Pastor Lee



The Warm Hearts Ministry will be meet Tuesday, September 24th from 10 am—3 pm to work on Warm Hearts Projects or personal projects. Please bring a lunch and join us for some great sewing time and fellowship. Bring your sewing supplies. Please RSVP Kathy Port.

United Women in Faith

United Women in Faith will be meeting on September 11 at 1:30 at the church. All women of the church are invited to attend this meeting. Ann Kosloski will be the hostess and Kathy Mattson will lead the discussion on pages 94-98 of our study book, "Life on Purpose for Women". Our heart is to assist with church projects wherever possible. Please see Sandy Ferguson for further information.



Important Events in the Life of Our Church



Mother / Child Nursing Tent:

A huge "Thank You" to all the volunteers who helped set up and tear down and work in the Baby Rest Area.





Fair time has come and gone already. Many thanks for all those who volunteered to park cars. This year over $2,600 was collected to help fund the Wednesday night youth programs reaching out to students in our Community.

The Lord's Table, September 8th

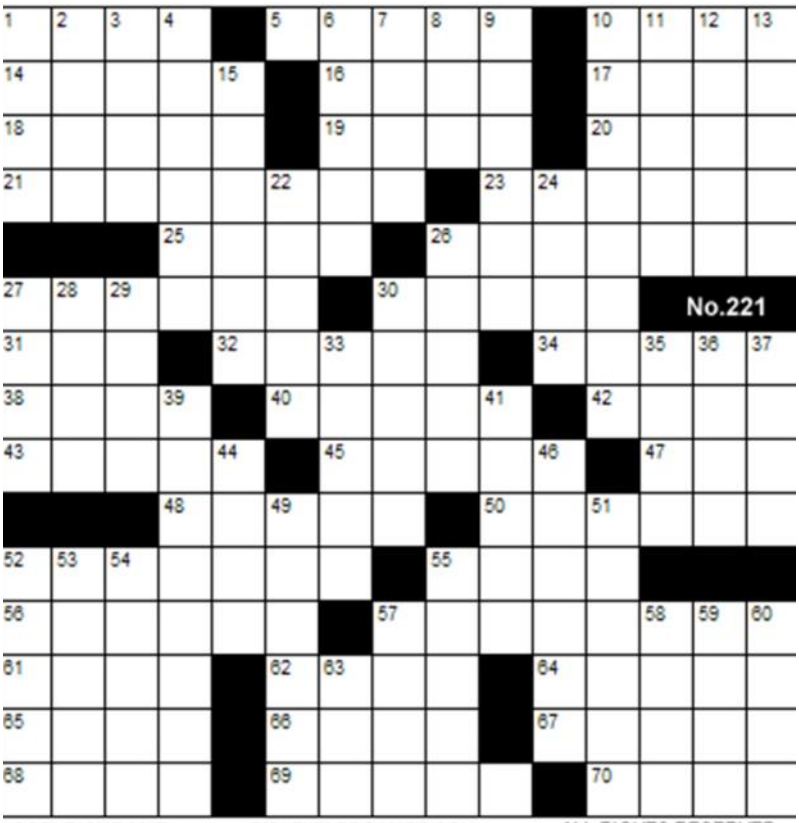


The second Sunday of the month will be our Table Sunday as a church family. We will be sharing communion at the Lord's Table, enjoying a shared-dish (potluck). Table Sunday is a monthly reminder that our life together as the family of God centers in worship, fellowship and sharing.

REMEMBER to bring a dish to share on the second Sunday and even if you aren't able, plan on staying for dinner with your family and friends here.

"Our Daily Bread" is also available on the facebook, mobile app in addition to the printed copies here in the office.

Did you miss out on a Sunday Service don't have access to Facebook or Internet? We have extra copies available for your use.



COPYRIGHT 2017 BIBLEWORDGAMES.COM ALL RIGHTS RESERVED

ACROSS

1 So Moses brought their ___ before the LORD (Num 27:5)
5 Fasten ___ ___ cord to it (1,4) (Ex 28:37)
10 fifth book of the New Testament
14 Like men condemned to die in the ___ (1 Cor 4:9)
16 Speak now in the ____ of the people (Exodus 11:2)
17 In that day the mountains will ___ new wine (Joel 3:18)
18 seems right to a man, but in the end it ___ to death (Prov 16:25)
19 Then they ___ in his face and struck him with their fists (Matt 26:67)
20 Son of man, record this ____ (Ezek 24:2)
21 because the midwives feared God, he gave them ___ of their own (Ex 1:21)
23 Elijah's successor (2 Kings 2:9)
25 Like a bird that strays from its ___ is a man who strays (Prov 27:8)
26 A student is not above his ___ , nor a servant above his master (Matt 10:24)
27 and remove all its vile ___ and detestable idols (Ezek 11:18)
30 they always heap up their sins to the ___ (1Thes 2:16)
31 clump of earth and grass
32 Her Nazarites were ___ than snow, they were whiter than (Lam 4:7) KJV
34 Jesus replied, "Foxes have holes and birds of the air have ___ (Matt 8:20)
38 The Angel which redeemed me from all evil, bless the ___ (Gen 48:16) KJV
40 from foundation to ___, were made of blocks of high-grade (1 Kings 7:9)
42 throwing stones at him and showering him with ___ (2 Sam 16:13)
43 let him seek peace, and ___ it (1 Pet 3:11) (KJV)
45 Like a ___ of Lebanon he will send down his roots (Hosea 14:5)
47 till he should pay all that was ___ unto him (Matt 18:34)
48 The tower of ____ (Gen 11:9)
50 To ____ them that were under the law (Gal 4:5)
52 I ___ silver and gold for myself, and the treasure (Eccl 2:8)
55 he that wavereth is like a ____ of the sea. (James 1:6)
56 What he trusts in is fragile; what he ___ on is a spider's web. (Job 8:14)
57 whosoever of you will be the ___, shall be servant of all (Mark 10:44) KJV
61 There is ___ ___ here, which hath five barley loaves (1,3) (John 6:9)
62 if his hands are ___, the house leaks (Eccl 10:18)
64 sixth angel poured out his vial upon the great ____ Euphrates (Rev 16:12)
65 away, absent (Rev 18:14)
66 which is gone down in the sun ___ of Ahaz (Isa 38:8) KJV
67 She gave herself as a prostitute to all the ____ of the Assyrians (Ezek 23:7)
68 thou shouldest be for salvation unto the ____ of the earth (Acts 13:47) KJV
69 said through the prophet: "Out of ___ I called my son (Matt 2:15)
70 Salvation is found in no one ___, for there is no other name (Acts 4:12)

DOWN

1 the woman had a fat ___ in the house (1 Sam 28:24) KJV
2 a Levite who lived in a remote ___ in the hill country (Judg 19:1)
3 the ephod, close to the ___ just above the waistband (Ex 39:20)
4 beginning with the oldest and ___ with the youngest (Gen 44:12)
6 Fear and trembling have ___ me; horror has overwhelmed me (Ps 55:5)
7 I will measure into their ___ the full payment for (Isa 65:7)
8 See, the LORD has chosen Bezalel son of ___ (Ex.35:30)
9 let each ____ other better than themselves (Phil 2:3)
10 not to be slanderers or ___ to much wine (Titus 2:3)
11 beat against that house, and it fell with a great ___ (Matt 7:27)
12 Thou shalt truly ____ all the increase of thy seed (Deut 14:22)
13 His ___ shaft was like a weaver's rod (1 Sam 17:7)
15 Lazarus has fallen ___; but I am going there to wake him (John 11:11)
22 married a wife, deceased, and, having no ____ (Matt 22:25)
24 Saul and Abner son of Ner had ___ down (1 Sam 26:5)
26 The people have become hungry and ___ and thirsty (2 Sam 17:29)
27 was in the ____ that is called Patmos (Rev 1:9)
28 We all growl like bears; we ___ mournfully like doves (Isa 59:11)
29 If anyone ___ anything to them, God will add to him (Rev 22:18)
30 My feet stand on ___ ground (Ps 26:12)
33 you have ___ with men on foot and they have worn you out (Jer 12:5)
35 I will give him rest from all his enemies on every ____. (1 Chr 22:9)
36 the darkness is passing and the ____ light is already shining (I Jn 2:8)
37 there shall come forth a rod out of the ___ of Jesse (Isa 11:1) KJV
39 Stay with him for a while until your brother's fury ___ (Gen 27:44)
41 no longer to call her ___; her name will be Sarah.(Gen 17:15)
44 listens to me will live in safety and be at ___ (Prov 1:33)
46 the LORD; let all the people of the world ___ him (Ps 33:8)
49 Jesus was walking ___ the Sea of Galilee (Matt 4:18)
51 Do not ___ yourselves by any of these creatures (Lev 11:43)
52 The king got up in ___ ___ left his wine (1,4) (Est 7:7)
53 Like a scarecrow in a ___ patch, their idols cannot speak (Jer 10:5)
54 ___ ___ flowing with milk and honey (1,4) (Deut 26:10)
55 Dan is a lion's ___: he shall leap from Bashan (Deut 33:22) KJV
57 what Adam was made from (Job 33:6)
58 Do not those who plot ___ go astray? (Prov 14:22)
59 silver in two bags, with two ___ of clothing (2 Kings 5:23)
60 every man under his vine and under his fig ____ (1 King 4:25)
63 I'll ___ around it and fertilize it.(Luke 13:8)

Just for Kids

Flashlight TAG



Sometimes we resist the light of Christ. But when his light touches us, we can then share it with others. Play this fun game on a summer night to remember how Christ's light shines in the world.

What you need:

- Friends
- Safe open space outdoors
- A flashlight for each player

How to play:

1. Choose one person to be the Tagger, known as the Light. Only that person can have his or her flashlight on.
2. The Light tries to shine his or her flashlight on other players, who run around and try to hide in the darkness.
3. Once players have been touched by the Light, they turn on their flashlights and join in, trying to shine on others.
4. Play until everyone has been tagged by the Light. Repeat, giving everyone a turn to be the Light.

PUZZLE

GOD'S LIGHT

Summer's long days can remind us of our Creator, who made the sun and wants us to live in his light.

Directions: First, write the opposite of each word in parentheses. Then use the Word Bank words, in order, to complete 1 John 1:5-7, NIV.

WORD BANK: is in is at if in as is in with

God _____ _____; _____ _____
(dark) (her)

there _____ _____ _____ness _____ _____ . ...
(yes) (light) (none)

But _____ we _____ _____ the _____,
(run) (dark)

_____ _____ _____ _____ the _____,
(she) (dark)

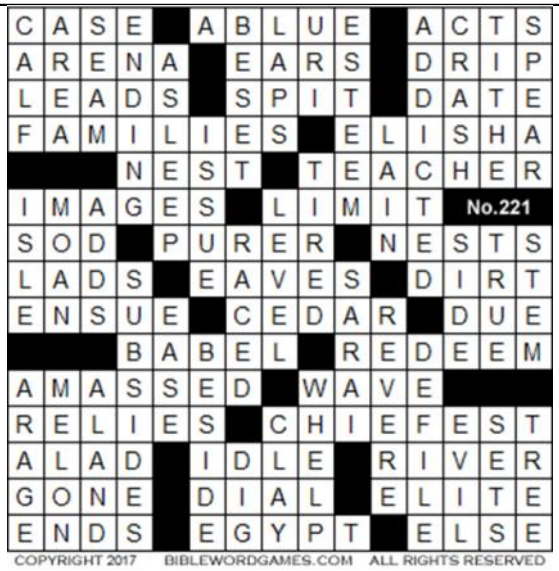
we have fellowship _____ one another. ...

1 John 1:5-7, NIV

Answer: God is light; in him there is no darkness at all . ... But if we walk in the light, as he is in the light, we have fellowship with one another. (1 John 1:5-7, NIV)

Barnum Community United Methodist Church

POSTMASTER:
Please send address changes to:
PO Box 70, 3762 Front Street
Barnum, MN 55707
(218) 389-6876 office@barnumumc.org
www.barnumumc.org



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

BUMC Ministry Team

Pastor—Lee Kantonen
Council Chair—Leon Finifrock
Youth Director—Bill Schoonover
Missions/Outreach—Connie Swanson
Secretary—Mechelle Mattson
Faith Community Nurse—Jennifer Southerton
Congregational Nurture & Care—Connie Herbert
Nursery Coordinator—Kaye Finifrock
Acolyte Coordinator—Roxanne Matten
Wednesday Night Servers—Kaye Finifrock/Terri Krueger
Custodian—Jim Calhoun

United Women in Faith—Sandy Ferguson
Bookkeeper—Tiffany Parr
Ministries Leader—Deb Halls
Staff-Parish Relations—Dawson Gentry
Worship Ministry - Lori Koski
Properties Management—Dave Matten
Discipleship Ministries—Mike Line
Sunday Servers Coordinator—Ann Kosloski
Greeters/Ushers Coordinator—Laurie Audette
Sunday Counters Coordinator—Cathy Kunze
Office Manager—Laurie Audette

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



September 2024
Volume 24—Issue 9

Bible Readings
Church Calendar
Birthdays
Anniversaries
Youth Group
Bible Buddies
Faith Community Nurse
United Women in Faith
Women's Ministry
Council Minutes
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

Office Hours (Mon-Fri)

Sunday Worship

Facebook Live 9:30 am
In Person 9:30 am

Pastor Kennection

Jesus...saw a man called Matthew sitting at the tax booth, and He said to him, "Follow me." And he rose and followed Him. (Matthew 9:9)

Where were the Apostles when Jesus called them to follow Him? It wasn't from the synagogue, was it, even though Jesus regularly was found at the synagogue. It was when the Lord was out and about in the community. The apostles were called when they were on the seashore preparing to fish, or out in their boats, the tax booth, maybe the marketplace, it was from those everyday areas of life that Jesus called them.

There is a wonderful missional heart found here at Barnum Community. My memory is relatively recent in the scheme of things, but it was so good to learn about our connection with John Sergey in years past and to listen to Pastor Sergey and learn of his evangelistic outreach to the people of what at that time was the Soviet Union. For those unfamiliar, spark up a conversation with Jen Berthelot.

Since its outset, mission has been central to the heart of churches with a Wesleyan persuasion and the United Methodist Church is no different. Recently, the Minnesota Annual Conference has been encouraging involvement of all of our churches in something called, Fresh Expressions. Very simply, it is about meeting with people around a shared area of interest while taking time to share a "Jesus Story" during the time together. For years we've known and made known that for the most part people who don't know Christ aren't going to just wander into our churches. Jesus sent his followers out to make disciples, not in.

People have been gathering at bicycling groups, kayaking groups, quilting groups, wood carving groups, golfing groups, you name it. Whatever shared area of interest people have; Fresh Expressions can be occurring there. There have even been axe throwing and burrito gatherings. The key is gathering regularly and making a point to share a Jesus story and an opportunity for prayer. Fresh Expressions is about building relationships with others outside the church. It is a time to introduce Jesus to people who likely will not wander into Barnum Community United Methodist Church or any other church building. We need to keep developing new ways of letting people know God loves them and wants to be in a relationship with them. Perhaps you have already been doing that sort of thing without calling it Fresh Expressions.

So, if you have thought sharing your faith with others is something you could never do, I invite and encourage you to think again. There might be those here at Barnum Community who share your interests to join with you to get your Fresh Expression initiated. The community is filled with people who hold shared interests in need of knowing the Lord. Thank you for sharing the love of God and inviting others to join the journey.

The Good Shepherd's Sheepdog,

Lee



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:30 Worship Service 11:00 Adult Class	**2 LABOR DAY** **Office Closed** 5-8 Youth Group	3 11:00 Prayer Group	4 5-8 Youth Group	5	6	7
8 Grandparents Day 9:30 Worship Service **Communion** 11:00 Adult Class	9 5-8 Youth Group 6:30 Council Mtg	10 11:00 Prayer Group 1:00 Moms in Prayer	11 **FAMILY NIGHT KICK OFF** 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	12	13	14
15 9:30 Worship Service 11:00 Adult Class Congregational Meeting after Church Service	16 5-8 Youth Group	17 11:00 Prayer Group 1:00 Moms in Prayer	18 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	19	20	21
22 9:30 Worship Service 11:00 Adult Class	23 5-8:00 Youth Group	24 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	25 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study Newsletter Deadline	26	27	28
29 9:30 Worship Service 11:00 Adult Class	30 5-8 Youth Group					

** Schedule subject to change.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 11:00 Prayer Group 1:00 Moms in Prayer	2 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	3	4	5
6 **Pastor Appreciation Day** 9:30 Worship Service 11:00 Adult Class	7 **COLUMBUS DAY** 5-8:00 Youth Group 6:00 Finance Mtg 6:30 Council Mtg	8 11:00 Prayer Group 1:00 Moms in Prayer	9 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	10	11	12 9:30 Secret Sister Reveal Party
13 9:30 Worship Service **Communion** 11:00 Adult Class	14 5-8:00 Youth Group	15 11:00 Prayer Group 1:00 Moms in Prayer	16 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	17	18	19
20 9:30 Worship Service 11:00 Adult Class	21 5-8:00 Youth Group	22 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	23 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	24	25	26
27 9:30 Worship Service 11:00 Adult Class	28 5-8:00 Youth Group	29 11:00 Prayer Group 1:00 Moms in Prayer Newsletter Deadline	30 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	31 **HALLOWEEN**		

** Schedule subject to change.

Daily Nourishment



OLD & NEW TESTAMENT

Sep 1: Ps 135-136; 1Cor 12
Sep 2: Ps 137-139; 1Cor 13
Sep 3: Ps 140-142; 1Cor 14:1-20
Sep 4: Ps 143-145; 1Cor 14:21-40
Sep 5: Ps 146-147; 1Cor 15:1-28
Sep 6: Ps 148-150; 1Cor 15:29-58
Sep 7: Prov 1-2; 1Cor 16
Sep 8: Prov 3-5; 2Cor 1
Sep 9: Prov 6-7; 2Cor 2
Sep 10: Prov 8-9; 2Cor 3
Sep 11: Prov 10-12; 2Cor 4
Sep 12: Prov 13-15; 2Cor 5
Sep 13: Prov 16-18; 2Cor 6
Sep 14: Prov 19-21; 2Cor 7
Sep 15: Prov 22-24; 2Cor 8
Sep 16: Prov 25-26; 2Cor 9
Sep 17: Prov 27-29; 2Cor 10
Sep 18: Prov 30-31; 2Cor 11:1-15
Sep 19: Ecc 1-3; 2Cor 11:16-33
Sep 20: Ecc 4-6; 2Cor 12
Sep 21: Ecc 7-9; 2Cor 13
Sep 22: Ecc 10-12; Gal 1
Sep 23: Song 1-3; Gal 2
Sep 24: Song 4-5; Gal 3
Sep 25: Song 6-8; Gal 4
Sep 26: Is 1-2; Gal 5
Sep 27: Is 3-4; Gal 6
Sep 28: Is 5-6; Eph 1
Sep 29: Is 7-8; Eph 2
Sep 30: Is 9-10; Eph 3

CHRONOLOGICAL

Sep 1: Ezek 18-19
Sep 2: Ezek 20-21
Sep 3: Ezek 22-23
Sep 4: Ezek 24-27
Sep 5: Ezek 28-31
Sep 6: Ezek 32-34
Sep 7: Ezek 35-37
Sep 8: Ezek 38-39
Sep 9: Ezek 40-41
Sep 10: Ezek 42-43
Sep 11: Ezek 44-45
Sep 12: Ezek 46-48
Sep 13: Joel
Sep 14: Dan 1-3
Sep 15: Dan 4-6
Sep 16: Dan 7-9
Sep 17: Dan 10-12
Sep 18: Ezra 1-3
Sep 19: Ezra 4-6; Ps 137
Sep 20: Haggai
Sep 21: Zech 1-7
Sep 22: Zech 8-14
Sep 23: Est 1-5
Sep 24: Est 6-10
Sep 25: Ezra 7-10
Sep 26: Neh 1-5
Sep 27: Neh 6-7
Sep 28: Neh 8-10
Sep 29: Neh 11-13; Ps 126
Sep 30: Malachi

Youth



Welcome to the 2024-25 School Year! Students return to their school routines and sports schedules are back. The Barnum Youth Group (BYG) is launching our new school year theme "But Wait…There's More!" Many people take life as it comes. This year we will be challenging youth that there's more to their lives. What we may see on the surface is only a part of who God created us to be. With each topic we discuss we will pause and look deeper, 'but wait…there's more'! With topics like More to Me, What's your Role, Be Kind to Others, More than Decorations, Forgiving Grudges, The Light of the World and Do you Know Me, we will be exploring so much more this year. Please pray that students are willing to look at their lives and see that they do need more and that the more they need is Jesus.

Before we say goodbye to summer, I wanted to share about an amazing experience I was able to have with a recent graduate. Tobin has attended youth group for many years, and he also loves running. At the beginning of summer, he talked about wanting to do the Moose Lake Triathlon, but he didn't want to do the whole thing. I said we could do it as a team and I would be willing to do the bike part. My wife, Serenity, said she would be willing to do the swim and all summer the three of us prepared for the big event. Serenity swam, I biked and then Tobin set out for his 3-mile run. As we were waiting for Tobin to return Serenity and I talked about how thankful we were to provide this opportunity for Tobin. As Tobin crossed the finished line the announcer said, "And here is our first team to finish." Our team placed first. We couldn't believe it. Later Tobin told me, "I've gotten second place and third place before, but I've never gotten first place!" It was our prayer that God would bless that day, and He did! I want to thank Serenity for swimming for our team and I want to thank the Barnum Church family for coming to support us during the race. You're the Best! Please pray for continued opportunities to bless the students that we work with.









Nursery Volunteers: The nursery is in need of adult volunteers and young adults during church services. Please see Kay Finifrock.

September 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Servers	Wednesday Servers
1	Willis & Kay Finifrock	Scott & Elaine Bogenholm	Bonnie Kepler Cathy Kunze	Jenna Uszenski	Deb Halls	Janet Adelsgruber Karen Smith	
8	Hazel Oachs Jay Oachs	Bing & Kathy Mattson	Brian Koski Deb Donaldson	Daniel Zinter	Deb Entner	COMMUNION SUNDAY	(11) Bette Deming Annette Meyer & Boys
15	Marilyn Criley Judy Jacobs	Chris & Annette Meyer	Robin Paulson Bonnie Kepler	Brenden Zinter	Kay Finifrock	Annette Meyer Brenda Zinter	(18) Deb Entner
22	Cheryl Peterson Terri Krueger	Steve & Sandi Vogel	Brian Koski Deb Donaldson	Liam Parr	Brenda Zinter	Deb Halls Carmen Burak	(25) Evelyn Newman
29	Audrey Sebring Annette Hammitt	Bruce & Eileen Resman	Deb Donaldson Robin Paulson	Evan Earlywine	Tiffany Parr	Connie Herbert Jackie Olson	(2) Deb Halls

October 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Serv-ers	Wednesday Servers
6	Leon Finifrock Connie Herbert	Cliff & Joyce Berggren	Robin Paulson Cathy Kunze	Daniel Zinter	Sandi Vogel	Roxanne Mat-ten Kathy Otnes	(9) Paul & Carmen Burak
13	Ann Kosloski Tiffany Parr	Steve & Sandi Vogel	Brian Koski Bonnie Kepler	Nial Parr	Sandy Ferguson	COMMUNION SUNDAY	(16) Janet Adelsgruber Karen Smith
20	Roger & Deanna Finifrock	Paul & Carmen Burak	Brian Koski Deb Donaldson	Even Earlywine	Deb Halls	Cheryl Peterson Terri Krueger	(23) Terri Krueger
27	Dianne Anderson Connie Swanson	Dave & Sandy Ferguson	Deb Donaldson Robin Paulson	Brenden Zinter	Deb Entner	Ann Kosloski Linda Jusczak	(30) Sue Nelson Kathy Otnes Rachel Finifrock



September Health and Wellness Moment

"Healthy Aging"

September is Healthy Aging Month. The mission behind this month's health topic is to draw attention to the importance of healthy lifestyles for adults 45-plus. Nowadays, it is more important than ever to follow a healthy lifestyle, remain positive and passionate about life, and to look forward to better days ahead. Sometimes, however, this is not easy to do. If you need a boost to improve your lifestyle, here are some tips to be able to age well…in other words, to get older in the healthiest way possible! Let's look at some tips to achieve and maintain physical, social, mental and financial wellness.
First of all, let's look at Mental Wellness. Many people struggle with depression, loneliness, anxiety and isolation. It is important to follow these tips.

1. Be realistic. If you feel overwhelmed by some activities, (yours and/or your family's), learn to say no. Eliminate an activity that is not absolutely necessary. It's possible that you may be taking on more responsibility than you could, or should, handle. If you meet resistance, be ready to give reasons why you are making these changes. Be willing to listen to others' suggestions and be willing to compromise.
2. Shed the "superhero" urge. Nobody is perfect. Don't expect perfection from yourself or others. Focus on what really needs to be done, how much you can realistically get done and in what time frame. It's so important to ask for help when you need it.
3. Take one thing at a time. When someone is stressed or anxious, an ordinary workload can seem unbearable at times. The best way to cope with the feeling of being overwhelmed is to take one task at a time. Once you accomplish one task, choose the next most important thing you want to get done. Some people like to check off tasks on a list; it is very satisfying and helps you visualize your progress!

Next, let's look at the importance of Physical Fitness. According to the National Center for Chronic Disease Prevention and Health Promotion, about 6 in 10 adults in the U.S. have a chronic health condition, and 4 in 10 have two or more. There are many benefits of physical activity for adults and older adults. It's important to keep moving. A body in motion stays in motion! Exercise and strength training improves quality of life, reduces anxiety, and improves sleep. It also is key in weight loss, bone health and a lower risk of falls!

4. Move more, sit less. This recommendation from health.gov is based on new evidence that shows a strong positive relationship between increased sedentary behavior and increased risk of mortality, heart disease and high blood pressure.
5. Aerobic exercise. Check with your doctor for advice on how many minutes of exercise you should be getting per week. Also ask what kind of exercise is best for you and how to know if you are doing too much.
6. Muscle strengthening. These activities provide additional health benefits, so ask your doctor about muscle strengthening as well.

Next, we'll focus on the importance of Diet. Forty two percent of Americans have had an average weight gain of 29 pounds since the beginning of the pandemic. Not only have we been eating more and moving less, but alcohol consumption has also increased in this time frame. You can check out the Dietary Guidelines for Americans 2020-2025 published by the USDA. Always talk to your doctor about what weight is healthy for you.

7. Review your daily diet and make necessary changes. You guessed it, talk to your doctor about what is best for you! Generally, it is best to eat a diet that is rich in fruits, vegetables, whole grains, fat-free or low-fat milk and dairy products, and a variety of healthy proteins. It is best to eat a diet low in saturated fats, trans fats, cholesterol, sodium and added sugars.

Next, we'll focus on the importance of Social Well-being. We are created to be social beings, we crave healthy interaction with others. After feeling isolated, some older adults find it is hard to get out and be social without becoming mentally exhausted. Here are some ways to be active in your community:
8. Volunteer. There are so many places that encourage and welcome volunteering in our communities, churches, schools. Ask a friend to join you and make it a fun event to share!
9. Dream and then get to it. Is there someplace you've always wanted to travel, explore, research? Some of these things may not be realistic or feasible, but maybe some are! Have an adventure, laugh, share a fun moment with loved ones, get out and enjoy the day! Become a pen pal, learn a new language, learn to play an instrument…the sky's the limit!

Last, we will look at Financial Well-being.

10. Launch your next career, go back to school and get a degree, take an online class, learn a new skill that you have always wanted to master. Studies show that people who retire and then become sedentary and lose their excitement for life are much more likely to be ill and unhappy.

September is Healthy Aging Month, and it is the perfect time to renew or set some lifestyle goals! Happy Fall to you all!
Reference: HealthyAging.net

"Give thanks to the Lord, for He is good. His love endures forever."
Psalms 136:1
Prayers for peace, joy and good health, and just a reminder…you are uniquely YOU by HIS design!
~Jenny S, RN, BCUMC Parish Nurse

Howdy Partner!
Here is your invitation to:



The Bible-Buddy Round-Up

This is the kick-off to the Children's WEDNESDAY BIBLE BUDDIES program at the

Barnum Community Church

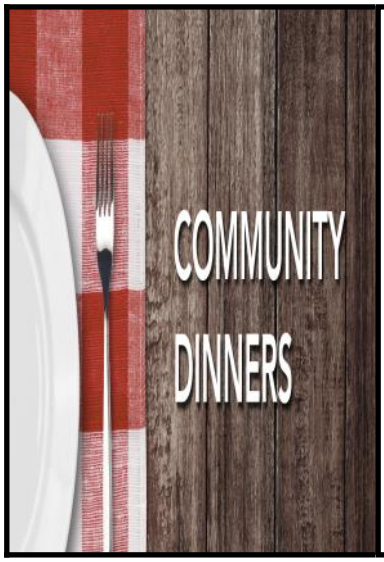
Giddy-up ya'll (ages 4-6th grade) and join up with the Bible Buddies!!

Wednesday evening September 11 at 6 - 7:15 pm, right after the Community Supper (served from 5:15 to 6pm).

After getting everyone registered and rustling up some chow, we will round up the gang of Buddies at 6 pm to enjoy activities including games, songs, crafts, and a Bible lesson.



Important Events in the Life of Our Church



Join us for
Community Dinner
&
Family Night

September 11, 18, 25

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



September 11:	*Family Night Kick Off*
	Community Dinner
	Bible Buddies
	Youth Group (7th – 12th)
	Women's Bible Study
October 31:	*Halloween Trunk or Treat*
November 20:	*Thanksgiving Dinner*
December 24:	*Christmas Eve*
	Candlelight Service



Please join us for **WOW**
"Worship on Wednesday"

6:15—6:30 Praise & Worship Music followed by a short bible lesson from Pastor Lee



The Warm Hearts Ministry will be meet Tuesday, September 24th from 10 am—3 pm to work on Warm Hearts Projects or personal projects. Please bring a lunch and join us for some great sewing time and fellowship. Bring your sewing supplies. Please RSVP Kathy Port.

United Women in Faith

United Women in Faith will be meeting on September 11 at 1:30 at the church. All women of the church are invited to attend this meeting. Ann Kosloski will be the hostess and Kathy Mattson will lead the discussion on pages 94-98 of our study book, "Life on Purpose for Women". Our heart is to assist with church projects wherever possible. Please see Sandy Ferguson for further information.



Important Events in the Life of Our Church



Mother / Child Nursing Tent:

A huge "Thank You" to all the volunteers who helped set up and tear down and work in the Baby Rest Area.





Fair time has come and gone already. Many thanks for all those who volunteered to park cars. This year over $2,600 was collected to help fund the Wednesday night youth programs reaching out to students in our Community.

The Lord's Table, September 8th

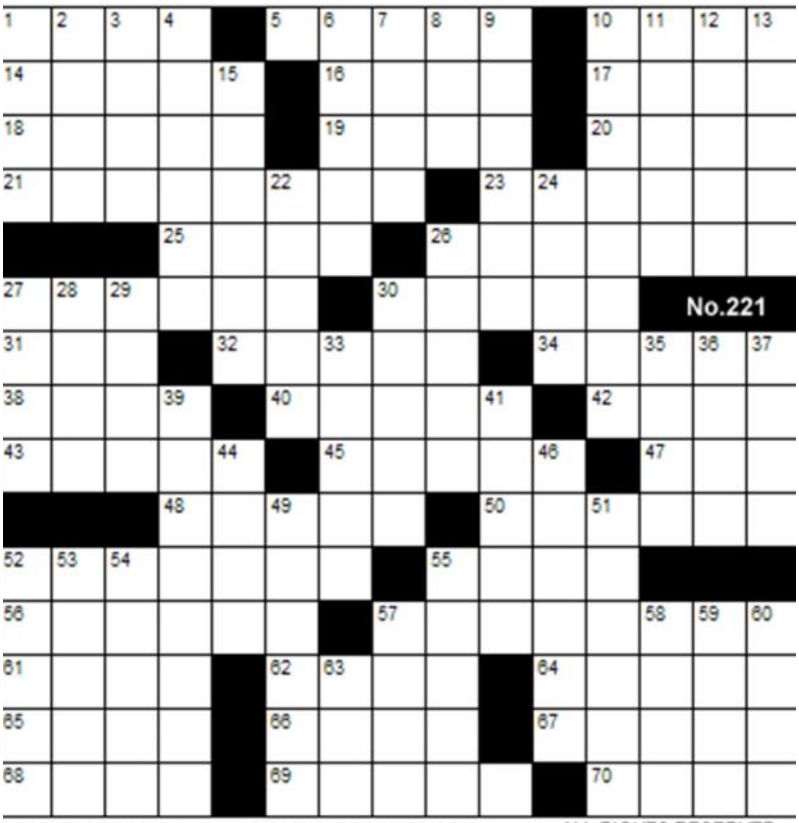


The second Sunday of the month will be our Table Sunday as a church family. We will be sharing communion at the Lord's Table, enjoying a shared-dish (potluck). Table Sunday is a monthly reminder that our life together as the family of God centers in worship, fellowship and sharing.

REMEMBER to bring a dish to share on the second Sunday and even if you aren't able, plan on staying for dinner with your family and friends here.

"Our Daily Bread" is also available on the facebook, mobile app in addition to the printed copies here in the office.

Did you miss out on a Sunday Service don't have access to Facebook or Internet? We have extra copies available for your use.



COPYRIGHT 2017 BIBLEWORDGAMES.COM ALL RIGHTS RESERVED

ACROSS

1 So Moses brought their ___ before the LORD (Num 27:5)
5 Fasten ___ ___ cord to it (1,4) (Ex 28:37)
10 fifth book of the New Testament
14 Like men condemned to die in the ___ (1 Cor 4:9)
16 Speak now in the ____ of the people (Exodus 11:2)
17 In that day the mountains will ___ new wine (Joel 3:18)
18 seems right to a man, but in the end it ___ to death (Prov 16:25)
19 Then they ___ in his face and struck him with their fists (Matt 26:67)
20 Son of man, record this ____ (Ezek 24:2)
21 because the midwives feared God, he gave them ___ of their own (Ex 1:21)
23 Elijah's successor (2 Kings 2:9)
25 Like a bird that strays from its ___ is a man who strays (Prov 27:8)
26 A student is not above his ___ , nor a servant above his master (Matt 10:24)
27 and remove all its vile ___ and detestable idols (Ezek 11:18)
30 they always heap up their sins to the ___ (1Thes 2:16)
31 clump of earth and grass
32 Her Nazarites were ___ than snow, they were whiter than (Lam 4:7) KJV
34 Jesus replied, "Foxes have holes and birds of the air have ___ (Matt 8:20)
38 The Angel which redeemed me from all evil, bless the ___ (Gen 48:16) KJV
40 from foundation to ___, were made of blocks of high-grade (1 Kings 7:9)
42 throwing stones at him and showering him with ___ (2 Sam 16:13)
43 let him seek peace, and ___ it (1 Pet 3:11) (KJV)
45 Like a ___ of Lebanon he will send down his roots (Hosea 14:5)
47 till he should pay all that was ___ unto him (Matt 18:34)
48 The tower of ____ (Gen 11:9)
50 To ____ them that were under the law (Gal 4:5)
52 I ___ silver and gold for myself, and the treasure (Eccl 2:8)
55 he that wavereth is like a ____ of the sea. (James 1:6)
56 What he trusts in is fragile; what he ___ on is a spider's web. (Job 8:14)
57 whosoever of you will be the ___, shall be servant of all (Mark 10:44) KJV
61 There is ___ ___ here, which hath five barley loaves (1,3) (John 6:9)
62 if his hands are ___, the house leaks (Eccl 10:18)
64 sixth angel poured out his vial upon the great ____ Euphrates (Rev 16:12)
65 away, absent (Rev 18:14)
66 which is gone down in the sun ___ of Ahaz (Isa 38:8) KJV
67 She gave herself as a prostitute to all the ____ of the Assyrians (Ezek 23:7)
68 thou shouldest be for salvation unto the ____ of the earth (Acts 13:47) KJV
69 said through the prophet: "Out of ___ I called my son (Matt 2:15)
70 Salvation is found in no one ___, for there is no other name (Acts 4:12)

DOWN

1 the woman had a fat ___ in the house (1 Sam 28:24) KJV
2 a Levite who lived in a remote ___ in the hill country (Judg 19:1)
3 the ephod, close to the ___ just above the waistband (Ex 39:20)
4 beginning with the oldest and ___ with the youngest (Gen 44:12)
6 Fear and trembling have ___ me; horror has overwhelmed me (Ps 55:5)
7 I will measure into their ___ the full payment for (Isa 65:7)
8 See, the LORD has chosen Bezalel son of ___ (Ex.35:30)
9 let each ____ other better than themselves (Phil 2:3)
10 not to be slanderers or ___ to much wine (Titus 2:3)
11 beat against that house, and it fell with a great ___ (Matt 7:27)
12 Thou shalt truly ____ all the increase of thy seed (Deut 14:22)
13 His ___ shaft was like a weaver's rod (1 Sam 17:7)
15 Lazarus has fallen ___; but I am going there to wake him (John 11:11)
22 married a wife, deceased, and, having no ____ (Matt 22:25)
24 Saul and Abner son of Ner had ___ down (1 Sam 26:5)
26 The people have become hungry and ___ and thirsty (2 Sam 17:29)
27 was in the ____ that is called Patmos (Rev 1:9)
28 We all growl like bears; we ___ mournfully like doves (Isa 59:11)
29 If anyone ___ anything to them, God will add to him (Rev 22:18)
30 My feet stand on ___ ground (Ps 26:12)
33 you have ___ with men on foot and they have worn you out (Jer 12:5)
35 I will give him rest from all his enemies on every ____. (1 Chr 22:9)
36 the darkness is passing and the ____ light is already shining (I Jn 2:8)
37 there shall come forth a rod out of the ___ of Jesse (Isa 11:1) KJV
39 Stay with him for a while until your brother's fury ___ (Gen 27:44)
41 no longer to call her ___; her name will be Sarah.(Gen 17:15)
44 listens to me will live in safety and be at ___ (Prov 1:33)
46 the LORD; let all the people of the world ___ him (Ps 33:8)
49 Jesus was walking ___ the Sea of Galilee (Matt 4:18)
51 Do not ___ yourselves by any of these creatures (Lev 11:43)
52 The king got up in ___ ___ left his wine (1,4) (Est 7:7)
53 Like a scarecrow in a ___ patch, their idols cannot speak (Jer 10:5)
54 ___ ___ flowing with milk and honey (1,4) (Deut 26:10)
55 Dan is a lion's ___: he shall leap from Bashan (Deut 33:22) KJV
57 what Adam was made from (Job 33:6)
58 Do not those who plot ___ go astray? (Prov 14:22)
59 silver in two bags, with two ___ of clothing (2 Kings 5:23)
60 every man under his vine and under his fig ____ (1 King 4:25)
63 I'll ___ around it and fertilize it.(Luke 13:8)

Just for Kids

Flashlight TAG



Sometimes we resist the light of Christ. But when his light touches us, we can then share it with others. Play this fun game on a summer night to remember how Christ's light shines in the world.

What you need:

- Friends
- Safe open space outdoors
- A flashlight for each player

How to play:

1. Choose one person to be the Tagger, known as the Light. Only that person can have his or her flashlight on.
2. The Light tries to shine his or her flashlight on other players, who run around and try to hide in the darkness.
3. Once players have been touched by the Light, they turn on their flashlights and join in, trying to shine on others.
4. Play until everyone has been tagged by the Light. Repeat, giving everyone a turn to be the Light.

PUZZLE

GOD'S LIGHT

Summer's long days can remind us of our Creator, who made the sun and wants us to live in his light.

Directions: First, write the opposite of each word in parentheses. Then use the Word Bank words, in order, to complete 1 John 1:5-7, NIV.

WORD BANK: is in is at if in as is in with

God _____ _____; _____ _____
(dark) (her)

there _____ _____ _____ness _____ _____ . ...
(yes) (light) (none)

But _____ we _____ _____ the _____,
(run) (dark)

_____ _____ _____ _____ the _____,
(she) (dark)

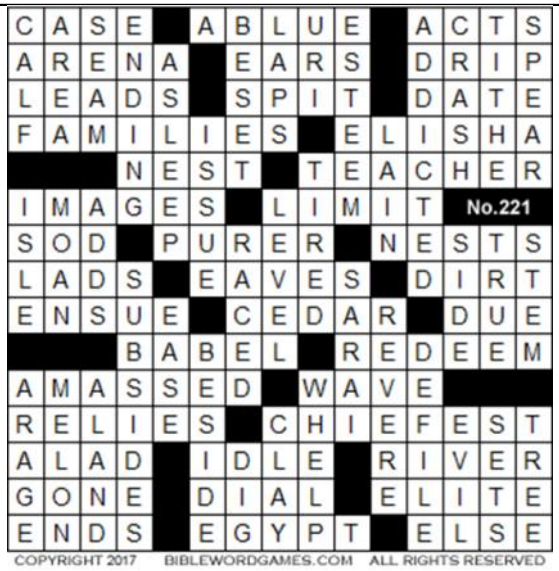
we have fellowship _____ one another. ...

1 John 1:5-7, NIV

Answer: God is light; in him there is no darkness at all . ... But if we walk in the light, as he is in the light, we have fellowship with one another. (1 John 1:5-7, NIV)

Barnum Community United Methodist Church

POSTMASTER:
Please send address changes to:
PO Box 70, 3762 Front Street
Barnum, MN 55707
(218) 389-6876 office@barnumumc.org
www.barnumumc.org



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

BUMC Ministry Team

Pastor—Lee Kantonen
Council Chair—Leon Finifrock
Youth Director—Bill Schoonover
Missions/Outreach—Connie Swanson
Secretary—Mechelle Mattson
Faith Community Nurse—Jennifer Southerton
Congregational Nurture & Care—Connie Herbert
Nursery Coordinator—Kaye Finifrock
Acolyte Coordinator—Roxanne Matten
Wednesday Night Servers—Kaye Finifrock/Terri Krueger
Custodian—Jim Calhoun

United Women in Faith—Sandy Ferguson
Bookkeeper—Tiffany Parr
Ministries Leader—Deb Halls
Staff-Parish Relations—Dawson Gentry
Worship Ministry - Lori Koski
Properties Management—Dave Matten
Discipleship Ministries—Mike Line
Sunday Servers Coordinator—Ann Kosloski
Greeters/Ushers Coordinator—Laurie Audette
Sunday Counters Coordinator—Cathy Kunze
Office Manager—Laurie Audette

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



September 2024
Volume 24—Issue 9

Bible Readings
Church Calendar
Birthdays
Anniversaries
Youth Group
Bible Buddies
Faith Community Nurse
United Women in Faith
Women's Ministry
Council Minutes
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

Office Hours (Mon-Fri)

Sunday Worship

Facebook Live 9:30 am
In Person 9:30 am

Pastor Kennection

Jesus...saw a man called Matthew sitting at the tax booth, and He said to him, "Follow me." And he rose and followed Him. (Matthew 9:9)

Where were the Apostles when Jesus called them to follow Him? It wasn't from the synagogue, was it, even though Jesus regularly was found at the synagogue. It was when the Lord was out and about in the community. The apostles were called when they were on the seashore preparing to fish, or out in their boats, the tax booth, maybe the marketplace, it was from those everyday areas of life that Jesus called them.

There is a wonderful missional heart found here at Barnum Community. My memory is relatively recent in the scheme of things, but it was so good to learn about our connection with John Sergey in years past and to listen to Pastor Sergey and learn of his evangelistic outreach to the people of what at that time was the Soviet Union. For those unfamiliar, spark up a conversation with Jen Berthelot.

Since its outset, mission has been central to the heart of churches with a Wesleyan persuasion and the United Methodist Church is no different. Recently, the Minnesota Annual Conference has been encouraging involvement of all of our churches in something called, Fresh Expressions. Very simply, it is about meeting with people around a shared area of interest while taking time to share a "Jesus Story" during the time together. For years we've known and made known that for the most part people who don't know Christ aren't going to just wander into our churches. Jesus sent his followers out to make disciples, not in.

People have been gathering at bicycling groups, kayaking groups, quilting groups, wood carving groups, golfing groups, you name it. Whatever shared area of interest people have; Fresh Expressions can be occurring there. There have even been axe throwing and burrito gatherings. The key is gathering regularly and making a point to share a Jesus story and an opportunity for prayer. Fresh Expressions is about building relationships with others outside the church. It is a time to introduce Jesus to people who likely will not wander into Barnum Community United Methodist Church or any other church building. We need to keep developing new ways of letting people know God loves them and wants to be in a relationship with them. Perhaps you have already been doing that sort of thing without calling it Fresh Expressions.

So, if you have thought sharing your faith with others is something you could never do, I invite and encourage you to think again. There might be those here at Barnum Community who share your interests to join with you to get your Fresh Expression initiated. The community is filled with people who hold shared interests in need of knowing the Lord. Thank you for sharing the love of God and inviting others to join the journey.

The Good Shepherd's Sheepdog,

Lee



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:30 Worship Service 11:00 Adult Class	**2 LABOR DAY** **Office Closed** 5-8 Youth Group	3 11:00 Prayer Group	4 5-8 Youth Group	5	6	7
8 Grandparents Day 9:30 Worship Service **Communion** 11:00 Adult Class	9 5-8 Youth Group 6:30 Council Mtg	10 11:00 Prayer Group 1:00 Moms in Prayer	11 **FAMILY NIGHT KICK OFF** 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	12	13	14
15 9:30 Worship Service 11:00 Adult Class Congregational Meeting after Church Service	16 5-8 Youth Group	17 11:00 Prayer Group 1:00 Moms in Prayer	18 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	19	20	21
22 9:30 Worship Service 11:00 Adult Class	23 5-8:00 Youth Group	24 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	25 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study Newsletter Deadline	26	27	28
29 9:30 Worship Service 11:00 Adult Class	30 5-8 Youth Group					

** Schedule subject to change.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 11:00 Prayer Group 1:00 Moms in Prayer	2 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	3	4	5
6 **Pastor Appreciation Day** 9:30 Worship Service 11:00 Adult Class	7 **COLUMBUS DAY** 5-8:00 Youth Group 6:00 Finance Mtg 6:30 Council Mtg	8 11:00 Prayer Group 1:00 Moms in Prayer	9 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	10	11	12 9:30 Secret Sister Reveal Party
13 9:30 Worship Service **Communion** 11:00 Adult Class	14 5-8:00 Youth Group	15 11:00 Prayer Group 1:00 Moms in Prayer	16 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	17	18	19
20 9:30 Worship Service 11:00 Adult Class	21 5-8:00 Youth Group	22 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	23 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	24	25	26
27 9:30 Worship Service 11:00 Adult Class	28 5-8:00 Youth Group	29 11:00 Prayer Group 1:00 Moms in Prayer Newsletter Deadline	30 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	31 **HALLOWEEN**		

** Schedule subject to change.

Daily Nourishment



OLD & NEW TESTAMENT

Sep 1: Ps 135-136; 1Cor 12
Sep 2: Ps 137-139; 1Cor 13
Sep 3: Ps 140-142; 1Cor 14:1-20
Sep 4: Ps 143-145; 1Cor 14:21-40
Sep 5: Ps 146-147; 1Cor 15:1-28
Sep 6: Ps 148-150; 1Cor 15:29-58
Sep 7: Prov 1-2; 1Cor 16
Sep 8: Prov 3-5; 2Cor 1
Sep 9: Prov 6-7; 2Cor 2
Sep 10: Prov 8-9; 2Cor 3
Sep 11: Prov 10-12; 2Cor 4
Sep 12: Prov 13-15; 2Cor 5
Sep 13: Prov 16-18; 2Cor 6
Sep 14: Prov 19-21; 2Cor 7
Sep 15: Prov 22-24; 2Cor 8
Sep 16: Prov 25-26; 2Cor 9
Sep 17: Prov 27-29; 2Cor 10
Sep 18: Prov 30-31; 2Cor 11:1-15
Sep 19: Ecc 1-3; 2Cor 11:16-33
Sep 20: Ecc 4-6; 2Cor 12
Sep 21: Ecc 7-9; 2Cor 13
Sep 22: Ecc 10-12; Gal 1
Sep 23: Song 1-3; Gal 2
Sep 24: Song 4-5; Gal 3
Sep 25: Song 6-8; Gal 4
Sep 26: Is 1-2; Gal 5
Sep 27: Is 3-4; Gal 6
Sep 28: Is 5-6; Eph 1
Sep 29: Is 7-8; Eph 2
Sep 30: Is 9-10; Eph 3

CHRONOLOGICAL

Sep 1: Ezek 18-19
Sep 2: Ezek 20-21
Sep 3: Ezek 22-23
Sep 4: Ezek 24-27
Sep 5: Ezek 28-31
Sep 6: Ezek 32-34
Sep 7: Ezek 35-37
Sep 8: Ezek 38-39
Sep 9: Ezek 40-41
Sep 10: Ezek 42-43
Sep 11: Ezek 44-45
Sep 12: Ezek 46-48
Sep 13: Joel
Sep 14: Dan 1-3
Sep 15: Dan 4-6
Sep 16: Dan 7-9
Sep 17: Dan 10-12
Sep 18: Ezra 1-3
Sep 19: Ezra 4-6; Ps 137
Sep 20: Haggai
Sep 21: Zech 1-7
Sep 22: Zech 8-14
Sep 23: Est 1-5
Sep 24: Est 6-10
Sep 25: Ezra 7-10
Sep 26: Neh 1-5
Sep 27: Neh 6-7
Sep 28: Neh 8-10
Sep 29: Neh 11-13; Ps 126
Sep 30: Malachi

Youth



Welcome to the 2024-25 School Year! Students return to their school routines and sports schedules are back. The Barnum Youth Group (BYG) is launching our new school year theme "But Wait…There's More!" Many people take life as it comes. This year we will be challenging youth that there's more to their lives. What we may see on the surface is only a part of who God created us to be. With each topic we discuss we will pause and look deeper, 'but wait…there's more'! With topics like More to Me, What's your Role, Be Kind to Others, More than Decorations, Forgiving Grudges, The Light of the World and Do you Know Me, we will be exploring so much more this year. Please pray that students are willing to look at their lives and see that they do need more and that the more they need is Jesus.

Before we say goodbye to summer, I wanted to share about an amazing experience I was able to have with a recent graduate. Tobin has attended youth group for many years, and he also loves running. At the beginning of summer, he talked about wanting to do the Moose Lake Triathlon, but he didn't want to do the whole thing. I said we could do it as a team and I would be willing to do the bike part. My wife, Serenity, said she would be willing to do the swim and all summer the three of us prepared for the big event. Serenity swam, I biked and then Tobin set out for his 3-mile run. As we were waiting for Tobin to return Serenity and I talked about how thankful we were to provide this opportunity for Tobin. As Tobin crossed the finished line the announcer said, "And here is our first team to finish." Our team placed first. We couldn't believe it. Later Tobin told me, "I've gotten second place and third place before, but I've never gotten first place!" It was our prayer that God would bless that day, and He did! I want to thank Serenity for swimming for our team and I want to thank the Barnum Church family for coming to support us during the race. You're the Best! Please pray for continued opportunities to bless the students that we work with.









Nursery Volunteers: The nursery is in need of adult volunteers and young adults during church services. Please see Kay Finifrock.

September 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Servers	Wednesday Servers
1	Willis & Kay Finifrock	Scott & Elaine Bogenholm	Bonnie Kepler Cathy Kunze	Jenna Uszenski	Deb Halls	Janet Adelsgruber Karen Smith	
8	Hazel Oachs Jay Oachs	Bing & Kathy Mattson	Brian Koski Deb Donaldson	Daniel Zinter	Deb Entner	COMMUNION SUNDAY	(11) Bette Deming Annette Meyer & Boys
15	Marilyn Criley Judy Jacobs	Chris & Annette Meyer	Robin Paulson Bonnie Kepler	Brenden Zinter	Kay Finifrock	Annette Meyer Brenda Zinter	(18) Deb Entner
22	Cheryl Peterson Terri Krueger	Steve & Sandi Vogel	Brian Koski Deb Donaldson	Liam Parr	Brenda Zinter	Deb Halls Carmen Burak	(25) Evelyn Newman
29	Audrey Sebring Annette Hammitt	Bruce & Eileen Resman	Deb Donaldson Robin Paulson	Evan Earlywine	Tiffany Parr	Connie Herbert Jackie Olson	(2) Deb Halls

October 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Serv-ers	Wednesday Servers
6	Leon Finifrock Connie Herbert	Cliff & Joyce Berggren	Robin Paulson Cathy Kunze	Daniel Zinter	Sandi Vogel	Roxanne Mat-ten Kathy Otnes	(9) Paul & Carmen Burak
13	Ann Kosloski Tiffany Parr	Steve & Sandi Vogel	Brian Koski Bonnie Kepler	Nial Parr	Sandy Ferguson	COMMUNION SUNDAY	(16) Janet Adelsgruber Karen Smith
20	Roger & Deanna Finifrock	Paul & Carmen Burak	Brian Koski Deb Donaldson	Even Earlywine	Deb Halls	Cheryl Peterson Terri Krueger	(23) Terri Krueger
27	Dianne Anderson Connie Swanson	Dave & Sandy Ferguson	Deb Donaldson Robin Paulson	Brenden Zinter	Deb Entner	Ann Kosloski Linda Jusczak	(30) Sue Nelson Kathy Otnes Rachel Finifrock



September Health and Wellness Moment

"Healthy Aging"

September is Healthy Aging Month. The mission behind this month's health topic is to draw attention to the importance of healthy lifestyles for adults 45-plus. Nowadays, it is more important than ever to follow a healthy lifestyle, remain positive and passionate about life, and to look forward to better days ahead. Sometimes, however, this is not easy to do. If you need a boost to improve your lifestyle, here are some tips to be able to age well…in other words, to get older in the healthiest way possible! Let's look at some tips to achieve and maintain physical, social, mental and financial wellness.
First of all, let's look at Mental Wellness. Many people struggle with depression, loneliness, anxiety and isolation. It is important to follow these tips.

1. Be realistic. If you feel overwhelmed by some activities, (yours and/or your family's), learn to say no. Eliminate an activity that is not absolutely necessary. It's possible that you may be taking on more responsibility than you could, or should, handle. If you meet resistance, be ready to give reasons why you are making these changes. Be willing to listen to others' suggestions and be willing to compromise.
2. Shed the "superhero" urge. Nobody is perfect. Don't expect perfection from yourself or others. Focus on what really needs to be done, how much you can realistically get done and in what time frame. It's so important to ask for help when you need it.
3. Take one thing at a time. When someone is stressed or anxious, an ordinary workload can seem unbearable at times. The best way to cope with the feeling of being overwhelmed is to take one task at a time. Once you accomplish one task, choose the next most important thing you want to get done. Some people like to check off tasks on a list; it is very satisfying and helps you visualize your progress!

Next, let's look at the importance of Physical Fitness. According to the National Center for Chronic Disease Prevention and Health Promotion, about 6 in 10 adults in the U.S. have a chronic health condition, and 4 in 10 have two or more. There are many benefits of physical activity for adults and older adults. It's important to keep moving. A body in motion stays in motion! Exercise and strength training improves quality of life, reduces anxiety, and improves sleep. It also is key in weight loss, bone health and a lower risk of falls!

4. Move more, sit less. This recommendation from health.gov is based on new evidence that shows a strong positive relationship between increased sedentary behavior and increased risk of mortality, heart disease and high blood pressure.
5. Aerobic exercise. Check with your doctor for advice on how many minutes of exercise you should be getting per week. Also ask what kind of exercise is best for you and how to know if you are doing too much.
6. Muscle strengthening. These activities provide additional health benefits, so ask your doctor about muscle strengthening as well.

Next, we'll focus on the importance of Diet. Forty two percent of Americans have had an average weight gain of 29 pounds since the beginning of the pandemic. Not only have we been eating more and moving less, but alcohol consumption has also increased in this time frame. You can check out the Dietary Guidelines for Americans 2020-2025 published by the USDA. Always talk to your doctor about what weight is healthy for you.

7. Review your daily diet and make necessary changes. You guessed it, talk to your doctor about what is best for you! Generally, it is best to eat a diet that is rich in fruits, vegetables, whole grains, fat-free or low-fat milk and dairy products, and a variety of healthy proteins. It is best to eat a diet low in saturated fats, trans fats, cholesterol, sodium and added sugars.

Next, we'll focus on the importance of Social Well-being. We are created to be social beings, we crave healthy interaction with others. After feeling isolated, some older adults find it is hard to get out and be social without becoming mentally exhausted. Here are some ways to be active in your community:
8. Volunteer. There are so many places that encourage and welcome volunteering in our communities, churches, schools. Ask a friend to join you and make it a fun event to share!
9. Dream and then get to it. Is there someplace you've always wanted to travel, explore, research? Some of these things may not be realistic or feasible, but maybe some are! Have an adventure, laugh, share a fun moment with loved ones, get out and enjoy the day! Become a pen pal, learn a new language, learn to play an instrument…the sky's the limit!

Last, we will look at Financial Well-being.

10. Launch your next career, go back to school and get a degree, take an online class, learn a new skill that you have always wanted to master. Studies show that people who retire and then become sedentary and lose their excitement for life are much more likely to be ill and unhappy.

September is Healthy Aging Month, and it is the perfect time to renew or set some lifestyle goals! Happy Fall to you all!
Reference: HealthyAging.net

"Give thanks to the Lord, for He is good. His love endures forever."
Psalms 136:1
Prayers for peace, joy and good health, and just a reminder…you are uniquely YOU by HIS design!
~Jenny S, RN, BCUMC Parish Nurse

Howdy Partner!
Here is your invitation to:



The Bible-Buddy Round-Up

This is the kick-off to the Children's WEDNESDAY BIBLE BUDDIES program at the

Barnum Community Church

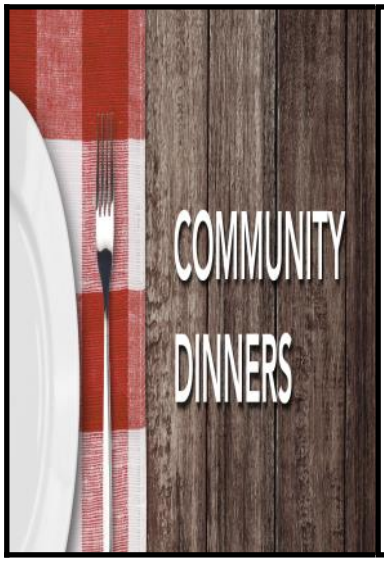
Giddy-up ya'll (ages 4-6th grade) and join up with the Bible Buddies!!

Wednesday evening September 11 at 6 - 7:15 pm, right after the Community Supper (served from 5:15 to 6pm).

After getting everyone registered and rustling up some chow, we will round up the gang of Buddies at 6 pm to enjoy activities including games, songs, crafts, and a Bible lesson.



Important Events in the Life of Our Church



Join us for
Community Dinner
&
Family Night

September 11, 18, 25

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



September 11:	*Family Night Kick Off*
	Community Dinner
	Bible Buddies
	Youth Group (7th – 12th)
	Women's Bible Study
October 31:	*Halloween Trunk or Treat*
November 20:	*Thanksgiving Dinner*
December 24:	*Christmas Eve*
	Candlelight Service



Please join us for **WOW**
"Worship on Wednesday"

6:15—6:30 Praise & Worship Music followed by a short bible lesson from Pastor Lee



The Warm Hearts Ministry will be meet Tuesday, September 24th from 10 am—3 pm to work on Warm Hearts Projects or personal projects. Please bring a lunch and join us for some great sewing time and fellowship. Bring your sewing supplies. Please RSVP Kathy Port.

United Women in Faith

United Women in Faith will be meeting on September 11 at 1:30 at the church. All women of the church are invited to attend this meeting. Ann Kosloski will be the hostess and Kathy Mattson will lead the discussion on pages 94-98 of our study book, "Life on Purpose for Women". Our heart is to assist with church projects wherever possible. Please see Sandy Ferguson for further information.



Important Events in the Life of Our Church



Mother / Child Nursing Tent:

A huge "Thank You" to all the volunteers who helped set up and tear down and work in the Baby Rest Area.





Fair time has come and gone already. Many thanks for all those who volunteered to park cars. This year over $2,600 was collected to help fund the Wednesday night youth programs reaching out to students in our Community.

The Lord's Table, September 8th

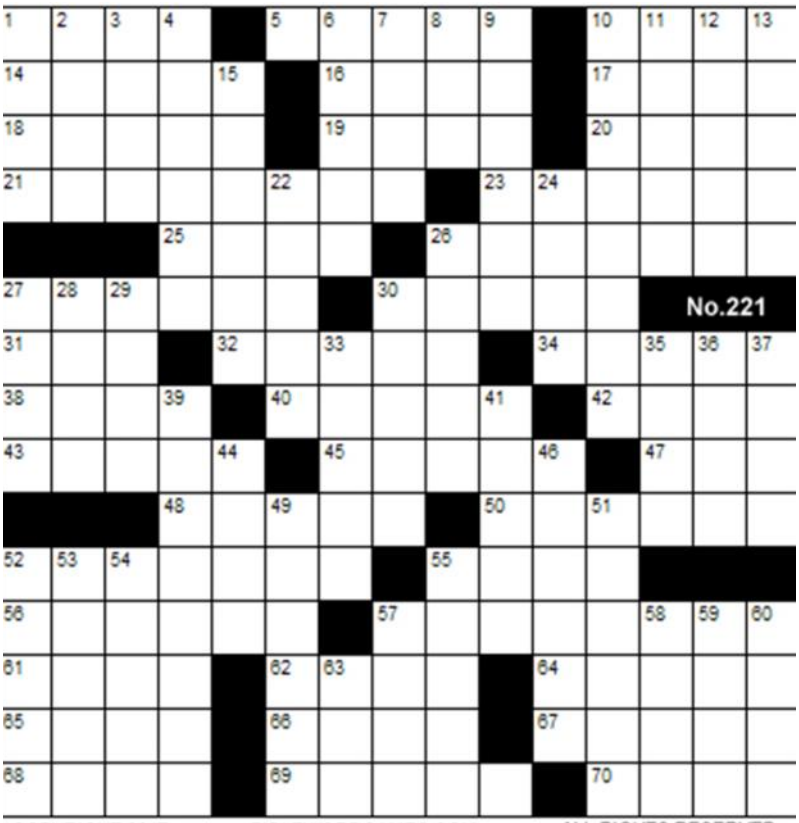


The second Sunday of the month will be our Table Sunday as a church family. We will be sharing communion at the Lord's Table, enjoying a shared-dish (potluck). Table Sunday is a monthly reminder that our life together as the family of God centers in worship, fellowship and sharing.

REMEMBER to bring a dish to share on the second Sunday and even if you aren't able, plan on staying for dinner with your family and friends here.

"Our Daily Bread" is also available on the facebook, mobile app in addition to the printed copies here in the office.

Did you miss out on a Sunday Service don't have access to Facebook or Internet? We have extra copies available for your use.



COPYRIGHT 2017 BIBLEWORDGAMES.COM ALL RIGHTS RESERVED

ACROSS

1 So Moses brought their ___ before the LORD (Num 27:5)
5 Fasten ___ ___ cord to it (1,4) (Ex 28:37)
10 fifth book of the New Testament
14 Like men condemned to die in the ___ (1 Cor 4:9)
16 Speak now in the ____ of the people (Exodus 11:2)
17 In that day the mountains will ___ new wine (Joel 3:18)
18 seems right to a man, but in the end it ___ to death (Prov 16:25)
19 Then they ___ in his face and struck him with their fists (Matt 26:67)
20 Son of man, record this ____ (Ezek 24:2)
21 because the midwives feared God, he gave them ___ of their own (Ex 1:21)
23 Elijah's successor (2 Kings 2:9)
25 Like a bird that strays from its ___ is a man who strays (Prov 27:8)
26 A student is not above his ___ , nor a servant above his master (Matt 10:24)
27 and remove all its vile ___ and detestable idols (Ezek 11:18)
30 they always heap up their sins to the ___ (1Thes 2:16)
31 clump of earth and grass
32 Her Nazarites were ___ than snow, they were whiter than (Lam 4:7) KJV
34 Jesus replied, "Foxes have holes and birds of the air have ___ (Matt 8:20)
38 The Angel which redeemed me from all evil, bless the ___ (Gen 48:16) KJV
40 from foundation to ___, were made of blocks of high-grade (1 Kings 7:9)
42 throwing stones at him and showering him with ___ (2 Sam 16:13)
43 let him seek peace, and ___ it (1 Pet 3:11) (KJV)
45 Like a ___ of Lebanon he will send down his roots (Hosea 14:5)
47 till he should pay all that was ___ unto him (Matt 18:34)
48 The tower of ____ (Gen 11:9)
50 To ____ them that were under the law (Gal 4:5)
52 I ___ silver and gold for myself, and the treasure (Eccl 2:8)
55 he that wavereth is like a ____ of the sea. (James 1:6)
56 What he trusts in is fragile; what he ___ on is a spider's web. (Job 8:14)
57 whosoever of you will be the ___, shall be servant of all (Mark 10:44) KJV
61 There is ___ ___ here, which hath five barley loaves (1,3) (John 6:9)
62 if his hands are ___, the house leaks (Eccl 10:18)
64 sixth angel poured out his vial upon the great ____ Euphrates (Rev 16:12)
65 away, absent (Rev 18:14)
66 which is gone down in the sun ___ of Ahaz (Isa 38:8) KJV
67 She gave herself as a prostitute to all the ____ of the Assyrians (Ezek 23:7)
68 thou shouldest be for salvation unto the ____ of the earth (Acts 13:47) KJV
69 said through the prophet: "Out of ___ I called my son (Matt 2:15)
70 Salvation is found in no one ___, for there is no other name (Acts 4:12)

DOWN

1 the woman had a fat ___ in the house (1 Sam 28:24) KJV
2 a Levite who lived in a remote ___ in the hill country (Judg 19:1)
3 the ephod, close to the ___ just above the waistband (Ex 39:20)
4 beginning with the oldest and ___ with the youngest (Gen 44:12)
6 Fear and trembling have ___ me; horror has overwhelmed me (Ps 55:5)
7 I will measure into their ___ the full payment for (Isa 65:7)
8 See, the LORD has chosen Bezalel son of ___ (Ex.35:30)
9 let each ____ other better than themselves (Phil 2:3)
10 not to be slanderers or ___ to much wine (Titus 2:3)
11 beat against that house, and it fell with a great ___ (Matt 7:27)
12 Thou shalt truly ____ all the increase of thy seed (Deut 14:22)
13 His ___ shaft was like a weaver's rod (1 Sam 17:7)
15 Lazarus has fallen ___; but I am going there to wake him (John 11:11)
22 married a wife, deceased, and, having no ____ (Matt 22:25)
24 Saul and Abner son of Ner had ___ down (1 Sam 26:5)
26 The people have become hungry and ___ and thirsty (2 Sam 17:29)
27 was in the ____ that is called Patmos (Rev 1:9)
28 We all growl like bears; we ___ mournfully like doves (Isa 59:11)
29 If anyone ___ anything to them, God will add to him (Rev 22:18)
30 My feet stand on ___ ground (Ps 26:12)
33 you have ___ with men on foot and they have worn you out (Jer 12:5)
35 I will give him rest from all his enemies on every ____. (1 Chr 22:9)
36 the darkness is passing and the ____ light is already shining (I Jn 2:8)
37 there shall come forth a rod out of the ___ of Jesse (Isa 11:1) KJV
39 Stay with him for a while until your brother's fury ___ (Gen 27:44)
41 no longer to call her ___; her name will be Sarah.(Gen 17:15)
44 listens to me will live in safety and be at ___ (Prov 1:33)
46 the LORD; let all the people of the world ___ him (Ps 33:8)
49 Jesus was walking ___ the Sea of Galilee (Matt 4:18)
51 Do not ___ yourselves by any of these creatures (Lev 11:43)
52 The king got up in ___ ___ left his wine (1,4) (Est 7:7)
53 Like a scarecrow in a ___ patch, their idols cannot speak (Jer 10:5)
54 ___ ___ flowing with milk and honey (1,4) (Deut 26:10)
55 Dan is a lion's ___: he shall leap from Bashan (Deut 33:22) KJV
57 what Adam was made from (Job 33:6)
58 Do not those who plot ___ go astray? (Prov 14:22)
59 silver in two bags, with two ___ of clothing (2 Kings 5:23)
60 every man under his vine and under his fig ____ (1 King 4:25)
63 I'll ___ around it and fertilize it.(Luke 13:8)

Just for Kids

Flashlight TAG



Sometimes we resist the light of Christ. But when his light touches us, we can then share it with others. Play this fun game on a summer night to remember how Christ's light shines in the world.

What you need:

- Friends
- Safe open space outdoors
- A flashlight for each player

How to play:

1. Choose one person to be the Tagger, known as the Light. Only that person can have his or her flashlight on.
2. The Light tries to shine his or her flashlight on other players, who run around and try to hide in the darkness.
3. Once players have been touched by the Light, they turn on their flashlights and join in, trying to shine on others.
4. Play until everyone has been tagged by the Light. Repeat, giving everyone a turn to be the Light.

PUZZLE

GOD'S LIGHT

Summer's long days can remind us of our Creator, who made the sun and wants us to live in his light.

Directions: First, write the opposite of each word in parentheses. Then use the Word Bank words, in order, to complete 1 John 1:5-7, NIV.

WORD BANK: is in is at if in as is in with

God _____ _____; _____ _____
(dark) (her)

there _____ _____ _____ness _____ _____ . ...
(yes) (light) (none)

But _____ we _____ _____ the _____,
(run) (dark)

_____ _____ _____ _____ the _____,
(she) (dark)

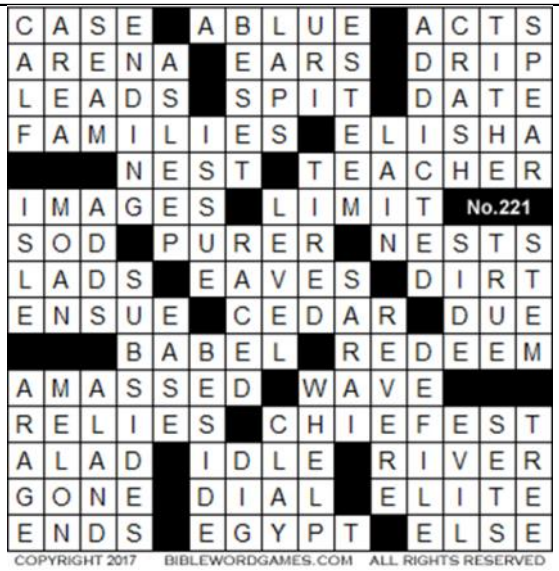
we have fellowship _____ one another. ...

1 John 1:5-7, NIV

Answer: God is light; in him there is no darkness at all . ... But if we walk in the light, as he is in the light, we have fellowship with one another. (1 John 1:5-7, NIV)

Barnum Community United Methodist Church

POSTMASTER:
Please send address changes to:
PO Box 70, 3762 Front Street
Barnum, MN 55707
(218) 389-6876 office@barnumumc.org
www.barnumumc.org



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

BUMC Ministry Team

Pastor—Lee Kantonen
Council Chair—Leon Finifrock
Youth Director—Bill Schoonover
Missions/Outreach—Connie Swanson
Secretary—Mechelle Mattson
Faith Community Nurse—Jennifer Southerton
Congregational Nurture & Care—Connie Herbert
Nursery Coordinator—Kaye Finifrock
Acolyte Coordinator—Roxanne Matten
Wednesday Night Servers—Kaye Finifrock/Terri Krueger
Custodian—Jim Calhoun

United Women in Faith—Sandy Ferguson
Bookkeeper—Tiffany Parr
Ministries Leader—Deb Halls
Staff-Parish Relations—Dawson Gentry
Worship Ministry - Lori Koski
Properties Management—Dave Matten
Discipleship Ministries—Mike Line
Sunday Servers Coordinator—Ann Kosloski
Greeters/Ushers Coordinator—Laurie Audette
Sunday Counters Coordinator—Cathy Kunze
Office Manager—Laurie Audette

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



September 2024
Volume 24—Issue 9

Bible Readings
Church Calendar
Birthdays
Anniversaries
Youth Group
Bible Buddies
Faith Community Nurse
United Women in Faith
Women's Ministry
Council Minutes
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

Office Hours (Mon-Fri)

Sunday Worship

Facebook Live 9:30 am
In Person 9:30 am

Pastor Kennection

Jesus...saw a man called Matthew sitting at the tax booth, and He said to him, "Follow me." And he rose and followed Him. (Matthew 9:9)

Where were the Apostles when Jesus called them to follow Him? It wasn't from the synagogue, was it, even though Jesus regularly was found at the synagogue. It was when the Lord was out and about in the community. The apostles were called when they were on the seashore preparing to fish, or out in their boats, the tax booth, maybe the marketplace, it was from those everyday areas of life that Jesus called them.

There is a wonderful missional heart found here at Barnum Community. My memory is relatively recent in the scheme of things, but it was so good to learn about our connection with John Sergey in years past and to listen to Pastor Sergey and learn of his evangelistic outreach to the people of what at that time was the Soviet Union. For those unfamiliar, spark up a conversation with Jen Berthelot.

Since its outset, mission has been central to the heart of churches with a Wesleyan persuasion and the United Methodist Church is no different. Recently, the Minnesota Annual Conference has been encouraging involvement of all of our churches in something called, Fresh Expressions. Very simply, it is about meeting with people around a shared area of interest while taking time to share a "Jesus Story" during the time together. For years we've known and made known that for the most part people who don't know Christ aren't going to just wander into our churches. Jesus sent his followers out to make disciples, not in.

People have been gathering at bicycling groups, kayaking groups, quilting groups, wood carving groups, golfing groups, you name it. Whatever shared area of interest people have; Fresh Expressions can be occurring there. There have even been axe throwing and burrito gatherings. The key is gathering regularly and making a point to share a Jesus story and an opportunity for prayer. Fresh Expressions is about building relationships with others outside the church. It is a time to introduce Jesus to people who likely will not wander into Barnum Community United Methodist Church or any other church building. We need to keep developing new ways of letting people know God loves them and wants to be in a relationship with them. Perhaps you have already been doing that sort of thing without calling it Fresh Expressions.

So, if you have thought sharing your faith with others is something you could never do, I invite and encourage you to think again. There might be those here at Barnum Community who share your interests to join with you to get your Fresh Expression initiated. The community is filled with people who hold shared interests in need of knowing the Lord. Thank you for sharing the love of God and inviting others to join the journey.

The Good Shepherd's Sheepdog,

Lee



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:30 Worship Service 11:00 Adult Class	**2 LABOR DAY** **Office Closed** 5-8 Youth Group	3 11:00 Prayer Group	4 5-8 Youth Group	5	6	7
8 Grandparents Day 9:30 Worship Service **Communion** 11:00 Adult Class	9 5-8 Youth Group 6:30 Council Mtg	10 11:00 Prayer Group 1:00 Moms in Prayer	11 **FAMILY NIGHT KICK OFF** 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	12	13	14
15 9:30 Worship Service 11:00 Adult Class Congregational Meeting after Church Service	16 5-8 Youth Group	17 11:00 Prayer Group 1:00 Moms in Prayer	18 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	19	20	21
22 9:30 Worship Service 11:00 Adult Class	23 5-8:00 Youth Group	24 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	25 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study Newsletter Deadline	26	27	28
29 9:30 Worship Service 11:00 Adult Class	30 5-8 Youth Group					

** Schedule subject to change.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 11:00 Prayer Group 1:00 Moms in Prayer	2 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	3	4	5
6 **Pastor Appreciation Day** 9:30 Worship Service 11:00 Adult Class	7 **COLUMBUS DAY** 5-8:00 Youth Group 6:00 Finance Mtg 6:30 Council Mtg	8 11:00 Prayer Group 1:00 Moms in Prayer	9 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	10	11	12 9:30 Secret Sister Reveal Party
13 9:30 Worship Service **Communion** 11:00 Adult Class	14 5-8:00 Youth Group	15 11:00 Prayer Group 1:00 Moms in Prayer	16 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	17	18	19
20 9:30 Worship Service 11:00 Adult Class	21 5-8:00 Youth Group	22 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	23 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	24	25	26
27 9:30 Worship Service 11:00 Adult Class	28 5-8:00 Youth Group	29 11:00 Prayer Group 1:00 Moms in Prayer Newsletter Deadline	30 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	31 **HALLOWEEN**		

** Schedule subject to change.

Daily Nourishment



OLD & NEW TESTAMENT

Sep 1: Ps 135-136; 1Cor 12
Sep 2: Ps 137-139; 1Cor 13
Sep 3: Ps 140-142; 1Cor 14:1-20
Sep 4: Ps 143-145; 1Cor 14:21-40
Sep 5: Ps 146-147; 1Cor 15:1-28
Sep 6: Ps 148-150; 1Cor 15:29-58
Sep 7: Prov 1-2; 1Cor 16
Sep 8: Prov 3-5; 2Cor 1
Sep 9: Prov 6-7; 2Cor 2
Sep 10: Prov 8-9; 2Cor 3
Sep 11: Prov 10-12; 2Cor 4
Sep 12: Prov 13-15; 2Cor 5
Sep 13: Prov 16-18; 2Cor 6
Sep 14: Prov 19-21; 2Cor 7
Sep 15: Prov 22-24; 2Cor 8
Sep 16: Prov 25-26; 2Cor 9
Sep 17: Prov 27-29; 2Cor 10
Sep 18: Prov 30-31; 2Cor 11:1-15
Sep 19: Ecc 1-3; 2Cor 11:16-33
Sep 20: Ecc 4-6; 2Cor 12
Sep 21: Ecc 7-9; 2Cor 13
Sep 22: Ecc 10-12; Gal 1
Sep 23: Song 1-3; Gal 2
Sep 24: Song 4-5; Gal 3
Sep 25: Song 6-8; Gal 4
Sep 26: Is 1-2; Gal 5
Sep 27: Is 3-4; Gal 6
Sep 28: Is 5-6; Eph 1
Sep 29: Is 7-8; Eph 2
Sep 30: Is 9-10; Eph 3

CHRONOLOGICAL

Sep 1: Ezek 18-19
Sep 2: Ezek 20-21
Sep 3: Ezek 22-23
Sep 4: Ezek 24-27
Sep 5: Ezek 28-31
Sep 6: Ezek 32-34
Sep 7: Ezek 35-37
Sep 8: Ezek 38-39
Sep 9: Ezek 40-41
Sep 10: Ezek 42-43
Sep 11: Ezek 44-45
Sep 12: Ezek 46-48
Sep 13: Joel
Sep 14: Dan 1-3
Sep 15: Dan 4-6
Sep 16: Dan 7-9
Sep 17: Dan 10-12
Sep 18: Ezra 1-3
Sep 19: Ezra 4-6; Ps 137
Sep 20: Haggai
Sep 21: Zech 1-7
Sep 22: Zech 8-14
Sep 23: Est 1-5
Sep 24: Est 6-10
Sep 25: Ezra 7-10
Sep 26: Neh 1-5
Sep 27: Neh 6-7
Sep 28: Neh 8-10
Sep 29: Neh 11-13; Ps 126
Sep 30: Malachi

Youth



Welcome to the 2024-25 School Year! Students return to their school routines and sports schedules are back. The Barnum Youth Group (BYG) is launching our new school year theme "But Wait…There's More!" Many people take life as it comes. This year we will be challenging youth that there's more to their lives. What we may see on the surface is only a part of who God created us to be. With each topic we discuss we will pause and look deeper, 'but wait…there's more'! With topics like More to Me, What's your Role, Be Kind to Others, More than Decorations, Forgiving Grudges, The Light of the World and Do you Know Me, we will be exploring so much more this year. Please pray that students are willing to look at their lives and see that they do need more and that the more they need is Jesus.

Before we say goodbye to summer, I wanted to share about an amazing experience I was able to have with a recent graduate. Tobin has attended youth group for many years, and he also loves running. At the beginning of summer, he talked about wanting to do the Moose Lake Triathlon, but he didn't want to do the whole thing. I said we could do it as a team and I would be willing to do the bike part. My wife, Serenity, said she would be willing to do the swim and all summer the three of us prepared for the big event. Serenity swam, I biked and then Tobin set out for his 3-mile run. As we were waiting for Tobin to return Serenity and I talked about how thankful we were to provide this opportunity for Tobin. As Tobin crossed the finished line the announcer said, "And here is our first team to finish." Our team placed first. We couldn't believe it. Later Tobin told me, "I've gotten second place and third place before, but I've never gotten first place!" It was our prayer that God would bless that day, and He did! I want to thank Serenity for swimming for our team and I want to thank the Barnum Church family for coming to support us during the race. You're the Best! Please pray for continued opportunities to bless the students that we work with.









Nursery Volunteers: The nursery is in need of adult volunteers and young adults during church services. Please see Kay Finifrock.

September 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Servers	Wednesday Servers
1	Willis & Kay Finifrock	Scott & Elaine Bogenholm	Bonnie Kepler Cathy Kunze	Jenna Uszenski	Deb Halls	Janet Adelsgruber Karen Smith	
8	Hazel Oachs Jay Oachs	Bing & Kathy Mattson	Brian Koski Deb Donaldson	Daniel Zinter	Deb Entner	COMMUNION SUNDAY	(11) Bette Deming Annette Meyer & Boys
15	Marilyn Criley Judy Jacobs	Chris & Annette Meyer	Robin Paulson Bonnie Kepler	Brenden Zinter	Kay Finifrock	Annette Meyer Brenda Zinter	(18) Deb Entner
22	Cheryl Peterson Terri Krueger	Steve & Sandi Vogel	Brian Koski Deb Donaldson	Liam Parr	Brenda Zinter	Deb Halls Carmen Burak	(25) Evelyn Newman
29	Audrey Sebring Annette Hammitt	Bruce & Eileen Resman	Deb Donaldson Robin Paulson	Evan Earlywine	Tiffany Parr	Connie Herbert Jackie Olson	(2) Deb Halls

October 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Serv-ers	Wednesday Servers
6	Leon Finifrock Connie Herbert	Cliff & Joyce Berggren	Robin Paulson Cathy Kunze	Daniel Zinter	Sandi Vogel	Roxanne Mat-ten Kathy Otnes	(9) Paul & Carmen Burak
13	Ann Kosloski Tiffany Parr	Steve & Sandi Vogel	Brian Koski Bonnie Kepler	Nial Parr	Sandy Ferguson	COMMUNION SUNDAY	(16) Janet Adelsgruber Karen Smith
20	Roger & Deanna Finifrock	Paul & Carmen Burak	Brian Koski Deb Donaldson	Even Earlywine	Deb Halls	Cheryl Peterson Terri Krueger	(23) Terri Krueger
27	Dianne Anderson Connie Swanson	Dave & Sandy Ferguson	Deb Donaldson Robin Paulson	Brenden Zinter	Deb Entner	Ann Kosloski Linda Jusczak	(30) Sue Nelson Kathy Otnes Rachel Finifrock



September Health and Wellness Moment

"Healthy Aging"

September is Healthy Aging Month. The mission behind this month's health topic is to draw attention to the importance of healthy lifestyles for adults 45-plus. Nowadays, it is more important than ever to follow a healthy lifestyle, remain positive and passionate about life, and to look forward to better days ahead. Sometimes, however, this is not easy to do. If you need a boost to improve your lifestyle, here are some tips to be able to age well…in other words, to get older in the healthiest way possible! Let's look at some tips to achieve and maintain physical, social, mental and financial wellness.
First of all, let's look at Mental Wellness. Many people struggle with depression, loneliness, anxiety and isolation. It is important to follow these tips.

1. Be realistic. If you feel overwhelmed by some activities, (yours and/or your family's), learn to say no. Eliminate an activity that is not absolutely necessary. It's possible that you may be taking on more responsibility than you could, or should, handle. If you meet resistance, be ready to give reasons why you are making these changes. Be willing to listen to others' suggestions and be willing to compromise.
2. Shed the "superhero" urge. Nobody is perfect. Don't expect perfection from yourself or others. Focus on what really needs to be done, how much you can realistically get done and in what time frame. It's so important to ask for help when you need it.
3. Take one thing at a time. When someone is stressed or anxious, an ordinary workload can seem unbearable at times. The best way to cope with the feeling of being overwhelmed is to take one task at a time. Once you accomplish one task, choose the next most important thing you want to get done. Some people like to check off tasks on a list; it is very satisfying and helps you visualize your progress!

Next, let's look at the importance of Physical Fitness. According to the National Center for Chronic Disease Prevention and Health Promotion, about 6 in 10 adults in the U.S. have a chronic health condition, and 4 in 10 have two or more. There are many benefits of physical activity for adults and older adults. It's important to keep moving. A body in motion stays in motion! Exercise and strength training improves quality of life, reduces anxiety, and improves sleep. It also is key in weight loss, bone health and a lower risk of falls!

4. Move more, sit less. This recommendation from health.gov is based on new evidence that shows a strong positive relationship between increased sedentary behavior and increased risk of mortality, heart disease and high blood pressure.
5. Aerobic exercise. Check with your doctor for advice on how many minutes of exercise you should be getting per week. Also ask what kind of exercise is best for you and how to know if you are doing too much.
6. Muscle strengthening. These activities provide additional health benefits, so ask your doctor about muscle strengthening as well.

Next, we'll focus on the importance of Diet. Forty two percent of Americans have had an average weight gain of 29 pounds since the beginning of the pandemic. Not only have we been eating more and moving less, but alcohol consumption has also increased in this time frame. You can check out the Dietary Guidelines for Americans 2020-2025 published by the USDA. Always talk to your doctor about what weight is healthy for you.

7. Review your daily diet and make necessary changes. You guessed it, talk to your doctor about what is best for you! Generally, it is best to eat a diet that is rich in fruits, vegetables, whole grains, fat-free or low-fat milk and dairy products, and a variety of healthy proteins. It is best to eat a diet low in saturated fats, trans fats, cholesterol, sodium and added sugars.

Next, we'll focus on the importance of Social Well-being. We are created to be social beings, we crave healthy interaction with others. After feeling isolated, some older adults find it is hard to get out and be social without becoming mentally exhausted. Here are some ways to be active in your community:
8. Volunteer. There are so many places that encourage and welcome volunteering in our communities, churches, schools. Ask a friend to join you and make it a fun event to share!
9. Dream and then get to it. Is there someplace you've always wanted to travel, explore, research? Some of these things may not be realistic or feasible, but maybe some are! Have an adventure, laugh, share a fun moment with loved ones, get out and enjoy the day! Become a pen pal, learn a new language, learn to play an instrument…the sky's the limit!

Last, we will look at Financial Well-being.

10. Launch your next career, go back to school and get a degree, take an online class, learn a new skill that you have always wanted to master. Studies show that people who retire and then become sedentary and lose their excitement for life are much more likely to be ill and unhappy.

September is Healthy Aging Month, and it is the perfect time to renew or set some lifestyle goals! Happy Fall to you all!
Reference: HealthyAging.net

"Give thanks to the Lord, for He is good. His love endures forever."
Psalms 136:1
Prayers for peace, joy and good health, and just a reminder…you are uniquely YOU by HIS design!
~Jenny S, RN, BCUMC Parish Nurse

Howdy Partner!
Here is your invitation to:



The Bible-Buddy Round-Up

This is the kick-off to the Children's WEDNESDAY BIBLE BUDDIES program at the

Barnum Community Church

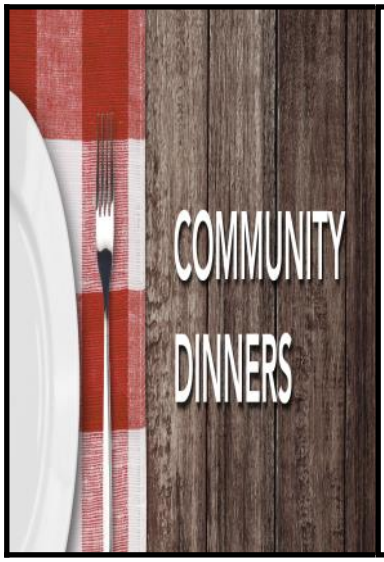
Giddy-up ya'll (ages 4-6th grade) and join up with the Bible Buddies!!

Wednesday evening September 11 at 6 - 7:15 pm, right after the Community Supper (served from 5:15 to 6pm).

After getting everyone registered and rustling up some chow, we will round up the gang of Buddies at 6 pm to enjoy activities including games, songs, crafts, and a Bible lesson.



Important Events in the Life of Our Church



Join us for
Community Dinner
&
Family Night

September 11, 18, 25

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



September 11:	*Family Night Kick Off*
	Community Dinner
	Bible Buddies
	Youth Group (7th – 12th)
	Women's Bible Study
October 31:	*Halloween Trunk or Treat*
November 20:	*Thanksgiving Dinner*
December 24:	*Christmas Eve*
	Candlelight Service



Please join us for **WOW**
"Worship on Wednesday"

6:15—6:30 Praise & Worship Music followed by a short bible lesson from Pastor Lee



The Warm Hearts Ministry will be meet Tuesday, September 24th from 10 am—3 pm to work on Warm Hearts Projects or personal projects. Please bring a lunch and join us for some great sewing time and fellowship. Bring your sewing supplies. Please RSVP Kathy Port.

United Women in Faith

United Women in Faith will be meeting on September 11 at 1:30 at the church. All women of the church are invited to attend this meeting. Ann Kosloski will be the hostess and Kathy Mattson will lead the discussion on pages 94-98 of our study book, "Life on Purpose for Women". Our heart is to assist with church projects wherever possible. Please see Sandy Ferguson for further information.



Important Events in the Life of Our Church



Mother / Child Nursing Tent:

A huge "Thank You" to all the volunteers who helped set up and tear down and work in the Baby Rest Area.





Fair time has come and gone already. Many thanks for all those who volunteered to park cars. This year over $2,600 was collected to help fund the Wednesday night youth programs reaching out to students in our Community.

The Lord's Table, September 8th

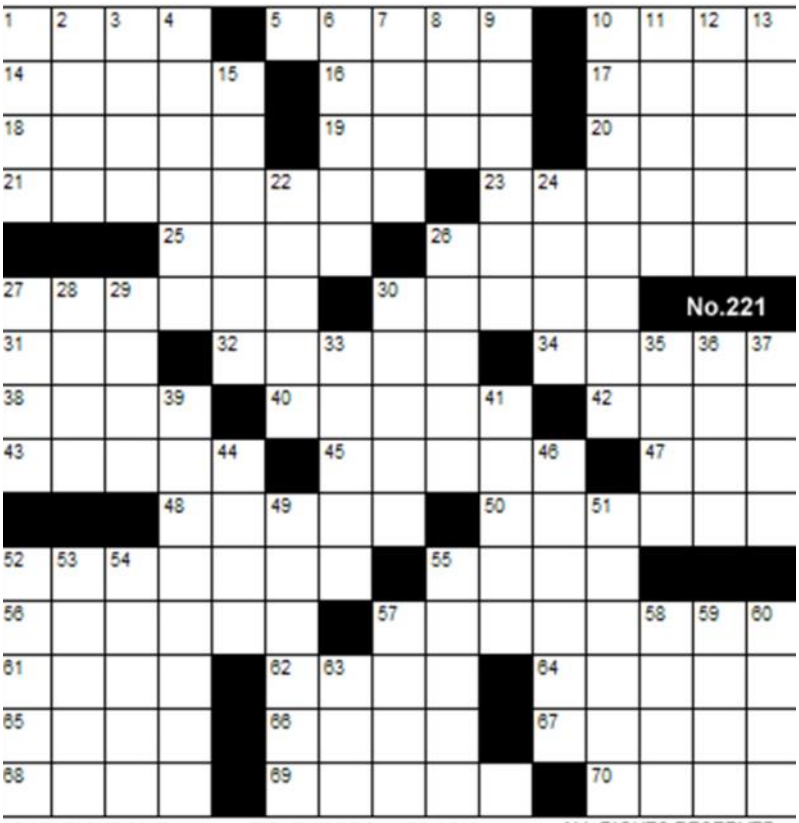


The second Sunday of the month will be our Table Sunday as a church family. We will be sharing communion at the Lord's Table, enjoying a shared-dish (potluck). Table Sunday is a monthly reminder that our life together as the family of God centers in worship, fellowship and sharing.

REMEMBER to bring a dish to share on the second Sunday and even if you aren't able, plan on staying for dinner with your family and friends here.

"Our Daily Bread" is also available on the facebook, mobile app in addition to the printed copies here in the office.

Did you miss out on a Sunday Service don't have access to Facebook or Internet? We have extra copies available for your use.



COPYRIGHT 2017 BIBLEWORDGAMES.COM ALL RIGHTS RESERVED

ACROSS

1 So Moses brought their ___ before the LORD (Num 27:5)
5 Fasten ___ ___ cord to it (1,4) (Ex 28:37)
10 fifth book of the New Testament
14 Like men condemned to die in the ___ (1 Cor 4:9)
16 Speak now in the ____ of the people (Exodus 11:2)
17 In that day the mountains will ___ new wine (Joel 3:18)
18 seems right to a man, but in the end it ___ to death (Prov 16:25)
19 Then they ___ in his face and struck him with their fists (Matt 26:67)
20 Son of man, record this ____ (Ezek 24:2)
21 because the midwives feared God, he gave them ___ of their own (Ex 1:21)
23 Elijah's successor (2 Kings 2:9)
25 Like a bird that strays from its ___ is a man who strays (Prov 27:8)
26 A student is not above his ___ , nor a servant above his master (Matt 10:24)
27 and remove all its vile ___ and detestable idols (Ezek 11:18)
30 they always heap up their sins to the ___ (1Thes 2:16)
31 clump of earth and grass
32 Her Nazarites were ___ than snow, they were whiter than (Lam 4:7) KJV
34 Jesus replied, "Foxes have holes and birds of the air have ___ (Matt 8:20)
38 The Angel which redeemed me from all evil, bless the ___ (Gen 48:16) KJV
40 from foundation to ___, were made of blocks of high-grade (1 Kings 7:9)
42 throwing stones at him and showering him with ___ (2 Sam 16:13)
43 let him seek peace, and ___ it (1 Pet 3:11) (KJV)
45 Like a ___ of Lebanon he will send down his roots (Hosea 14:5)
47 till he should pay all that was ___ unto him (Matt 18:34)
48 The tower of ____ (Gen 11:9)
50 To ____ them that were under the law (Gal 4:5)
52 I ___ silver and gold for myself, and the treasure (Eccl 2:8)
55 he that wavereth is like a ____ of the sea. (James 1:6)
56 What he trusts in is fragile; what he ___ on is a spider's web. (Job 8:14)
57 whosoever of you will be the ___, shall be servant of all (Mark 10:44) KJV
61 There is ___ ___ here, which hath five barley loaves (1,3) (John 6:9)
62 if his hands are ___, the house leaks (Eccl 10:18)
64 sixth angel poured out his vial upon the great ____ Euphrates (Rev 16:12)
65 away, absent (Rev 18:14)
66 which is gone down in the sun ___ of Ahaz (Isa 38:8) KJV
67 She gave herself as a prostitute to all the ____ of the Assyrians (Ezek 23:7)
68 thou shouldest be for salvation unto the ____ of the earth (Acts 13:47) KJV
69 said through the prophet: "Out of ___ I called my son (Matt 2:15)
70 Salvation is found in no one ___, for there is no other name (Acts 4:12)

DOWN

1 the woman had a fat ___ in the house (1 Sam 28:24) KJV
2 a Levite who lived in a remote ___ in the hill country (Judg 19:1)
3 the ephod, close to the ___ just above the waistband (Ex 39:20)
4 beginning with the oldest and ___ with the youngest (Gen 44:12)
6 Fear and trembling have ___ me; horror has overwhelmed me (Ps 55:5)
7 I will measure into their ___ the full payment for (Isa 65:7)
8 See, the LORD has chosen Bezalel son of ___ (Ex.35:30)
9 let each ____ other better than themselves (Phil 2:3)
10 not to be slanderers or ___ to much wine (Titus 2:3)
11 beat against that house, and it fell with a great ___ (Matt 7:27)
12 Thou shalt truly ____ all the increase of thy seed (Deut 14:22)
13 His ___ shaft was like a weaver's rod (1 Sam 17:7)
15 Lazarus has fallen ___; but I am going there to wake him (John 11:11)
22 married a wife, deceased, and, having no ____ (Matt 22:25)
24 Saul and Abner son of Ner had ___ down (1 Sam 26:5)
26 The people have become hungry and ___ and thirsty (2 Sam 17:29)
27 was in the ____ that is called Patmos (Rev 1:9)
28 We all growl like bears; we ___ mournfully like doves (Isa 59:11)
29 If anyone ___ anything to them, God will add to him (Rev 22:18)
30 My feet stand on ___ ground (Ps 26:12)
33 you have ___ with men on foot and they have worn you out (Jer 12:5)
35 I will give him rest from all his enemies on every ____. (1 Chr 22:9)
36 the darkness is passing and the ____ light is already shining (I Jn 2:8)
37 there shall come forth a rod out of the ___ of Jesse (Isa 11:1) KJV
39 Stay with him for a while until your brother's fury ___ (Gen 27:44)
41 no longer to call her ___; her name will be Sarah.(Gen 17:15)
44 listens to me will live in safety and be at ___ (Prov 1:33)
46 the LORD; let all the people of the world ___ him (Ps 33:8)
49 Jesus was walking ___ the Sea of Galilee (Matt 4:18)
51 Do not ___ yourselves by any of these creatures (Lev 11:43)
52 The king got up in ___ ___ left his wine (1,4) (Est 7:7)
53 Like a scarecrow in a ___ patch, their idols cannot speak (Jer 10:5)
54 ___ ___ flowing with milk and honey (1,4) (Deut 26:10)
55 Dan is a lion's ___: he shall leap from Bashan (Deut 33:22) KJV
57 what Adam was made from (Job 33:6)
58 Do not those who plot ___ go astray? (Prov 14:22)
59 silver in two bags, with two ___ of clothing (2 Kings 5:23)
60 every man under his vine and under his fig ____ (1 King 4:25)
63 I'll ___ around it and fertilize it.(Luke 13:8)

Just for Kids

Flashlight TAG



Sometimes we resist the light of Christ. But when his light touches us, we can then share it with others. Play this fun game on a summer night to remember how Christ's light shines in the world.

What you need:

- Friends
- Safe open space outdoors
- A flashlight for each player

How to play:

1. Choose one person to be the Tagger, known as the Light. Only that person can have his or her flashlight on.
2. The Light tries to shine his or her flashlight on other players, who run around and try to hide in the darkness.
3. Once players have been touched by the Light, they turn on their flashlights and join in, trying to shine on others.
4. Play until everyone has been tagged by the Light. Repeat, giving everyone a turn to be the Light.

PUZZLE

GOD'S LIGHT

Summer's long days can remind us of our Creator, who made the sun and wants us to live in his light.

Directions: First, write the opposite of each word in parentheses. Then use the Word Bank words, in order, to complete 1 John 1:5-7, NIV.

WORD BANK: is in is at if in as is in with

God _____ _____; _____ _____
(dark) (her)

there _____ _____ _____ness _____ _____ . ...
(yes) (light) (none)

But _____ we _____ _____ the _____,
(run) (dark)

_____ _____ _____ _____ the _____,
(she) (dark)

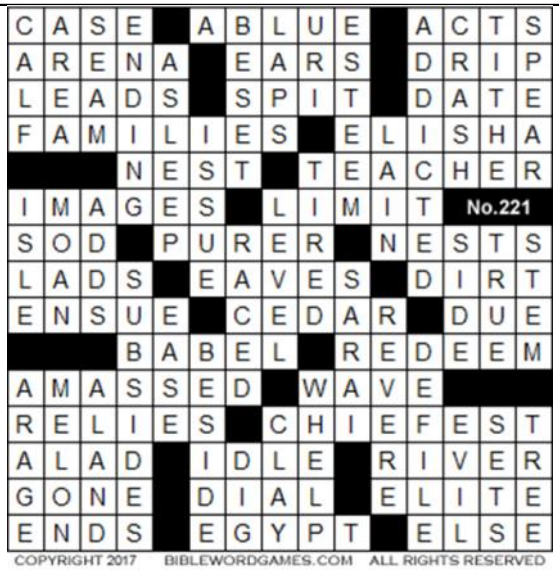
we have fellowship _____ one another. ...

1 John 1:5-7, NIV

Answer: God is light; in him there is no darkness at all . ... But if we walk in the light, as he is in the light, we have fellowship with one another. (1 John 1:5-7, NIV)

Barnum Community United Methodist Church

POSTMASTER:
Please send address changes to:
PO Box 70, 3762 Front Street
Barnum, MN 55707
(218) 389-6876 office@barnumumc.org
www.barnumumc.org



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

BUMC Ministry Team

Pastor—Lee Kantonen
Council Chair—Leon Finifrock
Youth Director—Bill Schoonover
Missions/Outreach—Connie Swanson
Secretary—Mechelle Mattson
Faith Community Nurse—Jennifer Southerton
Congregational Nurture & Care—Connie Herbert
Nursery Coordinator—Kaye Finifrock
Acolyte Coordinator—Roxanne Matten
Wednesday Night Servers—Kaye Finifrock/Terri Krueger
Custodian—Jim Calhoun

United Women in Faith—Sandy Ferguson
Bookkeeper—Tiffany Parr
Ministries Leader—Deb Halls
Staff-Parish Relations—Dawson Gentry
Worship Ministry - Lori Koski
Properties Management—Dave Matten
Discipleship Ministries—Mike Line
Sunday Servers Coordinator—Ann Kosloski
Greeters/Ushers Coordinator—Laurie Audette
Sunday Counters Coordinator—Cathy Kunze
Office Manager—Laurie Audette

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



September 2024
Volume 24—Issue 9

Bible Readings
Church Calendar
Birthdays
Anniversaries
Youth Group
Bible Buddies
Faith Community Nurse
United Women in Faith
Women's Ministry
Council Minutes
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

Office Hours (Mon-Fri)

Sunday Worship

Facebook Live 9:30 am
In Person 9:30 am

Pastor Kennection

Jesus...saw a man called Matthew sitting at the tax booth, and He said to him, "Follow me." And he rose and followed Him. (Matthew 9:9)

Where were the Apostles when Jesus called them to follow Him? It wasn't from the synagogue, was it, even though Jesus regularly was found at the synagogue. It was when the Lord was out and about in the community. The apostles were called when they were on the seashore preparing to fish, or out in their boats, the tax booth, maybe the marketplace, it was from those everyday areas of life that Jesus called them.

There is a wonderful missional heart found here at Barnum Community. My memory is relatively recent in the scheme of things, but it was so good to learn about our connection with John Sergey in years past and to listen to Pastor Sergey and learn of his evangelistic outreach to the people of what at that time was the Soviet Union. For those unfamiliar, spark up a conversation with Jen Berthelot.

Since its outset, mission has been central to the heart of churches with a Wesleyan persuasion and the United Methodist Church is no different. Recently, the Minnesota Annual Conference has been encouraging involvement of all of our churches in something called, Fresh Expressions. Very simply, it is about meeting with people around a shared area of interest while taking time to share a "Jesus Story" during the time together. For years we've known and made known that for the most part people who don't know Christ aren't going to just wander into our churches. Jesus sent his followers out to make disciples, not in.

People have been gathering at bicycling groups, kayaking groups, quilting groups, wood carving groups, golfing groups, you name it. Whatever shared area of interest people have; Fresh Expressions can be occurring there. There have even been axe throwing and burrito gatherings. The key is gathering regularly and making a point to share a Jesus story and an opportunity for prayer. Fresh Expressions is about building relationships with others outside the church. It is a time to introduce Jesus to people who likely will not wander into Barnum Community United Methodist Church or any other church building. We need to keep developing new ways of letting people know God loves them and wants to be in a relationship with them. Perhaps you have already been doing that sort of thing without calling it Fresh Expressions.

So, if you have thought sharing your faith with others is something you could never do, I invite and encourage you to think again. There might be those here at Barnum Community who share your interests to join with you to get your Fresh Expression initiated. The community is filled with people who hold shared interests in need of knowing the Lord. Thank you for sharing the love of God and inviting others to join the journey.

The Good Shepherd's Sheepdog,

Lee



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:30 Worship Service 11:00 Adult Class	**2 LABOR DAY** **Office Closed** 5-8 Youth Group	3 11:00 Prayer Group	4 5-8 Youth Group	5	6	7
8 Grandparents Day 9:30 Worship Service **Communion** 11:00 Adult Class	9 5-8 Youth Group 6:30 Council Mtg	10 11:00 Prayer Group 1:00 Moms in Prayer	11 **FAMILY NIGHT KICK OFF** 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	12	13	14
15 9:30 Worship Service 11:00 Adult Class Congregational Meeting after Church Service	16 5-8 Youth Group	17 11:00 Prayer Group 1:00 Moms in Prayer	18 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	19	20	21
22 9:30 Worship Service 11:00 Adult Class	23 5-8:00 Youth Group	24 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	25 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study Newsletter Deadline	26	27	28
29 9:30 Worship Service 11:00 Adult Class	30 5-8 Youth Group					

** Schedule subject to change.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 11:00 Prayer Group 1:00 Moms in Prayer	2 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	3	4	5
6 **Pastor Appreciation Day** 9:30 Worship Service 11:00 Adult Class	7 **COLUMBUS DAY** 5-8:00 Youth Group 6:00 Finance Mtg 6:30 Council Mtg	8 11:00 Prayer Group 1:00 Moms in Prayer	9 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	10	11	12 9:30 Secret Sister Reveal Party
13 9:30 Worship Service **Communion** 11:00 Adult Class	14 5-8:00 Youth Group	15 11:00 Prayer Group 1:00 Moms in Prayer	16 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	17	18	19
20 9:30 Worship Service 11:00 Adult Class	21 5-8:00 Youth Group	22 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	23 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	24	25	26
27 9:30 Worship Service 11:00 Adult Class	28 5-8:00 Youth Group	29 11:00 Prayer Group 1:00 Moms in Prayer Newsletter Deadline	30 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	31 **HALLOWEEN**		

** Schedule subject to change.

Daily Nourishment



OLD & NEW TESTAMENT

Sep 1: Ps 135-136; 1Cor 12
Sep 2: Ps 137-139; 1Cor 13
Sep 3: Ps 140-142; 1Cor 14:1-20
Sep 4: Ps 143-145; 1Cor 14:21-40
Sep 5: Ps 146-147; 1Cor 15:1-28
Sep 6: Ps 148-150; 1Cor 15:29-58
Sep 7: Prov 1-2; 1Cor 16
Sep 8: Prov 3-5; 2Cor 1
Sep 9: Prov 6-7; 2Cor 2
Sep 10: Prov 8-9; 2Cor 3
Sep 11: Prov 10-12; 2Cor 4
Sep 12: Prov 13-15; 2Cor 5
Sep 13: Prov 16-18; 2Cor 6
Sep 14: Prov 19-21; 2Cor 7
Sep 15: Prov 22-24; 2Cor 8
Sep 16: Prov 25-26; 2Cor 9
Sep 17: Prov 27-29; 2Cor 10
Sep 18: Prov 30-31; 2Cor 11:1-15
Sep 19: Ecc 1-3; 2Cor 11:16-33
Sep 20: Ecc 4-6; 2Cor 12
Sep 21: Ecc 7-9; 2Cor 13
Sep 22: Ecc 10-12; Gal 1
Sep 23: Song 1-3; Gal 2
Sep 24: Song 4-5; Gal 3
Sep 25: Song 6-8; Gal 4
Sep 26: Is 1-2; Gal 5
Sep 27: Is 3-4; Gal 6
Sep 28: Is 5-6; Eph 1
Sep 29: Is 7-8; Eph 2
Sep 30: Is 9-10; Eph 3

CHRONOLOGICAL

Sep 1: Ezek 18-19
Sep 2: Ezek 20-21
Sep 3: Ezek 22-23
Sep 4: Ezek 24-27
Sep 5: Ezek 28-31
Sep 6: Ezek 32-34
Sep 7: Ezek 35-37
Sep 8: Ezek 38-39
Sep 9: Ezek 40-41
Sep 10: Ezek 42-43
Sep 11: Ezek 44-45
Sep 12: Ezek 46-48
Sep 13: Joel
Sep 14: Dan 1-3
Sep 15: Dan 4-6
Sep 16: Dan 7-9
Sep 17: Dan 10-12
Sep 18: Ezra 1-3
Sep 19: Ezra 4-6; Ps 137
Sep 20: Haggai
Sep 21: Zech 1-7
Sep 22: Zech 8-14
Sep 23: Est 1-5
Sep 24: Est 6-10
Sep 25: Ezra 7-10
Sep 26: Neh 1-5
Sep 27: Neh 6-7
Sep 28: Neh 8-10
Sep 29: Neh 11-13; Ps 126
Sep 30: Malachi

Youth



Welcome to the 2024-25 School Year! Students return to their school routines and sports schedules are back. The Barnum Youth Group (BYG) is launching our new school year theme "But Wait…There's More!" Many people take life as it comes. This year we will be challenging youth that there's more to their lives. What we may see on the surface is only a part of who God created us to be. With each topic we discuss we will pause and look deeper, 'but wait…there's more'! With topics like More to Me, What's your Role, Be Kind to Others, More than Decorations, Forgiving Grudges, The Light of the World and Do you Know Me, we will be exploring so much more this year. Please pray that students are willing to look at their lives and see that they do need more and that the more they need is Jesus.

Before we say goodbye to summer, I wanted to share about an amazing experience I was able to have with a recent graduate. Tobin has attended youth group for many years, and he also loves running. At the beginning of summer, he talked about wanting to do the Moose Lake Triathlon, but he didn't want to do the whole thing. I said we could do it as a team and I would be willing to do the bike part. My wife, Serenity, said she would be willing to do the swim and all summer the three of us prepared for the big event. Serenity swam, I biked and then Tobin set out for his 3-mile run. As we were waiting for Tobin to return Serenity and I talked about how thankful we were to provide this opportunity for Tobin. As Tobin crossed the finished line the announcer said, "And here is our first team to finish." Our team placed first. We couldn't believe it. Later Tobin told me, "I've gotten second place and third place before, but I've never gotten first place!" It was our prayer that God would bless that day, and He did! I want to thank Serenity for swimming for our team and I want to thank the Barnum Church family for coming to support us during the race. You're the Best! Please pray for continued opportunities to bless the students that we work with.









Nursery Volunteers: The nursery is in need of adult volunteers and young adults during church services. Please see Kay Finifrock.

September 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Servers	Wednesday Servers
1	Willis & Kay Finifrock	Scott & Elaine Bogenholm	Bonnie Kepler Cathy Kunze	Jenna Uszenski	Deb Halls	Janet Adelsgruber Karen Smith	
8	Hazel Oachs Jay Oachs	Bing & Kathy Mattson	Brian Koski Deb Donaldson	Daniel Zinter	Deb Entner	COMMUNION SUNDAY	(11) Bette Deming Annette Meyer & Boys
15	Marilyn Criley Judy Jacobs	Chris & Annette Meyer	Robin Paulson Bonnie Kepler	Brenden Zinter	Kay Finifrock	Annette Meyer Brenda Zinter	(18) Deb Entner
22	Cheryl Peterson Terri Krueger	Steve & Sandi Vogel	Brian Koski Deb Donaldson	Liam Parr	Brenda Zinter	Deb Halls Carmen Burak	(25) Evelyn Newman
29	Audrey Sebring Annette Hammitt	Bruce & Eileen Resman	Deb Donaldson Robin Paulson	Evan Earlywine	Tiffany Parr	Connie Herbert Jackie Olson	(2) Deb Halls

October 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Serv-ers	Wednesday Servers
6	Leon Finifrock Connie Herbert	Cliff & Joyce Berggren	Robin Paulson Cathy Kunze	Daniel Zinter	Sandi Vogel	Roxanne Mat-ten Kathy Otnes	(9) Paul & Carmen Burak
13	Ann Kosloski Tiffany Parr	Steve & Sandi Vogel	Brian Koski Bonnie Kepler	Nial Parr	Sandy Ferguson	COMMUNION SUNDAY	(16) Janet Adelsgruber Karen Smith
20	Roger & Deanna Finifrock	Paul & Carmen Burak	Brian Koski Deb Donaldson	Even Earlywine	Deb Halls	Cheryl Peterson Terri Krueger	(23) Terri Krueger
27	Dianne Anderson Connie Swanson	Dave & Sandy Ferguson	Deb Donaldson Robin Paulson	Brenden Zinter	Deb Entner	Ann Kosloski Linda Jusczak	(30) Sue Nelson Kathy Otnes Rachel Finifrock



September Health and Wellness Moment

"Healthy Aging"

September is Healthy Aging Month. The mission behind this month's health topic is to draw attention to the importance of healthy lifestyles for adults 45-plus. Nowadays, it is more important than ever to follow a healthy lifestyle, remain positive and passionate about life, and to look forward to better days ahead. Sometimes, however, this is not easy to do. If you need a boost to improve your lifestyle, here are some tips to be able to age well…in other words, to get older in the healthiest way possible! Let's look at some tips to achieve and maintain physical, social, mental and financial wellness.
First of all, let's look at Mental Wellness. Many people struggle with depression, loneliness, anxiety and isolation. It is important to follow these tips.

1. Be realistic. If you feel overwhelmed by some activities, (yours and/or your family's), learn to say no. Eliminate an activity that is not absolutely necessary. It's possible that you may be taking on more responsibility than you could, or should, handle. If you meet resistance, be ready to give reasons why you are making these changes. Be willing to listen to others' suggestions and be willing to compromise.
2. Shed the "superhero" urge. Nobody is perfect. Don't expect perfection from yourself or others. Focus on what really needs to be done, how much you can realistically get done and in what time frame. It's so important to ask for help when you need it.
3. Take one thing at a time. When someone is stressed or anxious, an ordinary workload can seem unbearable at times. The best way to cope with the feeling of being overwhelmed is to take one task at a time. Once you accomplish one task, choose the next most important thing you want to get done. Some people like to check off tasks on a list; it is very satisfying and helps you visualize your progress!

Next, let's look at the importance of Physical Fitness. According to the National Center for Chronic Disease Prevention and Health Promotion, about 6 in 10 adults in the U.S. have a chronic health condition, and 4 in 10 have two or more. There are many benefits of physical activity for adults and older adults. It's important to keep moving. A body in motion stays in motion! Exercise and strength training improves quality of life, reduces anxiety, and improves sleep. It also is key in weight loss, bone health and a lower risk of falls!

4. Move more, sit less. This recommendation from health.gov is based on new evidence that shows a strong positive relationship between increased sedentary behavior and increased risk of mortality, heart disease and high blood pressure.
5. Aerobic exercise. Check with your doctor for advice on how many minutes of exercise you should be getting per week. Also ask what kind of exercise is best for you and how to know if you are doing too much.
6. Muscle strengthening. These activities provide additional health benefits, so ask your doctor about muscle strengthening as well.

Next, we'll focus on the importance of Diet. Forty two percent of Americans have had an average weight gain of 29 pounds since the beginning of the pandemic. Not only have we been eating more and moving less, but alcohol consumption has also increased in this time frame. You can check out the Dietary Guidelines for Americans 2020-2025 published by the USDA. Always talk to your doctor about what weight is healthy for you.

7. Review your daily diet and make necessary changes. You guessed it, talk to your doctor about what is best for you! Generally, it is best to eat a diet that is rich in fruits, vegetables, whole grains, fat-free or low-fat milk and dairy products, and a variety of healthy proteins. It is best to eat a diet low in saturated fats, trans fats, cholesterol, sodium and added sugars.

Next, we'll focus on the importance of Social Well-being. We are created to be social beings, we crave healthy interaction with others. After feeling isolated, some older adults find it is hard to get out and be social without becoming mentally exhausted. Here are some ways to be active in your community:
8. Volunteer. There are so many places that encourage and welcome volunteering in our communities, churches, schools. Ask a friend to join you and make it a fun event to share!
9. Dream and then get to it. Is there someplace you've always wanted to travel, explore, research? Some of these things may not be realistic or feasible, but maybe some are! Have an adventure, laugh, share a fun moment with loved ones, get out and enjoy the day! Become a pen pal, learn a new language, learn to play an instrument…the sky's the limit!

Last, we will look at Financial Well-being.

10. Launch your next career, go back to school and get a degree, take an online class, learn a new skill that you have always wanted to master. Studies show that people who retire and then become sedentary and lose their excitement for life are much more likely to be ill and unhappy.

September is Healthy Aging Month, and it is the perfect time to renew or set some lifestyle goals! Happy Fall to you all!
Reference: HealthyAging.net

"Give thanks to the Lord, for He is good. His love endures forever."
Psalms 136:1
Prayers for peace, joy and good health, and just a reminder…you are uniquely YOU by HIS design!
~Jenny S, RN, BCUMC Parish Nurse

Howdy Partner!
Here is your invitation to:



The Bible-Buddy Round-Up

This is the kick-off to the Children's WEDNESDAY BIBLE BUDDIES program at the

Barnum Community Church

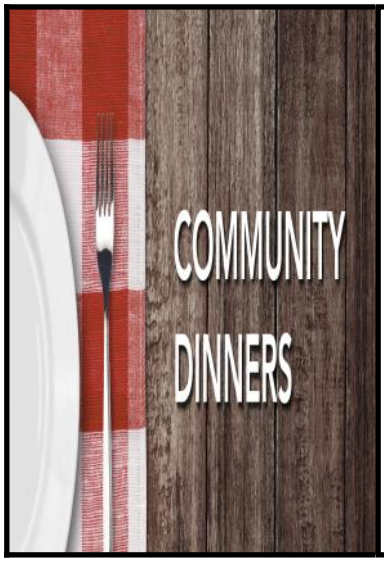
Giddy-up ya'll (ages 4-6th grade) and join up with the Bible Buddies!!

Wednesday evening September 11 at 6 - 7:15 pm, right after the Community Supper (served from 5:15 to 6pm).

After getting everyone registered and rustling up some chow, we will round up the gang of Buddies at 6 pm to enjoy activities including games, songs, crafts, and a Bible lesson.



Important Events in the Life of Our Church



Join us for
Community Dinner
&
Family Night

September 11, 18, 25

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



September 11:	*Family Night Kick Off*
	Community Dinner
	Bible Buddies
	Youth Group (7th – 12th)
	Women's Bible Study
October 31:	*Halloween Trunk or Treat*
November 20:	*Thanksgiving Dinner*
December 24:	*Christmas Eve*
	Candlelight Service



Please join us for **WOW**
"Worship on Wednesday"

6:15—6:30 Praise & Worship Music followed by a short bible lesson from Pastor Lee



The Warm Hearts Ministry will be meet Tuesday, September 24th from 10 am—3 pm to work on Warm Hearts Projects or personal projects. Please bring a lunch and join us for some great sewing time and fellowship. Bring your sewing supplies. Please RSVP Kathy Port.

United Women in Faith

United Women in Faith will be meeting on September 11 at 1:30 at the church. All women of the church are invited to attend this meeting. Ann Kosloski will be the hostess and Kathy Mattson will lead the discussion on pages 94-98 of our study book, "Life on Purpose for Women". Our heart is to assist with church projects wherever possible. Please see Sandy Ferguson for further information.



Important Events in the Life of Our Church



Mother / Child Nursing Tent:

A huge "Thank You" to all the volunteers who helped set up and tear down and work in the Baby Rest Area.





Fair time has come and gone already. Many thanks for all those who volunteered to park cars. This year over $2,600 was collected to help fund the Wednesday night youth programs reaching out to students in our Community.

The Lord's Table, September 8th

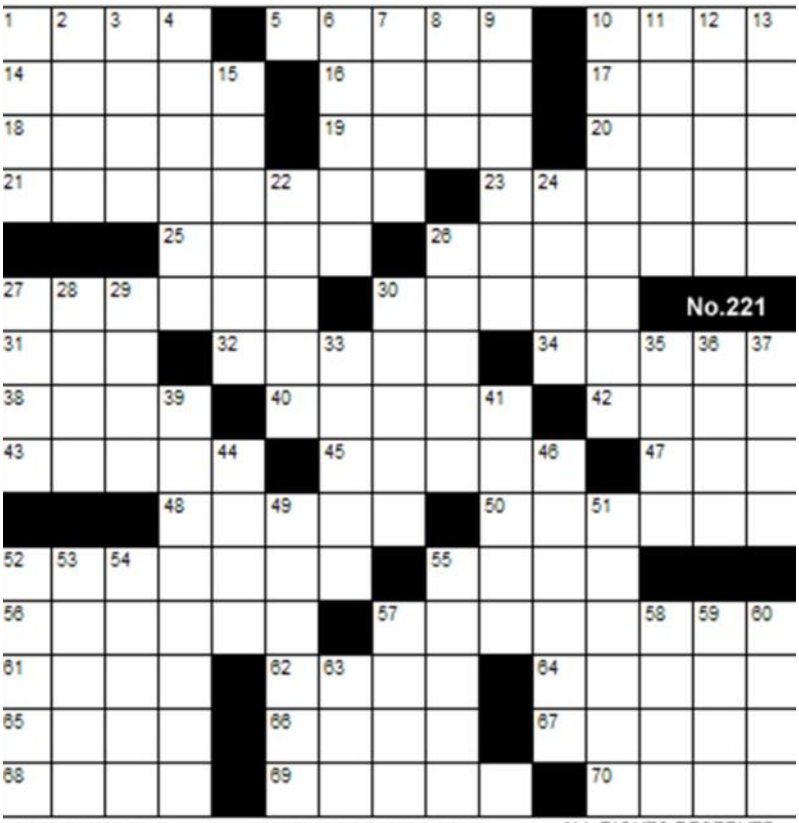


The second Sunday of the month will be our Table Sunday as a church family. We will be sharing communion at the Lord's Table, enjoying a shared-dish (potluck). Table Sunday is a monthly reminder that our life together as the family of God centers in worship, fellowship and sharing.

REMEMBER to bring a dish to share on the second Sunday and even if you aren't able, plan on staying for dinner with your family and friends here.

"Our Daily Bread" is also available on the facebook, mobile app in addition to the printed copies here in the office.

Did you miss out on a Sunday Service don't have access to Facebook or Internet? We have extra copies available for your use.



COPYRIGHT 2017 BIBLEWORDGAMES.COM ALL RIGHTS RESERVED

ACROSS

1 So Moses brought their ___ before the LORD (Num 27:5)
5 Fasten ___ ___ cord to it (1,4) (Ex 28:37)
10 fifth book of the New Testament
14 Like men condemned to die in the ___ (1 Cor 4:9)
16 Speak now in the ____ of the people (Exodus 11:2)
17 In that day the mountains will ___ new wine (Joel 3:18)
18 seems right to a man, but in the end it ___ to death (Prov 16:25)
19 Then they ___ in his face and struck him with their fists (Matt 26:67)
20 Son of man, record this ____ (Ezek 24:2)
21 because the midwives feared God, he gave them ___ of their own (Ex 1:21)
23 Elijah's successor (2 Kings 2:9)
25 Like a bird that strays from its ___ is a man who strays (Prov 27:8)
26 A student is not above his ___ , nor a servant above his master (Matt 10:24)
27 and remove all its vile ___ and detestable idols (Ezek 11:18)
30 they always heap up their sins to the ___ (1Thes 2:16)
31 clump of earth and grass
32 Her Nazarites were ___ than snow, they were whiter than (Lam 4:7) KJV
34 Jesus replied, "Foxes have holes and birds of the air have ___ (Matt 8:20)
38 The Angel which redeemed me from all evil, bless the ___ (Gen 48:16) KJV
40 from foundation to ___, were made of blocks of high-grade (1 Kings 7:9)
42 throwing stones at him and showering him with ___ (2 Sam 16:13)
43 let him seek peace, and ___ it (1 Pet 3:11) (KJV)
45 Like a ___ of Lebanon he will send down his roots (Hosea 14:5)
47 till he should pay all that was ___ unto him (Matt 18:34)
48 The tower of ____ (Gen 11:9)
50 To ____ them that were under the law (Gal 4:5)
52 I ___ silver and gold for myself, and the treasure (Eccl 2:8)
55 he that wavereth is like a ____ of the sea. (James 1:6)
56 What he trusts in is fragile; what he ___ on is a spider's web. (Job 8:14)
57 whosoever of you will be the ___, shall be servant of all (Mark 10:44) KJV
61 There is ___ ___ here, which hath five barley loaves (1,3) (John 6:9)
62 if his hands are ___, the house leaks (Eccl 10:18)
64 sixth angel poured out his vial upon the great ____ Euphrates (Rev 16:12)
65 away, absent (Rev 18:14)
66 which is gone down in the sun ___ of Ahaz (Isa 38:8) KJV
67 She gave herself as a prostitute to all the ____ of the Assyrians (Ezek 23:7)
68 thou shouldest be for salvation unto the ____ of the earth (Acts 13:47) KJV
69 said through the prophet: "Out of ___ I called my son (Matt 2:15)
70 Salvation is found in no one ___, for there is no other name (Acts 4:12)

DOWN

1 the woman had a fat ___ in the house (1 Sam 28:24) KJV
2 a Levite who lived in a remote ___ in the hill country (Judg 19:1)
3 the ephod, close to the ___ just above the waistband (Ex 39:20)
4 beginning with the oldest and ___ with the youngest (Gen 44:12)
6 Fear and trembling have ___ me; horror has overwhelmed me (Ps 55:5)
7 I will measure into their ___ the full payment for (Isa 65:7)
8 See, the LORD has chosen Bezalel son of ___ (Ex.35:30)
9 let each ____ other better than themselves (Phil 2:3)
10 not to be slanderers or ___ to much wine (Titus 2:3)
11 beat against that house, and it fell with a great ___ (Matt 7:27)
12 Thou shalt truly ____ all the increase of thy seed (Deut 14:22)
13 His ___ shaft was like a weaver's rod (1 Sam 17:7)
15 Lazarus has fallen ___; but I am going there to wake him (John 11:11)
22 married a wife, deceased, and, having no ____ (Matt 22:25)
24 Saul and Abner son of Ner had ___ down (1 Sam 26:5)
26 The people have become hungry and ___ and thirsty (2 Sam 17:29)
27 was in the ____ that is called Patmos (Rev 1:9)
28 We all growl like bears; we ___ mournfully like doves (Isa 59:11)
29 If anyone ___ anything to them, God will add to him (Rev 22:18)
30 My feet stand on ___ ground (Ps 26:12)
33 you have ___ with men on foot and they have worn you out (Jer 12:5)
35 I will give him rest from all his enemies on every ____. (1 Chr 22:9)
36 the darkness is passing and the ____ light is already shining (I Jn 2:8)
37 there shall come forth a rod out of the ___ of Jesse (Isa 11:1) KJV
39 Stay with him for a while until your brother's fury ___ (Gen 27:44)
41 no longer to call her ___; her name will be Sarah.(Gen 17:15)
44 listens to me will live in safety and be at ___ (Prov 1:33)
46 the LORD; let all the people of the world ___ him (Ps 33:8)
49 Jesus was walking ___ the Sea of Galilee (Matt 4:18)
51 Do not ___ yourselves by any of these creatures (Lev 11:43)
52 The king got up in ___ ___ left his wine (1,4) (Est 7:7)
53 Like a scarecrow in a ___ patch, their idols cannot speak (Jer 10:5)
54 ___ ___ flowing with milk and honey (1,4) (Deut 26:10)
55 Dan is a lion's ___: he shall leap from Bashan (Deut 33:22) KJV
57 what Adam was made from (Job 33:6)
58 Do not those who plot ___ go astray? (Prov 14:22)
59 silver in two bags, with two ___ of clothing (2 Kings 5:23)
60 every man under his vine and under his fig ____ (1 King 4:25)
63 I'll ___ around it and fertilize it.(Luke 13:8)

Just for Kids

Flashlight TAG



Sometimes we resist the light of Christ. But when his light touches us, we can then share it with others. Play this fun game on a summer night to remember how Christ's light shines in the world.

What you need:

- Friends
- Safe open space outdoors
- A flashlight for each player

How to play:

1. Choose one person to be the Tagger, known as the Light. Only that person can have his or her flashlight on.
2. The Light tries to shine his or her flashlight on other players, who run around and try to hide in the darkness.
3. Once players have been touched by the Light, they turn on their flashlights and join in, trying to shine on others.
4. Play until everyone has been tagged by the Light. Repeat, giving everyone a turn to be the Light.

PUZZLE

GOD'S LIGHT

Summer's long days can remind us of our Creator, who made the sun and wants us to live in his light.

Directions: First, write the opposite of each word in parentheses. Then use the Word Bank words, in order, to complete 1 John 1:5-7, NIV.

WORD BANK: is in is at if in as is in with

God _____ _____; _____ _____
(dark) (her)

there _____ _____ _____ness _____ _____ . ...
(yes) (light) (none)

But _____ we _____ _____ the _____,
(run) (dark)

_____ _____ _____ _____ the _____,
(she) (dark)

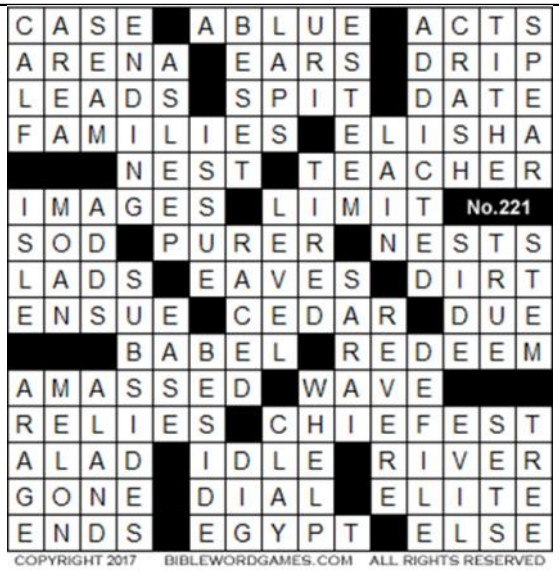
we have fellowship _____ one another. ...

1 John 1:5-7, NIV

Answer: God is light; in him there is no darkness at all . ... But if we walk in the light, as he is in the light, we have fellowship with one another. (1 John 1:5-7, NIV)

Barnum Community United Methodist Church

POSTMASTER:
Please send address changes to:
PO Box 70, 3762 Front Street
Barnum, MN 55707
(218) 389-6876 office@barnumumc.org
www.barnumumc.org



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

BUMC Ministry Team

Pastor—Lee Kantonen
Council Chair—Leon Finifrock
Youth Director—Bill Schoonover
Missions/Outreach—Connie Swanson
Secretary—Mechelle Mattson
Faith Community Nurse—Jennifer Southerton
Congregational Nurture & Care—Connie Herbert
Nursery Coordinator—Kaye Finifrock
Acolyte Coordinator—Roxanne Matten
Wednesday Night Servers—Kaye Finifrock/Terri Krueger
Custodian—Jim Calhoun

United Women in Faith—Sandy Ferguson
Bookkeeper—Tiffany Parr
Ministries Leader—Deb Halls
Staff-Parish Relations—Dawson Gentry
Worship Ministry - Lori Koski
Properties Management—Dave Matten
Discipleship Ministries—Mike Line
Sunday Servers Coordinator—Ann Kosloski
Greeters/Ushers Coordinator—Laurie Audette
Sunday Counters Coordinator—Cathy Kunze
Office Manager—Laurie Audette

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



September 2024
Volume 24—Issue 9

Bible Readings
Church Calendar
Birthdays
Anniversaries
Youth Group
Bible Buddies
Faith Community Nurse
United Women in Faith
Women's Ministry
Council Minutes
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

Office Hours (Mon-Fri)

Sunday Worship

Facebook Live 9:30 am
In Person 9:30 am

Pastor Kennection

Jesus...saw a man called Matthew sitting at the tax booth, and He said to him, "Follow me." And he rose and followed Him. (Matthew 9:9)

Where were the Apostles when Jesus called them to follow Him? It wasn't from the synagogue, was it, even though Jesus regularly was found at the synagogue. It was when the Lord was out and about in the community. The apostles were called when they were on the seashore preparing to fish, or out in their boats, the tax booth, maybe the marketplace, it was from those everyday areas of life that Jesus called them.

There is a wonderful missional heart found here at Barnum Community. My memory is relatively recent in the scheme of things, but it was so good to learn about our connection with John Sergey in years past and to listen to Pastor Sergey and learn of his evangelistic outreach to the people of what at that time was the Soviet Union. For those unfamiliar, spark up a conversation with Jen Berthelot.

Since its outset, mission has been central to the heart of churches with a Wesleyan persuasion and the United Methodist Church is no different. Recently, the Minnesota Annual Conference has been encouraging involvement of all of our churches in something called, Fresh Expressions. Very simply, it is about meeting with people around a shared area of interest while taking time to share a "Jesus Story" during the time together. For years we've known and made known that for the most part people who don't know Christ aren't going to just wander into our churches. Jesus sent his followers out to make disciples, not in.

People have been gathering at bicycling groups, kayaking groups, quilting groups, wood carving groups, golfing groups, you name it. Whatever shared area of interest people have; Fresh Expressions can be occurring there. There have even been axe throwing and burrito gatherings. The key is gathering regularly and making a point to share a Jesus story and an opportunity for prayer. Fresh Expressions is about building relationships with others outside the church. It is a time to introduce Jesus to people who likely will not wander into Barnum Community United Methodist Church or any other church building. We need to keep developing new ways of letting people know God loves them and wants to be in a relationship with them. Perhaps you have already been doing that sort of thing without calling it Fresh Expressions.

So, if you have thought sharing your faith with others is something you could never do, I invite and encourage you to think again. There might be those here at Barnum Community who share your interests to join with you to get your Fresh Expression initiated. The community is filled with people who hold shared interests in need of knowing the Lord. Thank you for sharing the love of God and inviting others to join the journey.

The Good Shepherd's Sheepdog,

Lee



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:30 Worship Service 11:00 Adult Class	**2 LABOR DAY** **Office Closed** 5-8 Youth Group	3 11:00 Prayer Group	4 5-8 Youth Group	5	6	7
8 Grandparents Day 9:30 Worship Service **Communion** 11:00 Adult Class	9 5-8 Youth Group 6:30 Council Mtg	10 11:00 Prayer Group 1:00 Moms in Prayer	11 **FAMILY NIGHT KICK OFF** 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	12	13	14
15 9:30 Worship Service 11:00 Adult Class Congregational Meeting after Church Service	16 5-8 Youth Group	17 11:00 Prayer Group 1:00 Moms in Prayer	18 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	19	20	21
22 9:30 Worship Service 11:00 Adult Class	23 5-8:00 Youth Group	24 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	25 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study Newsletter Deadline	26	27	28
29 9:30 Worship Service 11:00 Adult Class	30 5-8 Youth Group					

** Schedule subject to change.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 11:00 Prayer Group 1:00 Moms in Prayer	2 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	3	4	5
6 **Pastor Appreciation Day** 9:30 Worship Service 11:00 Adult Class	7 **COLUMBUS DAY** 5-8:00 Youth Group 6:00 Finance Mtg 6:30 Council Mtg	8 11:00 Prayer Group 1:00 Moms in Prayer	9 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	10	11	12 9:30 Secret Sister Reveal Party
13 9:30 Worship Service **Communion** 11:00 Adult Class	14 5-8:00 Youth Group	15 11:00 Prayer Group 1:00 Moms in Prayer	16 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	17	18	19
20 9:30 Worship Service 11:00 Adult Class	21 5-8:00 Youth Group	22 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	23 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	24	25	26
27 9:30 Worship Service 11:00 Adult Class	28 5-8:00 Youth Group	29 11:00 Prayer Group 1:00 Moms in Prayer Newsletter Deadline	30 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	31 **HALLOWEEN**		

** Schedule subject to change.

Daily Nourishment



OLD & NEW TESTAMENT

Sep 1: Ps 135-136; 1Cor 12
Sep 2: Ps 137-139; 1Cor 13
Sep 3: Ps 140-142; 1Cor 14:1-20
Sep 4: Ps 143-145; 1Cor 14:21-40
Sep 5: Ps 146-147; 1Cor 15:1-28
Sep 6: Ps 148-150; 1Cor 15:29-58
Sep 7: Prov 1-2; 1Cor 16
Sep 8: Prov 3-5; 2Cor 1
Sep 9: Prov 6-7; 2Cor 2
Sep 10: Prov 8-9; 2Cor 3
Sep 11: Prov 10-12; 2Cor 4
Sep 12: Prov 13-15; 2Cor 5
Sep 13: Prov 16-18; 2Cor 6
Sep 14: Prov 19-21; 2Cor 7
Sep 15: Prov 22-24; 2Cor 8
Sep 16: Prov 25-26; 2Cor 9
Sep 17: Prov 27-29; 2Cor 10
Sep 18: Prov 30-31; 2Cor 11:1-15
Sep 19: Ecc 1-3; 2Cor 11:16-33
Sep 20: Ecc 4-6; 2Cor 12
Sep 21: Ecc 7-9; 2Cor 13
Sep 22: Ecc 10-12; Gal 1
Sep 23: Song 1-3; Gal 2
Sep 24: Song 4-5; Gal 3
Sep 25: Song 6-8; Gal 4
Sep 26: Is 1-2; Gal 5
Sep 27: Is 3-4; Gal 6
Sep 28: Is 5-6; Eph 1
Sep 29: Is 7-8; Eph 2
Sep 30: Is 9-10; Eph 3

CHRONOLOGICAL

Sep 1: Ezek 18-19
Sep 2: Ezek 20-21
Sep 3: Ezek 22-23
Sep 4: Ezek 24-27
Sep 5: Ezek 28-31
Sep 6: Ezek 32-34
Sep 7: Ezek 35-37
Sep 8: Ezek 38-39
Sep 9: Ezek 40-41
Sep 10: Ezek 42-43
Sep 11: Ezek 44-45
Sep 12: Ezek 46-48
Sep 13: Joel
Sep 14: Dan 1-3
Sep 15: Dan 4-6
Sep 16: Dan 7-9
Sep 17: Dan 10-12
Sep 18: Ezra 1-3
Sep 19: Ezra 4-6; Ps 137
Sep 20: Haggai
Sep 21: Zech 1-7
Sep 22: Zech 8-14
Sep 23: Est 1-5
Sep 24: Est 6-10
Sep 25: Ezra 7-10
Sep 26: Neh 1-5
Sep 27: Neh 6-7
Sep 28: Neh 8-10
Sep 29: Neh 11-13; Ps 126
Sep 30: Malachi

Youth



Welcome to the 2024-25 School Year! Students return to their school routines and sports schedules are back. The Barnum Youth Group (BYG) is launching our new school year theme "But Wait…There's More!" Many people take life as it comes. This year we will be challenging youth that there's more to their lives. What we may see on the surface is only a part of who God created us to be. With each topic we discuss we will pause and look deeper, 'but wait…there's more'! With topics like More to Me, What's your Role, Be Kind to Others, More than Decorations, Forgiving Grudges, The Light of the World and Do you Know Me, we will be exploring so much more this year. Please pray that students are willing to look at their lives and see that they do need more and that the more they need is Jesus.

Before we say goodbye to summer, I wanted to share about an amazing experience I was able to have with a recent graduate. Tobin has attended youth group for many years, and he also loves running. At the beginning of summer, he talked about wanting to do the Moose Lake Triathlon, but he didn't want to do the whole thing. I said we could do it as a team and I would be willing to do the bike part. My wife, Serenity, said she would be willing to do the swim and all summer the three of us prepared for the big event. Serenity swam, I biked and then Tobin set out for his 3-mile run. As we were waiting for Tobin to return Serenity and I talked about how thankful we were to provide this opportunity for Tobin. As Tobin crossed the finished line the announcer said, "And here is our first team to finish." Our team placed first. We couldn't believe it. Later Tobin told me, "I've gotten second place and third place before, but I've never gotten first place!" It was our prayer that God would bless that day, and He did! I want to thank Serenity for swimming for our team and I want to thank the Barnum Church family for coming to support us during the race. You're the Best! Please pray for continued opportunities to bless the students that we work with.









Nursery Volunteers: The nursery is in need of adult volunteers and young adults during church services. Please see Kay Finifrock.

September 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Servers	Wednesday Servers
1	Willis & Kay Finifrock	Scott & Elaine Bogenholm	Bonnie Kepler Cathy Kunze	Jenna Uszenski	Deb Halls	Janet Adelsgruber Karen Smith	
8	Hazel Oachs Jay Oachs	Bing & Kathy Mattson	Brian Koski Deb Donaldson	Daniel Zinter	Deb Entner	COMMUNION SUNDAY	(11) Bette Deming Annette Meyer & Boys
15	Marilyn Criley Judy Jacobs	Chris & Annette Meyer	Robin Paulson Bonnie Kepler	Brenden Zinter	Kay Finifrock	Annette Meyer Brenda Zinter	(18) Deb Entner
22	Cheryl Peterson Terri Krueger	Steve & Sandi Vogel	Brian Koski Deb Donaldson	Liam Parr	Brenda Zinter	Deb Halls Carmen Burak	(25) Evelyn Newman
29	Audrey Sebring Annette Hammitt	Bruce & Eileen Resman	Deb Donaldson Robin Paulson	Evan Earlywine	Tiffany Parr	Connie Herbert Jackie Olson	(2) Deb Halls

October 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Serv-ers	Wednesday Servers
6	Leon Finifrock Connie Herbert	Cliff & Joyce Berggren	Robin Paulson Cathy Kunze	Daniel Zinter	Sandi Vogel	Roxanne Mat-ten Kathy Otnes	(9) Paul & Carmen Burak
13	Ann Kosloski Tiffany Parr	Steve & Sandi Vogel	Brian Koski Bonnie Kepler	Nial Parr	Sandy Ferguson	COMMUNION SUNDAY	(16) Janet Adelsgruber Karen Smith
20	Roger & Deanna Finifrock	Paul & Carmen Burak	Brian Koski Deb Donaldson	Even Earlywine	Deb Halls	Cheryl Peterson Terri Krueger	(23) Terri Krueger
27	Dianne Anderson Connie Swanson	Dave & Sandy Ferguson	Deb Donaldson Robin Paulson	Brenden Zinter	Deb Entner	Ann Kosloski Linda Jusczak	(30) Sue Nelson Kathy Otnes Rachel Finifrock



September Health and Wellness Moment

"Healthy Aging"

September is Healthy Aging Month. The mission behind this month's health topic is to draw attention to the importance of healthy lifestyles for adults 45-plus. Nowadays, it is more important than ever to follow a healthy lifestyle, remain positive and passionate about life, and to look forward to better days ahead. Sometimes, however, this is not easy to do. If you need a boost to improve your lifestyle, here are some tips to be able to age well…in other words, to get older in the healthiest way possible! Let's look at some tips to achieve and maintain physical, social, mental and financial wellness.
First of all, let's look at Mental Wellness. Many people struggle with depression, loneliness, anxiety and isolation. It is important to follow these tips.

1. Be realistic. If you feel overwhelmed by some activities, (yours and/or your family's), learn to say no. Eliminate an activity that is not absolutely necessary. It's possible that you may be taking on more responsibility than you could, or should, handle. If you meet resistance, be ready to give reasons why you are making these changes. Be willing to listen to others' suggestions and be willing to compromise.
2. Shed the "superhero" urge. Nobody is perfect. Don't expect perfection from yourself or others. Focus on what really needs to be done, how much you can realistically get done and in what time frame. It's so important to ask for help when you need it.
3. Take one thing at a time. When someone is stressed or anxious, an ordinary workload can seem unbearable at times. The best way to cope with the feeling of being overwhelmed is to take one task at a time. Once you accomplish one task, choose the next most important thing you want to get done. Some people like to check off tasks on a list; it is very satisfying and helps you visualize your progress!

Next, let's look at the importance of Physical Fitness. According to the National Center for Chronic Disease Prevention and Health Promotion, about 6 in 10 adults in the U.S. have a chronic health condition, and 4 in 10 have two or more. There are many benefits of physical activity for adults and older adults. It's important to keep moving. A body in motion stays in motion! Exercise and strength training improves quality of life, reduces anxiety, and improves sleep. It also is key in weight loss, bone health and a lower risk of falls!

4. Move more, sit less. This recommendation from health.gov is based on new evidence that shows a strong positive relationship between increased sedentary behavior and increased risk of mortality, heart disease and high blood pressure.
5. Aerobic exercise. Check with your doctor for advice on how many minutes of exercise you should be getting per week. Also ask what kind of exercise is best for you and how to know if you are doing too much.
6. Muscle strengthening. These activities provide additional health benefits, so ask your doctor about muscle strengthening as well.

Next, we'll focus on the importance of Diet. Forty two percent of Americans have had an average weight gain of 29 pounds since the beginning of the pandemic. Not only have we been eating more and moving less, but alcohol consumption has also increased in this time frame. You can check out the Dietary Guidelines for Americans 2020-2025 published by the USDA. Always talk to your doctor about what weight is healthy for you.

7. Review your daily diet and make necessary changes. You guessed it, talk to your doctor about what is best for you! Generally, it is best to eat a diet that is rich in fruits, vegetables, whole grains, fat-free or low-fat milk and dairy products, and a variety of healthy proteins. It is best to eat a diet low in saturated fats, trans fats, cholesterol, sodium and added sugars.

Next, we'll focus on the importance of Social Well-being. We are created to be social beings, we crave healthy interaction with others. After feeling isolated, some older adults find it is hard to get out and be social without becoming mentally exhausted. Here are some ways to be active in your community:
8. Volunteer. There are so many places that encourage and welcome volunteering in our communities, churches, schools. Ask a friend to join you and make it a fun event to share!
9. Dream and then get to it. Is there someplace you've always wanted to travel, explore, research? Some of these things may not be realistic or feasible, but maybe some are! Have an adventure, laugh, share a fun moment with loved ones, get out and enjoy the day! Become a pen pal, learn a new language, learn to play an instrument…the sky's the limit!

Last, we will look at Financial Well-being.

10. Launch your next career, go back to school and get a degree, take an online class, learn a new skill that you have always wanted to master. Studies show that people who retire and then become sedentary and lose their excitement for life are much more likely to be ill and unhappy.

September is Healthy Aging Month, and it is the perfect time to renew or set some lifestyle goals! Happy Fall to you all!
Reference: HealthyAging.net

"Give thanks to the Lord, for He is good. His love endures forever."
Psalms 136:1
Prayers for peace, joy and good health, and just a reminder…you are uniquely YOU by HIS design!
~Jenny S, RN, BCUMC Parish Nurse

Howdy Partner!
Here is your invitation to:



The Bible-Buddy Round-Up

This is the kick-off to the Children's WEDNESDAY BIBLE BUDDIES program at the

Barnum Community Church

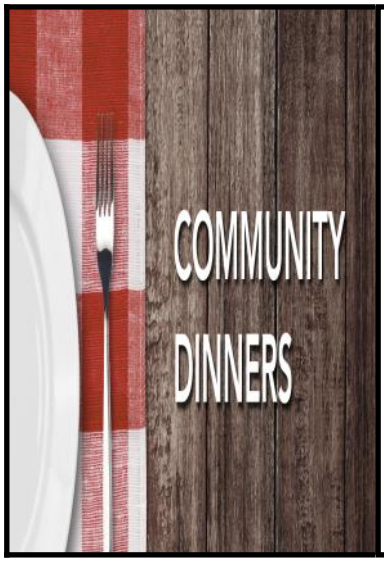
Giddy-up ya'll (ages 4-6th grade) and join up with the Bible Buddies!!

Wednesday evening September 11 at 6 - 7:15 pm, right after the Community Supper (served from 5:15 to 6pm).

After getting everyone registered and rustling up some chow, we will round up the gang of Buddies at 6 pm to enjoy activities including games, songs, crafts, and a Bible lesson.



Important Events in the Life of Our Church



Join us for
Community Dinner
&
Family Night

September 11, 18, 25

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



September 11:	*Family Night Kick Off*
	Community Dinner
	Bible Buddies
	Youth Group (7th – 12th)
	Women's Bible Study
October 31:	*Halloween Trunk or Treat*
November 20:	*Thanksgiving Dinner*
December 24:	*Christmas Eve*
	Candlelight Service



Please join us for **WOW**
"Worship on Wednesday"

6:15—6:30 Praise & Worship Music followed by a short bible lesson from Pastor Lee



The Warm Hearts Ministry will be meet Tuesday, September 24th from 10 am—3 pm to work on Warm Hearts Projects or personal projects. Please bring a lunch and join us for some great sewing time and fellowship. Bring your sewing supplies. Please RSVP Kathy Port.

United Women in Faith

United Women in Faith will be meeting on September 11 at 1:30 at the church. All women of the church are invited to attend this meeting. Ann Kosloski will be the hostess and Kathy Mattson will lead the discussion on pages 94-98 of our study book, "Life on Purpose for Women". Our heart is to assist with church projects wherever possible. Please see Sandy Ferguson for further information.



Important Events in the Life of Our Church



Mother / Child Nursing Tent:

A huge "Thank You" to all the volunteers who helped set up and tear down and work in the Baby Rest Area.





Fair time has come and gone already. Many thanks for all those who volunteered to park cars. This year over $2,600 was collected to help fund the Wednesday night youth programs reaching out to students in our Community.

The Lord's Table, September 8th

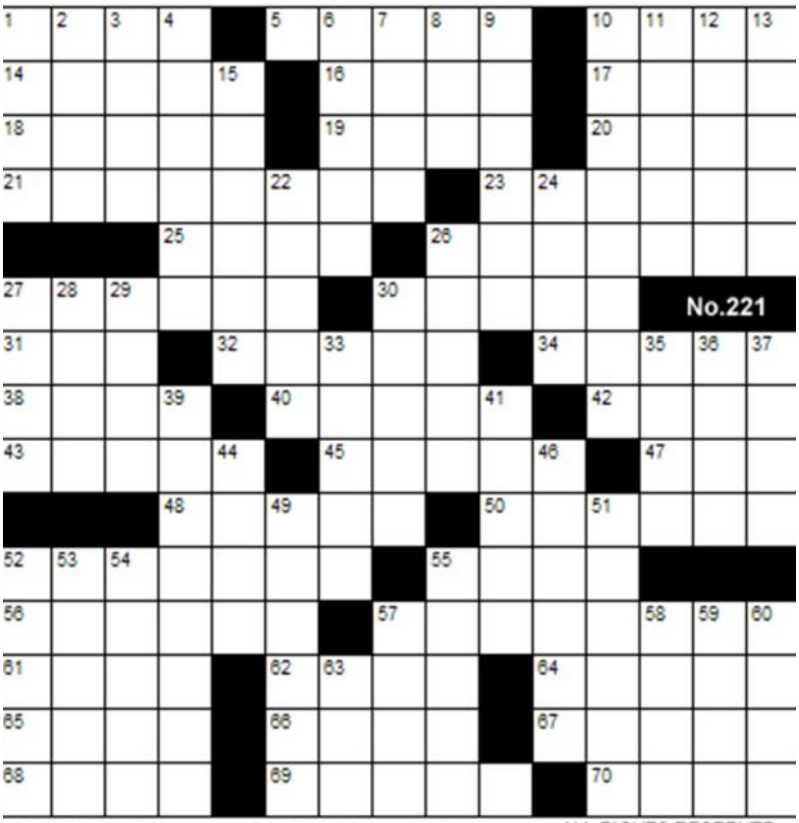


The second Sunday of the month will be our Table Sunday as a church family. We will be sharing communion at the Lord's Table, enjoying a shared-dish (potluck). Table Sunday is a monthly reminder that our life together as the family of God centers in worship, fellowship and sharing.

REMEMBER to bring a dish to share on the second Sunday and even if you aren't able, plan on staying for dinner with your family and friends here.

"Our Daily Bread" is also available on the facebook, mobile app in addition to the printed copies here in the office.

Did you miss out on a Sunday Service don't have access to Facebook or Internet? We have extra copies available for your use.



COPYRIGHT 2017 BIBLEWORDGAMES.COM ALL RIGHTS RESERVED

ACROSS

1 So Moses brought their ___ before the LORD (Num 27:5)
5 Fasten ___ ___ cord to it (1,4) (Ex 28:37)
10 fifth book of the New Testament
14 Like men condemned to die in the ___ (1 Cor 4:9)
16 Speak now in the ____ of the people (Exodus 11:2)
17 In that day the mountains will ___ new wine (Joel 3:18)
18 seems right to a man, but in the end it ___ to death (Prov 16:25)
19 Then they ___ in his face and struck him with their fists (Matt 26:67)
20 Son of man, record this ____ (Ezek 24:2)
21 because the midwives feared God, he gave them ___ of their own (Ex 1:21)
23 Elijah's successor (2 Kings 2:9)
25 Like a bird that strays from its ___ is a man who strays (Prov 27:8)
26 A student is not above his ___ , nor a servant above his master (Matt 10:24)
27 and remove all its vile ___ and detestable idols (Ezek 11:18)
30 they always heap up their sins to the ___ (1Thes 2:16)
31 clump of earth and grass
32 Her Nazarites were ___ than snow, they were whiter than (Lam 4:7) KJV
34 Jesus replied, "Foxes have holes and birds of the air have ___ (Matt 8:20)
38 The Angel which redeemed me from all evil, bless the ___ (Gen 48:16) KJV
40 from foundation to ___, were made of blocks of high-grade (1 Kings 7:9)
42 throwing stones at him and showering him with ___ (2 Sam 16:13)
43 let him seek peace, and ___ it (1 Pet 3:11) (KJV)
45 Like a ___ of Lebanon he will send down his roots (Hosea 14:5)
47 till he should pay all that was ___ unto him (Matt 18:34)
48 The tower of ____ (Gen 11:9)
50 To ____ them that were under the law (Gal 4:5)
52 I ___ silver and gold for myself, and the treasure (Eccl 2:8)
55 he that wavereth is like a ____ of the sea. (James 1:6)
56 What he trusts in is fragile; what he ___ on is a spider's web. (Job 8:14)
57 whosoever of you will be the ___, shall be servant of all (Mark 10:44) KJV
61 There is ___ ___ here, which hath five barley loaves (1,3) (John 6:9)
62 if his hands are ___, the house leaks (Eccl 10:18)
64 sixth angel poured out his vial upon the great ____ Euphrates (Rev 16:12)
65 away, absent (Rev 18:14)
66 which is gone down in the sun ___ of Ahaz (Isa 38:8) KJV
67 She gave herself as a prostitute to all the ____ of the Assyrians (Ezek 23:7)
68 thou shouldest be for salvation unto the ____ of the earth (Acts 13:47) KJV
69 said through the prophet: "Out of ___ I called my son (Matt 2:15)
70 Salvation is found in no one ___, for there is no other name (Acts 4:12)

DOWN

1 the woman had a fat ___ in the house (1 Sam 28:24) KJV
2 a Levite who lived in a remote ___ in the hill country (Judg 19:1)
3 the ephod, close to the ___ just above the waistband (Ex 39:20)
4 beginning with the oldest and ___ with the youngest (Gen 44:12)
6 Fear and trembling have ___ me; horror has overwhelmed me (Ps 55:5)
7 I will measure into their ___ the full payment for (Isa 65:7)
8 See, the LORD has chosen Bezalel son of ___ (Ex.35:30)
9 let each ____ other better than themselves (Phil 2:3)
10 not to be slanderers or ___ to much wine (Titus 2:3)
11 beat against that house, and it fell with a great ___ (Matt 7:27)
12 Thou shalt truly ____ all the increase of thy seed (Deut 14:22)
13 His ___ shaft was like a weaver's rod (1 Sam 17:7)
15 Lazarus has fallen ___; but I am going there to wake him (John 11:11)
22 married a wife, deceased, and, having no ____ (Matt 22:25)
24 Saul and Abner son of Ner had ___ down (1 Sam 26:5)
26 The people have become hungry and ___ and thirsty (2 Sam 17:29)
27 was in the ____ that is called Patmos (Rev 1:9)
28 We all growl like bears; we ___ mournfully like doves (Isa 59:11)
29 If anyone ___ anything to them, God will add to him (Rev 22:18)
30 My feet stand on ___ ground (Ps 26:12)
33 you have ___ with men on foot and they have worn you out (Jer 12:5)
35 I will give him rest from all his enemies on every ____. (1 Chr 22:9)
36 the darkness is passing and the ____ light is already shining (I Jn 2:8)
37 there shall come forth a rod out of the ___ of Jesse (Isa 11:1) KJV
39 Stay with him for a while until your brother's fury ___ (Gen 27:44)
41 no longer to call her ___; her name will be Sarah.(Gen 17:15)
44 listens to me will live in safety and be at ___ (Prov 1:33)
46 the LORD; let all the people of the world ___ him (Ps 33:8)
49 Jesus was walking ___ the Sea of Galilee (Matt 4:18)
51 Do not ___ yourselves by any of these creatures (Lev 11:43)
52 The king got up in ___ ___ left his wine (1,4) (Est 7:7)
53 Like a scarecrow in a ___ patch, their idols cannot speak (Jer 10:5)
54 ___ ___ flowing with milk and honey (1,4) (Deut 26:10)
55 Dan is a lion's ___: he shall leap from Bashan (Deut 33:22) KJV
57 what Adam was made from (Job 33:6)
58 Do not those who plot ___ go astray? (Prov 14:22)
59 silver in two bags, with two ___ of clothing (2 Kings 5:23)
60 every man under his vine and under his fig ____ (1 King 4:25)
63 I'll ___ around it and fertilize it.(Luke 13:8)

Just for Kids

Flashlight TAG



Sometimes we resist the light of Christ. But when his light touches us, we can then share it with others. Play this fun game on a summer night to remember how Christ's light shines in the world.

What you need:

- Friends
- Safe open space outdoors
- A flashlight for each player

How to play:

1. Choose one person to be the Tagger, known as the Light. Only that person can have his or her flashlight on.
2. The Light tries to shine his or her flashlight on other players, who run around and try to hide in the darkness.
3. Once players have been touched by the Light, they turn on their flashlights and join in, trying to shine on others.
4. Play until everyone has been tagged by the Light. Repeat, giving everyone a turn to be the Light.

PUZZLE

GOD'S LIGHT

Summer's long days can remind us of our Creator, who made the sun and wants us to live in his light.

Directions: First, write the opposite of each word in parentheses. Then use the Word Bank words, in order, to complete 1 John 1:5-7, NIV.

WORD BANK: is in is at if in as is in with

God _____ _____; _____ _____
(dark) (her)

there _____ _____ _____ness _____ _____ . ...
(yes) (light) (none)

But _____ we _____ _____ the _____,
(run) (dark)

_____ _____ _____ _____ the _____,
(she) (dark)

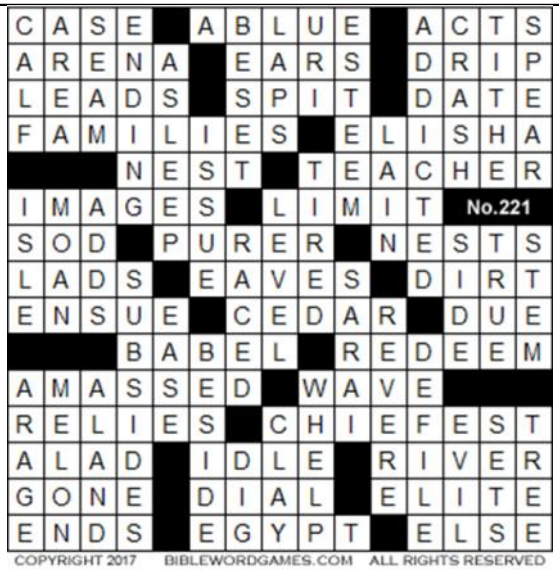
we have fellowship _____ one another. ...

1 John 1:5-7, NIV

Answer: God is light; in him there is no darkness at all . ... But if we walk in the light, as he is in the light, we have fellowship with one another. (1 John 1:5-7, NIV)

Barnum Community United Methodist Church

POSTMASTER:
Please send address changes to:
PO Box 70, 3762 Front Street
Barnum, MN 55707
(218) 389-6876 office@barnumumc.org
www.barnumumc.org



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

BUMC Ministry Team

Pastor—Lee Kantonen
Council Chair—Leon Finifrock
Youth Director—Bill Schoonover
Missions/Outreach—Connie Swanson
Secretary—Mechelle Mattson
Faith Community Nurse—Jennifer Southerton
Congregational Nurture & Care—Connie Herbert
Nursery Coordinator—Kaye Finifrock
Acolyte Coordinator—Roxanne Matten
Wednesday Night Servers—Kaye Finifrock/Terri Krueger
Custodian—Jim Calhoun

United Women in Faith—Sandy Ferguson
Bookkeeper—Tiffany Parr
Ministries Leader—Deb Halls
Staff-Parish Relations—Dawson Gentry
Worship Ministry - Lori Koski
Properties Management—Dave Matten
Discipleship Ministries—Mike Line
Sunday Servers Coordinator—Ann Kosloski
Greeters/Ushers Coordinator—Laurie Audette
Sunday Counters Coordinator—Cathy Kunze
Office Manager—Laurie Audette

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



September 2024
Volume 24—Issue 9

Bible Readings
Church Calendar
Birthdays
Anniversaries
Youth Group
Bible Buddies
Faith Community Nurse
United Women in Faith
Women's Ministry
Council Minutes
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

Office Hours (Mon-Fri)

Sunday Worship

Facebook Live 9:30 am
In Person 9:30 am

Pastor Kennection

Jesus...saw a man called Matthew sitting at the tax booth, and He said to him, "Follow me." And he rose and followed Him. (Matthew 9:9)

Where were the Apostles when Jesus called them to follow Him? It wasn't from the synagogue, was it, even though Jesus regularly was found at the synagogue. It was when the Lord was out and about in the community. The apostles were called when they were on the seashore preparing to fish, or out in their boats, the tax booth, maybe the marketplace, it was from those everyday areas of life that Jesus called them.

There is a wonderful missional heart found here at Barnum Community. My memory is relatively recent in the scheme of things, but it was so good to learn about our connection with John Sergey in years past and to listen to Pastor Sergey and learn of his evangelistic outreach to the people of what at that time was the Soviet Union. For those unfamiliar, spark up a conversation with Jen Berthelot.

Since its outset, mission has been central to the heart of churches with a Wesleyan persuasion and the United Methodist Church is no different. Recently, the Minnesota Annual Conference has been encouraging involvement of all of our churches in something called, Fresh Expressions. Very simply, it is about meeting with people around a shared area of interest while taking time to share a "Jesus Story" during the time together. For years we've known and made known that for the most part people who don't know Christ aren't going to just wander into our churches. Jesus sent his followers out to make disciples, not in.

People have been gathering at bicycling groups, kayaking groups, quilting groups, wood carving groups, golfing groups, you name it. Whatever shared area of interest people have; Fresh Expressions can be occurring there. There have even been axe throwing and burrito gatherings. The key is gathering regularly and making a point to share a Jesus story and an opportunity for prayer. Fresh Expressions is about building relationships with others outside the church. It is a time to introduce Jesus to people who likely will not wander into Barnum Community United Methodist Church or any other church building. We need to keep developing new ways of letting people know God loves them and wants to be in a relationship with them. Perhaps you have already been doing that sort of thing without calling it Fresh Expressions.

So, if you have thought sharing your faith with others is something you could never do, I invite and encourage you to think again. There might be those here at Barnum Community who share your interests to join with you to get your Fresh Expression initiated. The community is filled with people who hold shared interests in need of knowing the Lord. Thank you for sharing the love of God and inviting others to join the journey.

The Good Shepherd's Sheepdog,

Lee



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:30 Worship Service 11:00 Adult Class	**2 LABOR DAY** **Office Closed** 5-8 Youth Group	3 11:00 Prayer Group	4 5-8 Youth Group	5	6	7
8 Grandparents Day 9:30 Worship Service **Communion** 11:00 Adult Class	9 5-8 Youth Group 6:30 Council Mtg	10 11:00 Prayer Group 1:00 Moms in Prayer	11 **FAMILY NIGHT KICK OFF** 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	12	13	14
15 9:30 Worship Service 11:00 Adult Class Congregational Meeting after Church Service	16 5-8 Youth Group	17 11:00 Prayer Group 1:00 Moms in Prayer	18 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	19	20	21
22 9:30 Worship Service 11:00 Adult Class	23 5-8:00 Youth Group	24 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	25 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study Newsletter Deadline	26	27	28
29 9:30 Worship Service 11:00 Adult Class	30 5-8 Youth Group					

** Schedule subject to change.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 11:00 Prayer Group 1:00 Moms in Prayer	2 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	3	4	5
6 **Pastor Appreciation Day** 9:30 Worship Service 11:00 Adult Class	7 **COLUMBUS DAY** 5-8:00 Youth Group 6:00 Finance Mtg 6:30 Council Mtg	8 11:00 Prayer Group 1:00 Moms in Prayer	9 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	10	11	12 9:30 Secret Sister Reveal Party
13 9:30 Worship Service **Communion** 11:00 Adult Class	14 5-8:00 Youth Group	15 11:00 Prayer Group 1:00 Moms in Prayer	16 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	17	18	19
20 9:30 Worship Service 11:00 Adult Class	21 5-8:00 Youth Group	22 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	23 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	24	25	26
27 9:30 Worship Service 11:00 Adult Class	28 5-8:00 Youth Group	29 11:00 Prayer Group 1:00 Moms in Prayer Newsletter Deadline	30 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	31 **HALLOWEEN**		

** Schedule subject to change.

Daily Nourishment



OLD & NEW TESTAMENT

Sep 1: Ps 135-136; 1Cor 12
Sep 2: Ps 137-139; 1Cor 13
Sep 3: Ps 140-142; 1Cor 14:1-20
Sep 4: Ps 143-145; 1Cor 14:21-40
Sep 5: Ps 146-147; 1Cor 15:1-28
Sep 6: Ps 148-150; 1Cor 15:29-58
Sep 7: Prov 1-2; 1Cor 16
Sep 8: Prov 3-5; 2Cor 1
Sep 9: Prov 6-7; 2Cor 2
Sep 10: Prov 8-9; 2Cor 3
Sep 11: Prov 10-12; 2Cor 4
Sep 12: Prov 13-15; 2Cor 5
Sep 13: Prov 16-18; 2Cor 6
Sep 14: Prov 19-21; 2Cor 7
Sep 15: Prov 22-24; 2Cor 8
Sep 16: Prov 25-26; 2Cor 9
Sep 17: Prov 27-29; 2Cor 10
Sep 18: Prov 30-31; 2Cor 11:1-15
Sep 19: Ecc 1-3; 2Cor 11:16-33
Sep 20: Ecc 4-6; 2Cor 12
Sep 21: Ecc 7-9; 2Cor 13
Sep 22: Ecc 10-12; Gal 1
Sep 23: Song 1-3; Gal 2
Sep 24: Song 4-5; Gal 3
Sep 25: Song 6-8; Gal 4
Sep 26: Is 1-2; Gal 5
Sep 27: Is 3-4; Gal 6
Sep 28: Is 5-6; Eph 1
Sep 29: Is 7-8; Eph 2
Sep 30: Is 9-10; Eph 3

CHRONOLOGICAL

Sep 1: Ezek 18-19
Sep 2: Ezek 20-21
Sep 3: Ezek 22-23
Sep 4: Ezek 24-27
Sep 5: Ezek 28-31
Sep 6: Ezek 32-34
Sep 7: Ezek 35-37
Sep 8: Ezek 38-39
Sep 9: Ezek 40-41
Sep 10: Ezek 42-43
Sep 11: Ezek 44-45
Sep 12: Ezek 46-48
Sep 13: Joel
Sep 14: Dan 1-3
Sep 15: Dan 4-6
Sep 16: Dan 7-9
Sep 17: Dan 10-12
Sep 18: Ezra 1-3
Sep 19: Ezra 4-6; Ps 137
Sep 20: Haggai
Sep 21: Zech 1-7
Sep 22: Zech 8-14
Sep 23: Est 1-5
Sep 24: Est 6-10
Sep 25: Ezra 7-10
Sep 26: Neh 1-5
Sep 27: Neh 6-7
Sep 28: Neh 8-10
Sep 29: Neh 11-13; Ps 126
Sep 30: Malachi

Youth



Welcome to the 2024-25 School Year! Students return to their school routines and sports schedules are back. The Barnum Youth Group (BYG) is launching our new school year theme "But Wait…There's More!" Many people take life as it comes. This year we will be challenging youth that there's more to their lives. What we may see on the surface is only a part of who God created us to be. With each topic we discuss we will pause and look deeper, 'but wait…there's more'! With topics like More to Me, What's your Role, Be Kind to Others, More than Decorations, Forgiving Grudges, The Light of the World and Do you Know Me, we will be exploring so much more this year. Please pray that students are willing to look at their lives and see that they do need more and that the more they need is Jesus.

Before we say goodbye to summer, I wanted to share about an amazing experience I was able to have with a recent graduate. Tobin has attended youth group for many years, and he also loves running. At the beginning of summer, he talked about wanting to do the Moose Lake Triathlon, but he didn't want to do the whole thing. I said we could do it as a team and I would be willing to do the bike part. My wife, Serenity, said she would be willing to do the swim and all summer the three of us prepared for the big event. Serenity swam, I biked and then Tobin set out for his 3-mile run. As we were waiting for Tobin to return Serenity and I talked about how thankful we were to provide this opportunity for Tobin. As Tobin crossed the finished line the announcer said, "And here is our first team to finish." Our team placed first. We couldn't believe it. Later Tobin told me, "I've gotten second place and third place before, but I've never gotten first place!" It was our prayer that God would bless that day, and He did! I want to thank Serenity for swimming for our team and I want to thank the Barnum Church family for coming to support us during the race. You're the Best! Please pray for continued opportunities to bless the students that we work with.









Nursery Volunteers: The nursery is in need of adult volunteers and young adults during church services. Please see Kay Finifrock.

September 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Servers	Wednesday Servers
1	Willis & Kay Finifrock	Scott & Elaine Bogenholm	Bonnie Kepler Cathy Kunze	Jenna Uszenski	Deb Halls	Janet Adelsgruber Karen Smith	
8	Hazel Oachs Jay Oachs	Bing & Kathy Mattson	Brian Koski Deb Donaldson	Daniel Zinter	Deb Entner	COMMUNION SUNDAY	(11) Bette Deming Annette Meyer & Boys
15	Marilyn Criley Judy Jacobs	Chris & Annette Meyer	Robin Paulson Bonnie Kepler	Brenden Zinter	Kay Finifrock	Annette Meyer Brenda Zinter	(18) Deb Entner
22	Cheryl Peterson Terri Krueger	Steve & Sandi Vogel	Brian Koski Deb Donaldson	Liam Parr	Brenda Zinter	Deb Halls Carmen Burak	(25) Evelyn Newman
29	Audrey Sebring Annette Hammitt	Bruce & Eileen Resman	Deb Donaldson Robin Paulson	Evan Earlywine	Tiffany Parr	Connie Herbert Jackie Olson	(2) Deb Halls

October 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Serv-ers	Wednesday Servers
6	Leon Finifrock Connie Herbert	Cliff & Joyce Berggren	Robin Paulson Cathy Kunze	Daniel Zinter	Sandi Vogel	Roxanne Mat-ten Kathy Otnes	(9) Paul & Carmen Burak
13	Ann Kosloski Tiffany Parr	Steve & Sandi Vogel	Brian Koski Bonnie Kepler	Nial Parr	Sandy Ferguson	COMMUNION SUNDAY	(16) Janet Adelsgruber Karen Smith
20	Roger & Deanna Finifrock	Paul & Carmen Burak	Brian Koski Deb Donaldson	Even Earlywine	Deb Halls	Cheryl Peterson Terri Krueger	(23) Terri Krueger
27	Dianne Anderson Connie Swanson	Dave & Sandy Ferguson	Deb Donaldson Robin Paulson	Brenden Zinter	Deb Entner	Ann Kosloski Linda Jusczak	(30) Sue Nelson Kathy Otnes Rachel Finifrock



September Health and Wellness Moment

"Healthy Aging"

September is Healthy Aging Month. The mission behind this month's health topic is to draw attention to the importance of healthy lifestyles for adults 45-plus. Nowadays, it is more important than ever to follow a healthy lifestyle, remain positive and passionate about life, and to look forward to better days ahead. Sometimes, however, this is not easy to do. If you need a boost to improve your lifestyle, here are some tips to be able to age well…in other words, to get older in the healthiest way possible! Let's look at some tips to achieve and maintain physical, social, mental and financial wellness.
First of all, let's look at Mental Wellness. Many people struggle with depression, loneliness, anxiety and isolation. It is important to follow these tips.

1. Be realistic. If you feel overwhelmed by some activities, (yours and/or your family's), learn to say no. Eliminate an activity that is not absolutely necessary. It's possible that you may be taking on more responsibility than you could, or should, handle. If you meet resistance, be ready to give reasons why you are making these changes. Be willing to listen to others' suggestions and be willing to compromise.
2. Shed the "superhero" urge. Nobody is perfect. Don't expect perfection from yourself or others. Focus on what really needs to be done, how much you can realistically get done and in what time frame. It's so important to ask for help when you need it.
3. Take one thing at a time. When someone is stressed or anxious, an ordinary workload can seem unbearable at times. The best way to cope with the feeling of being overwhelmed is to take one task at a time. Once you accomplish one task, choose the next most important thing you want to get done. Some people like to check off tasks on a list; it is very satisfying and helps you visualize your progress!

Next, let's look at the importance of Physical Fitness. According to the National Center for Chronic Disease Prevention and Health Promotion, about 6 in 10 adults in the U.S. have a chronic health condition, and 4 in 10 have two or more. There are many benefits of physical activity for adults and older adults. It's important to keep moving. A body in motion stays in motion! Exercise and strength training improves quality of life, reduces anxiety, and improves sleep. It also is key in weight loss, bone health and a lower risk of falls!

4. Move more, sit less. This recommendation from health.gov is based on new evidence that shows a strong positive relationship between increased sedentary behavior and increased risk of mortality, heart disease and high blood pressure.
5. Aerobic exercise. Check with your doctor for advice on how many minutes of exercise you should be getting per week. Also ask what kind of exercise is best for you and how to know if you are doing too much.
6. Muscle strengthening. These activities provide additional health benefits, so ask your doctor about muscle strengthening as well.

Next, we'll focus on the importance of Diet. Forty two percent of Americans have had an average weight gain of 29 pounds since the beginning of the pandemic. Not only have we been eating more and moving less, but alcohol consumption has also increased in this time frame. You can check out the Dietary Guidelines for Americans 2020-2025 published by the USDA. Always talk to your doctor about what weight is healthy for you.

7. Review your daily diet and make necessary changes. You guessed it, talk to your doctor about what is best for you! Generally, it is best to eat a diet that is rich in fruits, vegetables, whole grains, fat-free or low-fat milk and dairy products, and a variety of healthy proteins. It is best to eat a diet low in saturated fats, trans fats, cholesterol, sodium and added sugars.

Next, we'll focus on the importance of Social Well-being. We are created to be social beings, we crave healthy interaction with others. After feeling isolated, some older adults find it is hard to get out and be social without becoming mentally exhausted. Here are some ways to be active in your community:
8. Volunteer. There are so many places that encourage and welcome volunteering in our communities, churches, schools. Ask a friend to join you and make it a fun event to share!
9. Dream and then get to it. Is there someplace you've always wanted to travel, explore, research? Some of these things may not be realistic or feasible, but maybe some are! Have an adventure, laugh, share a fun moment with loved ones, get out and enjoy the day! Become a pen pal, learn a new language, learn to play an instrument…the sky's the limit!

Last, we will look at Financial Well-being.

10. Launch your next career, go back to school and get a degree, take an online class, learn a new skill that you have always wanted to master. Studies show that people who retire and then become sedentary and lose their excitement for life are much more likely to be ill and unhappy.

September is Healthy Aging Month, and it is the perfect time to renew or set some lifestyle goals! Happy Fall to you all!
Reference: HealthyAging.net

"Give thanks to the Lord, for He is good. His love endures forever."
Psalms 136:1
Prayers for peace, joy and good health, and just a reminder…you are uniquely YOU by HIS design!
~Jenny S, RN, BCUMC Parish Nurse

Howdy Partner!
Here is your invitation to:



The Bible-Buddy Round-Up

This is the kick-off to the Children's WEDNESDAY BIBLE BUDDIES program at the

Barnum Community Church

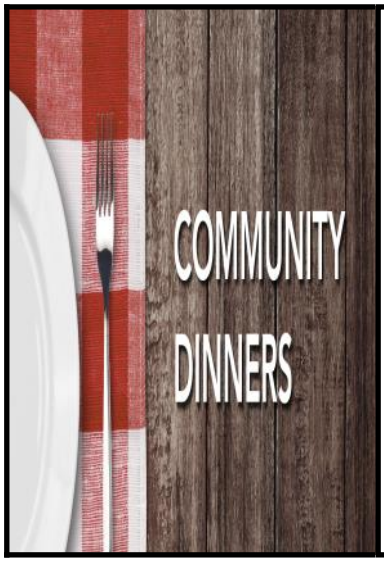
Giddy-up ya'll (ages 4-6th grade) and join up with the Bible Buddies!!

Wednesday evening September 11 at 6 - 7:15 pm, right after the Community Supper (served from 5:15 to 6pm).

After getting everyone registered and rustling up some chow, we will round up the gang of Buddies at 6 pm to enjoy activities including games, songs, crafts, and a Bible lesson.



Important Events in the Life of Our Church



Join us for
Community Dinner
&
Family Night

September 11, 18, 25

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



September 11:	*Family Night Kick Off*
	Community Dinner
	Bible Buddies
	Youth Group (7th – 12th)
	Women's Bible Study
October 31:	*Halloween Trunk or Treat*
November 20:	*Thanksgiving Dinner*
December 24:	*Christmas Eve*
	Candlelight Service



Please join us for **WOW**
"Worship on Wednesday"

6:15—6:30 Praise & Worship Music followed by a short bible lesson from Pastor Lee



The Warm Hearts Ministry will be meet Tuesday, September 24th from 10 am—3 pm to work on Warm Hearts Projects or personal projects. Please bring a lunch and join us for some great sewing time and fellowship. Bring your sewing supplies. Please RSVP Kathy Port.

United Women in Faith

United Women in Faith will be meeting on September 11 at 1:30 at the church. All women of the church are invited to attend this meeting. Ann Kosloski will be the hostess and Kathy Mattson will lead the discussion on pages 94-98 of our study book, "Life on Purpose for Women". Our heart is to assist with church projects wherever possible. Please see Sandy Ferguson for further information.



Important Events in the Life of Our Church



Mother / Child Nursing Tent:

A huge "Thank You" to all the volunteers who helped set up and tear down and work in the Baby Rest Area.





Fair time has come and gone already. Many thanks for all those who volunteered to park cars. This year over $2,600 was collected to help fund the Wednesday night youth programs reaching out to students in our Community.

The Lord's Table, September 8th

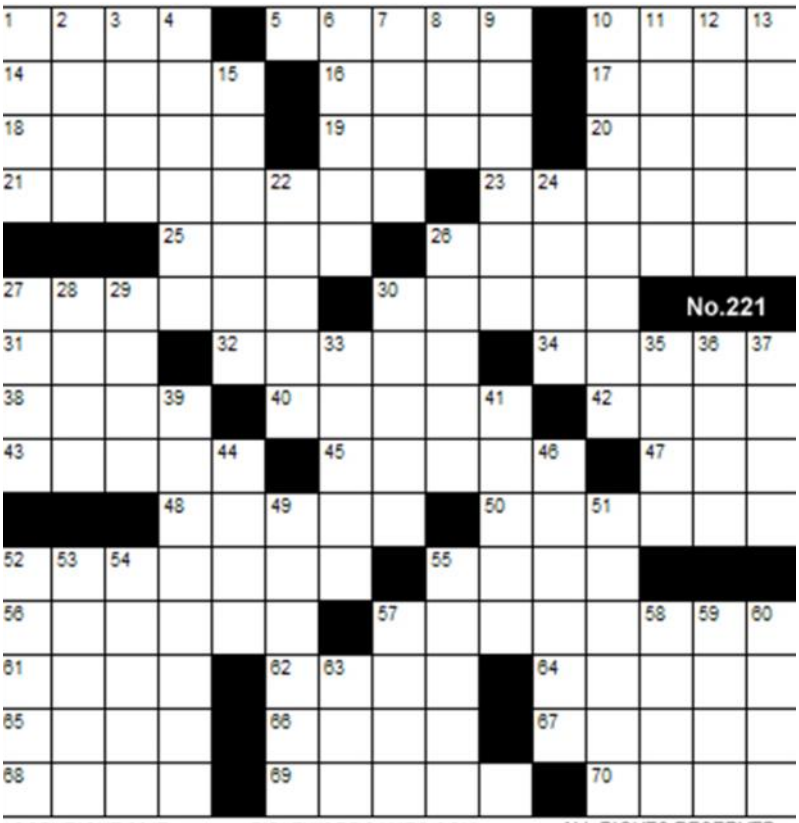


The second Sunday of the month will be our Table Sunday as a church family. We will be sharing communion at the Lord's Table, enjoying a shared-dish (potluck). Table Sunday is a monthly reminder that our life together as the family of God centers in worship, fellowship and sharing.

REMEMBER to bring a dish to share on the second Sunday and even if you aren't able, plan on staying for dinner with your family and friends here.

"Our Daily Bread" is also available on the facebook, mobile app in addition to the printed copies here in the office.

Did you miss out on a Sunday Service don't have access to Facebook or Internet? We have extra copies available for your use.



COPYRIGHT 2017 BIBLEWORDGAMES.COM ALL RIGHTS RESERVED

ACROSS

1 So Moses brought their ___ before the LORD (Num 27:5)
5 Fasten ___ ___ cord to it (1,4) (Ex 28:37)
10 fifth book of the New Testament
14 Like men condemned to die in the ___ (1 Cor 4:9)
16 Speak now in the ____ of the people (Exodus 11:2)
17 In that day the mountains will ___ new wine (Joel 3:18)
18 seems right to a man, but in the end it ___ to death (Prov 16:25)
19 Then they ___ in his face and struck him with their fists (Matt 26:67)
20 Son of man, record this ____ (Ezek 24:2)
21 because the midwives feared God, he gave them ___ of their own (Ex 1:21)
23 Elijah's successor (2 Kings 2:9)
25 Like a bird that strays from its ___ is a man who strays (Prov 27:8)
26 A student is not above his ___ , nor a servant above his master (Matt 10:24)
27 and remove all its vile ___ and detestable idols (Ezek 11:18)
30 they always heap up their sins to the ___ (1Thes 2:16)
31 clump of earth and grass
32 Her Nazarites were ___ than snow, they were whiter than (Lam 4:7) KJV
34 Jesus replied, "Foxes have holes and birds of the air have ___ (Matt 8:20)
38 The Angel which redeemed me from all evil, bless the ___ (Gen 48:16) KJV
40 from foundation to ___, were made of blocks of high-grade (1 Kings 7:9)
42 throwing stones at him and showering him with ___ (2 Sam 16:13)
43 let him seek peace, and ___ it (1 Pet 3:11) (KJV)
45 Like a ___ of Lebanon he will send down his roots (Hosea 14:5)
47 till he should pay all that was ___ unto him (Matt 18:34)
48 The tower of ____ (Gen 11:9)
50 To ____ them that were under the law (Gal 4:5)
52 I ___ silver and gold for myself, and the treasure (Eccl 2:8)
55 he that wavereth is like a ____ of the sea. (James 1:6)
56 What he trusts in is fragile; what he ___ on is a spider's web. (Job 8:14)
57 whosoever of you will be the ___, shall be servant of all (Mark 10:44) KJV
61 There is ___ ___ here, which hath five barley loaves (1,3) (John 6:9)
62 if his hands are ___, the house leaks (Eccl 10:18)
64 sixth angel poured out his vial upon the great ____ Euphrates (Rev 16:12)
65 away, absent (Rev 18:14)
66 which is gone down in the sun ___ of Ahaz (Isa 38:8) KJV
67 She gave herself as a prostitute to all the ____ of the Assyrians (Ezek 23:7)
68 thou shouldest be for salvation unto the ____ of the earth (Acts 13:47) KJV
69 said through the prophet: "Out of ___ I called my son (Matt 2:15)
70 Salvation is found in no one ___, for there is no other name (Acts 4:12)

DOWN

1 the woman had a fat ___ in the house (1 Sam 28:24) KJV
2 a Levite who lived in a remote ___ in the hill country (Judg 19:1)
3 the ephod, close to the ___ just above the waistband (Ex 39:20)
4 beginning with the oldest and ___ with the youngest (Gen 44:12)
6 Fear and trembling have ___ me; horror has overwhelmed me (Ps 55:5)
7 I will measure into their ___ the full payment for (Isa 65:7)
8 See, the LORD has chosen Bezalel son of ___ (Ex.35:30)
9 let each ____ other better than themselves (Phil 2:3)
10 not to be slanderers or ___ to much wine (Titus 2:3)
11 beat against that house, and it fell with a great ___ (Matt 7:27)
12 Thou shalt truly ____ all the increase of thy seed (Deut 14:22)
13 His ___ shaft was like a weaver's rod (1 Sam 17:7)
15 Lazarus has fallen ___; but I am going there to wake him (John 11:11)
22 married a wife, deceased, and, having no ____ (Matt 22:25)
24 Saul and Abner son of Ner had ___ down (1 Sam 26:5)
26 The people have become hungry and ___ and thirsty (2 Sam 17:29)
27 was in the ____ that is called Patmos (Rev 1:9)
28 We all growl like bears; we ___ mournfully like doves (Isa 59:11)
29 If anyone ___ anything to them, God will add to him (Rev 22:18)
30 My feet stand on ___ ground (Ps 26:12)
33 you have ___ with men on foot and they have worn you out (Jer 12:5)
35 I will give him rest from all his enemies on every ____. (1 Chr 22:9)
36 the darkness is passing and the ____ light is already shining (I Jn 2:8)
37 there shall come forth a rod out of the ___ of Jesse (Isa 11:1) KJV
39 Stay with him for a while until your brother's fury ___ (Gen 27:44)
41 no longer to call her ___; her name will be Sarah.(Gen 17:15)
44 listens to me will live in safety and be at ___ (Prov 1:33)
46 the LORD; let all the people of the world ___ him (Ps 33:8)
49 Jesus was walking ___ the Sea of Galilee (Matt 4:18)
51 Do not ___ yourselves by any of these creatures (Lev 11:43)
52 The king got up in ___ ___ left his wine (1,4) (Est 7:7)
53 Like a scarecrow in a ___ patch, their idols cannot speak (Jer 10:5)
54 ___ ___ flowing with milk and honey (1,4) (Deut 26:10)
55 Dan is a lion's ___: he shall leap from Bashan (Deut 33:22) KJV
57 what Adam was made from (Job 33:6)
58 Do not those who plot ___ go astray? (Prov 14:22)
59 silver in two bags, with two ___ of clothing (2 Kings 5:23)
60 every man under his vine and under his fig ____ (1 King 4:25)
63 I'll ___ around it and fertilize it.(Luke 13:8)

Just for Kids

Flashlight TAG



Sometimes we resist the light of Christ. But when his light touches us, we can then share it with others. Play this fun game on a summer night to remember how Christ's light shines in the world.

What you need:

- Friends
- Safe open space outdoors
- A flashlight for each player

How to play:

1. Choose one person to be the Tagger, known as the Light. Only that person can have his or her flashlight on.
2. The Light tries to shine his or her flashlight on other players, who run around and try to hide in the darkness.
3. Once players have been touched by the Light, they turn on their flashlights and join in, trying to shine on others.
4. Play until everyone has been tagged by the Light. Repeat, giving everyone a turn to be the Light.

PUZZLE

GOD'S LIGHT

Summer's long days can remind us of our Creator, who made the sun and wants us to live in his light.

Directions: First, write the opposite of each word in parentheses. Then use the Word Bank words, in order, to complete 1 John 1:5-7, NIV.

WORD BANK: is in is at if in as is in with

God _____ _____; _____ _____
(dark) (her)

there _____ _____ _____ness _____ _____ . ...
(yes) (light) (none)

But _____ we _____ _____ the _____,
(run) (dark)

_____ _____ _____ _____ the _____,
(she) (dark)

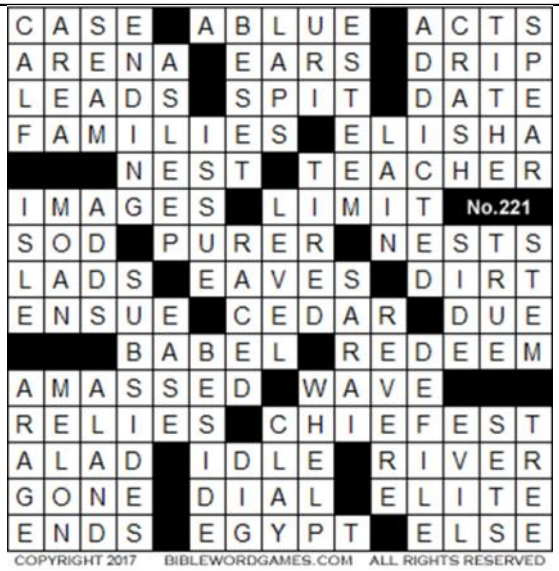
we have fellowship _____ one another. ...

1 John 1:5-7, NIV

Answer: God is light; in him there is no darkness at all . ... But if we walk in the light, as he is in the light, we have fellowship with one another. (1 John 1:5-7, NIV)

Barnum Community United Methodist Church

POSTMASTER:
Please send address changes to:
PO Box 70, 3762 Front Street
Barnum, MN 55707
(218) 389-6876 office@barnumumc.org
www.barnumumc.org



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

BUMC Ministry Team

Pastor—Lee Kantonen
Council Chair—Leon Finifrock
Youth Director—Bill Schoonover
Missions/Outreach—Connie Swanson
Secretary—Mechelle Mattson
Faith Community Nurse—Jennifer Southerton
Congregational Nurture & Care—Connie Herbert
Nursery Coordinator—Kaye Finifrock
Acolyte Coordinator—Roxanne Matten
Wednesday Night Servers—Kaye Finifrock/Terri Krueger
Custodian—Jim Calhoun

United Women in Faith—Sandy Ferguson
Bookkeeper—Tiffany Parr
Ministries Leader—Deb Halls
Staff-Parish Relations—Dawson Gentry
Worship Ministry - Lori Koski
Properties Management—Dave Matten
Discipleship Ministries—Mike Line
Sunday Servers Coordinator—Ann Kosloski
Greeters/Ushers Coordinator—Laurie Audette
Sunday Counters Coordinator—Cathy Kunze
Office Manager—Laurie Audette

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



September 2024
Volume 24—Issue 9

Bible Readings
Church Calendar
Birthdays
Anniversaries
Youth Group
Bible Buddies
Faith Community Nurse
United Women in Faith
Women's Ministry
Council Minutes
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

Office Hours (Mon-Fri)

Sunday Worship

Facebook Live 9:30 am
In Person 9:30 am

Pastor Kennection

Jesus...saw a man called Matthew sitting at the tax booth, and He said to him, "Follow me." And he rose and followed Him. (Matthew 9:9)

Where were the Apostles when Jesus called them to follow Him? It wasn't from the synagogue, was it, even though Jesus regularly was found at the synagogue. It was when the Lord was out and about in the community. The apostles were called when they were on the seashore preparing to fish, or out in their boats, the tax booth, maybe the marketplace, it was from those everyday areas of life that Jesus called them.

There is a wonderful missional heart found here at Barnum Community. My memory is relatively recent in the scheme of things, but it was so good to learn about our connection with John Sergey in years past and to listen to Pastor Sergey and learn of his evangelistic outreach to the people of what at that time was the Soviet Union. For those unfamiliar, spark up a conversation with Jen Berthelot.

Since its outset, mission has been central to the heart of churches with a Wesleyan persuasion and the United Methodist Church is no different. Recently, the Minnesota Annual Conference has been encouraging involvement of all of our churches in something called, Fresh Expressions. Very simply, it is about meeting with people around a shared area of interest while taking time to share a "Jesus Story" during the time together. For years we've known and made known that for the most part people who don't know Christ aren't going to just wander into our churches. Jesus sent his followers out to make disciples, not in.

People have been gathering at bicycling groups, kayaking groups, quilting groups, wood carving groups, golfing groups, you name it. Whatever shared area of interest people have; Fresh Expressions can be occurring there. There have even been axe throwing and burrito gatherings. The key is gathering regularly and making a point to share a Jesus story and an opportunity for prayer. Fresh Expressions is about building relationships with others outside the church. It is a time to introduce Jesus to people who likely will not wander into Barnum Community United Methodist Church or any other church building. We need to keep developing new ways of letting people know God loves them and wants to be in a relationship with them. Perhaps you have already been doing that sort of thing without calling it Fresh Expressions.

So, if you have thought sharing your faith with others is something you could never do, I invite and encourage you to think again. There might be those here at Barnum Community who share your interests to join with you to get your Fresh Expression initiated. The community is filled with people who hold shared interests in need of knowing the Lord. Thank you for sharing the love of God and inviting others to join the journey.

The Good Shepherd's Sheepdog,

Lee



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:30 Worship Service 11:00 Adult Class	**2 LABOR DAY** **Office Closed** 5-8 Youth Group	3 11:00 Prayer Group	4 5-8 Youth Group	5	6	7
8 Grandparents Day 9:30 Worship Service **Communion** 11:00 Adult Class	9 5-8 Youth Group 6:30 Council Mtg	10 11:00 Prayer Group 1:00 Moms in Prayer	11 **FAMILY NIGHT KICK OFF** 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	12	13	14
15 9:30 Worship Service 11:00 Adult Class Congregational Meeting after Church Service	16 5-8 Youth Group	17 11:00 Prayer Group 1:00 Moms in Prayer	18 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	19	20	21
22 9:30 Worship Service 11:00 Adult Class	23 5-8:00 Youth Group	24 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	25 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study Newsletter Deadline	26	27	28
29 9:30 Worship Service 11:00 Adult Class	30 5-8 Youth Group					

** Schedule subject to change.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 11:00 Prayer Group 1:00 Moms in Prayer	2 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	3	4	5
6 **Pastor Appreciation Day** 9:30 Worship Service 11:00 Adult Class	7 **COLUMBUS DAY** 5-8:00 Youth Group 6:00 Finance Mtg 6:30 Council Mtg	8 11:00 Prayer Group 1:00 Moms in Prayer	9 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	10	11	12 9:30 Secret Sister Reveal Party
13 9:30 Worship Service **Communion** 11:00 Adult Class	14 5-8:00 Youth Group	15 11:00 Prayer Group 1:00 Moms in Prayer	16 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	17	18	19
20 9:30 Worship Service 11:00 Adult Class	21 5-8:00 Youth Group	22 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	23 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	24	25	26
27 9:30 Worship Service 11:00 Adult Class	28 5-8:00 Youth Group	29 11:00 Prayer Group 1:00 Moms in Prayer Newsletter Deadline	30 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	31 **HALLOWEEN**		

** Schedule subject to change.

Daily Nourishment



OLD & NEW TESTAMENT

Sep 1: Ps 135-136; 1Cor 12
Sep 2: Ps 137-139; 1Cor 13
Sep 3: Ps 140-142; 1Cor 14:1-20
Sep 4: Ps 143-145; 1Cor 14:21-40
Sep 5: Ps 146-147; 1Cor 15:1-28
Sep 6: Ps 148-150; 1Cor 15:29-58
Sep 7: Prov 1-2; 1Cor 16
Sep 8: Prov 3-5; 2Cor 1
Sep 9: Prov 6-7; 2Cor 2
Sep 10: Prov 8-9; 2Cor 3
Sep 11: Prov 10-12; 2Cor 4
Sep 12: Prov 13-15; 2Cor 5
Sep 13: Prov 16-18; 2Cor 6
Sep 14: Prov 19-21; 2Cor 7
Sep 15: Prov 22-24; 2Cor 8
Sep 16: Prov 25-26; 2Cor 9
Sep 17: Prov 27-29; 2Cor 10
Sep 18: Prov 30-31; 2Cor 11:1-15
Sep 19: Ecc 1-3; 2Cor 11:16-33
Sep 20: Ecc 4-6; 2Cor 12
Sep 21: Ecc 7-9; 2Cor 13
Sep 22: Ecc 10-12; Gal 1
Sep 23: Song 1-3; Gal 2
Sep 24: Song 4-5; Gal 3
Sep 25: Song 6-8; Gal 4
Sep 26: Is 1-2; Gal 5
Sep 27: Is 3-4; Gal 6
Sep 28: Is 5-6; Eph 1
Sep 29: Is 7-8; Eph 2
Sep 30: Is 9-10; Eph 3

CHRONOLOGICAL

Sep 1: Ezek 18-19
Sep 2: Ezek 20-21
Sep 3: Ezek 22-23
Sep 4: Ezek 24-27
Sep 5: Ezek 28-31
Sep 6: Ezek 32-34
Sep 7: Ezek 35-37
Sep 8: Ezek 38-39
Sep 9: Ezek 40-41
Sep 10: Ezek 42-43
Sep 11: Ezek 44-45
Sep 12: Ezek 46-48
Sep 13: Joel
Sep 14: Dan 1-3
Sep 15: Dan 4-6
Sep 16: Dan 7-9
Sep 17: Dan 10-12
Sep 18: Ezra 1-3
Sep 19: Ezra 4-6; Ps 137
Sep 20: Haggai
Sep 21: Zech 1-7
Sep 22: Zech 8-14
Sep 23: Est 1-5
Sep 24: Est 6-10
Sep 25: Ezra 7-10
Sep 26: Neh 1-5
Sep 27: Neh 6-7
Sep 28: Neh 8-10
Sep 29: Neh 11-13; Ps 126
Sep 30: Malachi

Youth



Welcome to the 2024-25 School Year! Students return to their school routines and sports schedules are back. The Barnum Youth Group (BYG) is launching our new school year theme "But Wait…There's More!" Many people take life as it comes. This year we will be challenging youth that there's more to their lives. What we may see on the surface is only a part of who God created us to be. With each topic we discuss we will pause and look deeper, 'but wait…there's more'! With topics like More to Me, What's your Role, Be Kind to Others, More than Decorations, Forgiving Grudges, The Light of the World and Do you Know Me, we will be exploring so much more this year. Please pray that students are willing to look at their lives and see that they do need more and that the more they need is Jesus.

Before we say goodbye to summer, I wanted to share about an amazing experience I was able to have with a recent graduate. Tobin has attended youth group for many years, and he also loves running. At the beginning of summer, he talked about wanting to do the Moose Lake Triathlon, but he didn't want to do the whole thing. I said we could do it as a team and I would be willing to do the bike part. My wife, Serenity, said she would be willing to do the swim and all summer the three of us prepared for the big event. Serenity swam, I biked and then Tobin set out for his 3-mile run. As we were waiting for Tobin to return Serenity and I talked about how thankful we were to provide this opportunity for Tobin. As Tobin crossed the finished line the announcer said, "And here is our first team to finish." Our team placed first. We couldn't believe it. Later Tobin told me, "I've gotten second place and third place before, but I've never gotten first place!" It was our prayer that God would bless that day, and He did! I want to thank Serenity for swimming for our team and I want to thank the Barnum Church family for coming to support us during the race. You're the Best! Please pray for continued opportunities to bless the students that we work with.









Nursery Volunteers: The nursery is in need of adult volunteers and young adults during church services. Please see Kay Finifrock.

September 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Servers	Wednesday Servers
1	Willis & Kay Finifrock	Scott & Elaine Bogenholm	Bonnie Kepler Cathy Kunze	Jenna Uszenski	Deb Halls	Janet Adelsgruber Karen Smith	
8	Hazel Oachs Jay Oachs	Bing & Kathy Mattson	Brian Koski Deb Donaldson	Daniel Zinter	Deb Entner	COMMUNION SUNDAY	(11) Bette Deming Annette Meyer & Boys
15	Marilyn Criley Judy Jacobs	Chris & Annette Meyer	Robin Paulson Bonnie Kepler	Brenden Zinter	Kay Finifrock	Annette Meyer Brenda Zinter	(18) Deb Entner
22	Cheryl Peterson Terri Krueger	Steve & Sandi Vogel	Brian Koski Deb Donaldson	Liam Parr	Brenda Zinter	Deb Halls Carmen Burak	(25) Evelyn Newman
29	Audrey Sebring Annette Hammitt	Bruce & Eileen Resman	Deb Donaldson Robin Paulson	Evan Earlywine	Tiffany Parr	Connie Herbert Jackie Olson	(2) Deb Halls

October 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Serv-ers	Wednesday Servers
6	Leon Finifrock Connie Herbert	Cliff & Joyce Berggren	Robin Paulson Cathy Kunze	Daniel Zinter	Sandi Vogel	Roxanne Mat-ten Kathy Otnes	(9) Paul & Carmen Burak
13	Ann Kosloski Tiffany Parr	Steve & Sandi Vogel	Brian Koski Bonnie Kepler	Nial Parr	Sandy Ferguson	COMMUNION SUNDAY	(16) Janet Adelsgruber Karen Smith
20	Roger & Deanna Finifrock	Paul & Carmen Burak	Brian Koski Deb Donaldson	Even Earlywine	Deb Halls	Cheryl Peterson Terri Krueger	(23) Terri Krueger
27	Dianne Anderson Connie Swanson	Dave & Sandy Ferguson	Deb Donaldson Robin Paulson	Brenden Zinter	Deb Entner	Ann Kosloski Linda Jusczak	(30) Sue Nelson Kathy Otnes Rachel Finifrock



September Health and Wellness Moment

"Healthy Aging"

September is Healthy Aging Month. The mission behind this month's health topic is to draw attention to the importance of healthy lifestyles for adults 45-plus. Nowadays, it is more important than ever to follow a healthy lifestyle, remain positive and passionate about life, and to look forward to better days ahead. Sometimes, however, this is not easy to do. If you need a boost to improve your lifestyle, here are some tips to be able to age well…in other words, to get older in the healthiest way possible! Let's look at some tips to achieve and maintain physical, social, mental and financial wellness.
First of all, let's look at Mental Wellness. Many people struggle with depression, loneliness, anxiety and isolation. It is important to follow these tips.

1. Be realistic. If you feel overwhelmed by some activities, (yours and/or your family's), learn to say no. Eliminate an activity that is not absolutely necessary. It's possible that you may be taking on more responsibility than you could, or should, handle. If you meet resistance, be ready to give reasons why you are making these changes. Be willing to listen to others' suggestions and be willing to compromise.
2. Shed the "superhero" urge. Nobody is perfect. Don't expect perfection from yourself or others. Focus on what really needs to be done, how much you can realistically get done and in what time frame. It's so important to ask for help when you need it.
3. Take one thing at a time. When someone is stressed or anxious, an ordinary workload can seem unbearable at times. The best way to cope with the feeling of being overwhelmed is to take one task at a time. Once you accomplish one task, choose the next most important thing you want to get done. Some people like to check off tasks on a list; it is very satisfying and helps you visualize your progress!

Next, let's look at the importance of Physical Fitness. According to the National Center for Chronic Disease Prevention and Health Promotion, about 6 in 10 adults in the U.S. have a chronic health condition, and 4 in 10 have two or more. There are many benefits of physical activity for adults and older adults. It's important to keep moving. A body in motion stays in motion! Exercise and strength training improves quality of life, reduces anxiety, and improves sleep. It also is key in weight loss, bone health and a lower risk of falls!

4. Move more, sit less. This recommendation from health.gov is based on new evidence that shows a strong positive relationship between increased sedentary behavior and increased risk of mortality, heart disease and high blood pressure.
5. Aerobic exercise. Check with your doctor for advice on how many minutes of exercise you should be getting per week. Also ask what kind of exercise is best for you and how to know if you are doing too much.
6. Muscle strengthening. These activities provide additional health benefits, so ask your doctor about muscle strengthening as well.

Next, we'll focus on the importance of Diet. Forty two percent of Americans have had an average weight gain of 29 pounds since the beginning of the pandemic. Not only have we been eating more and moving less, but alcohol consumption has also increased in this time frame. You can check out the Dietary Guidelines for Americans 2020-2025 published by the USDA. Always talk to your doctor about what weight is healthy for you.

7. Review your daily diet and make necessary changes. You guessed it, talk to your doctor about what is best for you! Generally, it is best to eat a diet that is rich in fruits, vegetables, whole grains, fat-free or low-fat milk and dairy products, and a variety of healthy proteins. It is best to eat a diet low in saturated fats, trans fats, cholesterol, sodium and added sugars.

Next, we'll focus on the importance of Social Well-being. We are created to be social beings, we crave healthy interaction with others. After feeling isolated, some older adults find it is hard to get out and be social without becoming mentally exhausted. Here are some ways to be active in your community:
8. Volunteer. There are so many places that encourage and welcome volunteering in our communities, churches, schools. Ask a friend to join you and make it a fun event to share!
9. Dream and then get to it. Is there someplace you've always wanted to travel, explore, research? Some of these things may not be realistic or feasible, but maybe some are! Have an adventure, laugh, share a fun moment with loved ones, get out and enjoy the day! Become a pen pal, learn a new language, learn to play an instrument…the sky's the limit!

Last, we will look at Financial Well-being.

10. Launch your next career, go back to school and get a degree, take an online class, learn a new skill that you have always wanted to master. Studies show that people who retire and then become sedentary and lose their excitement for life are much more likely to be ill and unhappy.

September is Healthy Aging Month, and it is the perfect time to renew or set some lifestyle goals! Happy Fall to you all!
Reference: HealthyAging.net

"Give thanks to the Lord, for He is good. His love endures forever."
Psalms 136:1
Prayers for peace, joy and good health, and just a reminder…you are uniquely YOU by HIS design!
~Jenny S, RN, BCUMC Parish Nurse

Howdy Partner!
Here is your invitation to:



The Bible-Buddy Round-Up

This is the kick-off to the Children's WEDNESDAY BIBLE BUDDIES program at the

Barnum Community Church

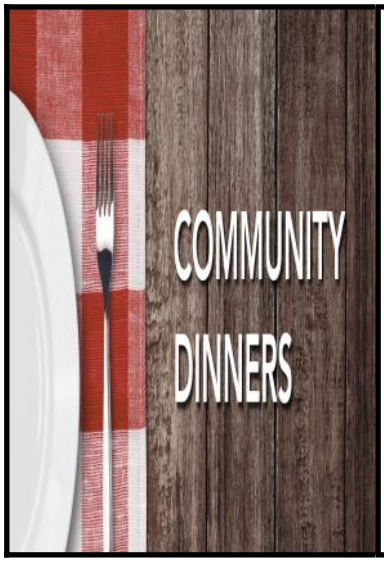
Giddy-up ya'll (ages 4-6th grade) and join up with the Bible Buddies!!

Wednesday evening September 11 at 6 - 7:15 pm, right after the Community Supper (served from 5:15 to 6pm).

After getting everyone registered and rustling up some chow, we will round up the gang of Buddies at 6 pm to enjoy activities including games, songs, crafts, and a Bible lesson.



Important Events in the Life of Our Church



Join us for
Community Dinner
&
Family Night

September 11, 18, 25

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



September 11:	*Family Night Kick Off*
	Community Dinner
	Bible Buddies
	Youth Group (7th – 12th)
	Women's Bible Study
October 31:	*Halloween Trunk or Treat*
November 20:	*Thanksgiving Dinner*
December 24:	*Christmas Eve*
	Candlelight Service



Please join us for **WOW**
"Worship on Wednesday"

6:15—6:30 Praise & Worship Music followed by a short bible lesson from Pastor Lee



The Warm Hearts Ministry will be meet Tuesday, September 24th from 10 am—3 pm to work on Warm Hearts Projects or personal projects. Please bring a lunch and join us for some great sewing time and fellowship. Bring your sewing supplies. Please RSVP Kathy Port.

United Women in Faith

United Women in Faith will be meeting on September 11 at 1:30 at the church. All women of the church are invited to attend this meeting. Ann Kosloski will be the hostess and Kathy Mattson will lead the discussion on pages 94-98 of our study book, "Life on Purpose for Women". Our heart is to assist with church projects wherever possible. Please see Sandy Ferguson for further information.



Important Events in the Life of Our Church



Mother / Child Nursing Tent:

A huge "Thank You" to all the volunteers who helped set up and tear down and work in the Baby Rest Area.





Fair time has come and gone already. Many thanks for all those who volunteered to park cars. This year over $2,600 was collected to help fund the Wednesday night youth programs reaching out to students in our Community.

The Lord's Table, September 8th

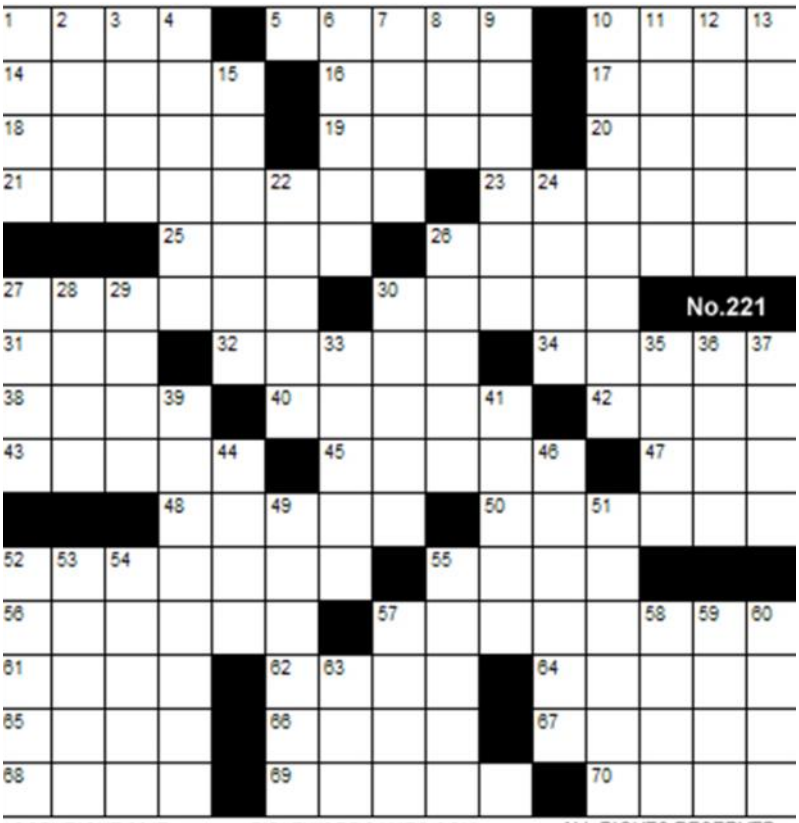


The second Sunday of the month will be our Table Sunday as a church family. We will be sharing communion at the Lord's Table, enjoying a shared-dish (potluck). Table Sunday is a monthly reminder that our life together as the family of God centers in worship, fellowship and sharing.

REMEMBER to bring a dish to share on the second Sunday and even if you aren't able, plan on staying for dinner with your family and friends here.

"Our Daily Bread" is also available on the facebook, mobile app in addition to the printed copies here in the office.

Did you miss out on a Sunday Service don't have access to Facebook or Internet? We have extra copies available for your use.



COPYRIGHT 2017 BIBLEWORDGAMES.COM ALL RIGHTS RESERVED

ACROSS

1 So Moses brought their ___ before the LORD (Num 27:5)
5 Fasten ___ ___ cord to it (1,4) (Ex 28:37)
10 fifth book of the New Testament
14 Like men condemned to die in the ___ (1 Cor 4:9)
16 Speak now in the ____ of the people (Exodus 11:2)
17 In that day the mountains will ___ new wine (Joel 3:18)
18 seems right to a man, but in the end it ___ to death (Prov 16:25)
19 Then they ___ in his face and struck him with their fists (Matt 26:67)
20 Son of man, record this ____ (Ezek 24:2)
21 because the midwives feared God, he gave them ___ of their own (Ex 1:21)
23 Elijah's successor (2 Kings 2:9)
25 Like a bird that strays from its ___ is a man who strays (Prov 27:8)
26 A student is not above his ___ , nor a servant above his master (Matt 10:24)
27 and remove all its vile ___ and detestable idols (Ezek 11:18)
30 they always heap up their sins to the ___ (1Thes 2:16)
31 clump of earth and grass
32 Her Nazarites were ___ than snow, they were whiter than (Lam 4:7) KJV
34 Jesus replied, "Foxes have holes and birds of the air have ___ (Matt 8:20)
38 The Angel which redeemed me from all evil, bless the ___ (Gen 48:16) KJV
40 from foundation to ___, were made of blocks of high-grade (1 Kings 7:9)
42 throwing stones at him and showering him with ___ (2 Sam 16:13)
43 let him seek peace, and ___ it (1 Pet 3:11) (KJV)
45 Like a ___ of Lebanon he will send down his roots (Hosea 14:5)
47 till he should pay all that was ___ unto him (Matt 18:34)
48 The tower of ____ (Gen 11:9)
50 To ____ them that were under the law (Gal 4:5)
52 I ___ silver and gold for myself, and the treasure (Eccl 2:8)
55 he that wavereth is like a ____ of the sea. (James 1:6)
56 What he trusts in is fragile; what he ___ on is a spider's web. (Job 8:14)
57 whosoever of you will be the ___, shall be servant of all (Mark 10:44) KJV
61 There is ___ ___ here, which hath five barley loaves (1,3) (John 6:9)
62 if his hands are ___, the house leaks (Eccl 10:18)
64 sixth angel poured out his vial upon the great ____ Euphrates (Rev 16:12)
65 away, absent (Rev 18:14)
66 which is gone down in the sun ___ of Ahaz (Isa 38:8) KJV
67 She gave herself as a prostitute to all the ____ of the Assyrians (Ezek 23:7)
68 thou shouldest be for salvation unto the ____ of the earth (Acts 13:47) KJV
69 said through the prophet: "Out of ___ I called my son (Matt 2:15)
70 Salvation is found in no one ___, for there is no other name (Acts 4:12)

DOWN

1 the woman had a fat ___ in the house (1 Sam 28:24) KJV
2 a Levite who lived in a remote ___ in the hill country (Judg 19:1)
3 the ephod, close to the ___ just above the waistband (Ex 39:20)
4 beginning with the oldest and ___ with the youngest (Gen 44:12)
6 Fear and trembling have ___ me; horror has overwhelmed me (Ps 55:5)
7 I will measure into their ___ the full payment for (Isa 65:7)
8 See, the LORD has chosen Bezalel son of ___ (Ex.35:30)
9 let each ____ other better than themselves (Phil 2:3)
10 not to be slanderers or ___ to much wine (Titus 2:3)
11 beat against that house, and it fell with a great ___ (Matt 7:27)
12 Thou shalt truly ____ all the increase of thy seed (Deut 14:22)
13 His ___ shaft was like a weaver's rod (1 Sam 17:7)
15 Lazarus has fallen ___; but I am going there to wake him (John 11:11)
22 married a wife, deceased, and, having no ____ (Matt 22:25)
24 Saul and Abner son of Ner had ___ down (1 Sam 26:5)
26 The people have become hungry and ___ and thirsty (2 Sam 17:29)
27 was in the ____ that is called Patmos (Rev 1:9)
28 We all growl like bears; we ___ mournfully like doves (Isa 59:11)
29 If anyone ___ anything to them, God will add to him (Rev 22:18)
30 My feet stand on ___ ground (Ps 26:12)
33 you have ___ with men on foot and they have worn you out (Jer 12:5)
35 I will give him rest from all his enemies on every ____. (1 Chr 22:9)
36 the darkness is passing and the ____ light is already shining (I Jn 2:8)
37 there shall come forth a rod out of the ___ of Jesse (Isa 11:1) KJV
39 Stay with him for a while until your brother's fury ___ (Gen 27:44)
41 no longer to call her ___; her name will be Sarah.(Gen 17:15)
44 listens to me will live in safety and be at ___ (Prov 1:33)
46 the LORD; let all the people of the world ___ him (Ps 33:8)
49 Jesus was walking ___ the Sea of Galilee (Matt 4:18)
51 Do not ___ yourselves by any of these creatures (Lev 11:43)
52 The king got up in ___ ___ left his wine (1,4) (Est 7:7)
53 Like a scarecrow in a ___ patch, their idols cannot speak (Jer 10:5)
54 ___ ___ flowing with milk and honey (1,4) (Deut 26:10)
55 Dan is a lion's ___: he shall leap from Bashan (Deut 33:22) KJV
57 what Adam was made from (Job 33:6)
58 Do not those who plot ___ go astray? (Prov 14:22)
59 silver in two bags, with two ___ of clothing (2 Kings 5:23)
60 every man under his vine and under his fig ____ (1 King 4:25)
63 I'll ___ around it and fertilize it.(Luke 13:8)

Just for Kids

Flashlight TAG



Sometimes we resist the light of Christ. But when his light touches us, we can then share it with others. Play this fun game on a summer night to remember how Christ's light shines in the world.

What you need:

- Friends
- Safe open space outdoors
- A flashlight for each player

How to play:

1. Choose one person to be the Tagger, known as the Light. Only that person can have his or her flashlight on.
2. The Light tries to shine his or her flashlight on other players, who run around and try to hide in the darkness.
3. Once players have been touched by the Light, they turn on their flashlights and join in, trying to shine on others.
4. Play until everyone has been tagged by the Light. Repeat, giving everyone a turn to be the Light.

PUZZLE

GOD'S LIGHT

Summer's long days can remind us of our Creator, who made the sun and wants us to live in his light.

Directions: First, write the opposite of each word in parentheses. Then use the Word Bank words, in order, to complete 1 John 1:5-7, NIV.

WORD BANK: is in is at if in as is in with

God _____ _____; _____ _____
(dark) (her)

there _____ _____ _____ness _____ _____ . ...
(yes) (light) (none)

But _____ we _____ _____ the _____,
(run) (dark)

_____ _____ _____ _____ the _____,
(she) (dark)

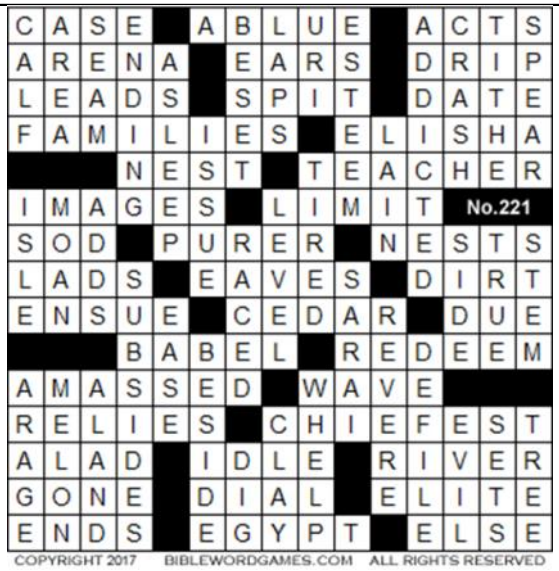
we have fellowship _____ one another. ...

1 John 1:5-7, NIV

Answer: God is light; in him there is no darkness at all . ... But if we walk in the light, as he is in the light, we have fellowship with one another. (1 John 1:5-7, NIV)

Barnum Community United Methodist Church

POSTMASTER:
Please send address changes to:
PO Box 70, 3762 Front Street
Barnum, MN 55707
(218) 389-6876 office@barnumumc.org
www.barnumumc.org



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

BUMC Ministry Team

Pastor—Lee Kantonen
Council Chair—Leon Finifrock
Youth Director—Bill Schoonover
Missions/Outreach—Connie Swanson
Secretary—Mechelle Mattson
Faith Community Nurse—Jennifer Southerton
Congregational Nurture & Care—Connie Herbert
Nursery Coordinator—Kaye Finifrock
Acolyte Coordinator—Roxanne Matten
Wednesday Night Servers—Kaye Finifrock/Terri Krueger
Custodian—Jim Calhoun

United Women in Faith—Sandy Ferguson
Bookkeeper—Tiffany Parr
Ministries Leader—Deb Halls
Staff-Parish Relations—Dawson Gentry
Worship Ministry - Lori Koski
Properties Management—Dave Matten
Discipleship Ministries—Mike Line
Sunday Servers Coordinator—Ann Kosloski
Greeters/Ushers Coordinator—Laurie Audette
Sunday Counters Coordinator—Cathy Kunze
Office Manager—Laurie Audette

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



September 2024
Volume 24—Issue 9

Bible Readings
Church Calendar
Birthdays
Anniversaries
Youth Group
Bible Buddies
Faith Community Nurse
United Women in Faith
Women's Ministry
Council Minutes
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

Office Hours (Mon-Fri)

Sunday Worship

Facebook Live 9:30 am
In Person 9:30 am

Pastor Kennection

Jesus...saw a man called Matthew sitting at the tax booth, and He said to him, "Follow me." And he rose and followed Him. (Matthew 9:9)

Where were the Apostles when Jesus called them to follow Him? It wasn't from the synagogue, was it, even though Jesus regularly was found at the synagogue. It was when the Lord was out and about in the community. The apostles were called when they were on the seashore preparing to fish, or out in their boats, the tax booth, maybe the marketplace, it was from those everyday areas of life that Jesus called them.

There is a wonderful missional heart found here at Barnum Community. My memory is relatively recent in the scheme of things, but it was so good to learn about our connection with John Sergey in years past and to listen to Pastor Sergey and learn of his evangelistic outreach to the people of what at that time was the Soviet Union. For those unfamiliar, spark up a conversation with Jen Berthelot.

Since its outset, mission has been central to the heart of churches with a Wesleyan persuasion and the United Methodist Church is no different. Recently, the Minnesota Annual Conference has been encouraging involvement of all of our churches in something called, Fresh Expressions. Very simply, it is about meeting with people around a shared area of interest while taking time to share a "Jesus Story" during the time together. For years we've known and made known that for the most part people who don't know Christ aren't going to just wander into our churches. Jesus sent his followers out to make disciples, not in.

People have been gathering at bicycling groups, kayaking groups, quilting groups, wood carving groups, golfing groups, you name it. Whatever shared area of interest people have; Fresh Expressions can be occurring there. There have even been axe throwing and burrito gatherings. The key is gathering regularly and making a point to share a Jesus story and an opportunity for prayer. Fresh Expressions is about building relationships with others outside the church. It is a time to introduce Jesus to people who likely will not wander into Barnum Community United Methodist Church or any other church building. We need to keep developing new ways of letting people know God loves them and wants to be in a relationship with them. Perhaps you have already been doing that sort of thing without calling it Fresh Expressions.

So, if you have thought sharing your faith with others is something you could never do, I invite and encourage you to think again. There might be those here at Barnum Community who share your interests to join with you to get your Fresh Expression initiated. The community is filled with people who hold shared interests in need of knowing the Lord. Thank you for sharing the love of God and inviting others to join the journey.

The Good Shepherd's Sheepdog,

Lee



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:30 Worship Service 11:00 Adult Class	**2 LABOR DAY** **Office Closed** 5-8 Youth Group	3 11:00 Prayer Group	4 5-8 Youth Group	5	6	7
8 Grandparents Day 9:30 Worship Service **Communion** 11:00 Adult Class	9 5-8 Youth Group 6:30 Council Mtg	10 11:00 Prayer Group 1:00 Moms in Prayer	11 **FAMILY NIGHT KICK OFF** 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	12	13	14
15 9:30 Worship Service 11:00 Adult Class Congregational Meeting after Church Service	16 5-8 Youth Group	17 11:00 Prayer Group 1:00 Moms in Prayer	18 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	19	20	21
22 9:30 Worship Service 11:00 Adult Class	23 5-8:00 Youth Group	24 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	25 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study Newsletter Deadline	26	27	28
29 9:30 Worship Service 11:00 Adult Class	30 5-8 Youth Group					

** Schedule subject to change.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 11:00 Prayer Group 1:00 Moms in Prayer	2 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	3	4	5
6 **Pastor Appreciation Day** 9:30 Worship Service 11:00 Adult Class	7 **COLUMBUS DAY** 5-8:00 Youth Group 6:00 Finance Mtg 6:30 Council Mtg	8 11:00 Prayer Group 1:00 Moms in Prayer	9 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	10	11	12 9:30 Secret Sister Reveal Party
13 9:30 Worship Service **Communion** 11:00 Adult Class	14 5-8:00 Youth Group	15 11:00 Prayer Group 1:00 Moms in Prayer	16 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	17	18	19
20 9:30 Worship Service 11:00 Adult Class	21 5-8:00 Youth Group	22 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	23 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	24	25	26
27 9:30 Worship Service 11:00 Adult Class	28 5-8:00 Youth Group	29 11:00 Prayer Group 1:00 Moms in Prayer Newsletter Deadline	30 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	31 **HALLOWEEN**		

** Schedule subject to change.

Daily Nourishment



OLD & NEW TESTAMENT

Sep 1: Ps 135-136; 1Cor 12
Sep 2: Ps 137-139; 1Cor 13
Sep 3: Ps 140-142; 1Cor 14:1-20
Sep 4: Ps 143-145; 1Cor 14:21-40
Sep 5: Ps 146-147; 1Cor 15:1-28
Sep 6: Ps 148-150; 1Cor 15:29-58
Sep 7: Prov 1-2; 1Cor 16
Sep 8: Prov 3-5; 2Cor 1
Sep 9: Prov 6-7; 2Cor 2
Sep 10: Prov 8-9; 2Cor 3
Sep 11: Prov 10-12; 2Cor 4
Sep 12: Prov 13-15; 2Cor 5
Sep 13: Prov 16-18; 2Cor 6
Sep 14: Prov 19-21; 2Cor 7
Sep 15: Prov 22-24; 2Cor 8
Sep 16: Prov 25-26; 2Cor 9
Sep 17: Prov 27-29; 2Cor 10
Sep 18: Prov 30-31; 2Cor 11:1-15
Sep 19: Ecc 1-3; 2Cor 11:16-33
Sep 20: Ecc 4-6; 2Cor 12
Sep 21: Ecc 7-9; 2Cor 13
Sep 22: Ecc 10-12; Gal 1
Sep 23: Song 1-3; Gal 2
Sep 24: Song 4-5; Gal 3
Sep 25: Song 6-8; Gal 4
Sep 26: Is 1-2; Gal 5
Sep 27: Is 3-4; Gal 6
Sep 28: Is 5-6; Eph 1
Sep 29: Is 7-8; Eph 2
Sep 30: Is 9-10; Eph 3

CHRONOLOGICAL

Sep 1: Ezek 18-19
Sep 2: Ezek 20-21
Sep 3: Ezek 22-23
Sep 4: Ezek 24-27
Sep 5: Ezek 28-31
Sep 6: Ezek 32-34
Sep 7: Ezek 35-37
Sep 8: Ezek 38-39
Sep 9: Ezek 40-41
Sep 10: Ezek 42-43
Sep 11: Ezek 44-45
Sep 12: Ezek 46-48
Sep 13: Joel
Sep 14: Dan 1-3
Sep 15: Dan 4-6
Sep 16: Dan 7-9
Sep 17: Dan 10-12
Sep 18: Ezra 1-3
Sep 19: Ezra 4-6; Ps 137
Sep 20: Haggai
Sep 21: Zech 1-7
Sep 22: Zech 8-14
Sep 23: Est 1-5
Sep 24: Est 6-10
Sep 25: Ezra 7-10
Sep 26: Neh 1-5
Sep 27: Neh 6-7
Sep 28: Neh 8-10
Sep 29: Neh 11-13; Ps 126
Sep 30: Malachi

Youth



Welcome to the 2024-25 School Year! Students return to their school routines and sports schedules are back. The Barnum Youth Group (BYG) is launching our new school year theme "But Wait…There's More!" Many people take life as it comes. This year we will be challenging youth that there's more to their lives. What we may see on the surface is only a part of who God created us to be. With each topic we discuss we will pause and look deeper, 'but wait…there's more'! With topics like More to Me, What's your Role, Be Kind to Others, More than Decorations, Forgiving Grudges, The Light of the World and Do you Know Me, we will be exploring so much more this year. Please pray that students are willing to look at their lives and see that they do need more and that the more they need is Jesus.

Before we say goodbye to summer, I wanted to share about an amazing experience I was able to have with a recent graduate. Tobin has attended youth group for many years, and he also loves running. At the beginning of summer, he talked about wanting to do the Moose Lake Triathlon, but he didn't want to do the whole thing. I said we could do it as a team and I would be willing to do the bike part. My wife, Serenity, said she would be willing to do the swim and all summer the three of us prepared for the big event. Serenity swam, I biked and then Tobin set out for his 3-mile run. As we were waiting for Tobin to return Serenity and I talked about how thankful we were to provide this opportunity for Tobin. As Tobin crossed the finished line the announcer said, "And here is our first team to finish." Our team placed first. We couldn't believe it. Later Tobin told me, "I've gotten second place and third place before, but I've never gotten first place!" It was our prayer that God would bless that day, and He did! I want to thank Serenity for swimming for our team and I want to thank the Barnum Church family for coming to support us during the race. You're the Best! Please pray for continued opportunities to bless the students that we work with.









Nursery Volunteers: The nursery is in need of adult volunteers and young adults during church services. Please see Kay Finifrock.

September 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Servers	Wednesday Servers
1	Willis & Kay Finifrock	Scott & Elaine Bogenholm	Bonnie Kepler Cathy Kunze	Jenna Uszenski	Deb Halls	Janet Adelsgruber Karen Smith	
8	Hazel Oachs Jay Oachs	Bing & Kathy Mattson	Brian Koski Deb Donaldson	Daniel Zinter	Deb Entner	COMMUNION SUNDAY	(11) Bette Deming Annette Meyer & Boys
15	Marilyn Criley Judy Jacobs	Chris & Annette Meyer	Robin Paulson Bonnie Kepler	Brenden Zinter	Kay Finifrock	Annette Meyer Brenda Zinter	(18) Deb Entner
22	Cheryl Peterson Terri Krueger	Steve & Sandi Vogel	Brian Koski Deb Donaldson	Liam Parr	Brenda Zinter	Deb Halls Carmen Burak	(25) Evelyn Newman
29	Audrey Sebring Annette Hammitt	Bruce & Eileen Resman	Deb Donaldson Robin Paulson	Evan Earlywine	Tiffany Parr	Connie Herbert Jackie Olson	(2) Deb Halls

October 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Serv-ers	Wednesday Servers
6	Leon Finifrock Connie Herbert	Cliff & Joyce Berggren	Robin Paulson Cathy Kunze	Daniel Zinter	Sandi Vogel	Roxanne Mat-ten Kathy Otnes	(9) Paul & Carmen Burak
13	Ann Kosloski Tiffany Parr	Steve & Sandi Vogel	Brian Koski Bonnie Kepler	Nial Parr	Sandy Ferguson	COMMUNION SUNDAY	(16) Janet Adelsgruber Karen Smith
20	Roger & Deanna Finifrock	Paul & Carmen Burak	Brian Koski Deb Donaldson	Even Earlywine	Deb Halls	Cheryl Peterson Terri Krueger	(23) Terri Krueger
27	Dianne Anderson Connie Swanson	Dave & Sandy Ferguson	Deb Donaldson Robin Paulson	Brenden Zinter	Deb Entner	Ann Kosloski Linda Jusczak	(30) Sue Nelson Kathy Otnes Rachel Finifrock



September Health and Wellness Moment

"Healthy Aging"

September is Healthy Aging Month. The mission behind this month's health topic is to draw attention to the importance of healthy lifestyles for adults 45-plus. Nowadays, it is more important than ever to follow a healthy lifestyle, remain positive and passionate about life, and to look forward to better days ahead. Sometimes, however, this is not easy to do. If you need a boost to improve your lifestyle, here are some tips to be able to age well…in other words, to get older in the healthiest way possible! Let's look at some tips to achieve and maintain physical, social, mental and financial wellness.
First of all, let's look at Mental Wellness. Many people struggle with depression, loneliness, anxiety and isolation. It is important to follow these tips.

1. Be realistic. If you feel overwhelmed by some activities, (yours and/or your family's), learn to say no. Eliminate an activity that is not absolutely necessary. It's possible that you may be taking on more responsibility than you could, or should, handle. If you meet resistance, be ready to give reasons why you are making these changes. Be willing to listen to others' suggestions and be willing to compromise.
2. Shed the "superhero" urge. Nobody is perfect. Don't expect perfection from yourself or others. Focus on what really needs to be done, how much you can realistically get done and in what time frame. It's so important to ask for help when you need it.
3. Take one thing at a time. When someone is stressed or anxious, an ordinary workload can seem unbearable at times. The best way to cope with the feeling of being overwhelmed is to take one task at a time. Once you accomplish one task, choose the next most important thing you want to get done. Some people like to check off tasks on a list; it is very satisfying and helps you visualize your progress!

Next, let's look at the importance of Physical Fitness. According to the National Center for Chronic Disease Prevention and Health Promotion, about 6 in 10 adults in the U.S. have a chronic health condition, and 4 in 10 have two or more. There are many benefits of physical activity for adults and older adults. It's important to keep moving. A body in motion stays in motion! Exercise and strength training improves quality of life, reduces anxiety, and improves sleep. It also is key in weight loss, bone health and a lower risk of falls!

4. Move more, sit less. This recommendation from health.gov is based on new evidence that shows a strong positive relationship between increased sedentary behavior and increased risk of mortality, heart disease and high blood pressure.
5. Aerobic exercise. Check with your doctor for advice on how many minutes of exercise you should be getting per week. Also ask what kind of exercise is best for you and how to know if you are doing too much.
6. Muscle strengthening. These activities provide additional health benefits, so ask your doctor about muscle strengthening as well.

Next, we'll focus on the importance of Diet. Forty two percent of Americans have had an average weight gain of 29 pounds since the beginning of the pandemic. Not only have we been eating more and moving less, but alcohol consumption has also increased in this time frame. You can check out the Dietary Guidelines for Americans 2020-2025 published by the USDA. Always talk to your doctor about what weight is healthy for you.

7. Review your daily diet and make necessary changes. You guessed it, talk to your doctor about what is best for you! Generally, it is best to eat a diet that is rich in fruits, vegetables, whole grains, fat-free or low-fat milk and dairy products, and a variety of healthy proteins. It is best to eat a diet low in saturated fats, trans fats, cholesterol, sodium and added sugars.

Next, we'll focus on the importance of Social Well-being. We are created to be social beings, we crave healthy interaction with others. After feeling isolated, some older adults find it is hard to get out and be social without becoming mentally exhausted. Here are some ways to be active in your community:
8. Volunteer. There are so many places that encourage and welcome volunteering in our communities, churches, schools. Ask a friend to join you and make it a fun event to share!
9. Dream and then get to it. Is there someplace you've always wanted to travel, explore, research? Some of these things may not be realistic or feasible, but maybe some are! Have an adventure, laugh, share a fun moment with loved ones, get out and enjoy the day! Become a pen pal, learn a new language, learn to play an instrument…the sky's the limit!

Last, we will look at Financial Well-being.

10. Launch your next career, go back to school and get a degree, take an online class, learn a new skill that you have always wanted to master. Studies show that people who retire and then become sedentary and lose their excitement for life are much more likely to be ill and unhappy.

September is Healthy Aging Month, and it is the perfect time to renew or set some lifestyle goals! Happy Fall to you all!
Reference: HealthyAging.net

"Give thanks to the Lord, for He is good. His love endures forever."
Psalms 136:1
Prayers for peace, joy and good health, and just a reminder…you are uniquely YOU by HIS design!
~Jenny S, RN, BCUMC Parish Nurse

Howdy Partner!
Here is your invitation to:



The Bible-Buddy Round-Up

This is the kick-off to the Children's WEDNESDAY BIBLE BUDDIES program at the

Barnum Community Church

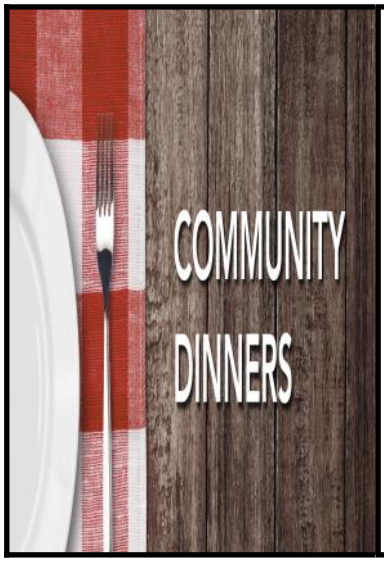
Giddy-up ya'll (ages 4-6th grade) and join up with the Bible Buddies!!

Wednesday evening September 11 at 6 - 7:15 pm, right after the Community Supper (served from 5:15 to 6pm).

After getting everyone registered and rustling up some chow, we will round up the gang of Buddies at 6 pm to enjoy activities including games, songs, crafts, and a Bible lesson.



Important Events in the Life of Our Church



Join us for
Community Dinner
&
Family Night

September 11, 18, 25

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



September 11:	*Family Night Kick Off*
	Community Dinner
	Bible Buddies
	Youth Group (7th – 12th)
	Women's Bible Study
October 31:	*Halloween Trunk or Treat*
November 20:	*Thanksgiving Dinner*
December 24:	*Christmas Eve*
	Candlelight Service



Please join us for **WOW**
"Worship on Wednesday"

6:15—6:30 Praise & Worship Music followed by a short bible lesson from Pastor Lee



The Warm Hearts Ministry will be meet Tuesday, September 24th from 10 am—3 pm to work on Warm Hearts Projects or personal projects. Please bring a lunch and join us for some great sewing time and fellowship. Bring your sewing supplies. Please RSVP Kathy Port.

United Women in Faith

United Women in Faith will be meeting on September 11 at 1:30 at the church. All women of the church are invited to attend this meeting. Ann Kosloski will be the hostess and Kathy Mattson will lead the discussion on pages 94-98 of our study book, "Life on Purpose for Women". Our heart is to assist with church projects wherever possible. Please see Sandy Ferguson for further information.



Important Events in the Life of Our Church



Mother / Child Nursing Tent:

A huge "Thank You" to all the volunteers who helped set up and tear down and work in the Baby Rest Area.





Fair time has come and gone already. Many thanks for all those who volunteered to park cars. This year over $2,600 was collected to help fund the Wednesday night youth programs reaching out to students in our Community.

The Lord's Table, September 8th

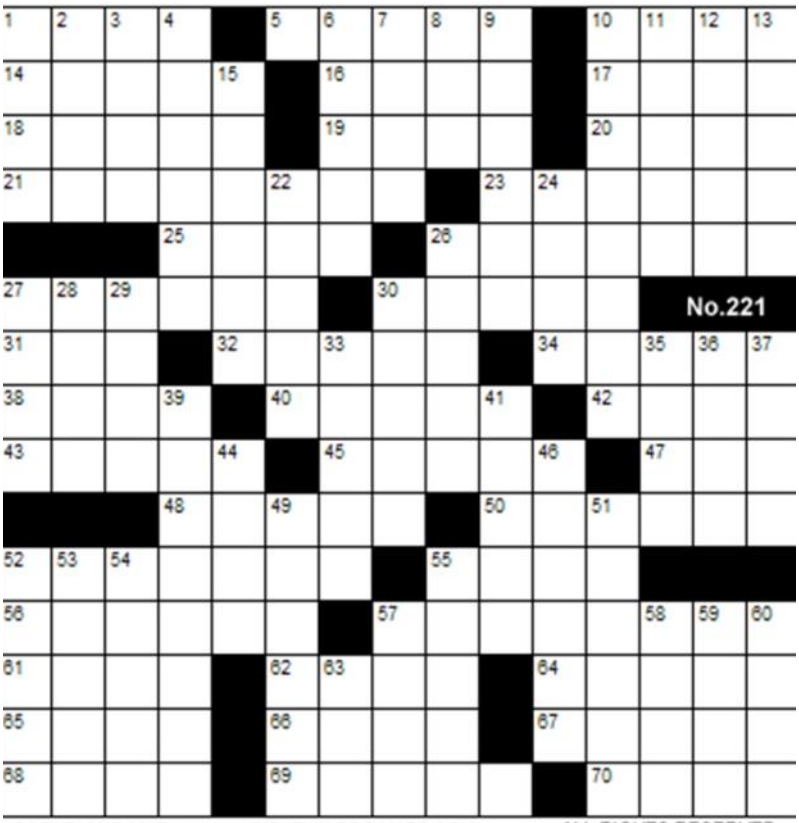


The second Sunday of the month will be our Table Sunday as a church family. We will be sharing communion at the Lord's Table, enjoying a shared-dish (potluck). Table Sunday is a monthly reminder that our life together as the family of God centers in worship, fellowship and sharing.

REMEMBER to bring a dish to share on the second Sunday and even if you aren't able, plan on staying for dinner with your family and friends here.

"Our Daily Bread" is also available on the facebook, mobile app in addition to the printed copies here in the office.

Did you miss out on a Sunday Service don't have access to Facebook or Internet? We have extra copies available for your use.



COPYRIGHT 2017 BIBLEWORDGAMES.COM ALL RIGHTS RESERVED

ACROSS

1 So Moses brought their ___ before the LORD (Num 27:5)
5 Fasten ___ ___ cord to it (1,4) (Ex 28:37)
10 fifth book of the New Testament
14 Like men condemned to die in the ___ (1 Cor 4:9)
16 Speak now in the ____ of the people (Exodus 11:2)
17 In that day the mountains will ___ new wine (Joel 3:18)
18 seems right to a man, but in the end it ___ to death (Prov 16:25)
19 Then they ___ in his face and struck him with their fists (Matt 26:67)
20 Son of man, record this ____ (Ezek 24:2)
21 because the midwives feared God, he gave them ___ of their own (Ex 1:21)
23 Elijah's successor (2 Kings 2:9)
25 Like a bird that strays from its ___ is a man who strays (Prov 27:8)
26 A student is not above his ___ , nor a servant above his master (Matt 10:24)
27 and remove all its vile ___ and detestable idols (Ezek 11:18)
30 they always heap up their sins to the ___ (1Thes 2:16)
31 clump of earth and grass
32 Her Nazarites were ___ than snow, they were whiter than (Lam 4:7) KJV
34 Jesus replied, "Foxes have holes and birds of the air have ___ (Matt 8:20)
38 The Angel which redeemed me from all evil, bless the ___ (Gen 48:16) KJV
40 from foundation to ___, were made of blocks of high-grade (1 Kings 7:9)
42 throwing stones at him and showering him with ___ (2 Sam 16:13)
43 let him seek peace, and ___ it (1 Pet 3:11) (KJV)
45 Like a ___ of Lebanon he will send down his roots (Hosea 14:5)
47 till he should pay all that was ___ unto him (Matt 18:34)
48 The tower of ____ (Gen 11:9)
50 To ____ them that were under the law (Gal 4:5)
52 I ___ silver and gold for myself, and the treasure (Eccl 2:8)
55 he that wavereth is like a ____ of the sea. (James 1:6)
56 What he trusts in is fragile; what he ___ on is a spider's web. (Job 8:14)
57 whosoever of you will be the ___, shall be servant of all (Mark 10:44) KJV
61 There is ___ ___ here, which hath five barley loaves (1,3) (John 6:9)
62 if his hands are ___, the house leaks (Eccl 10:18)
64 sixth angel poured out his vial upon the great ____ Euphrates (Rev 16:12)
65 away, absent (Rev 18:14)
66 which is gone down in the sun ___ of Ahaz (Isa 38:8) KJV
67 She gave herself as a prostitute to all the ____ of the Assyrians (Ezek 23:7)
68 thou shouldest be for salvation unto the ____ of the earth (Acts 13:47) KJV
69 said through the prophet: "Out of ___ I called my son (Matt 2:15)
70 Salvation is found in no one ___, for there is no other name (Acts 4:12)

DOWN

1 the woman had a fat ___ in the house (1 Sam 28:24) KJV
2 a Levite who lived in a remote ___ in the hill country (Judg 19:1)
3 the ephod, close to the ___ just above the waistband (Ex 39:20)
4 beginning with the oldest and ___ with the youngest (Gen 44:12)
6 Fear and trembling have ___ me; horror has overwhelmed me (Ps 55:5)
7 I will measure into their ___ the full payment for (Isa 65:7)
8 See, the LORD has chosen Bezalel son of ___ (Ex.35:30)
9 let each ____ other better than themselves (Phil 2:3)
10 not to be slanderers or ___ to much wine (Titus 2:3)
11 beat against that house, and it fell with a great ___ (Matt 7:27)
12 Thou shalt truly ____ all the increase of thy seed (Deut 14:22)
13 His ___ shaft was like a weaver's rod (1 Sam 17:7)
15 Lazarus has fallen ___; but I am going there to wake him (John 11:11)
22 married a wife, deceased, and, having no ____ (Matt 22:25)
24 Saul and Abner son of Ner had ___ down (1 Sam 26:5)
26 The people have become hungry and ___ and thirsty (2 Sam 17:29)
27 was in the ____ that is called Patmos (Rev 1:9)
28 We all growl like bears; we ___ mournfully like doves (Isa 59:11)
29 If anyone ___ anything to them, God will add to him (Rev 22:18)
30 My feet stand on ___ ground (Ps 26:12)
33 you have ___ with men on foot and they have worn you out (Jer 12:5)
35 I will give him rest from all his enemies on every ____. (1 Chr 22:9)
36 the darkness is passing and the ____ light is already shining (I Jn 2:8)
37 there shall come forth a rod out of the ___ of Jesse (Isa 11:1) KJV
39 Stay with him for a while until your brother's fury ___ (Gen 27:44)
41 no longer to call her ___; her name will be Sarah.(Gen 17:15)
44 listens to me will live in safety and be at ___ (Prov 1:33)
46 the LORD; let all the people of the world ___ him (Ps 33:8)
49 Jesus was walking ___ the Sea of Galilee (Matt 4:18)
51 Do not ___ yourselves by any of these creatures (Lev 11:43)
52 The king got up in ___ ___ left his wine (1,4) (Est 7:7)
53 Like a scarecrow in a ___ patch, their idols cannot speak (Jer 10:5)
54 ___ ___ flowing with milk and honey (1,4) (Deut 26:10)
55 Dan is a lion's ___: he shall leap from Bashan (Deut 33:22) KJV
57 what Adam was made from (Job 33:6)
58 Do not those who plot ___ go astray? (Prov 14:22)
59 silver in two bags, with two ___ of clothing (2 Kings 5:23)
60 every man under his vine and under his fig ____ (1 King 4:25)
63 I'll ___ around it and fertilize it.(Luke 13:8)

Just for Kids

Flashlight TAG



Sometimes we resist the light of Christ. But when his light touches us, we can then share it with others. Play this fun game on a summer night to remember how Christ's light shines in the world.

What you need:

- Friends
- Safe open space outdoors
- A flashlight for each player

How to play:

1. Choose one person to be the Tagger, known as the Light. Only that person can have his or her flashlight on.
2. The Light tries to shine his or her flashlight on other players, who run around and try to hide in the darkness.
3. Once players have been touched by the Light, they turn on their flashlights and join in, trying to shine on others.
4. Play until everyone has been tagged by the Light. Repeat, giving everyone a turn to be the Light.

PUZZLE

GOD'S LIGHT

Summer's long days can remind us of our Creator, who made the sun and wants us to live in his light.

Directions: First, write the opposite of each word in parentheses. Then use the Word Bank words, in order, to complete 1 John 1:5-7, NIV.

WORD BANK: is in is at if in as is in with

God _____ _____; _____ _____
(dark) (her)

there _____ _____ _____ness _____ _____ . ...
(yes) (light) (none)

But _____ we _____ _____ the _____,
(run) (dark)

_____ _____ _____ _____ the _____,
(she) (dark)

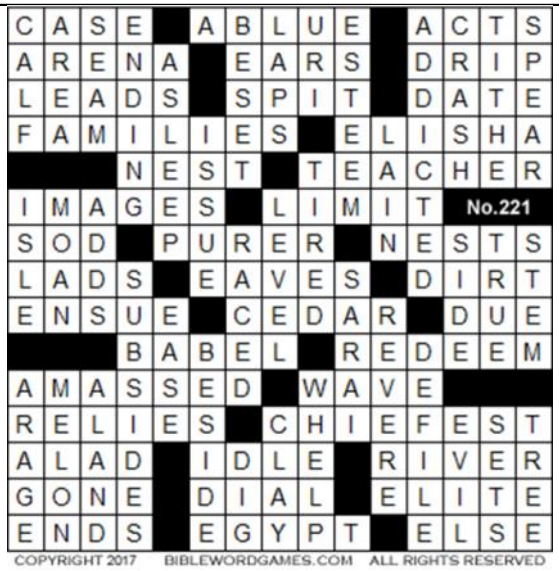
we have fellowship _____ one another. ...

1 John 1:5-7, NIV

Answer: God is light; in him there is no darkness at all . ... But if we walk in the light, as he is in the light, we have fellowship with one another. (1 John 1:5-7, NIV)

Barnum Community United Methodist Church

POSTMASTER:
Please send address changes to:
PO Box 70, 3762 Front Street
Barnum, MN 55707
(218) 389-6876 office@barnumumc.org
www.barnumumc.org



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

BUMC Ministry Team

Pastor—Lee Kantonen
Council Chair—Leon Finifrock
Youth Director—Bill Schoonover
Missions/Outreach—Connie Swanson
Secretary—Mechelle Mattson
Faith Community Nurse—Jennifer Southerton
Congregational Nurture & Care—Connie Herbert
Nursery Coordinator—Kaye Finifrock
Acolyte Coordinator—Roxanne Matten
Wednesday Night Servers—Kaye Finifrock/Terri Krueger
Custodian—Jim Calhoun

United Women in Faith—Sandy Ferguson
Bookkeeper—Tiffany Parr
Ministries Leader—Deb Halls
Staff-Parish Relations—Dawson Gentry
Worship Ministry - Lori Koski
Properties Management—Dave Matten
Discipleship Ministries—Mike Line
Sunday Servers Coordinator—Ann Kosloski
Greeters/Ushers Coordinator—Laurie Audette
Sunday Counters Coordinator—Cathy Kunze
Office Manager—Laurie Audette

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



September 2024
Volume 24—Issue 9

Bible Readings
Church Calendar
Birthdays
Anniversaries
Youth Group
Bible Buddies
Faith Community Nurse
United Women in Faith
Women's Ministry
Council Minutes
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

Office Hours (Mon-Fri)

Sunday Worship

Facebook Live 9:30 am
In Person 9:30 am

Pastor Kennection

Jesus...saw a man called Matthew sitting at the tax booth, and He said to him, "Follow me." And he rose and followed Him. (Matthew 9:9)

Where were the Apostles when Jesus called them to follow Him? It wasn't from the synagogue, was it, even though Jesus regularly was found at the synagogue. It was when the Lord was out and about in the community. The apostles were called when they were on the seashore preparing to fish, or out in their boats, the tax booth, maybe the marketplace, it was from those everyday areas of life that Jesus called them.

There is a wonderful missional heart found here at Barnum Community. My memory is relatively recent in the scheme of things, but it was so good to learn about our connection with John Sergey in years past and to listen to Pastor Sergey and learn of his evangelistic outreach to the people of what at that time was the Soviet Union. For those unfamiliar, spark up a conversation with Jen Berthelot.

Since its outset, mission has been central to the heart of churches with a Wesleyan persuasion and the United Methodist Church is no different. Recently, the Minnesota Annual Conference has been encouraging involvement of all of our churches in something called, Fresh Expressions. Very simply, it is about meeting with people around a shared area of interest while taking time to share a "Jesus Story" during the time together. For years we've known and made known that for the most part people who don't know Christ aren't going to just wander into our churches. Jesus sent his followers out to make disciples, not in.

People have been gathering at bicycling groups, kayaking groups, quilting groups, wood carving groups, golfing groups, you name it. Whatever shared area of interest people have; Fresh Expressions can be occurring there. There have even been axe throwing and burrito gatherings. The key is gathering regularly and making a point to share a Jesus story and an opportunity for prayer. Fresh Expressions is about building relationships with others outside the church. It is a time to introduce Jesus to people who likely will not wander into Barnum Community United Methodist Church or any other church building. We need to keep developing new ways of letting people know God loves them and wants to be in a relationship with them. Perhaps you have already been doing that sort of thing without calling it Fresh Expressions.

So, if you have thought sharing your faith with others is something you could never do, I invite and encourage you to think again. There might be those here at Barnum Community who share your interests to join with you to get your Fresh Expression initiated. The community is filled with people who hold shared interests in need of knowing the Lord. Thank you for sharing the love of God and inviting others to join the journey.

The Good Shepherd's Sheepdog,

Lee



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:30 Worship Service 11:00 Adult Class	**2 LABOR DAY** **Office Closed** 5-8 Youth Group	3 11:00 Prayer Group	4 5-8 Youth Group	5	6	7
8 Grandparents Day 9:30 Worship Service **Communion** 11:00 Adult Class	9 5-8 Youth Group 6:30 Council Mtg	10 11:00 Prayer Group 1:00 Moms in Prayer	11 **FAMILY NIGHT KICK OFF** 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	12	13	14
15 9:30 Worship Service 11:00 Adult Class Congregational Meeting after Church Service	16 5-8 Youth Group	17 11:00 Prayer Group 1:00 Moms in Prayer	18 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	19	20	21
22 9:30 Worship Service 11:00 Adult Class	23 5-8:00 Youth Group	24 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	25 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study Newsletter Deadline	26	27	28
29 9:30 Worship Service 11:00 Adult Class	30 5-8 Youth Group					

** Schedule subject to change.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 11:00 Prayer Group 1:00 Moms in Prayer	2 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	3	4	5
6 **Pastor Appreciation Day** 9:30 Worship Service 11:00 Adult Class	7 **COLUMBUS DAY** 5-8:00 Youth Group 6:00 Finance Mtg 6:30 Council Mtg	8 11:00 Prayer Group 1:00 Moms in Prayer	9 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	10	11	12 9:30 Secret Sister Reveal Party
13 9:30 Worship Service **Communion** 11:00 Adult Class	14 5-8:00 Youth Group	15 11:00 Prayer Group 1:00 Moms in Prayer	16 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	17	18	19
20 9:30 Worship Service 11:00 Adult Class	21 5-8:00 Youth Group	22 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	23 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	24	25	26
27 9:30 Worship Service 11:00 Adult Class	28 5-8:00 Youth Group	29 11:00 Prayer Group 1:00 Moms in Prayer Newsletter Deadline	30 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	31 **HALLOWEEN**		

** Schedule subject to change.

Daily Nourishment



OLD & NEW TESTAMENT

Sep 1: Ps 135-136; 1Cor 12
Sep 2: Ps 137-139; 1Cor 13
Sep 3: Ps 140-142; 1Cor 14:1-20
Sep 4: Ps 143-145; 1Cor 14:21-40
Sep 5: Ps 146-147; 1Cor 15:1-28
Sep 6: Ps 148-150; 1Cor 15:29-58
Sep 7: Prov 1-2; 1Cor 16
Sep 8: Prov 3-5; 2Cor 1
Sep 9: Prov 6-7; 2Cor 2
Sep 10: Prov 8-9; 2Cor 3
Sep 11: Prov 10-12; 2Cor 4
Sep 12: Prov 13-15; 2Cor 5
Sep 13: Prov 16-18; 2Cor 6
Sep 14: Prov 19-21; 2Cor 7
Sep 15: Prov 22-24; 2Cor 8
Sep 16: Prov 25-26; 2Cor 9
Sep 17: Prov 27-29; 2Cor 10
Sep 18: Prov 30-31; 2Cor 11:1-15
Sep 19: Ecc 1-3; 2Cor 11:16-33
Sep 20: Ecc 4-6; 2Cor 12
Sep 21: Ecc 7-9; 2Cor 13
Sep 22: Ecc 10-12; Gal 1
Sep 23: Song 1-3; Gal 2
Sep 24: Song 4-5; Gal 3
Sep 25: Song 6-8; Gal 4
Sep 26: Is 1-2; Gal 5
Sep 27: Is 3-4; Gal 6
Sep 28: Is 5-6; Eph 1
Sep 29: Is 7-8; Eph 2
Sep 30: Is 9-10; Eph 3

CHRONOLOGICAL

Sep 1: Ezek 18-19
Sep 2: Ezek 20-21
Sep 3: Ezek 22-23
Sep 4: Ezek 24-27
Sep 5: Ezek 28-31
Sep 6: Ezek 32-34
Sep 7: Ezek 35-37
Sep 8: Ezek 38-39
Sep 9: Ezek 40-41
Sep 10: Ezek 42-43
Sep 11: Ezek 44-45
Sep 12: Ezek 46-48
Sep 13: Joel
Sep 14: Dan 1-3
Sep 15: Dan 4-6
Sep 16: Dan 7-9
Sep 17: Dan 10-12
Sep 18: Ezra 1-3
Sep 19: Ezra 4-6; Ps 137
Sep 20: Haggai
Sep 21: Zech 1-7
Sep 22: Zech 8-14
Sep 23: Est 1-5
Sep 24: Est 6-10
Sep 25: Ezra 7-10
Sep 26: Neh 1-5
Sep 27: Neh 6-7
Sep 28: Neh 8-10
Sep 29: Neh 11-13; Ps 126
Sep 30: Malachi

Youth



Welcome to the 2024-25 School Year! Students return to their school routines and sports schedules are back. The Barnum Youth Group (BYG) is launching our new school year theme "But Wait…There's More!" Many people take life as it comes. This year we will be challenging youth that there's more to their lives. What we may see on the surface is only a part of who God created us to be. With each topic we discuss we will pause and look deeper, 'but wait…there's more'! With topics like More to Me, What's your Role, Be Kind to Others, More than Decorations, Forgiving Grudges, The Light of the World and Do you Know Me, we will be exploring so much more this year. Please pray that students are willing to look at their lives and see that they do need more and that the more they need is Jesus.

Before we say goodbye to summer, I wanted to share about an amazing experience I was able to have with a recent graduate. Tobin has attended youth group for many years, and he also loves running. At the beginning of summer, he talked about wanting to do the Moose Lake Triathlon, but he didn't want to do the whole thing. I said we could do it as a team and I would be willing to do the bike part. My wife, Serenity, said she would be willing to do the swim and all summer the three of us prepared for the big event. Serenity swam, I biked and then Tobin set out for his 3-mile run. As we were waiting for Tobin to return Serenity and I talked about how thankful we were to provide this opportunity for Tobin. As Tobin crossed the finished line the announcer said, "And here is our first team to finish." Our team placed first. We couldn't believe it. Later Tobin told me, "I've gotten second place and third place before, but I've never gotten first place!" It was our prayer that God would bless that day, and He did! I want to thank Serenity for swimming for our team and I want to thank the Barnum Church family for coming to support us during the race. You're the Best! Please pray for continued opportunities to bless the students that we work with.









Nursery Volunteers: The nursery is in need of adult volunteers and young adults during church services. Please see Kay Finifrock.

September 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Servers	Wednesday Servers
1	Willis & Kay Finifrock	Scott & Elaine Bogenholm	Bonnie Kepler Cathy Kunze	Jenna Uszenski	Deb Halls	Janet Adelsgruber Karen Smith	
8	Hazel Oachs Jay Oachs	Bing & Kathy Mattson	Brian Koski Deb Donaldson	Daniel Zinter	Deb Entner	COMMUNION SUNDAY	(11) Bette Deming Annette Meyer & Boys
15	Marilyn Criley Judy Jacobs	Chris & Annette Meyer	Robin Paulson Bonnie Kepler	Brenden Zinter	Kay Finifrock	Annette Meyer Brenda Zinter	(18) Deb Entner
22	Cheryl Peterson Terri Krueger	Steve & Sandi Vogel	Brian Koski Deb Donaldson	Liam Parr	Brenda Zinter	Deb Halls Carmen Burak	(25) Evelyn Newman
29	Audrey Sebring Annette Hammitt	Bruce & Eileen Resman	Deb Donaldson Robin Paulson	Evan Earlywine	Tiffany Parr	Connie Herbert Jackie Olson	(2) Deb Halls

October 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Serv-ers	Wednesday Servers
6	Leon Finifrock Connie Herbert	Cliff & Joyce Berggren	Robin Paulson Cathy Kunze	Daniel Zinter	Sandi Vogel	Roxanne Mat-ten Kathy Otnes	(9) Paul & Carmen Burak
13	Ann Kosloski Tiffany Parr	Steve & Sandi Vogel	Brian Koski Bonnie Kepler	Nial Parr	Sandy Ferguson	COMMUNION SUNDAY	(16) Janet Adelsgruber Karen Smith
20	Roger & Deanna Finifrock	Paul & Carmen Burak	Brian Koski Deb Donaldson	Even Earlywine	Deb Halls	Cheryl Peterson Terri Krueger	(23) Terri Krueger
27	Dianne Anderson Connie Swanson	Dave & Sandy Ferguson	Deb Donaldson Robin Paulson	Brenden Zinter	Deb Entner	Ann Kosloski Linda Jusczak	(30) Sue Nelson Kathy Otnes Rachel Finifrock



September Health and Wellness Moment

"Healthy Aging"

September is Healthy Aging Month. The mission behind this month's health topic is to draw attention to the importance of healthy lifestyles for adults 45-plus. Nowadays, it is more important than ever to follow a healthy lifestyle, remain positive and passionate about life, and to look forward to better days ahead. Sometimes, however, this is not easy to do. If you need a boost to improve your lifestyle, here are some tips to be able to age well…in other words, to get older in the healthiest way possible! Let's look at some tips to achieve and maintain physical, social, mental and financial wellness.
First of all, let's look at Mental Wellness. Many people struggle with depression, loneliness, anxiety and isolation. It is important to follow these tips.

1. Be realistic. If you feel overwhelmed by some activities, (yours and/or your family's), learn to say no. Eliminate an activity that is not absolutely necessary. It's possible that you may be taking on more responsibility than you could, or should, handle. If you meet resistance, be ready to give reasons why you are making these changes. Be willing to listen to others' suggestions and be willing to compromise.
2. Shed the "superhero" urge. Nobody is perfect. Don't expect perfection from yourself or others. Focus on what really needs to be done, how much you can realistically get done and in what time frame. It's so important to ask for help when you need it.
3. Take one thing at a time. When someone is stressed or anxious, an ordinary workload can seem unbearable at times. The best way to cope with the feeling of being overwhelmed is to take one task at a time. Once you accomplish one task, choose the next most important thing you want to get done. Some people like to check off tasks on a list; it is very satisfying and helps you visualize your progress!

Next, let's look at the importance of Physical Fitness. According to the National Center for Chronic Disease Prevention and Health Promotion, about 6 in 10 adults in the U.S. have a chronic health condition, and 4 in 10 have two or more. There are many benefits of physical activity for adults and older adults. It's important to keep moving. A body in motion stays in motion! Exercise and strength training improves quality of life, reduces anxiety, and improves sleep. It also is key in weight loss, bone health and a lower risk of falls!

4. Move more, sit less. This recommendation from health.gov is based on new evidence that shows a strong positive relationship between increased sedentary behavior and increased risk of mortality, heart disease and high blood pressure.
5. Aerobic exercise. Check with your doctor for advice on how many minutes of exercise you should be getting per week. Also ask what kind of exercise is best for you and how to know if you are doing too much.
6. Muscle strengthening. These activities provide additional health benefits, so ask your doctor about muscle strengthening as well.

Next, we'll focus on the importance of Diet. Forty two percent of Americans have had an average weight gain of 29 pounds since the beginning of the pandemic. Not only have we been eating more and moving less, but alcohol consumption has also increased in this time frame. You can check out the Dietary Guidelines for Americans 2020-2025 published by the USDA. Always talk to your doctor about what weight is healthy for you.

7. Review your daily diet and make necessary changes. You guessed it, talk to your doctor about what is best for you! Generally, it is best to eat a diet that is rich in fruits, vegetables, whole grains, fat-free or low-fat milk and dairy products, and a variety of healthy proteins. It is best to eat a diet low in saturated fats, trans fats, cholesterol, sodium and added sugars.

Next, we'll focus on the importance of Social Well-being. We are created to be social beings, we crave healthy interaction with others. After feeling isolated, some older adults find it is hard to get out and be social without becoming mentally exhausted. Here are some ways to be active in your community:
8. Volunteer. There are so many places that encourage and welcome volunteering in our communities, churches, schools. Ask a friend to join you and make it a fun event to share!
9. Dream and then get to it. Is there someplace you've always wanted to travel, explore, research? Some of these things may not be realistic or feasible, but maybe some are! Have an adventure, laugh, share a fun moment with loved ones, get out and enjoy the day! Become a pen pal, learn a new language, learn to play an instrument…the sky's the limit!

Last, we will look at Financial Well-being.

10. Launch your next career, go back to school and get a degree, take an online class, learn a new skill that you have always wanted to master. Studies show that people who retire and then become sedentary and lose their excitement for life are much more likely to be ill and unhappy.

September is Healthy Aging Month, and it is the perfect time to renew or set some lifestyle goals! Happy Fall to you all!
Reference: HealthyAging.net

"Give thanks to the Lord, for He is good. His love endures forever."
Psalms 136:1
Prayers for peace, joy and good health, and just a reminder…you are uniquely YOU by HIS design!
~Jenny S, RN, BCUMC Parish Nurse

Howdy Partner!
Here is your invitation to:



The Bible-Buddy Round-Up

This is the kick-off to the Children's WEDNESDAY BIBLE BUDDIES program at the

Barnum Community Church

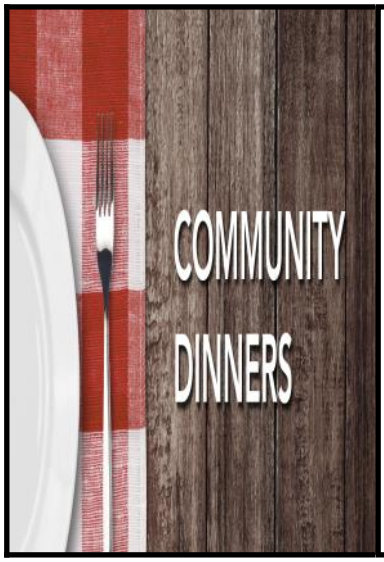
Giddy-up ya'll (ages 4-6th grade) and join up with the Bible Buddies!!

Wednesday evening September 11 at 6 - 7:15 pm, right after the Community Supper (served from 5:15 to 6pm).

After getting everyone registered and rustling up some chow, we will round up the gang of Buddies at 6 pm to enjoy activities including games, songs, crafts, and a Bible lesson.



Important Events in the Life of Our Church



Join us for
Community Dinner
&
Family Night

September 11, 18, 25

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



September 11:	*Family Night Kick Off*
	Community Dinner
	Bible Buddies
	Youth Group (7th – 12th)
	Women's Bible Study
October 31:	*Halloween Trunk or Treat*
November 20:	*Thanksgiving Dinner*
December 24:	*Christmas Eve*
	Candlelight Service



Please join us for **WOW**
"Worship on Wednesday"

6:15—6:30 Praise & Worship Music followed by a short bible lesson from Pastor Lee



The Warm Hearts Ministry will be meet Tuesday, September 24th from 10 am—3 pm to work on Warm Hearts Projects or personal projects. Please bring a lunch and join us for some great sewing time and fellowship. Bring your sewing supplies. Please RSVP Kathy Port.

United Women in Faith

United Women in Faith will be meeting on September 11 at 1:30 at the church. All women of the church are invited to attend this meeting. Ann Kosloski will be the hostess and Kathy Mattson will lead the discussion on pages 94-98 of our study book, "Life on Purpose for Women". Our heart is to assist with church projects wherever possible. Please see Sandy Ferguson for further information.



Important Events in the Life of Our Church



Mother / Child Nursing Tent:

A huge "Thank You" to all the volunteers who helped set up and tear down and work in the Baby Rest Area.





Fair time has come and gone already. Many thanks for all those who volunteered to park cars. This year over $2,600 was collected to help fund the Wednesday night youth programs reaching out to students in our Community.

The Lord's Table, September 8th

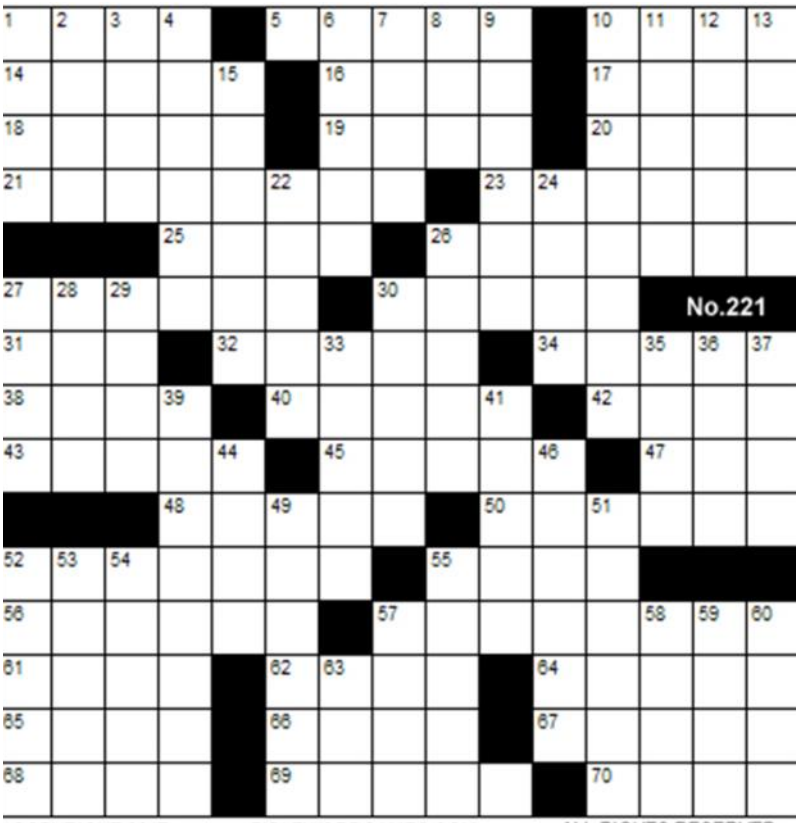


The second Sunday of the month will be our Table Sunday as a church family. We will be sharing communion at the Lord's Table, enjoying a shared-dish (potluck). Table Sunday is a monthly reminder that our life together as the family of God centers in worship, fellowship and sharing.

REMEMBER to bring a dish to share on the second Sunday and even if you aren't able, plan on staying for dinner with your family and friends here.

"Our Daily Bread" is also available on the facebook, mobile app in addition to the printed copies here in the office.

Did you miss out on a Sunday Service don't have access to Facebook or Internet? We have extra copies available for your use.



COPYRIGHT 2017 BIBLEWORDGAMES.COM ALL RIGHTS RESERVED

ACROSS

1 So Moses brought their ___ before the LORD (Num 27:5)
5 Fasten ___ ___ cord to it (1,4) (Ex 28:37)
10 fifth book of the New Testament
14 Like men condemned to die in the ___ (1 Cor 4:9)
16 Speak now in the ____ of the people (Exodus 11:2)
17 In that day the mountains will ___ new wine (Joel 3:18)
18 seems right to a man, but in the end it ___ to death (Prov 16:25)
19 Then they ___ in his face and struck him with their fists (Matt 26:67)
20 Son of man, record this ____ (Ezek 24:2)
21 because the midwives feared God, he gave them ___ of their own (Ex 1:21)
23 Elijah's successor (2 Kings 2:9)
25 Like a bird that strays from its ___ is a man who strays (Prov 27:8)
26 A student is not above his ___ , nor a servant above his master (Matt 10:24)
27 and remove all its vile ___ and detestable idols (Ezek 11:18)
30 they always heap up their sins to the ___ (1Thes 2:16)
31 clump of earth and grass
32 Her Nazarites were ___ than snow, they were whiter than (Lam 4:7) KJV
34 Jesus replied, "Foxes have holes and birds of the air have ___ (Matt 8:20)
38 The Angel which redeemed me from all evil, bless the ___ (Gen 48:16) KJV
40 from foundation to ___, were made of blocks of high-grade (1 Kings 7:9)
42 throwing stones at him and showering him with ___ (2 Sam 16:13)
43 let him seek peace, and ___ it (1 Pet 3:11) (KJV)
45 Like a ___ of Lebanon he will send down his roots (Hosea 14:5)
47 till he should pay all that was ___ unto him (Matt 18:34)
48 The tower of ____ (Gen 11:9)
50 To ____ them that were under the law (Gal 4:5)
52 I ___ silver and gold for myself, and the treasure (Eccl 2:8)
55 he that wavereth is like a ____ of the sea. (James 1:6)
56 What he trusts in is fragile; what he ___ on is a spider's web. (Job 8:14)
57 whosoever of you will be the ___, shall be servant of all (Mark 10:44) KJV
61 There is ___ ___ here, which hath five barley loaves (1,3) (John 6:9)
62 if his hands are ___, the house leaks (Eccl 10:18)
64 sixth angel poured out his vial upon the great ____ Euphrates (Rev 16:12)
65 away, absent (Rev 18:14)
66 which is gone down in the sun ___ of Ahaz (Isa 38:8) KJV
67 She gave herself as a prostitute to all the ____ of the Assyrians (Ezek 23:7)
68 thou shouldest be for salvation unto the ____ of the earth (Acts 13:47) KJV
69 said through the prophet: "Out of ___ I called my son (Matt 2:15)
70 Salvation is found in no one ___, for there is no other name (Acts 4:12)

DOWN

1 the woman had a fat ___ in the house (1 Sam 28:24) KJV
2 a Levite who lived in a remote ___ in the hill country (Judg 19:1)
3 the ephod, close to the ___ just above the waistband (Ex 39:20)
4 beginning with the oldest and ___ with the youngest (Gen 44:12)
6 Fear and trembling have ___ me; horror has overwhelmed me (Ps 55:5)
7 I will measure into their ___ the full payment for (Isa 65:7)
8 See, the LORD has chosen Bezalel son of ___ (Ex.35:30)
9 let each ____ other better than themselves (Phil 2:3)
10 not to be slanderers or ___ to much wine (Titus 2:3)
11 beat against that house, and it fell with a great ___ (Matt 7:27)
12 Thou shalt truly ____ all the increase of thy seed (Deut 14:22)
13 His ___ shaft was like a weaver's rod (1 Sam 17:7)
15 Lazarus has fallen ___; but I am going there to wake him (John 11:11)
22 married a wife, deceased, and, having no ____ (Matt 22:25)
24 Saul and Abner son of Ner had ___ down (1 Sam 26:5)
26 The people have become hungry and ___ and thirsty (2 Sam 17:29)
27 was in the ____ that is called Patmos (Rev 1:9)
28 We all growl like bears; we ___ mournfully like doves (Isa 59:11)
29 If anyone ___ anything to them, God will add to him (Rev 22:18)
30 My feet stand on ___ ground (Ps 26:12)
33 you have ___ with men on foot and they have worn you out (Jer 12:5)
35 I will give him rest from all his enemies on every ____. (1 Chr 22:9)
36 the darkness is passing and the ____ light is already shining (I Jn 2:8)
37 there shall come forth a rod out of the ___ of Jesse (Isa 11:1) KJV
39 Stay with him for a while until your brother's fury ___ (Gen 27:44)
41 no longer to call her ___; her name will be Sarah.(Gen 17:15)
44 listens to me will live in safety and be at ___ (Prov 1:33)
46 the LORD; let all the people of the world ___ him (Ps 33:8)
49 Jesus was walking ___ the Sea of Galilee (Matt 4:18)
51 Do not ___ yourselves by any of these creatures (Lev 11:43)
52 The king got up in ___ ___ left his wine (1,4) (Est 7:7)
53 Like a scarecrow in a ___ patch, their idols cannot speak (Jer 10:5)
54 ___ ___ flowing with milk and honey (1,4) (Deut 26:10)
55 Dan is a lion's ___: he shall leap from Bashan (Deut 33:22) KJV
57 what Adam was made from (Job 33:6)
58 Do not those who plot ___ go astray? (Prov 14:22)
59 silver in two bags, with two ___ of clothing (2 Kings 5:23)
60 every man under his vine and under his fig ____ (1 King 4:25)
63 I'll ___ around it and fertilize it.(Luke 13:8)

Just for Kids

Flashlight TAG



Sometimes we resist the light of Christ. But when his light touches us, we can then share it with others. Play this fun game on a summer night to remember how Christ's light shines in the world.

What you need:

- Friends
- Safe open space outdoors
- A flashlight for each player

How to play:

1. Choose one person to be the Tagger, known as the Light. Only that person can have his or her flashlight on.
2. The Light tries to shine his or her flashlight on other players, who run around and try to hide in the darkness.
3. Once players have been touched by the Light, they turn on their flashlights and join in, trying to shine on others.
4. Play until everyone has been tagged by the Light. Repeat, giving everyone a turn to be the Light.

PUZZLE

GOD'S LIGHT

Summer's long days can remind us of our Creator, who made the sun and wants us to live in his light.

Directions: First, write the opposite of each word in parentheses. Then use the Word Bank words, in order, to complete 1 John 1:5-7, NIV.

WORD BANK: is in is at if in as is in with

God _____ _____; _____ _____
(dark) (her)

there _____ _____ _____ness _____ _____ . ...
(yes) (light) (none)

But _____ we _____ _____ the _____,
(run) (dark)

_____ _____ _____ _____ the _____,
(she) (dark)

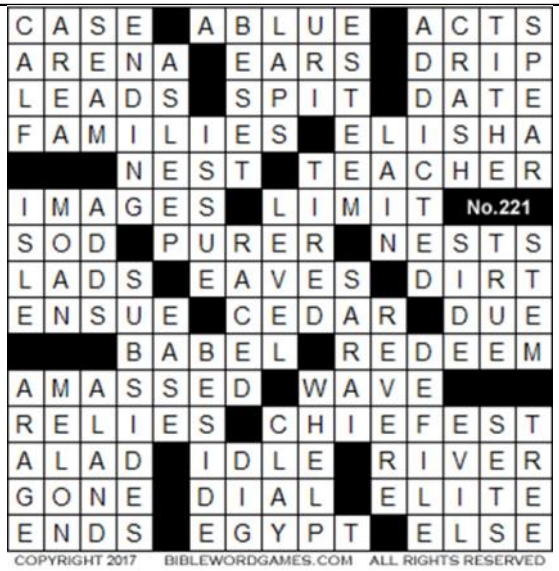
we have fellowship _____ one another. ...

1 John 1:5-7, NIV

Answer: God is light; in him there is no darkness at all . ... But if we walk in the light, as he is in the light, we have fellowship with one another. (1 John 1:5-7, NIV)

Barnum Community United Methodist Church

POSTMASTER:
Please send address changes to:
PO Box 70, 3762 Front Street
Barnum, MN 55707
(218) 389-6876 office@barnumumc.org
www.barnumumc.org



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

BUMC Ministry Team

Pastor—Lee Kantonen
Council Chair—Leon Finifrock
Youth Director—Bill Schoonover
Missions/Outreach—Connie Swanson
Secretary—Mechelle Mattson
Faith Community Nurse—Jennifer Southerton
Congregational Nurture & Care—Connie Herbert
Nursery Coordinator—Kaye Finifrock
Acolyte Coordinator—Roxanne Matten
Wednesday Night Servers—Kaye Finifrock/Terri Krueger
Custodian—Jim Calhoun

United Women in Faith—Sandy Ferguson
Bookkeeper—Tiffany Parr
Ministries Leader—Deb Halls
Staff-Parish Relations—Dawson Gentry
Worship Ministry - Lori Koski
Properties Management—Dave Matten
Discipleship Ministries—Mike Line
Sunday Servers Coordinator—Ann Kosloski
Greeters/Ushers Coordinator—Laurie Audette
Sunday Counters Coordinator—Cathy Kunze
Office Manager—Laurie Audette

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



September 2024
Volume 24—Issue 9

Bible Readings
Church Calendar
Birthdays
Anniversaries
Youth Group
Bible Buddies
Faith Community Nurse
United Women in Faith
Women's Ministry
Council Minutes
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

Office Hours (Mon-Fri)

Sunday Worship

Facebook Live 9:30 am
In Person 9:30 am

Pastor Kennection

Jesus...saw a man called Matthew sitting at the tax booth, and He said to him, "Follow me." And he rose and followed Him. (Matthew 9:9)

Where were the Apostles when Jesus called them to follow Him? It wasn't from the synagogue, was it, even though Jesus regularly was found at the synagogue. It was when the Lord was out and about in the community. The apostles were called when they were on the seashore preparing to fish, or out in their boats, the tax booth, maybe the marketplace, it was from those everyday areas of life that Jesus called them.

There is a wonderful missional heart found here at Barnum Community. My memory is relatively recent in the scheme of things, but it was so good to learn about our connection with John Sergey in years past and to listen to Pastor Sergey and learn of his evangelistic outreach to the people of what at that time was the Soviet Union. For those unfamiliar, spark up a conversation with Jen Berthelot.

Since its outset, mission has been central to the heart of churches with a Wesleyan persuasion and the United Methodist Church is no different. Recently, the Minnesota Annual Conference has been encouraging involvement of all of our churches in something called, Fresh Expressions. Very simply, it is about meeting with people around a shared area of interest while taking time to share a "Jesus Story" during the time together. For years we've known and made known that for the most part people who don't know Christ aren't going to just wander into our churches. Jesus sent his followers out to make disciples, not in.

People have been gathering at bicycling groups, kayaking groups, quilting groups, wood carving groups, golfing groups, you name it. Whatever shared area of interest people have; Fresh Expressions can be occurring there. There have even been axe throwing and burrito gatherings. The key is gathering regularly and making a point to share a Jesus story and an opportunity for prayer. Fresh Expressions is about building relationships with others outside the church. It is a time to introduce Jesus to people who likely will not wander into Barnum Community United Methodist Church or any other church building. We need to keep developing new ways of letting people know God loves them and wants to be in a relationship with them. Perhaps you have already been doing that sort of thing without calling it Fresh Expressions.

So, if you have thought sharing your faith with others is something you could never do, I invite and encourage you to think again. There might be those here at Barnum Community who share your interests to join with you to get your Fresh Expression initiated. The community is filled with people who hold shared interests in need of knowing the Lord. Thank you for sharing the love of God and inviting others to join the journey.

The Good Shepherd's Sheepdog,

Lee



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:30 Worship Service 11:00 Adult Class	**2 LABOR DAY** **Office Closed** 5-8 Youth Group	3 11:00 Prayer Group	4 5-8 Youth Group	5	6	7
8 Grandparents Day 9:30 Worship Service **Communion** 11:00 Adult Class	9 5-8 Youth Group 6:30 Council Mtg	10 11:00 Prayer Group 1:00 Moms in Prayer	11 **FAMILY NIGHT KICK OFF** 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	12	13	14
15 9:30 Worship Service 11:00 Adult Class Congregational Meeting after Church Service	16 5-8 Youth Group	17 11:00 Prayer Group 1:00 Moms in Prayer	18 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	19	20	21
22 9:30 Worship Service 11:00 Adult Class	23 5-8:00 Youth Group	24 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	25 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study Newsletter Deadline	26	27	28
29 9:30 Worship Service 11:00 Adult Class	30 5-8 Youth Group					

** Schedule subject to change.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 11:00 Prayer Group 1:00 Moms in Prayer	2 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	3	4	5
6 **Pastor Appreciation Day** 9:30 Worship Service 11:00 Adult Class	7 **COLUMBUS DAY** 5-8:00 Youth Group 6:00 Finance Mtg 6:30 Council Mtg	8 11:00 Prayer Group 1:00 Moms in Prayer	9 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	10	11	12 9:30 Secret Sister Reveal Party
13 9:30 Worship Service **Communion** 11:00 Adult Class	14 5-8:00 Youth Group	15 11:00 Prayer Group 1:00 Moms in Prayer	16 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	17	18	19
20 9:30 Worship Service 11:00 Adult Class	21 5-8:00 Youth Group	22 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	23 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	24	25	26
27 9:30 Worship Service 11:00 Adult Class	28 5-8:00 Youth Group	29 11:00 Prayer Group 1:00 Moms in Prayer Newsletter Deadline	30 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	31 **HALLOWEEN**		

** Schedule subject to change.

Daily Nourishment



OLD & NEW TESTAMENT

Sep 1: Ps 135-136; 1Cor 12
Sep 2: Ps 137-139; 1Cor 13
Sep 3: Ps 140-142; 1Cor 14:1-20
Sep 4: Ps 143-145; 1Cor 14:21-40
Sep 5: Ps 146-147; 1Cor 15:1-28
Sep 6: Ps 148-150; 1Cor 15:29-58
Sep 7: Prov 1-2; 1Cor 16
Sep 8: Prov 3-5; 2Cor 1
Sep 9: Prov 6-7; 2Cor 2
Sep 10: Prov 8-9; 2Cor 3
Sep 11: Prov 10-12; 2Cor 4
Sep 12: Prov 13-15; 2Cor 5
Sep 13: Prov 16-18; 2Cor 6
Sep 14: Prov 19-21; 2Cor 7
Sep 15: Prov 22-24; 2Cor 8
Sep 16: Prov 25-26; 2Cor 9
Sep 17: Prov 27-29; 2Cor 10
Sep 18: Prov 30-31; 2Cor 11:1-15
Sep 19: Ecc 1-3; 2Cor 11:16-33
Sep 20: Ecc 4-6; 2Cor 12
Sep 21: Ecc 7-9; 2Cor 13
Sep 22: Ecc 10-12; Gal 1
Sep 23: Song 1-3; Gal 2
Sep 24: Song 4-5; Gal 3
Sep 25: Song 6-8; Gal 4
Sep 26: Is 1-2; Gal 5
Sep 27: Is 3-4; Gal 6
Sep 28: Is 5-6; Eph 1
Sep 29: Is 7-8; Eph 2
Sep 30: Is 9-10; Eph 3

CHRONOLOGICAL

Sep 1: Ezek 18-19
Sep 2: Ezek 20-21
Sep 3: Ezek 22-23
Sep 4: Ezek 24-27
Sep 5: Ezek 28-31
Sep 6: Ezek 32-34
Sep 7: Ezek 35-37
Sep 8: Ezek 38-39
Sep 9: Ezek 40-41
Sep 10: Ezek 42-43
Sep 11: Ezek 44-45
Sep 12: Ezek 46-48
Sep 13: Joel
Sep 14: Dan 1-3
Sep 15: Dan 4-6
Sep 16: Dan 7-9
Sep 17: Dan 10-12
Sep 18: Ezra 1-3
Sep 19: Ezra 4-6; Ps 137
Sep 20: Haggai
Sep 21: Zech 1-7
Sep 22: Zech 8-14
Sep 23: Est 1-5
Sep 24: Est 6-10
Sep 25: Ezra 7-10
Sep 26: Neh 1-5
Sep 27: Neh 6-7
Sep 28: Neh 8-10
Sep 29: Neh 11-13; Ps 126
Sep 30: Malachi

Youth



Welcome to the 2024-25 School Year! Students return to their school routines and sports schedules are back. The Barnum Youth Group (BYG) is launching our new school year theme "But Wait…There's More!" Many people take life as it comes. This year we will be challenging youth that there's more to their lives. What we may see on the surface is only a part of who God created us to be. With each topic we discuss we will pause and look deeper, 'but wait…there's more'! With topics like More to Me, What's your Role, Be Kind to Others, More than Decorations, Forgiving Grudges, The Light of the World and Do you Know Me, we will be exploring so much more this year. Please pray that students are willing to look at their lives and see that they do need more and that the more they need is Jesus.

Before we say goodbye to summer, I wanted to share about an amazing experience I was able to have with a recent graduate. Tobin has attended youth group for many years, and he also loves running. At the beginning of summer, he talked about wanting to do the Moose Lake Triathlon, but he didn't want to do the whole thing. I said we could do it as a team and I would be willing to do the bike part. My wife, Serenity, said she would be willing to do the swim and all summer the three of us prepared for the big event. Serenity swam, I biked and then Tobin set out for his 3-mile run. As we were waiting for Tobin to return Serenity and I talked about how thankful we were to provide this opportunity for Tobin. As Tobin crossed the finished line the announcer said, "And here is our first team to finish." Our team placed first. We couldn't believe it. Later Tobin told me, "I've gotten second place and third place before, but I've never gotten first place!" It was our prayer that God would bless that day, and He did! I want to thank Serenity for swimming for our team and I want to thank the Barnum Church family for coming to support us during the race. You're the Best! Please pray for continued opportunities to bless the students that we work with.









Nursery Volunteers: The nursery is in need of adult volunteers and young adults during church services. Please see Kay Finifrock.

September 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Servers	Wednesday Servers
1	Willis & Kay Finifrock	Scott & Elaine Bogenholm	Bonnie Kepler Cathy Kunze	Jenna Uszenski	Deb Halls	Janet Adelsgruber Karen Smith	
8	Hazel Oachs Jay Oachs	Bing & Kathy Mattson	Brian Koski Deb Donaldson	Daniel Zinter	Deb Entner	COMMUNION SUNDAY	(11) Bette Deming Annette Meyer & Boys
15	Marilyn Criley Judy Jacobs	Chris & Annette Meyer	Robin Paulson Bonnie Kepler	Brenden Zinter	Kay Finifrock	Annette Meyer Brenda Zinter	(18) Deb Entner
22	Cheryl Peterson Terri Krueger	Steve & Sandi Vogel	Brian Koski Deb Donaldson	Liam Parr	Brenda Zinter	Deb Halls Carmen Burak	(25) Evelyn Newman
29	Audrey Sebring Annette Hammitt	Bruce & Eileen Resman	Deb Donaldson Robin Paulson	Evan Earlywine	Tiffany Parr	Connie Herbert Jackie Olson	(2) Deb Halls

October 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Serv-ers	Wednesday Servers
6	Leon Finifrock Connie Herbert	Cliff & Joyce Berggren	Robin Paulson Cathy Kunze	Daniel Zinter	Sandi Vogel	Roxanne Mat-ten Kathy Otnes	(9) Paul & Carmen Burak
13	Ann Kosloski Tiffany Parr	Steve & Sandi Vogel	Brian Koski Bonnie Kepler	Nial Parr	Sandy Ferguson	COMMUNION SUNDAY	(16) Janet Adelsgruber Karen Smith
20	Roger & Deanna Finifrock	Paul & Carmen Burak	Brian Koski Deb Donaldson	Even Earlywine	Deb Halls	Cheryl Peterson Terri Krueger	(23) Terri Krueger
27	Dianne Anderson Connie Swanson	Dave & Sandy Ferguson	Deb Donaldson Robin Paulson	Brenden Zinter	Deb Entner	Ann Kosloski Linda Jusczak	(30) Sue Nelson Kathy Otnes Rachel Finifrock



September Health and Wellness Moment

"Healthy Aging"

September is Healthy Aging Month. The mission behind this month's health topic is to draw attention to the importance of healthy lifestyles for adults 45-plus. Nowadays, it is more important than ever to follow a healthy lifestyle, remain positive and passionate about life, and to look forward to better days ahead. Sometimes, however, this is not easy to do. If you need a boost to improve your lifestyle, here are some tips to be able to age well…in other words, to get older in the healthiest way possible! Let's look at some tips to achieve and maintain physical, social, mental and financial wellness.
First of all, let's look at Mental Wellness. Many people struggle with depression, loneliness, anxiety and isolation. It is important to follow these tips.

1. Be realistic. If you feel overwhelmed by some activities, (yours and/or your family's), learn to say no. Eliminate an activity that is not absolutely necessary. It's possible that you may be taking on more responsibility than you could, or should, handle. If you meet resistance, be ready to give reasons why you are making these changes. Be willing to listen to others' suggestions and be willing to compromise.
2. Shed the "superhero" urge. Nobody is perfect. Don't expect perfection from yourself or others. Focus on what really needs to be done, how much you can realistically get done and in what time frame. It's so important to ask for help when you need it.
3. Take one thing at a time. When someone is stressed or anxious, an ordinary workload can seem unbearable at times. The best way to cope with the feeling of being overwhelmed is to take one task at a time. Once you accomplish one task, choose the next most important thing you want to get done. Some people like to check off tasks on a list; it is very satisfying and helps you visualize your progress!

Next, let's look at the importance of Physical Fitness. According to the National Center for Chronic Disease Prevention and Health Promotion, about 6 in 10 adults in the U.S. have a chronic health condition, and 4 in 10 have two or more. There are many benefits of physical activity for adults and older adults. It's important to keep moving. A body in motion stays in motion! Exercise and strength training improves quality of life, reduces anxiety, and improves sleep. It also is key in weight loss, bone health and a lower risk of falls!

4. Move more, sit less. This recommendation from health.gov is based on new evidence that shows a strong positive relationship between increased sedentary behavior and increased risk of mortality, heart disease and high blood pressure.
5. Aerobic exercise. Check with your doctor for advice on how many minutes of exercise you should be getting per week. Also ask what kind of exercise is best for you and how to know if you are doing too much.
6. Muscle strengthening. These activities provide additional health benefits, so ask your doctor about muscle strengthening as well.

Next, we'll focus on the importance of Diet. Forty two percent of Americans have had an average weight gain of 29 pounds since the beginning of the pandemic. Not only have we been eating more and moving less, but alcohol consumption has also increased in this time frame. You can check out the Dietary Guidelines for Americans 2020-2025 published by the USDA. Always talk to your doctor about what weight is healthy for you.

7. Review your daily diet and make necessary changes. You guessed it, talk to your doctor about what is best for you! Generally, it is best to eat a diet that is rich in fruits, vegetables, whole grains, fat-free or low-fat milk and dairy products, and a variety of healthy proteins. It is best to eat a diet low in saturated fats, trans fats, cholesterol, sodium and added sugars.

Next, we'll focus on the importance of Social Well-being. We are created to be social beings, we crave healthy interaction with others. After feeling isolated, some older adults find it is hard to get out and be social without becoming mentally exhausted. Here are some ways to be active in your community:
8. Volunteer. There are so many places that encourage and welcome volunteering in our communities, churches, schools. Ask a friend to join you and make it a fun event to share!
9. Dream and then get to it. Is there someplace you've always wanted to travel, explore, research? Some of these things may not be realistic or feasible, but maybe some are! Have an adventure, laugh, share a fun moment with loved ones, get out and enjoy the day! Become a pen pal, learn a new language, learn to play an instrument…the sky's the limit!

Last, we will look at Financial Well-being.

10. Launch your next career, go back to school and get a degree, take an online class, learn a new skill that you have always wanted to master. Studies show that people who retire and then become sedentary and lose their excitement for life are much more likely to be ill and unhappy.

September is Healthy Aging Month, and it is the perfect time to renew or set some lifestyle goals! Happy Fall to you all!
Reference: HealthyAging.net

"Give thanks to the Lord, for He is good. His love endures forever."
Psalms 136:1
Prayers for peace, joy and good health, and just a reminder…you are uniquely YOU by HIS design!
~Jenny S, RN, BCUMC Parish Nurse

Howdy Partner!
Here is your invitation to:



The Bible-Buddy Round-Up

This is the kick-off to the Children's WEDNESDAY BIBLE BUDDIES program at the

Barnum Community Church

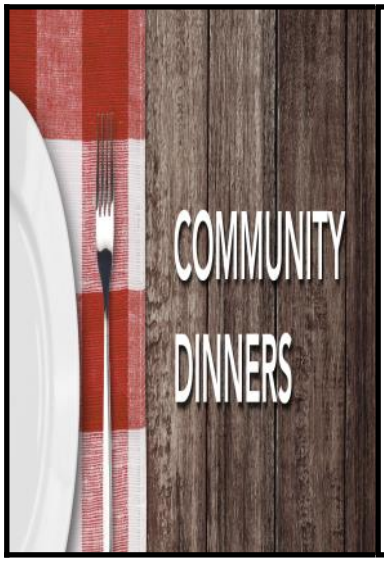
Giddy-up ya'll (ages 4-6th grade) and join up with the Bible Buddies!!

Wednesday evening September 11 at 6 - 7:15 pm, right after the Community Supper (served from 5:15 to 6pm).

After getting everyone registered and rustling up some chow, we will round up the gang of Buddies at 6 pm to enjoy activities including games, songs, crafts, and a Bible lesson.



Important Events in the Life of Our Church



Join us for
Community Dinner
&
Family Night

September 11, 18, 25

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



September 11:	*Family Night Kick Off*
	Community Dinner
	Bible Buddies
	Youth Group (7th – 12th)
	Women's Bible Study
October 31:	*Halloween Trunk or Treat*
November 20:	*Thanksgiving Dinner*
December 24:	*Christmas Eve*
	Candlelight Service



Please join us for **WOW**
"Worship on Wednesday"

6:15—6:30 Praise & Worship Music followed by a short bible lesson from Pastor Lee



The Warm Hearts Ministry will be meet Tuesday, September 24th from 10 am—3 pm to work on Warm Hearts Projects or personal projects. Please bring a lunch and join us for some great sewing time and fellowship. Bring your sewing supplies. Please RSVP Kathy Port.

United Women in Faith

United Women in Faith will be meeting on September 11 at 1:30 at the church. All women of the church are invited to attend this meeting. Ann Kosloski will be the hostess and Kathy Mattson will lead the discussion on pages 94-98 of our study book, "Life on Purpose for Women". Our heart is to assist with church projects wherever possible. Please see Sandy Ferguson for further information.



Important Events in the Life of Our Church



Mother / Child Nursing Tent:

A huge "Thank You" to all the volunteers who helped set up and tear down and work in the Baby Rest Area.





Fair time has come and gone already. Many thanks for all those who volunteered to park cars. This year over $2,600 was collected to help fund the Wednesday night youth programs reaching out to students in our Community.

The Lord's Table, September 8th

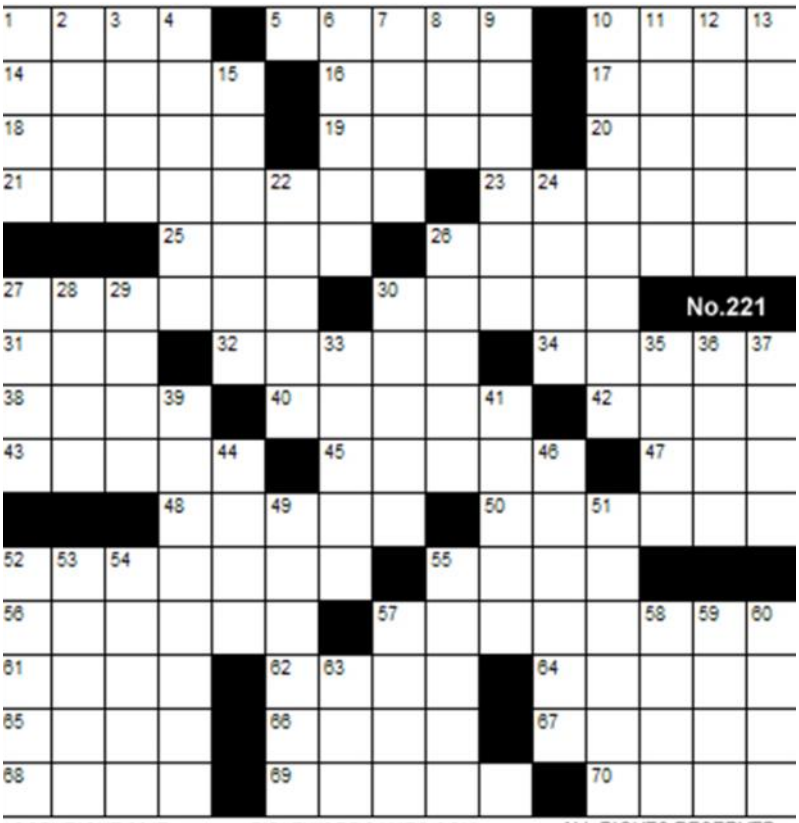


The second Sunday of the month will be our Table Sunday as a church family. We will be sharing communion at the Lord's Table, enjoying a shared-dish (potluck). Table Sunday is a monthly reminder that our life together as the family of God centers in worship, fellowship and sharing.

REMEMBER to bring a dish to share on the second Sunday and even if you aren't able, plan on staying for dinner with your family and friends here.

"Our Daily Bread" is also available on the facebook, mobile app in addition to the printed copies here in the office.

Did you miss out on a Sunday Service don't have access to Facebook or Internet? We have extra copies available for your use.



COPYRIGHT 2017 BIBLEWORDGAMES.COM ALL RIGHTS RESERVED

ACROSS

1 So Moses brought their ___ before the LORD (Num 27:5)
5 Fasten ___ ___ cord to it (1,4) (Ex 28:37)
10 fifth book of the New Testament
14 Like men condemned to die in the ___ (1 Cor 4:9)
16 Speak now in the ____ of the people (Exodus 11:2)
17 In that day the mountains will ___ new wine (Joel 3:18)
18 seems right to a man, but in the end it ___ to death (Prov 16:25)
19 Then they ___ in his face and struck him with their fists (Matt 26:67)
20 Son of man, record this ____ (Ezek 24:2)
21 because the midwives feared God, he gave them ___ of their own (Ex 1:21)
23 Elijah's successor (2 Kings 2:9)
25 Like a bird that strays from its ___ is a man who strays (Prov 27:8)
26 A student is not above his ___ , nor a servant above his master (Matt 10:24)
27 and remove all its vile ___ and detestable idols (Ezek 11:18)
30 they always heap up their sins to the ___ (1Thes 2:16)
31 clump of earth and grass
32 Her Nazarites were ___ than snow, they were whiter than (Lam 4:7) KJV
34 Jesus replied, "Foxes have holes and birds of the air have ___ (Matt 8:20)
38 The Angel which redeemed me from all evil, bless the ___ (Gen 48:16) KJV
40 from foundation to ___, were made of blocks of high-grade (1 Kings 7:9)
42 throwing stones at him and showering him with ___ (2 Sam 16:13)
43 let him seek peace, and ___ it (1 Pet 3:11) (KJV)
45 Like a ___ of Lebanon he will send down his roots (Hosea 14:5)
47 till he should pay all that was ___ unto him (Matt 18:34)
48 The tower of ____ (Gen 11:9)
50 To ____ them that were under the law (Gal 4:5)
52 I ___ silver and gold for myself, and the treasure (Eccl 2:8)
55 he that wavereth is like a ____ of the sea. (James 1:6)
56 What he trusts in is fragile; what he ___ on is a spider's web. (Job 8:14)
57 whosoever of you will be the ___, shall be servant of all (Mark 10:44) KJV
61 There is ___ ___ here, which hath five barley loaves (1,3) (John 6:9)
62 if his hands are ___, the house leaks (Eccl 10:18)
64 sixth angel poured out his vial upon the great ____ Euphrates (Rev 16:12)
65 away, absent (Rev 18:14)
66 which is gone down in the sun ___ of Ahaz (Isa 38:8) KJV
67 She gave herself as a prostitute to all the ____ of the Assyrians (Ezek 23:7)
68 thou shouldest be for salvation unto the ____ of the earth (Acts 13:47) KJV
69 said through the prophet: "Out of ___ I called my son (Matt 2:15)
70 Salvation is found in no one ___, for there is no other name (Acts 4:12)

DOWN

1 the woman had a fat ___ in the house (1 Sam 28:24) KJV
2 a Levite who lived in a remote ___ in the hill country (Judg 19:1)
3 the ephod, close to the ___ just above the waistband (Ex 39:20)
4 beginning with the oldest and ___ with the youngest (Gen 44:12)
6 Fear and trembling have ___ me; horror has overwhelmed me (Ps 55:5)
7 I will measure into their ___ the full payment for (Isa 65:7)
8 See, the LORD has chosen Bezalel son of ___ (Ex.35:30)
9 let each ____ other better than themselves (Phil 2:3)
10 not to be slanderers or ___ to much wine (Titus 2:3)
11 beat against that house, and it fell with a great ___ (Matt 7:27)
12 Thou shalt truly ____ all the increase of thy seed (Deut 14:22)
13 His ___ shaft was like a weaver's rod (1 Sam 17:7)
15 Lazarus has fallen ___; but I am going there to wake him (John 11:11)
22 married a wife, deceased, and, having no ____ (Matt 22:25)
24 Saul and Abner son of Ner had ___ down (1 Sam 26:5)
26 The people have become hungry and ___ and thirsty (2 Sam 17:29)
27 was in the ____ that is called Patmos (Rev 1:9)
28 We all growl like bears; we ___ mournfully like doves (Isa 59:11)
29 If anyone ___ anything to them, God will add to him (Rev 22:18)
30 My feet stand on ___ ground (Ps 26:12)
33 you have ___ with men on foot and they have worn you out (Jer 12:5)
35 I will give him rest from all his enemies on every ____. (1 Chr 22:9)
36 the darkness is passing and the ____ light is already shining (I Jn 2:8)
37 there shall come forth a rod out of the ___ of Jesse (Isa 11:1) KJV
39 Stay with him for a while until your brother's fury ___ (Gen 27:44)
41 no longer to call her ___; her name will be Sarah.(Gen 17:15)
44 listens to me will live in safety and be at ___ (Prov 1:33)
46 the LORD; let all the people of the world ___ him (Ps 33:8)
49 Jesus was walking ___ the Sea of Galilee (Matt 4:18)
51 Do not ___ yourselves by any of these creatures (Lev 11:43)
52 The king got up in ___ ___ left his wine (1,4) (Est 7:7)
53 Like a scarecrow in a ___ patch, their idols cannot speak (Jer 10:5)
54 ___ ___ flowing with milk and honey (1,4) (Deut 26:10)
55 Dan is a lion's ___: he shall leap from Bashan (Deut 33:22) KJV
57 what Adam was made from (Job 33:6)
58 Do not those who plot ___ go astray? (Prov 14:22)
59 silver in two bags, with two ___ of clothing (2 Kings 5:23)
60 every man under his vine and under his fig ____ (1 King 4:25)
63 I'll ___ around it and fertilize it.(Luke 13:8)

Just for Kids

Flashlight TAG



Sometimes we resist the light of Christ. But when his light touches us, we can then share it with others. Play this fun game on a summer night to remember how Christ's light shines in the world.

What you need:

- Friends
- Safe open space outdoors
- A flashlight for each player

How to play:

1. Choose one person to be the Tagger, known as the Light. Only that person can have his or her flashlight on.
2. The Light tries to shine his or her flashlight on other players, who run around and try to hide in the darkness.
3. Once players have been touched by the Light, they turn on their flashlights and join in, trying to shine on others.
4. Play until everyone has been tagged by the Light. Repeat, giving everyone a turn to be the Light.

PUZZLE

GOD'S LIGHT

Summer's long days can remind us of our Creator, who made the sun and wants us to live in his light.

Directions: First, write the opposite of each word in parentheses. Then use the Word Bank words, in order, to complete 1 John 1:5-7, NIV.

WORD BANK: is in is at if in as is in with

God _____ _____; _____ _____
(dark) (her)

there _____ _____ _____ness _____ _____ . ...
(yes) (light) (none)

But _____ we _____ _____ the _____,
(run) (dark)

_____ _____ _____ _____ the _____,
(she) (dark)

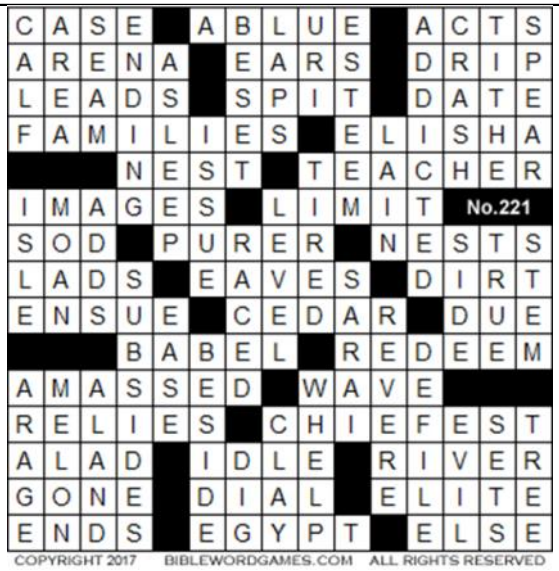
we have fellowship _____ one another. ...

1 John 1:5-7, NIV

Answer: God is light; in him there is no darkness at all . ... But if we walk in the light, as he is in the light, we have fellowship with one another. (1 John 1:5-7, NIV)

Barnum Community United Methodist Church

POSTMASTER:
Please send address changes to:
PO Box 70, 3762 Front Street
Barnum, MN 55707
(218) 389-6876 office@barnumumc.org
www.barnumumc.org



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

BUMC Ministry Team

Pastor—Lee Kantonen
Council Chair—Leon Finifrock
Youth Director—Bill Schoonover
Missions/Outreach—Connie Swanson
Secretary—Mechelle Mattson
Faith Community Nurse—Jennifer Southerton
Congregational Nurture & Care—Connie Herbert
Nursery Coordinator—Kaye Finifrock
Acolyte Coordinator—Roxanne Matten
Wednesday Night Servers—Kaye Finifrock/Terri Krueger
Custodian—Jim Calhoun

United Women in Faith—Sandy Ferguson
Bookkeeper—Tiffany Parr
Ministries Leader—Deb Halls
Staff-Parish Relations—Dawson Gentry
Worship Ministry - Lori Koski
Properties Management—Dave Matten
Discipleship Ministries—Mike Line
Sunday Servers Coordinator—Ann Kosloski
Greeters/Ushers Coordinator—Laurie Audette
Sunday Counters Coordinator—Cathy Kunze
Office Manager—Laurie Audette

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



September 2024
Volume 24—Issue 9

Bible Readings
Church Calendar
Birthdays
Anniversaries
Youth Group
Bible Buddies
Faith Community Nurse
United Women in Faith
Women's Ministry
Council Minutes
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

Office Hours (Mon-Fri)

Sunday Worship

Facebook Live 9:30 am
In Person 9:30 am

Pastor Kennection

Jesus...saw a man called Matthew sitting at the tax booth, and He said to him, "Follow me." And he rose and followed Him. (Matthew 9:9)

Where were the Apostles when Jesus called them to follow Him? It wasn't from the synagogue, was it, even though Jesus regularly was found at the synagogue. It was when the Lord was out and about in the community. The apostles were called when they were on the seashore preparing to fish, or out in their boats, the tax booth, maybe the marketplace, it was from those everyday areas of life that Jesus called them.

There is a wonderful missional heart found here at Barnum Community. My memory is relatively recent in the scheme of things, but it was so good to learn about our connection with John Sergey in years past and to listen to Pastor Sergey and learn of his evangelistic outreach to the people of what at that time was the Soviet Union. For those unfamiliar, spark up a conversation with Jen Berthelot.

Since its outset, mission has been central to the heart of churches with a Wesleyan persuasion and the United Methodist Church is no different. Recently, the Minnesota Annual Conference has been encouraging involvement of all of our churches in something called, Fresh Expressions. Very simply, it is about meeting with people around a shared area of interest while taking time to share a "Jesus Story" during the time together. For years we've known and made known that for the most part people who don't know Christ aren't going to just wander into our churches. Jesus sent his followers out to make disciples, not in.

People have been gathering at bicycling groups, kayaking groups, quilting groups, wood carving groups, golfing groups, you name it. Whatever shared area of interest people have; Fresh Expressions can be occurring there. There have even been axe throwing and burrito gatherings. The key is gathering regularly and making a point to share a Jesus story and an opportunity for prayer. Fresh Expressions is about building relationships with others outside the church. It is a time to introduce Jesus to people who likely will not wander into Barnum Community United Methodist Church or any other church building. We need to keep developing new ways of letting people know God loves them and wants to be in a relationship with them. Perhaps you have already been doing that sort of thing without calling it Fresh Expressions.

So, if you have thought sharing your faith with others is something you could never do, I invite and encourage you to think again. There might be those here at Barnum Community who share your interests to join with you to get your Fresh Expression initiated. The community is filled with people who hold shared interests in need of knowing the Lord. Thank you for sharing the love of God and inviting others to join the journey.

The Good Shepherd's Sheepdog,

Lee



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:30 Worship Service 11:00 Adult Class	**2 LABOR DAY** **Office Closed** 5-8 Youth Group	3 11:00 Prayer Group	4 5-8 Youth Group	5	6	7
8 Grandparents Day 9:30 Worship Service **Communion** 11:00 Adult Class	9 5-8 Youth Group 6:30 Council Mtg	10 11:00 Prayer Group 1:00 Moms in Prayer	11 **FAMILY NIGHT KICK OFF** 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	12	13	14
15 9:30 Worship Service 11:00 Adult Class Congregational Meeting after Church Service	16 5-8 Youth Group	17 11:00 Prayer Group 1:00 Moms in Prayer	18 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	19	20	21
22 9:30 Worship Service 11:00 Adult Class	23 5-8:00 Youth Group	24 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	25 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study Newsletter Deadline	26	27	28
29 9:30 Worship Service 11:00 Adult Class	30 5-8 Youth Group					

** Schedule subject to change.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 11:00 Prayer Group 1:00 Moms in Prayer	2 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	3	4	5
6 **Pastor Appreciation Day** 9:30 Worship Service 11:00 Adult Class	7 **COLUMBUS DAY** 5-8:00 Youth Group 6:00 Finance Mtg 6:30 Council Mtg	8 11:00 Prayer Group 1:00 Moms in Prayer	9 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	10	11	12 9:30 Secret Sister Reveal Party
13 9:30 Worship Service **Communion** 11:00 Adult Class	14 5-8:00 Youth Group	15 11:00 Prayer Group 1:00 Moms in Prayer	16 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	17	18	19
20 9:30 Worship Service 11:00 Adult Class	21 5-8:00 Youth Group	22 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	23 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	24	25	26
27 9:30 Worship Service 11:00 Adult Class	28 5-8:00 Youth Group	29 11:00 Prayer Group 1:00 Moms in Prayer Newsletter Deadline	30 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	31 **HALLOWEEN**		

** Schedule subject to change.

Daily Nourishment



OLD & NEW TESTAMENT

Sep 1: Ps 135-136; 1Cor 12
Sep 2: Ps 137-139; 1Cor 13
Sep 3: Ps 140-142; 1Cor 14:1-20
Sep 4: Ps 143-145; 1Cor 14:21-40
Sep 5: Ps 146-147; 1Cor 15:1-28
Sep 6: Ps 148-150; 1Cor 15:29-58
Sep 7: Prov 1-2; 1Cor 16
Sep 8: Prov 3-5; 2Cor 1
Sep 9: Prov 6-7; 2Cor 2
Sep 10: Prov 8-9; 2Cor 3
Sep 11: Prov 10-12; 2Cor 4
Sep 12: Prov 13-15; 2Cor 5
Sep 13: Prov 16-18; 2Cor 6
Sep 14: Prov 19-21; 2Cor 7
Sep 15: Prov 22-24; 2Cor 8
Sep 16: Prov 25-26; 2Cor 9
Sep 17: Prov 27-29; 2Cor 10
Sep 18: Prov 30-31; 2Cor 11:1-15
Sep 19: Ecc 1-3; 2Cor 11:16-33
Sep 20: Ecc 4-6; 2Cor 12
Sep 21: Ecc 7-9; 2Cor 13
Sep 22: Ecc 10-12; Gal 1
Sep 23: Song 1-3; Gal 2
Sep 24: Song 4-5; Gal 3
Sep 25: Song 6-8; Gal 4
Sep 26: Is 1-2; Gal 5
Sep 27: Is 3-4; Gal 6
Sep 28: Is 5-6; Eph 1
Sep 29: Is 7-8; Eph 2
Sep 30: Is 9-10; Eph 3

CHRONOLOGICAL

Sep 1: Ezek 18-19
Sep 2: Ezek 20-21
Sep 3: Ezek 22-23
Sep 4: Ezek 24-27
Sep 5: Ezek 28-31
Sep 6: Ezek 32-34
Sep 7: Ezek 35-37
Sep 8: Ezek 38-39
Sep 9: Ezek 40-41
Sep 10: Ezek 42-43
Sep 11: Ezek 44-45
Sep 12: Ezek 46-48
Sep 13: Joel
Sep 14: Dan 1-3
Sep 15: Dan 4-6
Sep 16: Dan 7-9
Sep 17: Dan 10-12
Sep 18: Ezra 1-3
Sep 19: Ezra 4-6; Ps 137
Sep 20: Haggai
Sep 21: Zech 1-7
Sep 22: Zech 8-14
Sep 23: Est 1-5
Sep 24: Est 6-10
Sep 25: Ezra 7-10
Sep 26: Neh 1-5
Sep 27: Neh 6-7
Sep 28: Neh 8-10
Sep 29: Neh 11-13; Ps 126
Sep 30: Malachi

Youth



Welcome to the 2024-25 School Year! Students return to their school routines and sports schedules are back. The Barnum Youth Group (BYG) is launching our new school year theme "But Wait…There's More!" Many people take life as it comes. This year we will be challenging youth that there's more to their lives. What we may see on the surface is only a part of who God created us to be. With each topic we discuss we will pause and look deeper, 'but wait…there's more'! With topics like More to Me, What's your Role, Be Kind to Others, More than Decorations, Forgiving Grudges, The Light of the World and Do you Know Me, we will be exploring so much more this year. Please pray that students are willing to look at their lives and see that they do need more and that the more they need is Jesus.

Before we say goodbye to summer, I wanted to share about an amazing experience I was able to have with a recent graduate. Tobin has attended youth group for many years, and he also loves running. At the beginning of summer, he talked about wanting to do the Moose Lake Triathlon, but he didn't want to do the whole thing. I said we could do it as a team and I would be willing to do the bike part. My wife, Serenity, said she would be willing to do the swim and all summer the three of us prepared for the big event. Serenity swam, I biked and then Tobin set out for his 3-mile run. As we were waiting for Tobin to return Serenity and I talked about how thankful we were to provide this opportunity for Tobin. As Tobin crossed the finished line the announcer said, "And here is our first team to finish." Our team placed first. We couldn't believe it. Later Tobin told me, "I've gotten second place and third place before, but I've never gotten first place!" It was our prayer that God would bless that day, and He did! I want to thank Serenity for swimming for our team and I want to thank the Barnum Church family for coming to support us during the race. You're the Best! Please pray for continued opportunities to bless the students that we work with.









Nursery Volunteers: The nursery is in need of adult volunteers and young adults during church services. Please see Kay Finifrock.

September 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Servers	Wednesday Servers
1	Willis & Kay Finifrock	Scott & Elaine Bogenholm	Bonnie Kepler Cathy Kunze	Jenna Uszenski	Deb Halls	Janet Adelsgruber Karen Smith	
8	Hazel Oachs Jay Oachs	Bing & Kathy Mattson	Brian Koski Deb Donaldson	Daniel Zinter	Deb Entner	COMMUNION SUNDAY	(11) Bette Deming Annette Meyer & Boys
15	Marilyn Criley Judy Jacobs	Chris & Annette Meyer	Robin Paulson Bonnie Kepler	Brenden Zinter	Kay Finifrock	Annette Meyer Brenda Zinter	(18) Deb Entner
22	Cheryl Peterson Terri Krueger	Steve & Sandi Vogel	Brian Koski Deb Donaldson	Liam Parr	Brenda Zinter	Deb Halls Carmen Burak	(25) Evelyn Newman
29	Audrey Sebring Annette Hammitt	Bruce & Eileen Resman	Deb Donaldson Robin Paulson	Evan Earlywine	Tiffany Parr	Connie Herbert Jackie Olson	(2) Deb Halls

October 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Serv-ers	Wednesday Servers
6	Leon Finifrock Connie Herbert	Cliff & Joyce Berggren	Robin Paulson Cathy Kunze	Daniel Zinter	Sandi Vogel	Roxanne Mat-ten Kathy Otnes	(9) Paul & Carmen Burak
13	Ann Kosloski Tiffany Parr	Steve & Sandi Vogel	Brian Koski Bonnie Kepler	Nial Parr	Sandy Ferguson	COMMUNION SUNDAY	(16) Janet Adelsgruber Karen Smith
20	Roger & Deanna Finifrock	Paul & Carmen Burak	Brian Koski Deb Donaldson	Even Earlywine	Deb Halls	Cheryl Peterson Terri Krueger	(23) Terri Krueger
27	Dianne Anderson Connie Swanson	Dave & Sandy Ferguson	Deb Donaldson Robin Paulson	Brenden Zinter	Deb Entner	Ann Kosloski Linda Jusczak	(30) Sue Nelson Kathy Otnes Rachel Finifrock



September Health and Wellness Moment

"Healthy Aging"

September is Healthy Aging Month. The mission behind this month's health topic is to draw attention to the importance of healthy lifestyles for adults 45-plus. Nowadays, it is more important than ever to follow a healthy lifestyle, remain positive and passionate about life, and to look forward to better days ahead. Sometimes, however, this is not easy to do. If you need a boost to improve your lifestyle, here are some tips to be able to age well…in other words, to get older in the healthiest way possible! Let's look at some tips to achieve and maintain physical, social, mental and financial wellness.
First of all, let's look at Mental Wellness. Many people struggle with depression, loneliness, anxiety and isolation. It is important to follow these tips.

1. Be realistic. If you feel overwhelmed by some activities, (yours and/or your family's), learn to say no. Eliminate an activity that is not absolutely necessary. It's possible that you may be taking on more responsibility than you could, or should, handle. If you meet resistance, be ready to give reasons why you are making these changes. Be willing to listen to others' suggestions and be willing to compromise.
2. Shed the "superhero" urge. Nobody is perfect. Don't expect perfection from yourself or others. Focus on what really needs to be done, how much you can realistically get done and in what time frame. It's so important to ask for help when you need it.
3. Take one thing at a time. When someone is stressed or anxious, an ordinary workload can seem unbearable at times. The best way to cope with the feeling of being overwhelmed is to take one task at a time. Once you accomplish one task, choose the next most important thing you want to get done. Some people like to check off tasks on a list; it is very satisfying and helps you visualize your progress!

Next, let's look at the importance of Physical Fitness. According to the National Center for Chronic Disease Prevention and Health Promotion, about 6 in 10 adults in the U.S. have a chronic health condition, and 4 in 10 have two or more. There are many benefits of physical activity for adults and older adults. It's important to keep moving. A body in motion stays in motion! Exercise and strength training improves quality of life, reduces anxiety, and improves sleep. It also is key in weight loss, bone health and a lower risk of falls!

4. Move more, sit less. This recommendation from health.gov is based on new evidence that shows a strong positive relationship between increased sedentary behavior and increased risk of mortality, heart disease and high blood pressure.
5. Aerobic exercise. Check with your doctor for advice on how many minutes of exercise you should be getting per week. Also ask what kind of exercise is best for you and how to know if you are doing too much.
6. Muscle strengthening. These activities provide additional health benefits, so ask your doctor about muscle strengthening as well.

Next, we'll focus on the importance of Diet. Forty two percent of Americans have had an average weight gain of 29 pounds since the beginning of the pandemic. Not only have we been eating more and moving less, but alcohol consumption has also increased in this time frame. You can check out the Dietary Guidelines for Americans 2020-2025 published by the USDA. Always talk to your doctor about what weight is healthy for you.

7. Review your daily diet and make necessary changes. You guessed it, talk to your doctor about what is best for you! Generally, it is best to eat a diet that is rich in fruits, vegetables, whole grains, fat-free or low-fat milk and dairy products, and a variety of healthy proteins. It is best to eat a diet low in saturated fats, trans fats, cholesterol, sodium and added sugars.

Next, we'll focus on the importance of Social Well-being. We are created to be social beings, we crave healthy interaction with others. After feeling isolated, some older adults find it is hard to get out and be social without becoming mentally exhausted. Here are some ways to be active in your community:
8. Volunteer. There are so many places that encourage and welcome volunteering in our communities, churches, schools. Ask a friend to join you and make it a fun event to share!
9. Dream and then get to it. Is there someplace you've always wanted to travel, explore, research? Some of these things may not be realistic or feasible, but maybe some are! Have an adventure, laugh, share a fun moment with loved ones, get out and enjoy the day! Become a pen pal, learn a new language, learn to play an instrument…the sky's the limit!

Last, we will look at Financial Well-being.

10. Launch your next career, go back to school and get a degree, take an online class, learn a new skill that you have always wanted to master. Studies show that people who retire and then become sedentary and lose their excitement for life are much more likely to be ill and unhappy.

September is Healthy Aging Month, and it is the perfect time to renew or set some lifestyle goals! Happy Fall to you all!
Reference: HealthyAging.net

"Give thanks to the Lord, for He is good. His love endures forever."
Psalms 136:1
Prayers for peace, joy and good health, and just a reminder…you are uniquely YOU by HIS design!
~Jenny S, RN, BCUMC Parish Nurse

Howdy Partner!
Here is your invitation to:



The Bible-Buddy Round-Up

This is the kick-off to the Children's WEDNESDAY BIBLE BUDDIES program at the

Barnum Community Church

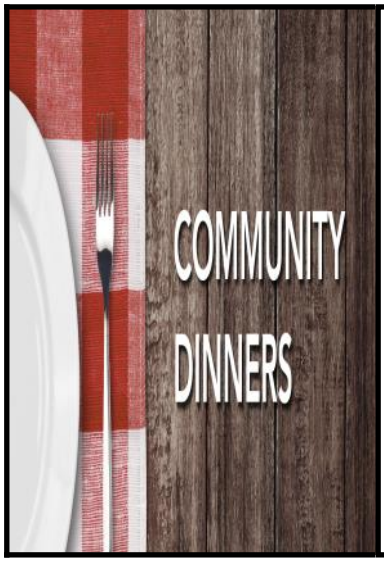
Giddy-up ya'll (ages 4-6th grade) and join up with the Bible Buddies!!

Wednesday evening September 11 at 6 - 7:15 pm, right after the Community Supper (served from 5:15 to 6pm).

After getting everyone registered and rustling up some chow, we will round up the gang of Buddies at 6 pm to enjoy activities including games, songs, crafts, and a Bible lesson.



Important Events in the Life of Our Church



Join us for
Community Dinner
&
Family Night

September 11, 18, 25

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



September 11:	*Family Night Kick Off*
	Community Dinner
	Bible Buddies
	Youth Group (7th – 12th)
	Women's Bible Study
October 31:	*Halloween Trunk or Treat*
November 20:	*Thanksgiving Dinner*
December 24:	*Christmas Eve*
	Candlelight Service



Please join us for **WOW**
"Worship on Wednesday"

6:15—6:30 Praise & Worship Music followed by a short bible lesson from Pastor Lee



The Warm Hearts Ministry will be meet Tuesday, September 24th from 10 am—3 pm to work on Warm Hearts Projects or personal projects. Please bring a lunch and join us for some great sewing time and fellowship. Bring your sewing supplies. Please RSVP Kathy Port.

United Women in Faith

United Women in Faith will be meeting on September 11 at 1:30 at the church. All women of the church are invited to attend this meeting. Ann Kosloski will be the hostess and Kathy Mattson will lead the discussion on pages 94-98 of our study book, "Life on Purpose for Women". Our heart is to assist with church projects wherever possible. Please see Sandy Ferguson for further information.



Important Events in the Life of Our Church



Mother / Child Nursing Tent:

A huge "Thank You" to all the volunteers who helped set up and tear down and work in the Baby Rest Area.





Fair time has come and gone already. Many thanks for all those who volunteered to park cars. This year over $2,600 was collected to help fund the Wednesday night youth programs reaching out to students in our Community.

The Lord's Table, September 8th

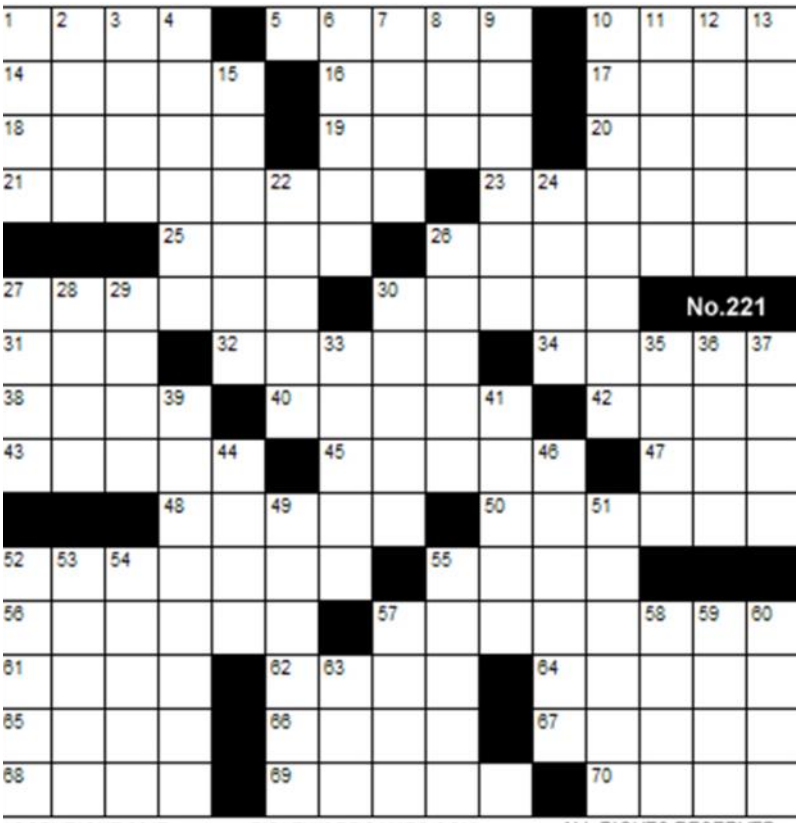


The second Sunday of the month will be our Table Sunday as a church family. We will be sharing communion at the Lord's Table, enjoying a shared-dish (potluck). Table Sunday is a monthly reminder that our life together as the family of God centers in worship, fellowship and sharing.

REMEMBER to bring a dish to share on the second Sunday and even if you aren't able, plan on staying for dinner with your family and friends here.

"Our Daily Bread" is also available on the facebook, mobile app in addition to the printed copies here in the office.

Did you miss out on a Sunday Service don't have access to Facebook or Internet? We have extra copies available for your use.



COPYRIGHT 2017 BIBLEWORDGAMES.COM ALL RIGHTS RESERVED

ACROSS

1 So Moses brought their ___ before the LORD (Num 27:5)
5 Fasten ___ ___ cord to it (1,4) (Ex 28:37)
10 fifth book of the New Testament
14 Like men condemned to die in the ___ (1 Cor 4:9)
16 Speak now in the ____ of the people (Exodus 11:2)
17 In that day the mountains will ___ new wine (Joel 3:18)
18 seems right to a man, but in the end it ___ to death (Prov 16:25)
19 Then they ___ in his face and struck him with their fists (Matt 26:67)
20 Son of man, record this ____ (Ezek 24:2)
21 because the midwives feared God, he gave them ___ of their own (Ex 1:21)
23 Elijah's successor (2 Kings 2:9)
25 Like a bird that strays from its ___ is a man who strays (Prov 27:8)
26 A student is not above his ___ , nor a servant above his master (Matt 10:24)
27 and remove all its vile ___ and detestable idols (Ezek 11:18)
30 they always heap up their sins to the ___ (1Thes 2:16)
31 clump of earth and grass
32 Her Nazarites were ___ than snow, they were whiter than (Lam 4:7) KJV
34 Jesus replied, "Foxes have holes and birds of the air have ___ (Matt 8:20)
38 The Angel which redeemed me from all evil, bless the ___ (Gen 48:16) KJV
40 from foundation to ___, were made of blocks of high-grade (1 Kings 7:9)
42 throwing stones at him and showering him with ___ (2 Sam 16:13)
43 let him seek peace, and ___ it (1 Pet 3:11) (KJV)
45 Like a ___ of Lebanon he will send down his roots (Hosea 14:5)
47 till he should pay all that was ___ unto him (Matt 18:34)
48 The tower of ____ (Gen 11:9)
50 To ____ them that were under the law (Gal 4:5)
52 I ___ silver and gold for myself, and the treasure (Eccl 2:8)
55 he that wavereth is like a ____ of the sea. (James 1:6)
56 What he trusts in is fragile; what he ___ on is a spider's web. (Job 8:14)
57 whosoever of you will be the ___, shall be servant of all (Mark 10:44) KJV
61 There is ___ ___ here, which hath five barley loaves (1,3) (John 6:9)
62 if his hands are ___, the house leaks (Eccl 10:18)
64 sixth angel poured out his vial upon the great ____ Euphrates (Rev 16:12)
65 away, absent (Rev 18:14)
66 which is gone down in the sun ___ of Ahaz (Isa 38:8) KJV
67 She gave herself as a prostitute to all the ____ of the Assyrians (Ezek 23:7)
68 thou shouldest be for salvation unto the ____ of the earth (Acts 13:47) KJV
69 said through the prophet: "Out of ___ I called my son (Matt 2:15)
70 Salvation is found in no one ___, for there is no other name (Acts 4:12)

DOWN

1 the woman had a fat ___ in the house (1 Sam 28:24) KJV
2 a Levite who lived in a remote ___ in the hill country (Judg 19:1)
3 the ephod, close to the ___ just above the waistband (Ex 39:20)
4 beginning with the oldest and ___ with the youngest (Gen 44:12)
6 Fear and trembling have ___ me; horror has overwhelmed me (Ps 55:5)
7 I will measure into their ___ the full payment for (Isa 65:7)
8 See, the LORD has chosen Bezalel son of ___ (Ex.35:30)
9 let each ____ other better than themselves (Phil 2:3)
10 not to be slanderers or ___ to much wine (Titus 2:3)
11 beat against that house, and it fell with a great ___ (Matt 7:27)
12 Thou shalt truly ____ all the increase of thy seed (Deut 14:22)
13 His ___ shaft was like a weaver's rod (1 Sam 17:7)
15 Lazarus has fallen ___; but I am going there to wake him (John 11:11)
22 married a wife, deceased, and, having no ____ (Matt 22:25)
24 Saul and Abner son of Ner had ___ down (1 Sam 26:5)
26 The people have become hungry and ___ and thirsty (2 Sam 17:29)
27 was in the ____ that is called Patmos (Rev 1:9)
28 We all growl like bears; we ___ mournfully like doves (Isa 59:11)
29 If anyone ___ anything to them, God will add to him (Rev 22:18)
30 My feet stand on ___ ground (Ps 26:12)
33 you have ___ with men on foot and they have worn you out (Jer 12:5)
35 I will give him rest from all his enemies on every ____. (1 Chr 22:9)
36 the darkness is passing and the ____ light is already shining (I Jn 2:8)
37 there shall come forth a rod out of the ___ of Jesse (Isa 11:1) KJV
39 Stay with him for a while until your brother's fury ___ (Gen 27:44)
41 no longer to call her ___; her name will be Sarah.(Gen 17:15)
44 listens to me will live in safety and be at ___ (Prov 1:33)
46 the LORD; let all the people of the world ___ him (Ps 33:8)
49 Jesus was walking ___ the Sea of Galilee (Matt 4:18)
51 Do not ___ yourselves by any of these creatures (Lev 11:43)
52 The king got up in ___ ___ left his wine (1,4) (Est 7:7)
53 Like a scarecrow in a ___ patch, their idols cannot speak (Jer 10:5)
54 ___ ___ flowing with milk and honey (1,4) (Deut 26:10)
55 Dan is a lion's ___: he shall leap from Bashan (Deut 33:22) KJV
57 what Adam was made from (Job 33:6)
58 Do not those who plot ___ go astray? (Prov 14:22)
59 silver in two bags, with two ___ of clothing (2 Kings 5:23)
60 every man under his vine and under his fig ____ (1 King 4:25)
63 I'll ___ around it and fertilize it.(Luke 13:8)

Just for Kids

Flashlight TAG



Sometimes we resist the light of Christ. But when his light touches us, we can then share it with others. Play this fun game on a summer night to remember how Christ's light shines in the world.

What you need:

- Friends
- Safe open space outdoors
- A flashlight for each player

How to play:

1. Choose one person to be the Tagger, known as the Light. Only that person can have his or her flashlight on.
2. The Light tries to shine his or her flashlight on other players, who run around and try to hide in the darkness.
3. Once players have been touched by the Light, they turn on their flashlights and join in, trying to shine on others.
4. Play until everyone has been tagged by the Light. Repeat, giving everyone a turn to be the Light.

PUZZLE

GOD'S LIGHT

Summer's long days can remind us of our Creator, who made the sun and wants us to live in his light.

Directions: First, write the opposite of each word in parentheses. Then use the Word Bank words, in order, to complete 1 John 1:5-7, NIV.

WORD BANK: is in is at if in as is in with

God _____ _____; _____ _____
(dark) (her)

there _____ _____ _____ness _____ _____ . ...
(yes) (light) (none)

But _____ we _____ _____ the _____,
(run) (dark)

_____ _____ _____ _____ the _____,
(she) (dark)

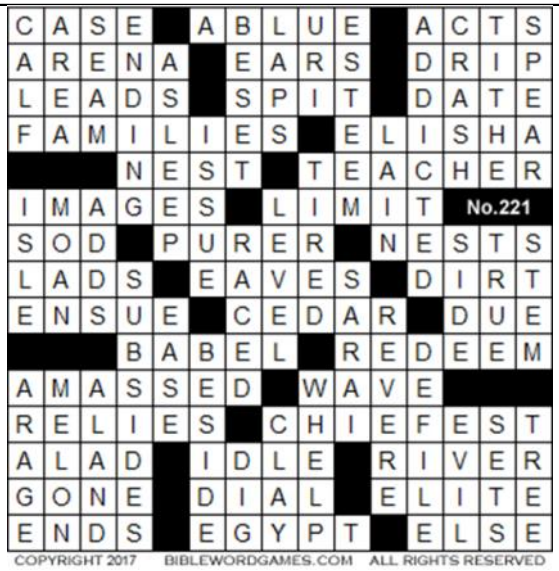
we have fellowship _____ one another. ...

1 John 1:5-7, NIV

Answer: God is light; in him there is no darkness at all . ... But if we walk in the light, as he is in the light, we have fellowship with one another. (1 John 1:5-7, NIV)

Barnum Community United Methodist Church

POSTMASTER:
Please send address changes to:
PO Box 70, 3762 Front Street
Barnum, MN 55707
(218) 389-6876 office@barnumumc.org
www.barnumumc.org



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

BUMC Ministry Team

Pastor—Lee Kantonen
Council Chair—Leon Finifrock
Youth Director—Bill Schoonover
Missions/Outreach—Connie Swanson
Secretary—Mechelle Mattson
Faith Community Nurse—Jennifer Southerton
Congregational Nurture & Care—Connie Herbert
Nursery Coordinator—Kaye Finifrock
Acolyte Coordinator—Roxanne Matten
Wednesday Night Servers—Kaye Finifrock/Terri Krueger
Custodian—Jim Calhoun

United Women in Faith—Sandy Ferguson
Bookkeeper—Tiffany Parr
Ministries Leader—Deb Halls
Staff-Parish Relations—Dawson Gentry
Worship Ministry - Lori Koski
Properties Management—Dave Matten
Discipleship Ministries—Mike Line
Sunday Servers Coordinator—Ann Kosloski
Greeters/Ushers Coordinator—Laurie Audette
Sunday Counters Coordinator—Cathy Kunze
Office Manager—Laurie Audette

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



September 2024
Volume 24—Issue 9

Bible Readings
Church Calendar
Birthdays
Anniversaries
Youth Group
Bible Buddies
Faith Community Nurse
United Women in Faith
Women's Ministry
Council Minutes
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

Office Hours (Mon-Fri)

Sunday Worship

Facebook Live 9:30 am
In Person 9:30 am

Pastor Kennection

Jesus...saw a man called Matthew sitting at the tax booth, and He said to him, "Follow me." And he rose and followed Him. (Matthew 9:9)

Where were the Apostles when Jesus called them to follow Him? It wasn't from the synagogue, was it, even though Jesus regularly was found at the synagogue. It was when the Lord was out and about in the community. The apostles were called when they were on the seashore preparing to fish, or out in their boats, the tax booth, maybe the marketplace, it was from those everyday areas of life that Jesus called them.

There is a wonderful missional heart found here at Barnum Community. My memory is relatively recent in the scheme of things, but it was so good to learn about our connection with John Sergey in years past and to listen to Pastor Sergey and learn of his evangelistic outreach to the people of what at that time was the Soviet Union. For those unfamiliar, spark up a conversation with Jen Berthelot.

Since its outset, mission has been central to the heart of churches with a Wesleyan persuasion and the United Methodist Church is no different. Recently, the Minnesota Annual Conference has been encouraging involvement of all of our churches in something called, Fresh Expressions. Very simply, it is about meeting with people around a shared area of interest while taking time to share a "Jesus Story" during the time together. For years we've known and made known that for the most part people who don't know Christ aren't going to just wander into our churches. Jesus sent his followers out to make disciples, not in.

People have been gathering at bicycling groups, kayaking groups, quilting groups, wood carving groups, golfing groups, you name it. Whatever shared area of interest people have; Fresh Expressions can be occurring there. There have even been axe throwing and burrito gatherings. The key is gathering regularly and making a point to share a Jesus story and an opportunity for prayer. Fresh Expressions is about building relationships with others outside the church. It is a time to introduce Jesus to people who likely will not wander into Barnum Community United Methodist Church or any other church building. We need to keep developing new ways of letting people know God loves them and wants to be in a relationship with them. Perhaps you have already been doing that sort of thing without calling it Fresh Expressions.

So, if you have thought sharing your faith with others is something you could never do, I invite and encourage you to think again. There might be those here at Barnum Community who share your interests to join with you to get your Fresh Expression initiated. The community is filled with people who hold shared interests in need of knowing the Lord. Thank you for sharing the love of God and inviting others to join the journey.

The Good Shepherd's Sheepdog,

Lee



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:30 Worship Service 11:00 Adult Class	**2 LABOR DAY** **Office Closed** 5-8 Youth Group	3 11:00 Prayer Group	4 5-8 Youth Group	5	6	7
8 Grandparents Day 9:30 Worship Service **Communion** 11:00 Adult Class	9 5-8 Youth Group 6:30 Council Mtg	10 11:00 Prayer Group 1:00 Moms in Prayer	11 **FAMILY NIGHT KICK OFF** 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	12	13	14
15 9:30 Worship Service 11:00 Adult Class Congregational Meeting after Church Service	16 5-8 Youth Group	17 11:00 Prayer Group 1:00 Moms in Prayer	18 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	19	20	21
22 9:30 Worship Service 11:00 Adult Class	23 5-8:00 Youth Group	24 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	25 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study Newsletter Deadline	26	27	28
29 9:30 Worship Service 11:00 Adult Class	30 5-8 Youth Group					

** Schedule subject to change.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 11:00 Prayer Group 1:00 Moms in Prayer	2 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	3	4	5
6 **Pastor Appreciation Day** 9:30 Worship Service 11:00 Adult Class	7 **COLUMBUS DAY** 5-8:00 Youth Group 6:00 Finance Mtg 6:30 Council Mtg	8 11:00 Prayer Group 1:00 Moms in Prayer	9 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	10	11	12 9:30 Secret Sister Reveal Party
13 9:30 Worship Service **Communion** 11:00 Adult Class	14 5-8:00 Youth Group	15 11:00 Prayer Group 1:00 Moms in Prayer	16 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	17	18	19
20 9:30 Worship Service 11:00 Adult Class	21 5-8:00 Youth Group	22 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	23 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	24	25	26
27 9:30 Worship Service 11:00 Adult Class	28 5-8:00 Youth Group	29 11:00 Prayer Group 1:00 Moms in Prayer Newsletter Deadline	30 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	31 **HALLOWEEN**		

** Schedule subject to change.

Daily Nourishment



OLD & NEW TESTAMENT

Sep 1: Ps 135-136; 1Cor 12
Sep 2: Ps 137-139; 1Cor 13
Sep 3: Ps 140-142; 1Cor 14:1-20
Sep 4: Ps 143-145; 1Cor 14:21-40
Sep 5: Ps 146-147; 1Cor 15:1-28
Sep 6: Ps 148-150; 1Cor 15:29-58
Sep 7: Prov 1-2; 1Cor 16
Sep 8: Prov 3-5; 2Cor 1
Sep 9: Prov 6-7; 2Cor 2
Sep 10: Prov 8-9; 2Cor 3
Sep 11: Prov 10-12; 2Cor 4
Sep 12: Prov 13-15; 2Cor 5
Sep 13: Prov 16-18; 2Cor 6
Sep 14: Prov 19-21; 2Cor 7
Sep 15: Prov 22-24; 2Cor 8
Sep 16: Prov 25-26; 2Cor 9
Sep 17: Prov 27-29; 2Cor 10
Sep 18: Prov 30-31; 2Cor 11:1-15
Sep 19: Ecc 1-3; 2Cor 11:16-33
Sep 20: Ecc 4-6; 2Cor 12
Sep 21: Ecc 7-9; 2Cor 13
Sep 22: Ecc 10-12; Gal 1
Sep 23: Song 1-3; Gal 2
Sep 24: Song 4-5; Gal 3
Sep 25: Song 6-8; Gal 4
Sep 26: Is 1-2; Gal 5
Sep 27: Is 3-4; Gal 6
Sep 28: Is 5-6; Eph 1
Sep 29: Is 7-8; Eph 2
Sep 30: Is 9-10; Eph 3

CHRONOLOGICAL

Sep 1: Ezek 18-19
Sep 2: Ezek 20-21
Sep 3: Ezek 22-23
Sep 4: Ezek 24-27
Sep 5: Ezek 28-31
Sep 6: Ezek 32-34
Sep 7: Ezek 35-37
Sep 8: Ezek 38-39
Sep 9: Ezek 40-41
Sep 10: Ezek 42-43
Sep 11: Ezek 44-45
Sep 12: Ezek 46-48
Sep 13: Joel
Sep 14: Dan 1-3
Sep 15: Dan 4-6
Sep 16: Dan 7-9
Sep 17: Dan 10-12
Sep 18: Ezra 1-3
Sep 19: Ezra 4-6; Ps 137
Sep 20: Haggai
Sep 21: Zech 1-7
Sep 22: Zech 8-14
Sep 23: Est 1-5
Sep 24: Est 6-10
Sep 25: Ezra 7-10
Sep 26: Neh 1-5
Sep 27: Neh 6-7
Sep 28: Neh 8-10
Sep 29: Neh 11-13; Ps 126
Sep 30: Malachi

Youth



Welcome to the 2024-25 School Year! Students return to their school routines and sports schedules are back. The Barnum Youth Group (BYG) is launching our new school year theme "But Wait…There's More!" Many people take life as it comes. This year we will be challenging youth that there's more to their lives. What we may see on the surface is only a part of who God created us to be. With each topic we discuss we will pause and look deeper, 'but wait…there's more'! With topics like More to Me, What's your Role, Be Kind to Others, More than Decorations, Forgiving Grudges, The Light of the World and Do you Know Me, we will be exploring so much more this year. Please pray that students are willing to look at their lives and see that they do need more and that the more they need is Jesus.

Before we say goodbye to summer, I wanted to share about an amazing experience I was able to have with a recent graduate. Tobin has attended youth group for many years, and he also loves running. At the beginning of summer, he talked about wanting to do the Moose Lake Triathlon, but he didn't want to do the whole thing. I said we could do it as a team and I would be willing to do the bike part. My wife, Serenity, said she would be willing to do the swim and all summer the three of us prepared for the big event. Serenity swam, I biked and then Tobin set out for his 3-mile run. As we were waiting for Tobin to return Serenity and I talked about how thankful we were to provide this opportunity for Tobin. As Tobin crossed the finished line the announcer said, "And here is our first team to finish." Our team placed first. We couldn't believe it. Later Tobin told me, "I've gotten second place and third place before, but I've never gotten first place!" It was our prayer that God would bless that day, and He did! I want to thank Serenity for swimming for our team and I want to thank the Barnum Church family for coming to support us during the race. You're the Best! Please pray for continued opportunities to bless the students that we work with.









Nursery Volunteers: The nursery is in need of adult volunteers and young adults during church services. Please see Kay Finifrock.

September 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Servers	Wednesday Servers
1	Willis & Kay Finifrock	Scott & Elaine Bogenholm	Bonnie Kepler Cathy Kunze	Jenna Uszenski	Deb Halls	Janet Adelsgruber Karen Smith	
8	Hazel Oachs Jay Oachs	Bing & Kathy Mattson	Brian Koski Deb Donaldson	Daniel Zinter	Deb Entner	COMMUNION SUNDAY	(11) Bette Deming Annette Meyer & Boys
15	Marilyn Criley Judy Jacobs	Chris & Annette Meyer	Robin Paulson Bonnie Kepler	Brenden Zinter	Kay Finifrock	Annette Meyer Brenda Zinter	(18) Deb Entner
22	Cheryl Peterson Terri Krueger	Steve & Sandi Vogel	Brian Koski Deb Donaldson	Liam Parr	Brenda Zinter	Deb Halls Carmen Burak	(25) Evelyn Newman
29	Audrey Sebring Annette Hammitt	Bruce & Eileen Resman	Deb Donaldson Robin Paulson	Evan Earlywine	Tiffany Parr	Connie Herbert Jackie Olson	(2) Deb Halls

October 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Serv-ers	Wednesday Servers
6	Leon Finifrock Connie Herbert	Cliff & Joyce Berggren	Robin Paulson Cathy Kunze	Daniel Zinter	Sandi Vogel	Roxanne Mat-ten Kathy Otnes	(9) Paul & Carmen Burak
13	Ann Kosloski Tiffany Parr	Steve & Sandi Vogel	Brian Koski Bonnie Kepler	Nial Parr	Sandy Ferguson	COMMUNION SUNDAY	(16) Janet Adelsgruber Karen Smith
20	Roger & Deanna Finifrock	Paul & Carmen Burak	Brian Koski Deb Donaldson	Even Earlywine	Deb Halls	Cheryl Peterson Terri Krueger	(23) Terri Krueger
27	Dianne Anderson Connie Swanson	Dave & Sandy Ferguson	Deb Donaldson Robin Paulson	Brenden Zinter	Deb Entner	Ann Kosloski Linda Jusczak	(30) Sue Nelson Kathy Otnes Rachel Finifrock



September Health and Wellness Moment

"Healthy Aging"

September is Healthy Aging Month. The mission behind this month's health topic is to draw attention to the importance of healthy lifestyles for adults 45-plus. Nowadays, it is more important than ever to follow a healthy lifestyle, remain positive and passionate about life, and to look forward to better days ahead. Sometimes, however, this is not easy to do. If you need a boost to improve your lifestyle, here are some tips to be able to age well…in other words, to get older in the healthiest way possible! Let's look at some tips to achieve and maintain physical, social, mental and financial wellness.
First of all, let's look at Mental Wellness. Many people struggle with depression, loneliness, anxiety and isolation. It is important to follow these tips.

1. Be realistic. If you feel overwhelmed by some activities, (yours and/or your family's), learn to say no. Eliminate an activity that is not absolutely necessary. It's possible that you may be taking on more responsibility than you could, or should, handle. If you meet resistance, be ready to give reasons why you are making these changes. Be willing to listen to others' suggestions and be willing to compromise.
2. Shed the "superhero" urge. Nobody is perfect. Don't expect perfection from yourself or others. Focus on what really needs to be done, how much you can realistically get done and in what time frame. It's so important to ask for help when you need it.
3. Take one thing at a time. When someone is stressed or anxious, an ordinary workload can seem unbearable at times. The best way to cope with the feeling of being overwhelmed is to take one task at a time. Once you accomplish one task, choose the next most important thing you want to get done. Some people like to check off tasks on a list; it is very satisfying and helps you visualize your progress!

Next, let's look at the importance of Physical Fitness. According to the National Center for Chronic Disease Prevention and Health Promotion, about 6 in 10 adults in the U.S. have a chronic health condition, and 4 in 10 have two or more. There are many benefits of physical activity for adults and older adults. It's important to keep moving. A body in motion stays in motion! Exercise and strength training improves quality of life, reduces anxiety, and improves sleep. It also is key in weight loss, bone health and a lower risk of falls!

4. Move more, sit less. This recommendation from health.gov is based on new evidence that shows a strong positive relationship between increased sedentary behavior and increased risk of mortality, heart disease and high blood pressure.
5. Aerobic exercise. Check with your doctor for advice on how many minutes of exercise you should be getting per week. Also ask what kind of exercise is best for you and how to know if you are doing too much.
6. Muscle strengthening. These activities provide additional health benefits, so ask your doctor about muscle strengthening as well.

Next, we'll focus on the importance of Diet. Forty two percent of Americans have had an average weight gain of 29 pounds since the beginning of the pandemic. Not only have we been eating more and moving less, but alcohol consumption has also increased in this time frame. You can check out the Dietary Guidelines for Americans 2020-2025 published by the USDA. Always talk to your doctor about what weight is healthy for you.

7. Review your daily diet and make necessary changes. You guessed it, talk to your doctor about what is best for you! Generally, it is best to eat a diet that is rich in fruits, vegetables, whole grains, fat-free or low-fat milk and dairy products, and a variety of healthy proteins. It is best to eat a diet low in saturated fats, trans fats, cholesterol, sodium and added sugars.

Next, we'll focus on the importance of Social Well-being. We are created to be social beings, we crave healthy interaction with others. After feeling isolated, some older adults find it is hard to get out and be social without becoming mentally exhausted. Here are some ways to be active in your community:
8. Volunteer. There are so many places that encourage and welcome volunteering in our communities, churches, schools. Ask a friend to join you and make it a fun event to share!
9. Dream and then get to it. Is there someplace you've always wanted to travel, explore, research? Some of these things may not be realistic or feasible, but maybe some are! Have an adventure, laugh, share a fun moment with loved ones, get out and enjoy the day! Become a pen pal, learn a new language, learn to play an instrument…the sky's the limit!

Last, we will look at Financial Well-being.

10. Launch your next career, go back to school and get a degree, take an online class, learn a new skill that you have always wanted to master. Studies show that people who retire and then become sedentary and lose their excitement for life are much more likely to be ill and unhappy.

September is Healthy Aging Month, and it is the perfect time to renew or set some lifestyle goals! Happy Fall to you all!
Reference: HealthyAging.net

"Give thanks to the Lord, for He is good. His love endures forever."
Psalms 136:1
Prayers for peace, joy and good health, and just a reminder…you are uniquely YOU by HIS design!
~Jenny S, RN, BCUMC Parish Nurse

Howdy Partner!
Here is your invitation to:



The Bible-Buddy Round-Up

This is the kick-off to the Children's WEDNESDAY BIBLE BUDDIES program at the

Barnum Community Church

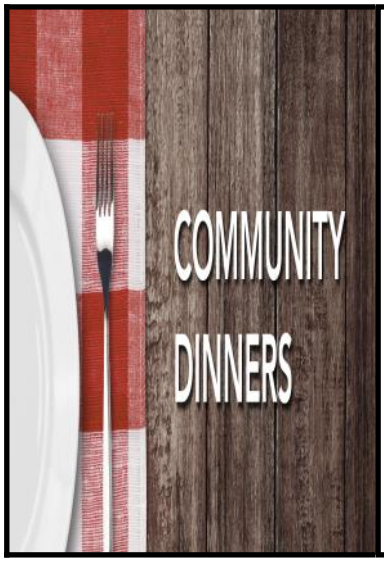
Giddy-up ya'll (ages 4-6th grade) and join up with the Bible Buddies!!

Wednesday evening September 11 at 6 - 7:15 pm, right after the Community Supper (served from 5:15 to 6pm).

After getting everyone registered and rustling up some chow, we will round up the gang of Buddies at 6 pm to enjoy activities including games, songs, crafts, and a Bible lesson.



Important Events in the Life of Our Church



Join us for
Community Dinner
&
Family Night

September 11, 18, 25

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



September 11:	*Family Night Kick Off*
	Community Dinner
	Bible Buddies
	Youth Group (7th – 12th)
	Women's Bible Study
October 31:	*Halloween Trunk or Treat*
November 20:	*Thanksgiving Dinner*
December 24:	*Christmas Eve*
	Candlelight Service



Please join us for **WOW**
"Worship on Wednesday"

6:15—6:30 Praise & Worship Music followed by a short bible lesson from Pastor Lee



The Warm Hearts Ministry will be meet Tuesday, September 24th from 10 am—3 pm to work on Warm Hearts Projects or personal projects. Please bring a lunch and join us for some great sewing time and fellowship. Bring your sewing supplies. Please RSVP Kathy Port.

United Women in Faith

United Women in Faith will be meeting on September 11 at 1:30 at the church. All women of the church are invited to attend this meeting. Ann Kosloski will be the hostess and Kathy Mattson will lead the discussion on pages 94-98 of our study book, "Life on Purpose for Women". Our heart is to assist with church projects wherever possible. Please see Sandy Ferguson for further information.



Important Events in the Life of Our Church



Mother / Child Nursing Tent:

A huge "Thank You" to all the volunteers who helped set up and tear down and work in the Baby Rest Area.





Fair time has come and gone already. Many thanks for all those who volunteered to park cars. This year over $2,600 was collected to help fund the Wednesday night youth programs reaching out to students in our Community.

The Lord's Table, September 8th

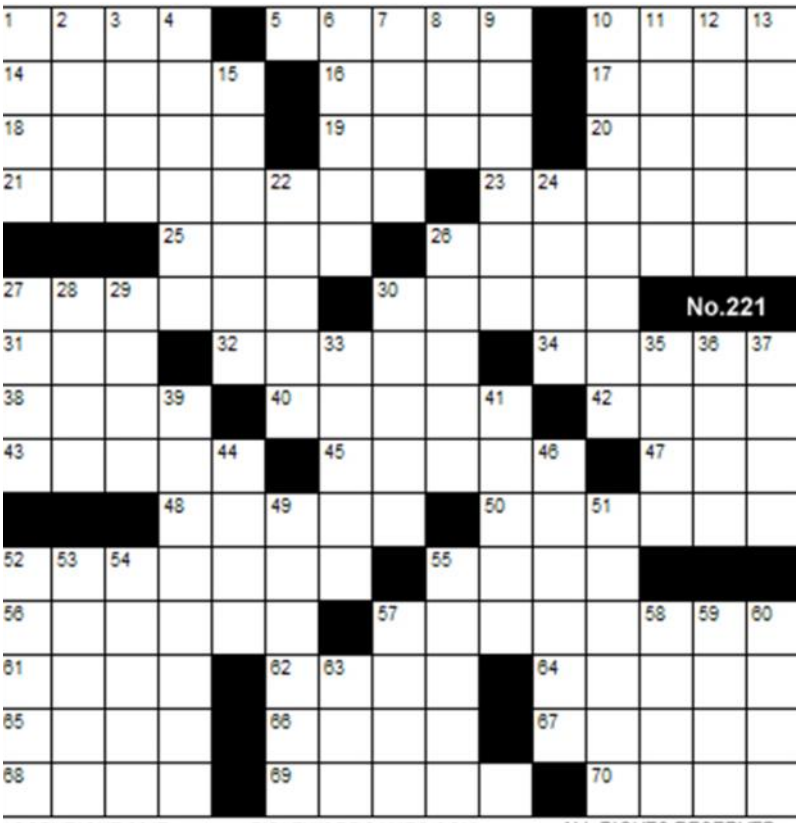


The second Sunday of the month will be our Table Sunday as a church family. We will be sharing communion at the Lord's Table, enjoying a shared-dish (potluck). Table Sunday is a monthly reminder that our life together as the family of God centers in worship, fellowship and sharing.

REMEMBER to bring a dish to share on the second Sunday and even if you aren't able, plan on staying for dinner with your family and friends here.

"Our Daily Bread" is also available on the facebook, mobile app in addition to the printed copies here in the office.

Did you miss out on a Sunday Service don't have access to Facebook or Internet? We have extra copies available for your use.



COPYRIGHT 2017 BIBLEWORDGAMES.COM ALL RIGHTS RESERVED

ACROSS

1 So Moses brought their ___ before the LORD (Num 27:5)
5 Fasten ___ ___ cord to it (1,4) (Ex 28:37)
10 fifth book of the New Testament
14 Like men condemned to die in the ___ (1 Cor 4:9)
16 Speak now in the ____ of the people (Exodus 11:2)
17 In that day the mountains will ___ new wine (Joel 3:18)
18 seems right to a man, but in the end it ___ to death (Prov 16:25)
19 Then they ___ in his face and struck him with their fists (Matt 26:67)
20 Son of man, record this ____ (Ezek 24:2)
21 because the midwives feared God, he gave them ___ of their own (Ex 1:21)
23 Elijah's successor (2 Kings 2:9)
25 Like a bird that strays from its ___ is a man who strays (Prov 27:8)
26 A student is not above his ___ , nor a servant above his master (Matt 10:24)
27 and remove all its vile ___ and detestable idols (Ezek 11:18)
30 they always heap up their sins to the ___ (1Thes 2:16)
31 clump of earth and grass
32 Her Nazarites were ___ than snow, they were whiter than (Lam 4:7) KJV
34 Jesus replied, "Foxes have holes and birds of the air have ___ (Matt 8:20)
38 The Angel which redeemed me from all evil, bless the ___ (Gen 48:16) KJV
40 from foundation to ___, were made of blocks of high-grade (1 Kings 7:9)
42 throwing stones at him and showering him with ___ (2 Sam 16:13)
43 let him seek peace, and ___ it (1 Pet 3:11) (KJV)
45 Like a ___ of Lebanon he will send down his roots (Hosea 14:5)
47 till he should pay all that was ___ unto him (Matt 18:34)
48 The tower of ____ (Gen 11:9)
50 To ____ them that were under the law (Gal 4:5)
52 I ___ silver and gold for myself, and the treasure (Eccl 2:8)
55 he that wavereth is like a ____ of the sea. (James 1:6)
56 What he trusts in is fragile; what he ___ on is a spider's web. (Job 8:14)
57 whosoever of you will be the ___, shall be servant of all (Mark 10:44) KJV
61 There is ___ ___ here, which hath five barley loaves (1,3) (John 6:9)
62 if his hands are ___, the house leaks (Eccl 10:18)
64 sixth angel poured out his vial upon the great ____ Euphrates (Rev 16:12)
65 away, absent (Rev 18:14)
66 which is gone down in the sun ___ of Ahaz (Isa 38:8) KJV
67 She gave herself as a prostitute to all the ____ of the Assyrians (Ezek 23:7)
68 thou shouldest be for salvation unto the ____ of the earth (Acts 13:47) KJV
69 said through the prophet: "Out of ___ I called my son (Matt 2:15)
70 Salvation is found in no one ___, for there is no other name (Acts 4:12)

DOWN

1 the woman had a fat ___ in the house (1 Sam 28:24) KJV
2 a Levite who lived in a remote ___ in the hill country (Judg 19:1)
3 the ephod, close to the ___ just above the waistband (Ex 39:20)
4 beginning with the oldest and ___ with the youngest (Gen 44:12)
6 Fear and trembling have ___ me; horror has overwhelmed me (Ps 55:5)
7 I will measure into their ___ the full payment for (Isa 65:7)
8 See, the LORD has chosen Bezalel son of ___ (Ex.35:30)
9 let each ____ other better than themselves (Phil 2:3)
10 not to be slanderers or ___ to much wine (Titus 2:3)
11 beat against that house, and it fell with a great ___ (Matt 7:27)
12 Thou shalt truly ____ all the increase of thy seed (Deut 14:22)
13 His ___ shaft was like a weaver's rod (1 Sam 17:7)
15 Lazarus has fallen ___; but I am going there to wake him (John 11:11)
22 married a wife, deceased, and, having no ____ (Matt 22:25)
24 Saul and Abner son of Ner had ___ down (1 Sam 26:5)
26 The people have become hungry and ___ and thirsty (2 Sam 17:29)
27 was in the ____ that is called Patmos (Rev 1:9)
28 We all growl like bears; we ___ mournfully like doves (Isa 59:11)
29 If anyone ___ anything to them, God will add to him (Rev 22:18)
30 My feet stand on ___ ground (Ps 26:12)
33 you have ___ with men on foot and they have worn you out (Jer 12:5)
35 I will give him rest from all his enemies on every ____. (1 Chr 22:9)
36 the darkness is passing and the ____ light is already shining (I Jn 2:8)
37 there shall come forth a rod out of the ___ of Jesse (Isa 11:1) KJV
39 Stay with him for a while until your brother's fury ___ (Gen 27:44)
41 no longer to call her ___; her name will be Sarah.(Gen 17:15)
44 listens to me will live in safety and be at ___ (Prov 1:33)
46 the LORD; let all the people of the world ___ him (Ps 33:8)
49 Jesus was walking ___ the Sea of Galilee (Matt 4:18)
51 Do not ___ yourselves by any of these creatures (Lev 11:43)
52 The king got up in ___ ___ left his wine (1,4) (Est 7:7)
53 Like a scarecrow in a ___ patch, their idols cannot speak (Jer 10:5)
54 ___ ___ flowing with milk and honey (1,4) (Deut 26:10)
55 Dan is a lion's ___: he shall leap from Bashan (Deut 33:22) KJV
57 what Adam was made from (Job 33:6)
58 Do not those who plot ___ go astray? (Prov 14:22)
59 silver in two bags, with two ___ of clothing (2 Kings 5:23)
60 every man under his vine and under his fig ____ (1 King 4:25)
63 I'll ___ around it and fertilize it.(Luke 13:8)

Just for Kids

Flashlight TAG



Sometimes we resist the light of Christ. But when his light touches us, we can then share it with others. Play this fun game on a summer night to remember how Christ's light shines in the world.

What you need:

- Friends
- Safe open space outdoors
- A flashlight for each player

How to play:

1. Choose one person to be the Tagger, known as the Light. Only that person can have his or her flashlight on.
2. The Light tries to shine his or her flashlight on other players, who run around and try to hide in the darkness.
3. Once players have been touched by the Light, they turn on their flashlights and join in, trying to shine on others.
4. Play until everyone has been tagged by the Light. Repeat, giving everyone a turn to be the Light.

PUZZLE

GOD'S LIGHT

Summer's long days can remind us of our Creator, who made the sun and wants us to live in his light.

Directions: First, write the opposite of each word in parentheses. Then use the Word Bank words, in order, to complete 1 John 1:5-7, NIV.

WORD BANK: is in is at if in as is in with

God _____ _____; _____ _____
(dark) (her)

there _____ _____ _____ness _____ _____ . ...
(yes) (light) (none)

But _____ we _____ _____ the _____,
(run) (dark)

_____ _____ _____ _____ the _____,
(she) (dark)

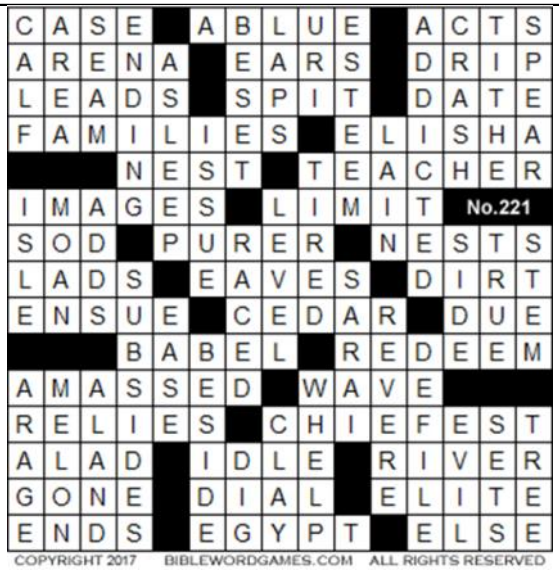
we have fellowship _____ one another. ...

1 John 1:5-7, NIV

Answer: God is light; in him there is no darkness at all . ... But if we walk in the light, as he is in the light, we have fellowship with one another. (1 John 1:5-7, NIV)

Barnum Community United Methodist Church

POSTMASTER:
Please send address changes to:
PO Box 70, 3762 Front Street
Barnum, MN 55707
(218) 389-6876 office@barnumumc.org
www.barnumumc.org



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

BUMC Ministry Team

Pastor—Lee Kantonen
Council Chair—Leon Finifrock
Youth Director—Bill Schoonover
Missions/Outreach—Connie Swanson
Secretary—Mechelle Mattson
Faith Community Nurse—Jennifer Southerton
Congregational Nurture & Care—Connie Herbert
Nursery Coordinator—Kaye Finifrock
Acolyte Coordinator—Roxanne Matten
Wednesday Night Servers—Kaye Finifrock/Terri Krueger
Custodian—Jim Calhoun

United Women in Faith—Sandy Ferguson
Bookkeeper—Tiffany Parr
Ministries Leader—Deb Halls
Staff-Parish Relations—Dawson Gentry
Worship Ministry - Lori Koski
Properties Management—Dave Matten
Discipleship Ministries—Mike Line
Sunday Servers Coordinator—Ann Kosloski
Greeters/Ushers Coordinator—Laurie Audette
Sunday Counters Coordinator—Cathy Kunze
Office Manager—Laurie Audette

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



September 2024
Volume 24—Issue 9

Bible Readings
Church Calendar
Birthdays
Anniversaries
Youth Group
Bible Buddies
Faith Community Nurse
United Women in Faith
Women's Ministry
Council Minutes
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

Office Hours (Mon-Fri)

Sunday Worship

Facebook Live 9:30 am
In Person 9:30 am

Pastor Kennection

Jesus...saw a man called Matthew sitting at the tax booth, and He said to him, "Follow me." And he rose and followed Him. (Matthew 9:9)

Where were the Apostles when Jesus called them to follow Him? It wasn't from the synagogue, was it, even though Jesus regularly was found at the synagogue. It was when the Lord was out and about in the community. The apostles were called when they were on the seashore preparing to fish, or out in their boats, the tax booth, maybe the marketplace, it was from those everyday areas of life that Jesus called them.

There is a wonderful missional heart found here at Barnum Community. My memory is relatively recent in the scheme of things, but it was so good to learn about our connection with John Sergey in years past and to listen to Pastor Sergey and learn of his evangelistic outreach to the people of what at that time was the Soviet Union. For those unfamiliar, spark up a conversation with Jen Berthelot.

Since its outset, mission has been central to the heart of churches with a Wesleyan persuasion and the United Methodist Church is no different. Recently, the Minnesota Annual Conference has been encouraging involvement of all of our churches in something called, Fresh Expressions. Very simply, it is about meeting with people around a shared area of interest while taking time to share a "Jesus Story" during the time together. For years we've known and made known that for the most part people who don't know Christ aren't going to just wander into our churches. Jesus sent his followers out to make disciples, not in.

People have been gathering at bicycling groups, kayaking groups, quilting groups, wood carving groups, golfing groups, you name it. Whatever shared area of interest people have; Fresh Expressions can be occurring there. There have even been axe throwing and burrito gatherings. The key is gathering regularly and making a point to share a Jesus story and an opportunity for prayer. Fresh Expressions is about building relationships with others outside the church. It is a time to introduce Jesus to people who likely will not wander into Barnum Community United Methodist Church or any other church building. We need to keep developing new ways of letting people know God loves them and wants to be in a relationship with them. Perhaps you have already been doing that sort of thing without calling it Fresh Expressions.

So, if you have thought sharing your faith with others is something you could never do, I invite and encourage you to think again. There might be those here at Barnum Community who share your interests to join with you to get your Fresh Expression initiated. The community is filled with people who hold shared interests in need of knowing the Lord. Thank you for sharing the love of God and inviting others to join the journey.

The Good Shepherd's Sheepdog,

Lee



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:30 Worship Service 11:00 Adult Class	**2 LABOR DAY** **Office Closed** 5-8 Youth Group	3 11:00 Prayer Group	4 5-8 Youth Group	5	6	7
8 Grandparents Day 9:30 Worship Service **Communion** 11:00 Adult Class	9 5-8 Youth Group 6:30 Council Mtg	10 11:00 Prayer Group 1:00 Moms in Prayer	11 **FAMILY NIGHT KICK OFF** 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	12	13	14
15 9:30 Worship Service 11:00 Adult Class Congregational Meeting after Church Service	16 5-8 Youth Group	17 11:00 Prayer Group 1:00 Moms in Prayer	18 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	19	20	21
22 9:30 Worship Service 11:00 Adult Class	23 5-8:00 Youth Group	24 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	25 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study Newsletter Deadline	26	27	28
29 9:30 Worship Service 11:00 Adult Class	30 5-8 Youth Group					

** Schedule subject to change.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 11:00 Prayer Group 1:00 Moms in Prayer	2 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	3	4	5
6 **Pastor Appreciation Day** 9:30 Worship Service 11:00 Adult Class	7 **COLUMBUS DAY** 5-8:00 Youth Group 6:00 Finance Mtg 6:30 Council Mtg	8 11:00 Prayer Group 1:00 Moms in Prayer	9 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	10	11	12 9:30 Secret Sister Reveal Party
13 9:30 Worship Service **Communion** 11:00 Adult Class	14 5-8:00 Youth Group	15 11:00 Prayer Group 1:00 Moms in Prayer	16 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	17	18	19
20 9:30 Worship Service 11:00 Adult Class	21 5-8:00 Youth Group	22 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	23 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	24	25	26
27 9:30 Worship Service 11:00 Adult Class	28 5-8:00 Youth Group	29 11:00 Prayer Group 1:00 Moms in Prayer Newsletter Deadline	30 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	31 **HALLOWEEN**		

** Schedule subject to change.

Daily Nourishment



OLD & NEW TESTAMENT

Sep 1: Ps 135-136; 1Cor 12
Sep 2: Ps 137-139; 1Cor 13
Sep 3: Ps 140-142; 1Cor 14:1-20
Sep 4: Ps 143-145; 1Cor 14:21-40
Sep 5: Ps 146-147; 1Cor 15:1-28
Sep 6: Ps 148-150; 1Cor 15:29-58
Sep 7: Prov 1-2; 1Cor 16
Sep 8: Prov 3-5; 2Cor 1
Sep 9: Prov 6-7; 2Cor 2
Sep 10: Prov 8-9; 2Cor 3
Sep 11: Prov 10-12; 2Cor 4
Sep 12: Prov 13-15; 2Cor 5
Sep 13: Prov 16-18; 2Cor 6
Sep 14: Prov 19-21; 2Cor 7
Sep 15: Prov 22-24; 2Cor 8
Sep 16: Prov 25-26; 2Cor 9
Sep 17: Prov 27-29; 2Cor 10
Sep 18: Prov 30-31; 2Cor 11:1-15
Sep 19: Ecc 1-3; 2Cor 11:16-33
Sep 20: Ecc 4-6; 2Cor 12
Sep 21: Ecc 7-9; 2Cor 13
Sep 22: Ecc 10-12; Gal 1
Sep 23: Song 1-3; Gal 2
Sep 24: Song 4-5; Gal 3
Sep 25: Song 6-8; Gal 4
Sep 26: Is 1-2; Gal 5
Sep 27: Is 3-4; Gal 6
Sep 28: Is 5-6; Eph 1
Sep 29: Is 7-8; Eph 2
Sep 30: Is 9-10; Eph 3

CHRONOLOGICAL

Sep 1: Ezek 18-19
Sep 2: Ezek 20-21
Sep 3: Ezek 22-23
Sep 4: Ezek 24-27
Sep 5: Ezek 28-31
Sep 6: Ezek 32-34
Sep 7: Ezek 35-37
Sep 8: Ezek 38-39
Sep 9: Ezek 40-41
Sep 10: Ezek 42-43
Sep 11: Ezek 44-45
Sep 12: Ezek 46-48
Sep 13: Joel
Sep 14: Dan 1-3
Sep 15: Dan 4-6
Sep 16: Dan 7-9
Sep 17: Dan 10-12
Sep 18: Ezra 1-3
Sep 19: Ezra 4-6; Ps 137
Sep 20: Haggai
Sep 21: Zech 1-7
Sep 22: Zech 8-14
Sep 23: Est 1-5
Sep 24: Est 6-10
Sep 25: Ezra 7-10
Sep 26: Neh 1-5
Sep 27: Neh 6-7
Sep 28: Neh 8-10
Sep 29: Neh 11-13; Ps 126
Sep 30: Malachi

Youth



Welcome to the 2024-25 School Year! Students return to their school routines and sports schedules are back. The Barnum Youth Group (BYG) is launching our new school year theme "But Wait…There's More!" Many people take life as it comes. This year we will be challenging youth that there's more to their lives. What we may see on the surface is only a part of who God created us to be. With each topic we discuss we will pause and look deeper, 'but wait…there's more'! With topics like More to Me, What's your Role, Be Kind to Others, More than Decorations, Forgiving Grudges, The Light of the World and Do you Know Me, we will be exploring so much more this year. Please pray that students are willing to look at their lives and see that they do need more and that the more they need is Jesus.

Before we say goodbye to summer, I wanted to share about an amazing experience I was able to have with a recent graduate. Tobin has attended youth group for many years, and he also loves running. At the beginning of summer, he talked about wanting to do the Moose Lake Triathlon, but he didn't want to do the whole thing. I said we could do it as a team and I would be willing to do the bike part. My wife, Serenity, said she would be willing to do the swim and all summer the three of us prepared for the big event. Serenity swam, I biked and then Tobin set out for his 3-mile run. As we were waiting for Tobin to return Serenity and I talked about how thankful we were to provide this opportunity for Tobin. As Tobin crossed the finished line the announcer said, "And here is our first team to finish." Our team placed first. We couldn't believe it. Later Tobin told me, "I've gotten second place and third place before, but I've never gotten first place!" It was our prayer that God would bless that day, and He did! I want to thank Serenity for swimming for our team and I want to thank the Barnum Church family for coming to support us during the race. You're the Best! Please pray for continued opportunities to bless the students that we work with.









Nursery Volunteers: The nursery is in need of adult volunteers and young adults during church services. Please see Kay Finifrock.

September 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Servers	Wednesday Servers
1	Willis & Kay Finifrock	Scott & Elaine Bogenholm	Bonnie Kepler Cathy Kunze	Jenna Uszenski	Deb Halls	Janet Adelsgruber Karen Smith	
8	Hazel Oachs Jay Oachs	Bing & Kathy Mattson	Brian Koski Deb Donaldson	Daniel Zinter	Deb Entner	COMMUNION SUNDAY	(11) Bette Deming Annette Meyer & Boys
15	Marilyn Criley Judy Jacobs	Chris & Annette Meyer	Robin Paulson Bonnie Kepler	Brenden Zinter	Kay Finifrock	Annette Meyer Brenda Zinter	(18) Deb Entner
22	Cheryl Peterson Terri Krueger	Steve & Sandi Vogel	Brian Koski Deb Donaldson	Liam Parr	Brenda Zinter	Deb Halls Carmen Burak	(25) Evelyn Newman
29	Audrey Sebring Annette Hammitt	Bruce & Eileen Resman	Deb Donaldson Robin Paulson	Evan Earlywine	Tiffany Parr	Connie Herbert Jackie Olson	(2) Deb Halls

October 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Serv-ers	Wednesday Servers
6	Leon Finifrock Connie Herbert	Cliff & Joyce Berggren	Robin Paulson Cathy Kunze	Daniel Zinter	Sandi Vogel	Roxanne Mat-ten Kathy Otnes	(9) Paul & Carmen Burak
13	Ann Kosloski Tiffany Parr	Steve & Sandi Vogel	Brian Koski Bonnie Kepler	Nial Parr	Sandy Ferguson	COMMUNION SUNDAY	(16) Janet Adelsgruber Karen Smith
20	Roger & Deanna Finifrock	Paul & Carmen Burak	Brian Koski Deb Donaldson	Even Earlywine	Deb Halls	Cheryl Peterson Terri Krueger	(23) Terri Krueger
27	Dianne Anderson Connie Swanson	Dave & Sandy Ferguson	Deb Donaldson Robin Paulson	Brenden Zinter	Deb Entner	Ann Kosloski Linda Jusczak	(30) Sue Nelson Kathy Otnes Rachel Finifrock



September Health and Wellness Moment

"Healthy Aging"

September is Healthy Aging Month. The mission behind this month's health topic is to draw attention to the importance of healthy lifestyles for adults 45-plus. Nowadays, it is more important than ever to follow a healthy lifestyle, remain positive and passionate about life, and to look forward to better days ahead. Sometimes, however, this is not easy to do. If you need a boost to improve your lifestyle, here are some tips to be able to age well…in other words, to get older in the healthiest way possible! Let's look at some tips to achieve and maintain physical, social, mental and financial wellness.
First of all, let's look at Mental Wellness. Many people struggle with depression, loneliness, anxiety and isolation. It is important to follow these tips.

1. Be realistic. If you feel overwhelmed by some activities, (yours and/or your family's), learn to say no. Eliminate an activity that is not absolutely necessary. It's possible that you may be taking on more responsibility than you could, or should, handle. If you meet resistance, be ready to give reasons why you are making these changes. Be willing to listen to others' suggestions and be willing to compromise.
2. Shed the "superhero" urge. Nobody is perfect. Don't expect perfection from yourself or others. Focus on what really needs to be done, how much you can realistically get done and in what time frame. It's so important to ask for help when you need it.
3. Take one thing at a time. When someone is stressed or anxious, an ordinary workload can seem unbearable at times. The best way to cope with the feeling of being overwhelmed is to take one task at a time. Once you accomplish one task, choose the next most important thing you want to get done. Some people like to check off tasks on a list; it is very satisfying and helps you visualize your progress!

Next, let's look at the importance of Physical Fitness. According to the National Center for Chronic Disease Prevention and Health Promotion, about 6 in 10 adults in the U.S. have a chronic health condition, and 4 in 10 have two or more. There are many benefits of physical activity for adults and older adults. It's important to keep moving. A body in motion stays in motion! Exercise and strength training improves quality of life, reduces anxiety, and improves sleep. It also is key in weight loss, bone health and a lower risk of falls!

4. Move more, sit less. This recommendation from health.gov is based on new evidence that shows a strong positive relationship between increased sedentary behavior and increased risk of mortality, heart disease and high blood pressure.
5. Aerobic exercise. Check with your doctor for advice on how many minutes of exercise you should be getting per week. Also ask what kind of exercise is best for you and how to know if you are doing too much.
6. Muscle strengthening. These activities provide additional health benefits, so ask your doctor about muscle strengthening as well.

Next, we'll focus on the importance of Diet. Forty two percent of Americans have had an average weight gain of 29 pounds since the beginning of the pandemic. Not only have we been eating more and moving less, but alcohol consumption has also increased in this time frame. You can check out the Dietary Guidelines for Americans 2020-2025 published by the USDA. Always talk to your doctor about what weight is healthy for you.

7. Review your daily diet and make necessary changes. You guessed it, talk to your doctor about what is best for you! Generally, it is best to eat a diet that is rich in fruits, vegetables, whole grains, fat-free or low-fat milk and dairy products, and a variety of healthy proteins. It is best to eat a diet low in saturated fats, trans fats, cholesterol, sodium and added sugars.

Next, we'll focus on the importance of Social Well-being. We are created to be social beings, we crave healthy interaction with others. After feeling isolated, some older adults find it is hard to get out and be social without becoming mentally exhausted. Here are some ways to be active in your community:
8. Volunteer. There are so many places that encourage and welcome volunteering in our communities, churches, schools. Ask a friend to join you and make it a fun event to share!
9. Dream and then get to it. Is there someplace you've always wanted to travel, explore, research? Some of these things may not be realistic or feasible, but maybe some are! Have an adventure, laugh, share a fun moment with loved ones, get out and enjoy the day! Become a pen pal, learn a new language, learn to play an instrument…the sky's the limit!

Last, we will look at Financial Well-being.

10. Launch your next career, go back to school and get a degree, take an online class, learn a new skill that you have always wanted to master. Studies show that people who retire and then become sedentary and lose their excitement for life are much more likely to be ill and unhappy.

September is Healthy Aging Month, and it is the perfect time to renew or set some lifestyle goals! Happy Fall to you all!
Reference: HealthyAging.net

"Give thanks to the Lord, for He is good. His love endures forever."
Psalms 136:1
Prayers for peace, joy and good health, and just a reminder…you are uniquely YOU by HIS design!
~Jenny S, RN, BCUMC Parish Nurse

Howdy Partner!
Here is your invitation to:



The Bible-Buddy Round-Up

This is the kick-off to the Children's WEDNESDAY BIBLE BUDDIES program at the

Barnum Community Church

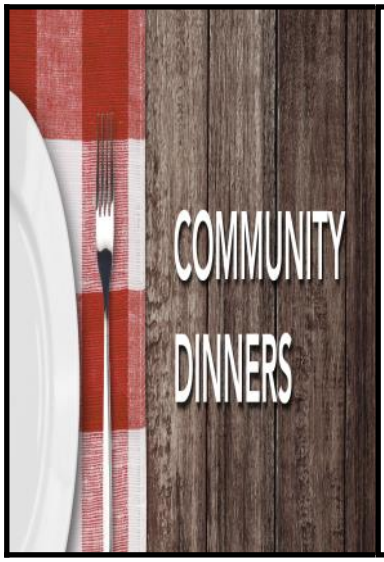
Giddy-up ya'll (ages 4-6th grade) and join up with the Bible Buddies!!

Wednesday evening September 11 at 6 - 7:15 pm, right after the Community Supper (served from 5:15 to 6pm).

After getting everyone registered and rustling up some chow, we will round up the gang of Buddies at 6 pm to enjoy activities including games, songs, crafts, and a Bible lesson.



Important Events in the Life of Our Church



Join us for
Community Dinner
&
Family Night

September 11, 18, 25

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



September 11:	*Family Night Kick Off*
	Community Dinner
	Bible Buddies
	Youth Group (7th – 12th)
	Women's Bible Study
October 31:	*Halloween Trunk or Treat*
November 20:	*Thanksgiving Dinner*
December 24:	*Christmas Eve*
	Candlelight Service



Please join us for **WOW**
"Worship on Wednesday"

6:15—6:30 Praise & Worship Music followed by a short bible lesson from Pastor Lee



The Warm Hearts Ministry will be meet Tuesday, September 24th from 10 am—3 pm to work on Warm Hearts Projects or personal projects. Please bring a lunch and join us for some great sewing time and fellowship. Bring your sewing supplies. Please RSVP Kathy Port.

United Women in Faith

United Women in Faith will be meeting on September 11 at 1:30 at the church. All women of the church are invited to attend this meeting. Ann Kosloski will be the hostess and Kathy Mattson will lead the discussion on pages 94-98 of our study book, "Life on Purpose for Women". Our heart is to assist with church projects wherever possible. Please see Sandy Ferguson for further information.



Important Events in the Life of Our Church



Mother / Child Nursing Tent:

A huge "Thank You" to all the volunteers who helped set up and tear down and work in the Baby Rest Area.





Fair time has come and gone already. Many thanks for all those who volunteered to park cars. This year over $2,600 was collected to help fund the Wednesday night youth programs reaching out to students in our Community.

The Lord's Table, September 8th

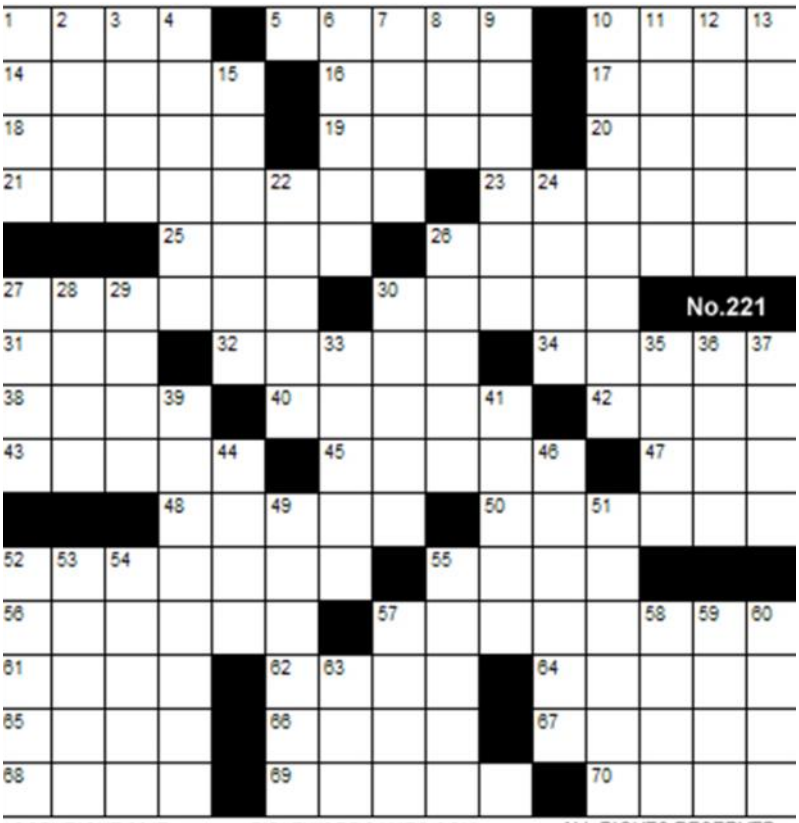


The second Sunday of the month will be our Table Sunday as a church family. We will be sharing communion at the Lord's Table, enjoying a shared-dish (potluck). Table Sunday is a monthly reminder that our life together as the family of God centers in worship, fellowship and sharing.

REMEMBER to bring a dish to share on the second Sunday and even if you aren't able, plan on staying for dinner with your family and friends here.

"Our Daily Bread" is also available on the facebook, mobile app in addition to the printed copies here in the office.

Did you miss out on a Sunday Service don't have access to Facebook or Internet? We have extra copies available for your use.



COPYRIGHT 2017 BIBLEWORDGAMES.COM ALL RIGHTS RESERVED

ACROSS

1 So Moses brought their ___ before the LORD (Num 27:5)
5 Fasten ___ ___ cord to it (1,4) (Ex 28:37)
10 fifth book of the New Testament
14 Like men condemned to die in the ___ (1 Cor 4:9)
16 Speak now in the ____ of the people (Exodus 11:2)
17 In that day the mountains will ___ new wine (Joel 3:18)
18 seems right to a man, but in the end it ___ to death (Prov 16:25)
19 Then they ___ in his face and struck him with their fists (Matt 26:67)
20 Son of man, record this ____ (Ezek 24:2)
21 because the midwives feared God, he gave them ___ of their own (Ex 1:21)
23 Elijah's successor (2 Kings 2:9)
25 Like a bird that strays from its ___ is a man who strays (Prov 27:8)
26 A student is not above his ___ , nor a servant above his master (Matt 10:24)
27 and remove all its vile ___ and detestable idols (Ezek 11:18)
30 they always heap up their sins to the ___ (1Thes 2:16)
31 clump of earth and grass
32 Her Nazarites were ___ than snow, they were whiter than (Lam 4:7) KJV
34 Jesus replied, "Foxes have holes and birds of the air have ___ (Matt 8:20)
38 The Angel which redeemed me from all evil, bless the ___ (Gen 48:16) KJV
40 from foundation to ___, were made of blocks of high-grade (1 Kings 7:9)
42 throwing stones at him and showering him with ___ (2 Sam 16:13)
43 let him seek peace, and ___ it (1 Pet 3:11) (KJV)
45 Like a ___ of Lebanon he will send down his roots (Hosea 14:5)
47 till he should pay all that was ___ unto him (Matt 18:34)
48 The tower of ____ (Gen 11:9)
50 To ____ them that were under the law (Gal 4:5)
52 I ___ silver and gold for myself, and the treasure (Eccl 2:8)
55 he that wavereth is like a ____ of the sea. (James 1:6)
56 What he trusts in is fragile; what he ___ on is a spider's web. (Job 8:14)
57 whosoever of you will be the ___, shall be servant of all (Mark 10:44) KJV
61 There is ___ ___ here, which hath five barley loaves (1,3) (John 6:9)
62 if his hands are ___, the house leaks (Eccl 10:18)
64 sixth angel poured out his vial upon the great ____ Euphrates (Rev 16:12)
65 away, absent (Rev 18:14)
66 which is gone down in the sun ___ of Ahaz (Isa 38:8) KJV
67 She gave herself as a prostitute to all the ____ of the Assyrians (Ezek 23:7)
68 thou shouldest be for salvation unto the ____ of the earth (Acts 13:47) KJV
69 said through the prophet: "Out of ___ I called my son (Matt 2:15)
70 Salvation is found in no one ___, for there is no other name (Acts 4:12)

DOWN

1 the woman had a fat ___ in the house (1 Sam 28:24) KJV
2 a Levite who lived in a remote ___ in the hill country (Judg 19:1)
3 the ephod, close to the ___ just above the waistband (Ex 39:20)
4 beginning with the oldest and ___ with the youngest (Gen 44:12)
6 Fear and trembling have ___ me; horror has overwhelmed me (Ps 55:5)
7 I will measure into their ___ the full payment for (Isa 65:7)
8 See, the LORD has chosen Bezalel son of ___ (Ex.35:30)
9 let each ____ other better than themselves (Phil 2:3)
10 not to be slanderers or ___ to much wine (Titus 2:3)
11 beat against that house, and it fell with a great ___ (Matt 7:27)
12 Thou shalt truly ____ all the increase of thy seed (Deut 14:22)
13 His ___ shaft was like a weaver's rod (1 Sam 17:7)
15 Lazarus has fallen ___; but I am going there to wake him (John 11:11)
22 married a wife, deceased, and, having no ____ (Matt 22:25)
24 Saul and Abner son of Ner had ___ down (1 Sam 26:5)
26 The people have become hungry and ___ and thirsty (2 Sam 17:29)
27 was in the ____ that is called Patmos (Rev 1:9)
28 We all growl like bears; we ___ mournfully like doves (Isa 59:11)
29 If anyone ___ anything to them, God will add to him (Rev 22:18)
30 My feet stand on ___ ground (Ps 26:12)
33 you have ___ with men on foot and they have worn you out (Jer 12:5)
35 I will give him rest from all his enemies on every ____. (1 Chr 22:9)
36 the darkness is passing and the ____ light is already shining (I Jn 2:8)
37 there shall come forth a rod out of the ___ of Jesse (Isa 11:1) KJV
39 Stay with him for a while until your brother's fury ___ (Gen 27:44)
41 no longer to call her ___; her name will be Sarah.(Gen 17:15)
44 listens to me will live in safety and be at ___ (Prov 1:33)
46 the LORD; let all the people of the world ___ him (Ps 33:8)
49 Jesus was walking ___ the Sea of Galilee (Matt 4:18)
51 Do not ___ yourselves by any of these creatures (Lev 11:43)
52 The king got up in ___ ___ left his wine (1,4) (Est 7:7)
53 Like a scarecrow in a ___ patch, their idols cannot speak (Jer 10:5)
54 ___ ___ flowing with milk and honey (1,4) (Deut 26:10)
55 Dan is a lion's ___: he shall leap from Bashan (Deut 33:22) KJV
57 what Adam was made from (Job 33:6)
58 Do not those who plot ___ go astray? (Prov 14:22)
59 silver in two bags, with two ___ of clothing (2 Kings 5:23)
60 every man under his vine and under his fig ____ (1 King 4:25)
63 I'll ___ around it and fertilize it.(Luke 13:8)

Just for Kids

Flashlight TAG



Sometimes we resist the light of Christ. But when his light touches us, we can then share it with others. Play this fun game on a summer night to remember how Christ's light shines in the world.

What you need:

- Friends
- Safe open space outdoors
- A flashlight for each player

How to play:

1. Choose one person to be the Tagger, known as the Light. Only that person can have his or her flashlight on.
2. The Light tries to shine his or her flashlight on other players, who run around and try to hide in the darkness.
3. Once players have been touched by the Light, they turn on their flashlights and join in, trying to shine on others.
4. Play until everyone has been tagged by the Light. Repeat, giving everyone a turn to be the Light.

PUZZLE

GOD'S LIGHT

Summer's long days can remind us of our Creator, who made the sun and wants us to live in his light.

Directions: First, write the opposite of each word in parentheses. Then use the Word Bank words, in order, to complete 1 John 1:5-7, NIV.

WORD BANK: is in is at if in as is in with

God _____ _____; _____ _____
(dark) (her)

there _____ _____ _____ness _____ _____ . ...
(yes) (light) (none)

But _____ we _____ _____ the _____,
(run) (dark)

_____ _____ _____ _____ the _____,
(she) (dark)

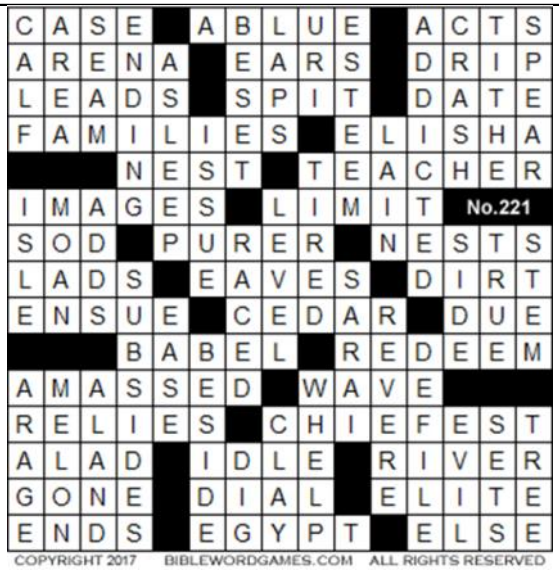
we have fellowship _____ one another. ...

1 John 1:5-7, NIV

Answer: God is light; in him there is no darkness at all . ... But if we walk in the light, as he is in the light, we have fellowship with one another. (1 John 1:5-7, NIV)

Barnum Community United Methodist Church

POSTMASTER:
Please send address changes to:
PO Box 70, 3762 Front Street
Barnum, MN 55707
(218) 389-6876 office@barnumumc.org
www.barnumumc.org



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

BUMC Ministry Team

Pastor—Lee Kantonen
Council Chair—Leon Finifrock
Youth Director—Bill Schoonover
Missions/Outreach—Connie Swanson
Secretary—Mechelle Mattson
Faith Community Nurse—Jennifer Southerton
Congregational Nurture & Care—Connie Herbert
Nursery Coordinator—Kaye Finifrock
Acolyte Coordinator—Roxanne Matten
Wednesday Night Servers—Kaye Finifrock/Terri Krueger
Custodian—Jim Calhoun

United Women in Faith—Sandy Ferguson
Bookkeeper—Tiffany Parr
Ministries Leader—Deb Halls
Staff-Parish Relations—Dawson Gentry
Worship Ministry - Lori Koski
Properties Management—Dave Matten
Discipleship Ministries—Mike Line
Sunday Servers Coordinator—Ann Kosloski
Greeters/Ushers Coordinator—Laurie Audette
Sunday Counters Coordinator—Cathy Kunze
Office Manager—Laurie Audette

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



September 2024
Volume 24—Issue 9

Bible Readings
Church Calendar
Birthdays
Anniversaries
Youth Group
Bible Buddies
Faith Community Nurse
United Women in Faith
Women's Ministry
Council Minutes
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

Office Hours (Mon-Fri)

Sunday Worship

Facebook Live 9:30 am
In Person 9:30 am

Pastor Kennection

Jesus...saw a man called Matthew sitting at the tax booth, and He said to him, "Follow me." And he rose and followed Him. (Matthew 9:9)

Where were the Apostles when Jesus called them to follow Him? It wasn't from the synagogue, was it, even though Jesus regularly was found at the synagogue. It was when the Lord was out and about in the community. The apostles were called when they were on the seashore preparing to fish, or out in their boats, the tax booth, maybe the marketplace, it was from those everyday areas of life that Jesus called them.

There is a wonderful missional heart found here at Barnum Community. My memory is relatively recent in the scheme of things, but it was so good to learn about our connection with John Sergey in years past and to listen to Pastor Sergey and learn of his evangelistic outreach to the people of what at that time was the Soviet Union. For those unfamiliar, spark up a conversation with Jen Berthelot.

Since its outset, mission has been central to the heart of churches with a Wesleyan persuasion and the United Methodist Church is no different. Recently, the Minnesota Annual Conference has been encouraging involvement of all of our churches in something called, Fresh Expressions. Very simply, it is about meeting with people around a shared area of interest while taking time to share a "Jesus Story" during the time together. For years we've known and made known that for the most part people who don't know Christ aren't going to just wander into our churches. Jesus sent his followers out to make disciples, not in.

People have been gathering at bicycling groups, kayaking groups, quilting groups, wood carving groups, golfing groups, you name it. Whatever shared area of interest people have; Fresh Expressions can be occurring there. There have even been axe throwing and burrito gatherings. The key is gathering regularly and making a point to share a Jesus story and an opportunity for prayer. Fresh Expressions is about building relationships with others outside the church. It is a time to introduce Jesus to people who likely will not wander into Barnum Community United Methodist Church or any other church building. We need to keep developing new ways of letting people know God loves them and wants to be in a relationship with them. Perhaps you have already been doing that sort of thing without calling it Fresh Expressions.

So, if you have thought sharing your faith with others is something you could never do, I invite and encourage you to think again. There might be those here at Barnum Community who share your interests to join with you to get your Fresh Expression initiated. The community is filled with people who hold shared interests in need of knowing the Lord. Thank you for sharing the love of God and inviting others to join the journey.

The Good Shepherd's Sheepdog,

Lee



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:30 Worship Service 11:00 Adult Class	**2 LABOR DAY** **Office Closed** 5-8 Youth Group	3 11:00 Prayer Group	4 5-8 Youth Group	5	6	7
8 Grandparents Day 9:30 Worship Service **Communion** 11:00 Adult Class	9 5-8 Youth Group 6:30 Council Mtg	10 11:00 Prayer Group 1:00 Moms in Prayer	11 **FAMILY NIGHT KICK OFF** 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	12	13	14
15 9:30 Worship Service 11:00 Adult Class Congregational Meeting after Church Service	16 5-8 Youth Group	17 11:00 Prayer Group 1:00 Moms in Prayer	18 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	19	20	21
22 9:30 Worship Service 11:00 Adult Class	23 5-8:00 Youth Group	24 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	25 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study Newsletter Deadline	26	27	28
29 9:30 Worship Service 11:00 Adult Class	30 5-8 Youth Group					

** Schedule subject to change.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 11:00 Prayer Group 1:00 Moms in Prayer	2 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	3	4	5
6 **Pastor Appreciation Day** 9:30 Worship Service 11:00 Adult Class	7 **COLUMBUS DAY** 5-8:00 Youth Group 6:00 Finance Mtg 6:30 Council Mtg	8 11:00 Prayer Group 1:00 Moms in Prayer	9 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	10	11	12 9:30 Secret Sister Reveal Party
13 9:30 Worship Service **Communion** 11:00 Adult Class	14 5-8:00 Youth Group	15 11:00 Prayer Group 1:00 Moms in Prayer	16 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	17	18	19
20 9:30 Worship Service 11:00 Adult Class	21 5-8:00 Youth Group	22 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	23 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	24	25	26
27 9:30 Worship Service 11:00 Adult Class	28 5-8:00 Youth Group	29 11:00 Prayer Group 1:00 Moms in Prayer Newsletter Deadline	30 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	31 **HALLOWEEN**		

** Schedule subject to change.

Daily Nourishment



OLD & NEW TESTAMENT

Sep 1: Ps 135-136; 1Cor 12
Sep 2: Ps 137-139; 1Cor 13
Sep 3: Ps 140-142; 1Cor 14:1-20
Sep 4: Ps 143-145; 1Cor 14:21-40
Sep 5: Ps 146-147; 1Cor 15:1-28
Sep 6: Ps 148-150; 1Cor 15:29-58
Sep 7: Prov 1-2; 1Cor 16
Sep 8: Prov 3-5; 2Cor 1
Sep 9: Prov 6-7; 2Cor 2
Sep 10: Prov 8-9; 2Cor 3
Sep 11: Prov 10-12; 2Cor 4
Sep 12: Prov 13-15; 2Cor 5
Sep 13: Prov 16-18; 2Cor 6
Sep 14: Prov 19-21; 2Cor 7
Sep 15: Prov 22-24; 2Cor 8
Sep 16: Prov 25-26; 2Cor 9
Sep 17: Prov 27-29; 2Cor 10
Sep 18: Prov 30-31; 2Cor 11:1-15
Sep 19: Ecc 1-3; 2Cor 11:16-33
Sep 20: Ecc 4-6; 2Cor 12
Sep 21: Ecc 7-9; 2Cor 13
Sep 22: Ecc 10-12; Gal 1
Sep 23: Song 1-3; Gal 2
Sep 24: Song 4-5; Gal 3
Sep 25: Song 6-8; Gal 4
Sep 26: Is 1-2; Gal 5
Sep 27: Is 3-4; Gal 6
Sep 28: Is 5-6; Eph 1
Sep 29: Is 7-8; Eph 2
Sep 30: Is 9-10; Eph 3

CHRONOLOGICAL

Sep 1: Ezek 18-19
Sep 2: Ezek 20-21
Sep 3: Ezek 22-23
Sep 4: Ezek 24-27
Sep 5: Ezek 28-31
Sep 6: Ezek 32-34
Sep 7: Ezek 35-37
Sep 8: Ezek 38-39
Sep 9: Ezek 40-41
Sep 10: Ezek 42-43
Sep 11: Ezek 44-45
Sep 12: Ezek 46-48
Sep 13: Joel
Sep 14: Dan 1-3
Sep 15: Dan 4-6
Sep 16: Dan 7-9
Sep 17: Dan 10-12
Sep 18: Ezra 1-3
Sep 19: Ezra 4-6; Ps 137
Sep 20: Haggai
Sep 21: Zech 1-7
Sep 22: Zech 8-14
Sep 23: Est 1-5
Sep 24: Est 6-10
Sep 25: Ezra 7-10
Sep 26: Neh 1-5
Sep 27: Neh 6-7
Sep 28: Neh 8-10
Sep 29: Neh 11-13; Ps 126
Sep 30: Malachi

Youth



Welcome to the 2024-25 School Year! Students return to their school routines and sports schedules are back. The Barnum Youth Group (BYG) is launching our new school year theme "But Wait…There's More!" Many people take life as it comes. This year we will be challenging youth that there's more to their lives. What we may see on the surface is only a part of who God created us to be. With each topic we discuss we will pause and look deeper, 'but wait…there's more'! With topics like More to Me, What's your Role, Be Kind to Others, More than Decorations, Forgiving Grudges, The Light of the World and Do you Know Me, we will be exploring so much more this year. Please pray that students are willing to look at their lives and see that they do need more and that the more they need is Jesus.

Before we say goodbye to summer, I wanted to share about an amazing experience I was able to have with a recent graduate. Tobin has attended youth group for many years, and he also loves running. At the beginning of summer, he talked about wanting to do the Moose Lake Triathlon, but he didn't want to do the whole thing. I said we could do it as a team and I would be willing to do the bike part. My wife, Serenity, said she would be willing to do the swim and all summer the three of us prepared for the big event. Serenity swam, I biked and then Tobin set out for his 3-mile run. As we were waiting for Tobin to return Serenity and I talked about how thankful we were to provide this opportunity for Tobin. As Tobin crossed the finished line the announcer said, "And here is our first team to finish." Our team placed first. We couldn't believe it. Later Tobin told me, "I've gotten second place and third place before, but I've never gotten first place!" It was our prayer that God would bless that day, and He did! I want to thank Serenity for swimming for our team and I want to thank the Barnum Church family for coming to support us during the race. You're the Best! Please pray for continued opportunities to bless the students that we work with.









Nursery Volunteers: The nursery is in need of adult volunteers and young adults during church services. Please see Kay Finifrock.

September 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Servers	Wednesday Servers
1	Willis & Kay Finifrock	Scott & Elaine Bogenholm	Bonnie Kepler Cathy Kunze	Jenna Uszenski	Deb Halls	Janet Adelsgruber Karen Smith	
8	Hazel Oachs Jay Oachs	Bing & Kathy Mattson	Brian Koski Deb Donaldson	Daniel Zinter	Deb Entner	COMMUNION SUNDAY	(11) Bette Deming Annette Meyer & Boys
15	Marilyn Criley Judy Jacobs	Chris & Annette Meyer	Robin Paulson Bonnie Kepler	Brenden Zinter	Kay Finifrock	Annette Meyer Brenda Zinter	(18) Deb Entner
22	Cheryl Peterson Terri Krueger	Steve & Sandi Vogel	Brian Koski Deb Donaldson	Liam Parr	Brenda Zinter	Deb Halls Carmen Burak	(25) Evelyn Newman
29	Audrey Sebring Annette Hammitt	Bruce & Eileen Resman	Deb Donaldson Robin Paulson	Evan Earlywine	Tiffany Parr	Connie Herbert Jackie Olson	(2) Deb Halls

October 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Serv-ers	Wednesday Servers
6	Leon Finifrock Connie Herbert	Cliff & Joyce Berggren	Robin Paulson Cathy Kunze	Daniel Zinter	Sandi Vogel	Roxanne Mat-ten Kathy Otnes	(9) Paul & Carmen Burak
13	Ann Kosloski Tiffany Parr	Steve & Sandi Vogel	Brian Koski Bonnie Kepler	Nial Parr	Sandy Ferguson	COMMUNION SUNDAY	(16) Janet Adelsgruber Karen Smith
20	Roger & Deanna Finifrock	Paul & Carmen Burak	Brian Koski Deb Donaldson	Even Earlywine	Deb Halls	Cheryl Peterson Terri Krueger	(23) Terri Krueger
27	Dianne Anderson Connie Swanson	Dave & Sandy Ferguson	Deb Donaldson Robin Paulson	Brenden Zinter	Deb Entner	Ann Kosloski Linda Jusczak	(30) Sue Nelson Kathy Otnes Rachel Finifrock



September Health and Wellness Moment

"Healthy Aging"

September is Healthy Aging Month. The mission behind this month's health topic is to draw attention to the importance of healthy lifestyles for adults 45-plus. Nowadays, it is more important than ever to follow a healthy lifestyle, remain positive and passionate about life, and to look forward to better days ahead. Sometimes, however, this is not easy to do. If you need a boost to improve your lifestyle, here are some tips to be able to age well…in other words, to get older in the healthiest way possible! Let's look at some tips to achieve and maintain physical, social, mental and financial wellness.
First of all, let's look at Mental Wellness. Many people struggle with depression, loneliness, anxiety and isolation. It is important to follow these tips.

1. Be realistic. If you feel overwhelmed by some activities, (yours and/or your family's), learn to say no. Eliminate an activity that is not absolutely necessary. It's possible that you may be taking on more responsibility than you could, or should, handle. If you meet resistance, be ready to give reasons why you are making these changes. Be willing to listen to others' suggestions and be willing to compromise.
2. Shed the "superhero" urge. Nobody is perfect. Don't expect perfection from yourself or others. Focus on what really needs to be done, how much you can realistically get done and in what time frame. It's so important to ask for help when you need it.
3. Take one thing at a time. When someone is stressed or anxious, an ordinary workload can seem unbearable at times. The best way to cope with the feeling of being overwhelmed is to take one task at a time. Once you accomplish one task, choose the next most important thing you want to get done. Some people like to check off tasks on a list; it is very satisfying and helps you visualize your progress!

Next, let's look at the importance of Physical Fitness. According to the National Center for Chronic Disease Prevention and Health Promotion, about 6 in 10 adults in the U.S. have a chronic health condition, and 4 in 10 have two or more. There are many benefits of physical activity for adults and older adults. It's important to keep moving. A body in motion stays in motion! Exercise and strength training improves quality of life, reduces anxiety, and improves sleep. It also is key in weight loss, bone health and a lower risk of falls!

4. Move more, sit less. This recommendation from health.gov is based on new evidence that shows a strong positive relationship between increased sedentary behavior and increased risk of mortality, heart disease and high blood pressure.
5. Aerobic exercise. Check with your doctor for advice on how many minutes of exercise you should be getting per week. Also ask what kind of exercise is best for you and how to know if you are doing too much.
6. Muscle strengthening. These activities provide additional health benefits, so ask your doctor about muscle strengthening as well.

Next, we'll focus on the importance of Diet. Forty two percent of Americans have had an average weight gain of 29 pounds since the beginning of the pandemic. Not only have we been eating more and moving less, but alcohol consumption has also increased in this time frame. You can check out the Dietary Guidelines for Americans 2020-2025 published by the USDA. Always talk to your doctor about what weight is healthy for you.

7. Review your daily diet and make necessary changes. You guessed it, talk to your doctor about what is best for you! Generally, it is best to eat a diet that is rich in fruits, vegetables, whole grains, fat-free or low-fat milk and dairy products, and a variety of healthy proteins. It is best to eat a diet low in saturated fats, trans fats, cholesterol, sodium and added sugars.

Next, we'll focus on the importance of Social Well-being. We are created to be social beings, we crave healthy interaction with others. After feeling isolated, some older adults find it is hard to get out and be social without becoming mentally exhausted. Here are some ways to be active in your community:
8. Volunteer. There are so many places that encourage and welcome volunteering in our communities, churches, schools. Ask a friend to join you and make it a fun event to share!
9. Dream and then get to it. Is there someplace you've always wanted to travel, explore, research? Some of these things may not be realistic or feasible, but maybe some are! Have an adventure, laugh, share a fun moment with loved ones, get out and enjoy the day! Become a pen pal, learn a new language, learn to play an instrument…the sky's the limit!

Last, we will look at Financial Well-being.

10. Launch your next career, go back to school and get a degree, take an online class, learn a new skill that you have always wanted to master. Studies show that people who retire and then become sedentary and lose their excitement for life are much more likely to be ill and unhappy.

September is Healthy Aging Month, and it is the perfect time to renew or set some lifestyle goals! Happy Fall to you all!
Reference: HealthyAging.net

"Give thanks to the Lord, for He is good. His love endures forever."
Psalms 136:1
Prayers for peace, joy and good health, and just a reminder…you are uniquely YOU by HIS design!
~Jenny S, RN, BCUMC Parish Nurse

Howdy Partner!
Here is your invitation to:



The Bible-Buddy Round-Up

This is the kick-off to the Children's WEDNESDAY BIBLE BUDDIES program at the

Barnum Community Church

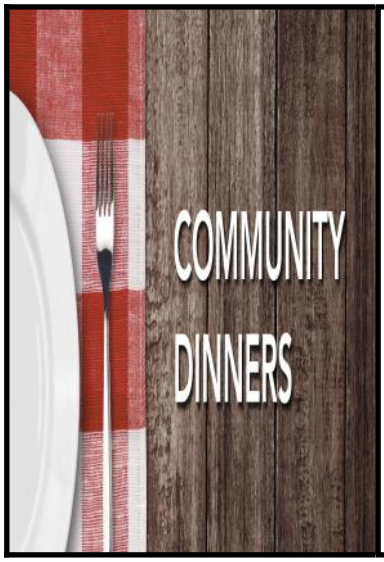
Giddy-up ya'll (ages 4-6th grade) and join up with the Bible Buddies!!

Wednesday evening September 11 at 6 - 7:15 pm, right after the Community Supper (served from 5:15 to 6pm).

After getting everyone registered and rustling up some chow, we will round up the gang of Buddies at 6 pm to enjoy activities including games, songs, crafts, and a Bible lesson.



Important Events in the Life of Our Church



Join us for
Community Dinner
&
Family Night

September 11, 18, 25

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



September 11:	*Family Night Kick Off*
	Community Dinner
	Bible Buddies
	Youth Group (7th – 12th)
	Women's Bible Study
October 31:	*Halloween Trunk or Treat*
November 20:	*Thanksgiving Dinner*
December 24:	*Christmas Eve*
	Candlelight Service



Please join us for **WOW**
"Worship on Wednesday"

6:15—6:30 Praise & Worship Music followed by a short bible lesson from Pastor Lee



The Warm Hearts Ministry will be meet Tuesday, September 24th from 10 am—3 pm to work on Warm Hearts Projects or personal projects. Please bring a lunch and join us for some great sewing time and fellowship. Bring your sewing supplies. Please RSVP Kathy Port.

United Women in Faith

United Women in Faith will be meeting on September 11 at 1:30 at the church. All women of the church are invited to attend this meeting. Ann Kosloski will be the hostess and Kathy Mattson will lead the discussion on pages 94-98 of our study book, "Life on Purpose for Women". Our heart is to assist with church projects wherever possible. Please see Sandy Ferguson for further information.



Important Events in the Life of Our Church



Mother / Child Nursing Tent:

A huge "Thank You" to all the volunteers who helped set up and tear down and work in the Baby Rest Area.





Fair time has come and gone already. Many thanks for all those who volunteered to park cars. This year over $2,600 was collected to help fund the Wednesday night youth programs reaching out to students in our Community.

The Lord's Table, September 8th

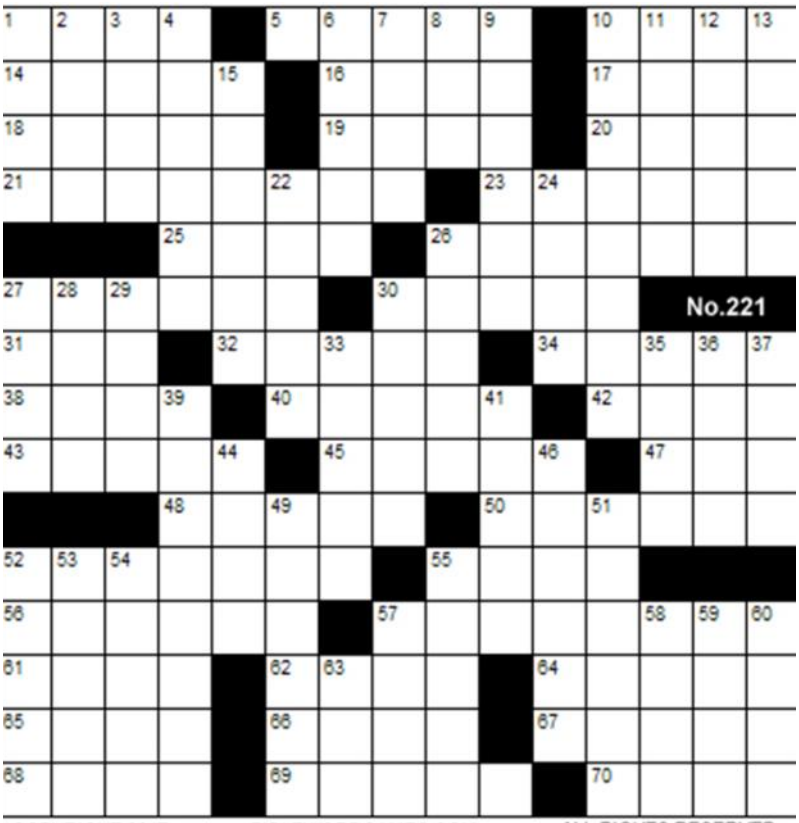


The second Sunday of the month will be our Table Sunday as a church family. We will be sharing communion at the Lord's Table, enjoying a shared-dish (potluck). Table Sunday is a monthly reminder that our life together as the family of God centers in worship, fellowship and sharing.

REMEMBER to bring a dish to share on the second Sunday and even if you aren't able, plan on staying for dinner with your family and friends here.

"Our Daily Bread" is also available on the facebook, mobile app in addition to the printed copies here in the office.

Did you miss out on a Sunday Service don't have access to Facebook or Internet? We have extra copies available for your use.



COPYRIGHT 2017 BIBLEWORDGAMES.COM ALL RIGHTS RESERVED

ACROSS

1 So Moses brought their ___ before the LORD (Num 27:5)
5 Fasten ___ ___ cord to it (1,4) (Ex 28:37)
10 fifth book of the New Testament
14 Like men condemned to die in the ___ (1 Cor 4:9)
16 Speak now in the ____ of the people (Exodus 11:2)
17 In that day the mountains will ___ new wine (Joel 3:18)
18 seems right to a man, but in the end it ___ to death (Prov 16:25)
19 Then they ___ in his face and struck him with their fists (Matt 26:67)
20 Son of man, record this ____ (Ezek 24:2)
21 because the midwives feared God, he gave them ___ of their own (Ex 1:21)
23 Elijah's successor (2 Kings 2:9)
25 Like a bird that strays from its ___ is a man who strays (Prov 27:8)
26 A student is not above his ___ , nor a servant above his master (Matt 10:24)
27 and remove all its vile ___ and detestable idols (Ezek 11:18)
30 they always heap up their sins to the ___ (1Thes 2:16)
31 clump of earth and grass
32 Her Nazarites were ___ than snow, they were whiter than (Lam 4:7) KJV
34 Jesus replied, "Foxes have holes and birds of the air have ___ (Matt 8:20)
38 The Angel which redeemed me from all evil, bless the ___ (Gen 48:16) KJV
40 from foundation to ___, were made of blocks of high-grade (1 Kings 7:9)
42 throwing stones at him and showering him with ___ (2 Sam 16:13)
43 let him seek peace, and ___ it (1 Pet 3:11) (KJV)
45 Like a ___ of Lebanon he will send down his roots (Hosea 14:5)
47 till he should pay all that was ___ unto him (Matt 18:34)
48 The tower of ____ (Gen 11:9)
50 To ____ them that were under the law (Gal 4:5)
52 I ___ silver and gold for myself, and the treasure (Eccl 2:8)
55 he that wavereth is like a ____ of the sea. (James 1:6)
56 What he trusts in is fragile; what he ___ on is a spider's web. (Job 8:14)
57 whosoever of you will be the ___, shall be servant of all (Mark 10:44) KJV
61 There is ___ ___ here, which hath five barley loaves (1,3) (John 6:9)
62 if his hands are ___, the house leaks (Eccl 10:18)
64 sixth angel poured out his vial upon the great ____ Euphrates (Rev 16:12)
65 away, absent (Rev 18:14)
66 which is gone down in the sun ___ of Ahaz (Isa 38:8) KJV
67 She gave herself as a prostitute to all the ____ of the Assyrians (Ezek 23:7)
68 thou shouldest be for salvation unto the ____ of the earth (Acts 13:47) KJV
69 said through the prophet: "Out of ___ I called my son (Matt 2:15)
70 Salvation is found in no one ___, for there is no other name (Acts 4:12)

DOWN

1 the woman had a fat ___ in the house (1 Sam 28:24) KJV
2 a Levite who lived in a remote ___ in the hill country (Judg 19:1)
3 the ephod, close to the ___ just above the waistband (Ex 39:20)
4 beginning with the oldest and ___ with the youngest (Gen 44:12)
6 Fear and trembling have ___ me; horror has overwhelmed me (Ps 55:5)
7 I will measure into their ___ the full payment for (Isa 65:7)
8 See, the LORD has chosen Bezalel son of ___ (Ex.35:30)
9 let each ____ other better than themselves (Phil 2:3)
10 not to be slanderers or ___ to much wine (Titus 2:3)
11 beat against that house, and it fell with a great ___ (Matt 7:27)
12 Thou shalt truly ____ all the increase of thy seed (Deut 14:22)
13 His ___ shaft was like a weaver's rod (1 Sam 17:7)
15 Lazarus has fallen ___; but I am going there to wake him (John 11:11)
22 married a wife, deceased, and, having no ____ (Matt 22:25)
24 Saul and Abner son of Ner had ___ down (1 Sam 26:5)
26 The people have become hungry and ___ and thirsty (2 Sam 17:29)
27 was in the ____ that is called Patmos (Rev 1:9)
28 We all growl like bears; we ___ mournfully like doves (Isa 59:11)
29 If anyone ___ anything to them, God will add to him (Rev 22:18)
30 My feet stand on ___ ground (Ps 26:12)
33 you have ___ with men on foot and they have worn you out (Jer 12:5)
35 I will give him rest from all his enemies on every ____. (1 Chr 22:9)
36 the darkness is passing and the ____ light is already shining (I Jn 2:8)
37 there shall come forth a rod out of the ___ of Jesse (Isa 11:1) KJV
39 Stay with him for a while until your brother's fury ___ (Gen 27:44)
41 no longer to call her ___; her name will be Sarah.(Gen 17:15)
44 listens to me will live in safety and be at ___ (Prov 1:33)
46 the LORD; let all the people of the world ___ him (Ps 33:8)
49 Jesus was walking ___ the Sea of Galilee (Matt 4:18)
51 Do not ___ yourselves by any of these creatures (Lev 11:43)
52 The king got up in ___ ___ left his wine (1,4) (Est 7:7)
53 Like a scarecrow in a ___ patch, their idols cannot speak (Jer 10:5)
54 ___ ___ flowing with milk and honey (1,4) (Deut 26:10)
55 Dan is a lion's ___: he shall leap from Bashan (Deut 33:22) KJV
57 what Adam was made from (Job 33:6)
58 Do not those who plot ___ go astray? (Prov 14:22)
59 silver in two bags, with two ___ of clothing (2 Kings 5:23)
60 every man under his vine and under his fig ____ (1 King 4:25)
63 I'll ___ around it and fertilize it.(Luke 13:8)

Just for Kids

Flashlight TAG



Sometimes we resist the light of Christ. But when his light touches us, we can then share it with others. Play this fun game on a summer night to remember how Christ's light shines in the world.

What you need:

- Friends
- Safe open space outdoors
- A flashlight for each player

How to play:

1. Choose one person to be the Tagger, known as the Light. Only that person can have his or her flashlight on.
2. The Light tries to shine his or her flashlight on other players, who run around and try to hide in the darkness.
3. Once players have been touched by the Light, they turn on their flashlights and join in, trying to shine on others.
4. Play until everyone has been tagged by the Light. Repeat, giving everyone a turn to be the Light.

PUZZLE

GOD'S LIGHT

Summer's long days can remind us of our Creator, who made the sun and wants us to live in his light.

Directions: First, write the opposite of each word in parentheses. Then use the Word Bank words, in order, to complete 1 John 1:5-7, NIV.

WORD BANK: is in is at if in as is in with

God _____ _____; _____ _____
(dark) (her)

there _____ _____ _____ness _____ _____ . ...
(yes) (light) (none)

But _____ we _____ _____ the _____,
(run) (dark)

_____ _____ _____ _____ the _____,
(she) (dark)

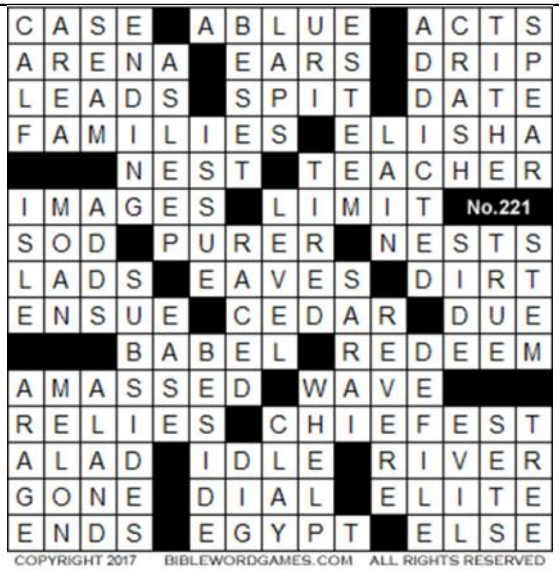
we have fellowship _____ one another. ...

1 John 1:5-7, NIV

Answer: God is light; in him there is no darkness at all . ... But if we walk in the light, as he is in the light, we have fellowship with one another. (1 John 1:5-7, NIV)

Barnum Community United Methodist Church

POSTMASTER:
Please send address changes to:
PO Box 70, 3762 Front Street
Barnum, MN 55707
(218) 389-6876 office@barnumumc.org
www.barnumumc.org



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

BUMC Ministry Team

Pastor—Lee Kantonen
Council Chair—Leon Finifrock
Youth Director—Bill Schoonover
Missions/Outreach—Connie Swanson
Secretary—Mechelle Mattson
Faith Community Nurse—Jennifer Southerton
Congregational Nurture & Care—Connie Herbert
Nursery Coordinator—Kaye Finifrock
Acolyte Coordinator—Roxanne Matten
Wednesday Night Servers—Kaye Finifrock/Terri Krueger
Custodian—Jim Calhoun

United Women in Faith—Sandy Ferguson
Bookkeeper—Tiffany Parr
Ministries Leader—Deb Halls
Staff-Parish Relations—Dawson Gentry
Worship Ministry - Lori Koski
Properties Management—Dave Matten
Discipleship Ministries—Mike Line
Sunday Servers Coordinator—Ann Kosloski
Greeters/Ushers Coordinator—Laurie Audette
Sunday Counters Coordinator—Cathy Kunze
Office Manager—Laurie Audette

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



September 2024
Volume 24—Issue 9

Bible Readings
Church Calendar
Birthdays
Anniversaries
Youth Group
Bible Buddies
Faith Community Nurse
United Women in Faith
Women's Ministry
Council Minutes
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

Office Hours (Mon-Fri)

Sunday Worship

Facebook Live 9:30 am
In Person 9:30 am

Pastor Kennection

Jesus...saw a man called Matthew sitting at the tax booth, and He said to him, "Follow me." And he rose and followed Him. (Matthew 9:9)

Where were the Apostles when Jesus called them to follow Him? It wasn't from the synagogue, was it, even though Jesus regularly was found at the synagogue. It was when the Lord was out and about in the community. The apostles were called when they were on the seashore preparing to fish, or out in their boats, the tax booth, maybe the marketplace, it was from those everyday areas of life that Jesus called them.

There is a wonderful missional heart found here at Barnum Community. My memory is relatively recent in the scheme of things, but it was so good to learn about our connection with John Sergey in years past and to listen to Pastor Sergey and learn of his evangelistic outreach to the people of what at that time was the Soviet Union. For those unfamiliar, spark up a conversation with Jen Berthelot.

Since its outset, mission has been central to the heart of churches with a Wesleyan persuasion and the United Methodist Church is no different. Recently, the Minnesota Annual Conference has been encouraging involvement of all of our churches in something called, Fresh Expressions. Very simply, it is about meeting with people around a shared area of interest while taking time to share a "Jesus Story" during the time together. For years we've known and made known that for the most part people who don't know Christ aren't going to just wander into our churches. Jesus sent his followers out to make disciples, not in.

People have been gathering at bicycling groups, kayaking groups, quilting groups, wood carving groups, golfing groups, you name it. Whatever shared area of interest people have; Fresh Expressions can be occurring there. There have even been axe throwing and burrito gatherings. The key is gathering regularly and making a point to share a Jesus story and an opportunity for prayer. Fresh Expressions is about building relationships with others outside the church. It is a time to introduce Jesus to people who likely will not wander into Barnum Community United Methodist Church or any other church building. We need to keep developing new ways of letting people know God loves them and wants to be in a relationship with them. Perhaps you have already been doing that sort of thing without calling it Fresh Expressions.

So, if you have thought sharing your faith with others is something you could never do, I invite and encourage you to think again. There might be those here at Barnum Community who share your interests to join with you to get your Fresh Expression initiated. The community is filled with people who hold shared interests in need of knowing the Lord. Thank you for sharing the love of God and inviting others to join the journey.

The Good Shepherd's Sheepdog,

Lee



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:30 Worship Service 11:00 Adult Class	**2 LABOR DAY** **Office Closed** 5-8 Youth Group	3 11:00 Prayer Group	4 5-8 Youth Group	5	6	7
8 Grandparents Day 9:30 Worship Service **Communion** 11:00 Adult Class	9 5-8 Youth Group 6:30 Council Mtg	10 11:00 Prayer Group 1:00 Moms in Prayer	11 **FAMILY NIGHT KICK OFF** 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	12	13	14
15 9:30 Worship Service 11:00 Adult Class Congregational Meeting after Church Service	16 5-8 Youth Group	17 11:00 Prayer Group 1:00 Moms in Prayer	18 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	19	20	21
22 9:30 Worship Service 11:00 Adult Class	23 5-8:00 Youth Group	24 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	25 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study Newsletter Deadline	26	27	28
29 9:30 Worship Service 11:00 Adult Class	30 5-8 Youth Group					

** Schedule subject to change.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 11:00 Prayer Group 1:00 Moms in Prayer	2 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	3	4	5
6 **Pastor Appreciation Day** 9:30 Worship Service 11:00 Adult Class	7 **COLUMBUS DAY** 5-8:00 Youth Group 6:00 Finance Mtg 6:30 Council Mtg	8 11:00 Prayer Group 1:00 Moms in Prayer	9 1:30-3:00 United Women In Faith 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	10	11	12 9:30 Secret Sister Reveal Party
13 9:30 Worship Service **Communion** 11:00 Adult Class	14 5-8:00 Youth Group	15 11:00 Prayer Group 1:00 Moms in Prayer	16 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	17	18	19
20 9:30 Worship Service 11:00 Adult Class	21 5-8:00 Youth Group	22 10-3 Warm Hearts 11:00 Prayer Group 1:00 Moms in Prayer	23 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	24	25	26
27 9:30 Worship Service 11:00 Adult Class	28 5-8:00 Youth Group	29 11:00 Prayer Group 1:00 Moms in Prayer Newsletter Deadline	30 5:15 Community Dinner 6:00-7:15 Bible Buddies 6:00-7:30 Youth Group (7th-12th) 6:00-7:15 Women's Bible Study	31 **HALLOWEEN**		

** Schedule subject to change.

Daily Nourishment



OLD & NEW TESTAMENT

Sep 1: Ps 135-136; 1Cor 12
Sep 2: Ps 137-139; 1Cor 13
Sep 3: Ps 140-142; 1Cor 14:1-20
Sep 4: Ps 143-145; 1Cor 14:21-40
Sep 5: Ps 146-147; 1Cor 15:1-28
Sep 6: Ps 148-150; 1Cor 15:29-58
Sep 7: Prov 1-2; 1Cor 16
Sep 8: Prov 3-5; 2Cor 1
Sep 9: Prov 6-7; 2Cor 2
Sep 10: Prov 8-9; 2Cor 3
Sep 11: Prov 10-12; 2Cor 4
Sep 12: Prov 13-15; 2Cor 5
Sep 13: Prov 16-18; 2Cor 6
Sep 14: Prov 19-21; 2Cor 7
Sep 15: Prov 22-24; 2Cor 8
Sep 16: Prov 25-26; 2Cor 9
Sep 17: Prov 27-29; 2Cor 10
Sep 18: Prov 30-31; 2Cor 11:1-15
Sep 19: Ecc 1-3; 2Cor 11:16-33
Sep 20: Ecc 4-6; 2Cor 12
Sep 21: Ecc 7-9; 2Cor 13
Sep 22: Ecc 10-12; Gal 1
Sep 23: Song 1-3; Gal 2
Sep 24: Song 4-5; Gal 3
Sep 25: Song 6-8; Gal 4
Sep 26: Is 1-2; Gal 5
Sep 27: Is 3-4; Gal 6
Sep 28: Is 5-6; Eph 1
Sep 29: Is 7-8; Eph 2
Sep 30: Is 9-10; Eph 3

CHRONOLOGICAL

Sep 1: Ezek 18-19
Sep 2: Ezek 20-21
Sep 3: Ezek 22-23
Sep 4: Ezek 24-27
Sep 5: Ezek 28-31
Sep 6: Ezek 32-34
Sep 7: Ezek 35-37
Sep 8: Ezek 38-39
Sep 9: Ezek 40-41
Sep 10: Ezek 42-43
Sep 11: Ezek 44-45
Sep 12: Ezek 46-48
Sep 13: Joel
Sep 14: Dan 1-3
Sep 15: Dan 4-6
Sep 16: Dan 7-9
Sep 17: Dan 10-12
Sep 18: Ezra 1-3
Sep 19: Ezra 4-6; Ps 137
Sep 20: Haggai
Sep 21: Zech 1-7
Sep 22: Zech 8-14
Sep 23: Est 1-5
Sep 24: Est 6-10
Sep 25: Ezra 7-10
Sep 26: Neh 1-5
Sep 27: Neh 6-7
Sep 28: Neh 8-10
Sep 29: Neh 11-13; Ps 126
Sep 30: Malachi

Youth



Welcome to the 2024-25 School Year! Students return to their school routines and sports schedules are back. The Barnum Youth Group (BYG) is launching our new school year theme "But Wait…There's More!" Many people take life as it comes. This year we will be challenging youth that there's more to their lives. What we may see on the surface is only a part of who God created us to be. With each topic we discuss we will pause and look deeper, 'but wait…there's more'! With topics like More to Me, What's your Role, Be Kind to Others, More than Decorations, Forgiving Grudges, The Light of the World and Do you Know Me, we will be exploring so much more this year. Please pray that students are willing to look at their lives and see that they do need more and that the more they need is Jesus.

Before we say goodbye to summer, I wanted to share about an amazing experience I was able to have with a recent graduate. Tobin has attended youth group for many years, and he also loves running. At the beginning of summer, he talked about wanting to do the Moose Lake Triathlon, but he didn't want to do the whole thing. I said we could do it as a team and I would be willing to do the bike part. My wife, Serenity, said she would be willing to do the swim and all summer the three of us prepared for the big event. Serenity swam, I biked and then Tobin set out for his 3-mile run. As we were waiting for Tobin to return Serenity and I talked about how thankful we were to provide this opportunity for Tobin. As Tobin crossed the finished line the announcer said, "And here is our first team to finish." Our team placed first. We couldn't believe it. Later Tobin told me, "I've gotten second place and third place before, but I've never gotten first place!" It was our prayer that God would bless that day, and He did! I want to thank Serenity for swimming for our team and I want to thank the Barnum Church family for coming to support us during the race. You're the Best! Please pray for continued opportunities to bless the students that we work with.









Nursery Volunteers: The nursery is in need of adult volunteers and young adults during church services. Please see Kay Finifrock.

September 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Servers	Wednesday Servers
1	Willis & Kay Finifrock	Scott & Elaine Bogenholm	Bonnie Kepler Cathy Kunze	Jenna Uszenski	Deb Halls	Janet Adelsgruber Karen Smith	
8	Hazel Oachs Jay Oachs	Bing & Kathy Mattson	Brian Koski Deb Donaldson	Daniel Zinter	Deb Entner	COMMUNION SUNDAY	(11) Bette Deming Annette Meyer & Boys
15	Marilyn Criley Judy Jacobs	Chris & Annette Meyer	Robin Paulson Bonnie Kepler	Brenden Zinter	Kay Finifrock	Annette Meyer Brenda Zinter	(18) Deb Entner
22	Cheryl Peterson Terri Krueger	Steve & Sandi Vogel	Brian Koski Deb Donaldson	Liam Parr	Brenda Zinter	Deb Halls Carmen Burak	(25) Evelyn Newman
29	Audrey Sebring Annette Hammitt	Bruce & Eileen Resman	Deb Donaldson Robin Paulson	Evan Earlywine	Tiffany Parr	Connie Herbert Jackie Olson	(2) Deb Halls

October 2024

	Greeters	Ushers	Counters	Acolyte	Nursery	Sunday Serv-ers	Wednesday Servers
6	Leon Finifrock Connie Herbert	Cliff & Joyce Berggren	Robin Paulson Cathy Kunze	Daniel Zinter	Sandi Vogel	Roxanne Mat-ten Kathy Otnes	(9) Paul & Carmen Burak
13	Ann Kosloski Tiffany Parr	Steve & Sandi Vogel	Brian Koski Bonnie Kepler	Nial Parr	Sandy Ferguson	COMMUNION SUNDAY	(16) Janet Adelsgruber Karen Smith
20	Roger & Deanna Finifrock	Paul & Carmen Burak	Brian Koski Deb Donaldson	Even Earlywine	Deb Halls	Cheryl Peterson Terri Krueger	(23) Terri Krueger
27	Dianne Anderson Connie Swanson	Dave & Sandy Ferguson	Deb Donaldson Robin Paulson	Brenden Zinter	Deb Entner	Ann Kosloski Linda Jusczak	(30) Sue Nelson Kathy Otnes Rachel Finifrock



September Health and Wellness Moment

"Healthy Aging"

September is Healthy Aging Month. The mission behind this month's health topic is to draw attention to the importance of healthy lifestyles for adults 45-plus. Nowadays, it is more important than ever to follow a healthy lifestyle, remain positive and passionate about life, and to look forward to better days ahead. Sometimes, however, this is not easy to do. If you need a boost to improve your lifestyle, here are some tips to be able to age well…in other words, to get older in the healthiest way possible! Let's look at some tips to achieve and maintain physical, social, mental and financial wellness.
First of all, let's look at Mental Wellness. Many people struggle with depression, loneliness, anxiety and isolation. It is important to follow these tips.

1. Be realistic. If you feel overwhelmed by some activities, (yours and/or your family's), learn to say no. Eliminate an activity that is not absolutely necessary. It's possible that you may be taking on more responsibility than you could, or should, handle. If you meet resistance, be ready to give reasons why you are making these changes. Be willing to listen to others' suggestions and be willing to compromise.
2. Shed the "superhero" urge. Nobody is perfect. Don't expect perfection from yourself or others. Focus on what really needs to be done, how much you can realistically get done and in what time frame. It's so important to ask for help when you need it.
3. Take one thing at a time. When someone is stressed or anxious, an ordinary workload can seem unbearable at times. The best way to cope with the feeling of being overwhelmed is to take one task at a time. Once you accomplish one task, choose the next most important thing you want to get done. Some people like to check off tasks on a list; it is very satisfying and helps you visualize your progress!

Next, let's look at the importance of Physical Fitness. According to the National Center for Chronic Disease Prevention and Health Promotion, about 6 in 10 adults in the U.S. have a chronic health condition, and 4 in 10 have two or more. There are many benefits of physical activity for adults and older adults. It's important to keep moving. A body in motion stays in motion! Exercise and strength training improves quality of life, reduces anxiety, and improves sleep. It also is key in weight loss, bone health and a lower risk of falls!

4. Move more, sit less. This recommendation from health.gov is based on new evidence that shows a strong positive relationship between increased sedentary behavior and increased risk of mortality, heart disease and high blood pressure.
5. Aerobic exercise. Check with your doctor for advice on how many minutes of exercise you should be getting per week. Also ask what kind of exercise is best for you and how to know if you are doing too much.
6. Muscle strengthening. These activities provide additional health benefits, so ask your doctor about muscle strengthening as well.

Next, we'll focus on the importance of Diet. Forty two percent of Americans have had an average weight gain of 29 pounds since the beginning of the pandemic. Not only have we been eating more and moving less, but alcohol consumption has also increased in this time frame. You can check out the Dietary Guidelines for Americans 2020-2025 published by the USDA. Always talk to your doctor about what weight is healthy for you.

7. Review your daily diet and make necessary changes. You guessed it, talk to your doctor about what is best for you! Generally, it is best to eat a diet that is rich in fruits, vegetables, whole grains, fat-free or low-fat milk and dairy products, and a variety of healthy proteins. It is best to eat a diet low in saturated fats, trans fats, cholesterol, sodium and added sugars.

Next, we'll focus on the importance of Social Well-being. We are created to be social beings, we crave healthy interaction with others. After feeling isolated, some older adults find it is hard to get out and be social without becoming mentally exhausted. Here are some ways to be active in your community:
8. Volunteer. There are so many places that encourage and welcome volunteering in our communities, churches, schools. Ask a friend to join you and make it a fun event to share!
9. Dream and then get to it. Is there someplace you've always wanted to travel, explore, research? Some of these things may not be realistic or feasible, but maybe some are! Have an adventure, laugh, share a fun moment with loved ones, get out and enjoy the day! Become a pen pal, learn a new language, learn to play an instrument…the sky's the limit!

Last, we will look at Financial Well-being.

10. Launch your next career, go back to school and get a degree, take an online class, learn a new skill that you have always wanted to master. Studies show that people who retire and then become sedentary and lose their excitement for life are much more likely to be ill and unhappy.

September is Healthy Aging Month, and it is the perfect time to renew or set some lifestyle goals! Happy Fall to you all!
Reference: HealthyAging.net

"Give thanks to the Lord, for He is good. His love endures forever."
Psalms 136:1
Prayers for peace, joy and good health, and just a reminder…you are uniquely YOU by HIS design!
~Jenny S, RN, BCUMC Parish Nurse

Howdy Partner!
Here is your invitation to:



The Bible-Buddy Round-Up

This is the kick-off to the Children's WEDNESDAY BIBLE BUDDIES program at the

Barnum Community Church

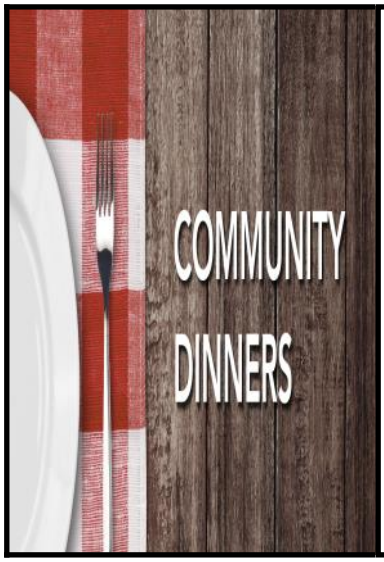
Giddy-up ya'll (ages 4-6th grade) and join up with the Bible Buddies!!

Wednesday evening September 11 at 6 - 7:15 pm, right after the Community Supper (served from 5:15 to 6pm).

After getting everyone registered and rustling up some chow, we will round up the gang of Buddies at 6 pm to enjoy activities including games, songs, crafts, and a Bible lesson.



Important Events in the Life of Our Church



Join us for
Community Dinner
&
Family Night

September 11, 18, 25

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



September 11:	*Family Night Kick Off*
	Community Dinner
	Bible Buddies
	Youth Group (7th – 12th)
	Women's Bible Study
October 31:	*Halloween Trunk or Treat*
November 20:	*Thanksgiving Dinner*
December 24:	*Christmas Eve*
	Candlelight Service



Please join us for **WOW**
"Worship on Wednesday"

6:15—6:30 Praise & Worship Music followed by a short bible lesson from Pastor Lee



The Warm Hearts Ministry will be meet Tuesday, September 24th from 10 am—3 pm to work on Warm Hearts Projects or personal projects. Please bring a lunch and join us for some great sewing time and fellowship. Bring your sewing supplies. Please RSVP Kathy Port.

United Women in Faith

United Women in Faith will be meeting on September 11 at 1:30 at the church. All women of the church are invited to attend this meeting. Ann Kosloski will be the hostess and Kathy Mattson will lead the discussion on pages 94-98 of our study book, "Life on Purpose for Women". Our heart is to assist with church projects wherever possible. Please see Sandy Ferguson for further information.



Important Events in the Life of Our Church



Mother / Child Nursing Tent:

A huge "Thank You" to all the volunteers who helped set up and tear down and work in the Baby Rest Area.





Fair time has come and gone already. Many thanks for all those who volunteered to park cars. This year over $2,600 was collected to help fund the Wednesday night youth programs reaching out to students in our Community.

The Lord's Table, September 8th

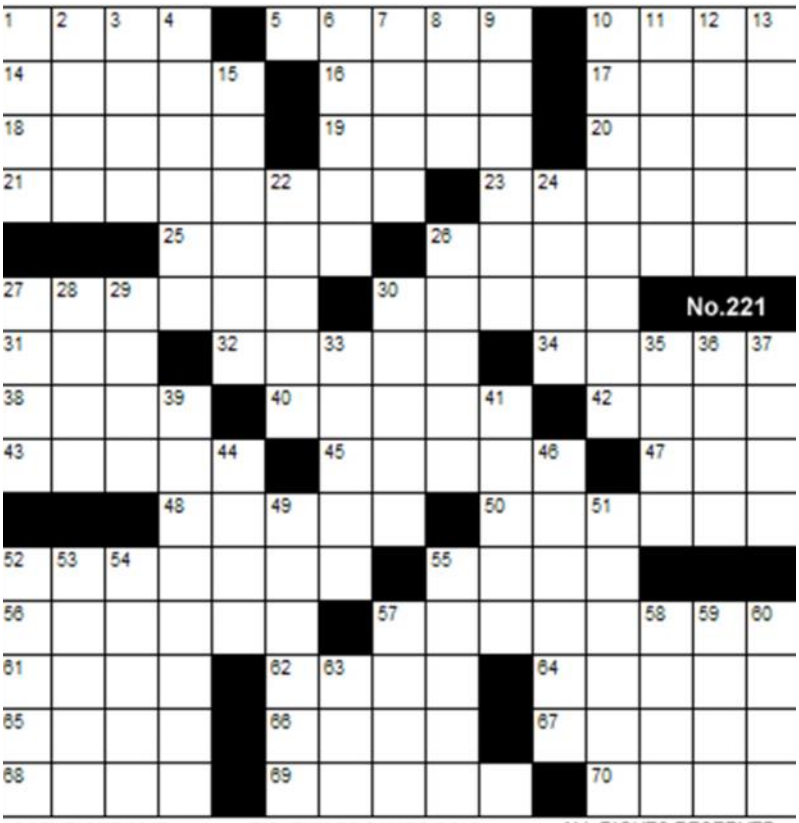


The second Sunday of the month will be our Table Sunday as a church family. We will be sharing communion at the Lord's Table, enjoying a shared-dish (potluck). Table Sunday is a monthly reminder that our life together as the family of God centers in worship, fellowship and sharing.

REMEMBER to bring a dish to share on the second Sunday and even if you aren't able, plan on staying for dinner with your family and friends here.

"Our Daily Bread" is also available on the facebook, mobile app in addition to the printed copies here in the office.

Did you miss out on a Sunday Service don't have access to Facebook or Internet? We have extra copies available for your use.



COPYRIGHT 2017 BIBLEWORDGAMES.COM ALL RIGHTS RESERVED

ACROSS

1 So Moses brought their ___ before the LORD (Num 27:5)
5 Fasten ___ ___ cord to it (1,4) (Ex 28:37)
10 fifth book of the New Testament
14 Like men condemned to die in the ___ (1 Cor 4:9)
16 Speak now in the ____ of the people (Exodus 11:2)
17 In that day the mountains will ___ new wine (Joel 3:18)
18 seems right to a man, but in the end it ___ to death (Prov 16:25)
19 Then they ___ in his face and struck him with their fists (Matt 26:67)
20 Son of man, record this ____ (Ezek 24:2)
21 because the midwives feared God, he gave them ___ of their own (Ex 1:21)
23 Elijah's successor (2 Kings 2:9)
25 Like a bird that strays from its ___ is a man who strays (Prov 27:8)
26 A student is not above his ___ , nor a servant above his master (Matt 10:24)
27 and remove all its vile ___ and detestable idols (Ezek 11:18)
30 they always heap up their sins to the ___ (1Thes 2:16)
31 clump of earth and grass
32 Her Nazarites were ___ than snow, they were whiter than (Lam 4:7) KJV
34 Jesus replied, "Foxes have holes and birds of the air have ___ (Matt 8:20)
38 The Angel which redeemed me from all evil, bless the ___ (Gen 48:16) KJV
40 from foundation to ___, were made of blocks of high-grade (1 Kings 7:9)
42 throwing stones at him and showering him with ___ (2 Sam 16:13)
43 let him seek peace, and ___ it (1 Pet 3:11) (KJV)
45 Like a ___ of Lebanon he will send down his roots (Hosea 14:5)
47 till he should pay all that was ___ unto him (Matt 18:34)
48 The tower of ____ (Gen 11:9)
50 To ____ them that were under the law (Gal 4:5)
52 I ___ silver and gold for myself, and the treasure (Eccl 2:8)
55 he that wavereth is like a ____ of the sea. (James 1:6)
56 What he trusts in is fragile; what he ___ on is a spider's web. (Job 8:14)
57 whosoever of you will be the ___, shall be servant of all (Mark 10:44) KJV
61 There is ___ ___ here, which hath five barley loaves (1,3) (John 6:9)
62 if his hands are ___, the house leaks (Eccl 10:18)
64 sixth angel poured out his vial upon the great ____ Euphrates (Rev 16:12)
65 away, absent (Rev 18:14)
66 which is gone down in the sun ___ of Ahaz (Isa 38:8) KJV
67 She gave herself as a prostitute to all the ____ of the Assyrians (Ezek 23:7)
68 thou shouldest be for salvation unto the ____ of the earth (Acts 13:47) KJV
69 said through the prophet: "Out of ___ I called my son (Matt 2:15)
70 Salvation is found in no one ___, for there is no other name (Acts 4:12)

DOWN

1 the woman had a fat ___ in the house (1 Sam 28:24) KJV
2 a Levite who lived in a remote ___ in the hill country (Judg 19:1)
3 the ephod, close to the ___ just above the waistband (Ex 39:20)
4 beginning with the oldest and ___ with the youngest (Gen 44:12)
6 Fear and trembling have ___ me; horror has overwhelmed me (Ps 55:5)
7 I will measure into their ___ the full payment for (Isa 65:7)
8 See, the LORD has chosen Bezalel son of ___ (Ex.35:30)
9 let each ____ other better than themselves (Phil 2:3)
10 not to be slanderers or ___ to much wine (Titus 2:3)
11 beat against that house, and it fell with a great ___ (Matt 7:27)
12 Thou shalt truly ____ all the increase of thy seed (Deut 14:22)
13 His ___ shaft was like a weaver's rod (1 Sam 17:7)
15 Lazarus has fallen ___; but I am going there to wake him (John 11:11)
22 married a wife, deceased, and, having no ____ (Matt 22:25)
24 Saul and Abner son of Ner had ___ down (1 Sam 26:5)
26 The people have become hungry and ___ and thirsty (2 Sam 17:29)
27 was in the ____ that is called Patmos (Rev 1:9)
28 We all growl like bears; we ___ mournfully like doves (Isa 59:11)
29 If anyone ___ anything to them, God will add to him (Rev 22:18)
30 My feet stand on ___ ground (Ps 26:12)
33 you have ___ with men on foot and they have worn you out (Jer 12:5)
35 I will give him rest from all his enemies on every ____. (1 Chr 22:9)
36 the darkness is passing and the ____ light is already shining (I Jn 2:8)
37 there shall come forth a rod out of the ___ of Jesse (Isa 11:1) KJV
39 Stay with him for a while until your brother's fury ___ (Gen 27:44)
41 no longer to call her ___; her name will be Sarah.(Gen 17:15)
44 listens to me will live in safety and be at ___ (Prov 1:33)
46 the LORD; let all the people of the world ___ him (Ps 33:8)
49 Jesus was walking ___ the Sea of Galilee (Matt 4:18)
51 Do not ___ yourselves by any of these creatures (Lev 11:43)
52 The king got up in ___ ___ left his wine (1,4) (Est 7:7)
53 Like a scarecrow in a ___ patch, their idols cannot speak (Jer 10:5)
54 ___ ___ flowing with milk and honey (1,4) (Deut 26:10)
55 Dan is a lion's ___: he shall leap from Bashan (Deut 33:22) KJV
57 what Adam was made from (Job 33:6)
58 Do not those who plot ___ go astray? (Prov 14:22)
59 silver in two bags, with two ___ of clothing (2 Kings 5:23)
60 every man under his vine and under his fig ____ (1 King 4:25)
63 I'll ___ around it and fertilize it.(Luke 13:8)

Just for Kids

Flashlight TAG



Sometimes we resist the light of Christ. But when his light touches us, we can then share it with others. Play this fun game on a summer night to remember how Christ's light shines in the world.

What you need:

- Friends
- Safe open space outdoors
- A flashlight for each player

How to play:

1. Choose one person to be the Tagger, known as the Light. Only that person can have his or her flashlight on.
2. The Light tries to shine his or her flashlight on other players, who run around and try to hide in the darkness.
3. Once players have been touched by the Light, they turn on their flashlights and join in, trying to shine on others.
4. Play until everyone has been tagged by the Light. Repeat, giving everyone a turn to be the Light.

PUZZLE

GOD'S LIGHT

Summer's long days can remind us of our Creator, who made the sun and wants us to live in his light.

Directions: First, write the opposite of each word in parentheses. Then use the Word Bank words, in order, to complete 1 John 1:5-7, NIV.

WORD BANK: is in is at if in as is in with

God _____ _____; _____ _____
(dark) (her)

there _____ _____ _____ness _____ _____ . ...
(yes) (light) (none)

But _____ we _____ _____ the _____,
(run) (dark)

_____ _____ _____ _____ the _____,
(she) (dark)

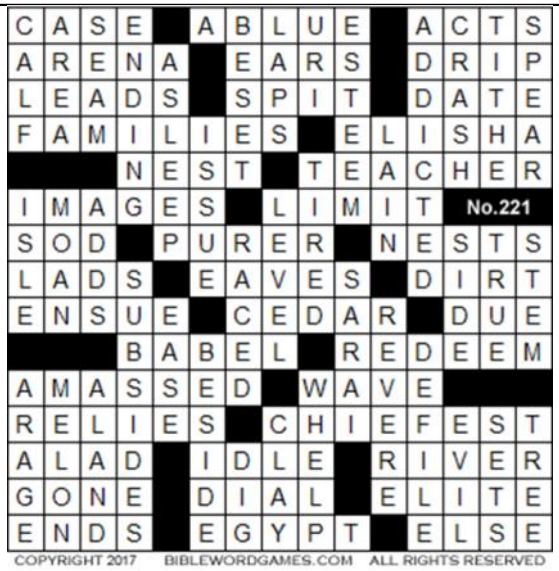
we have fellowship _____ one another. ...

1 John 1:5-7, NIV

Answer: God is light; in him there is no darkness at all . ... But if we walk in the light, as he is in the light, we have fellowship with one another. (1 John 1:5-7, NIV)

Barnum Community United Methodist Church

POSTMASTER:
Please send address changes to:
PO Box 70, 3762 Front Street
Barnum, MN 55707
(218) 389-6876 office@barnumumc.org
www.barnumumc.org



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

BUMC Ministry Team

Pastor—Lee Kantonen
Council Chair—Leon Finifrock
Youth Director—Bill Schoonover
Missions/Outreach—Connie Swanson
Secretary—Mechelle Mattson
Faith Community Nurse—Jennifer Southerton
Congregational Nurture & Care—Connie Herbert
Nursery Coordinator—Kaye Finifrock
Acolyte Coordinator—Roxanne Matten
Wednesday Night Servers—Kaye Finifrock/Terri Krueger
Custodian—Jim Calhoun

United Women in Faith—Sandy Ferguson
Bookkeeper—Tiffany Parr
Ministries Leader—Deb Halls
Staff-Parish Relations—Dawson Gentry
Worship Ministry - Lori Koski
Properties Management—Dave Matten
Discipleship Ministries—Mike Line
Sunday Servers Coordinator—Ann Kosloski
Greeters/Ushers Coordinator—Laurie Audette
Sunday Counters Coordinator—Cathy Kunze
Office Manager—Laurie Audette