

# 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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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

# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*



| Sun                                                                                                    | Mon                                                              | Tue                                                                        | Wed                                                                                                                                                                         | Thu                                                   | Fri | Sat                                   |
|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----|---------------------------------------|
|                                                                                                        |                                                                  | 1<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                     | 4   | 5                                     |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br>5-8:00 Youth Group                                          | 8<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                    | 11  | 12<br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                    | 18  | 19                                    |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                    | 25  | 26                                    |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br>5-8:00 Youth Group                                         | 29<br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><b>HALLOWEEN</b><br><b>Trunk R Treat 5-7:00</b> |     |                                       |

\*\* Schedule subject to change.

# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |



# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)



Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!





## September Health and Wellness Moment

### “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens.” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse



# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

### Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.



# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.





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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch



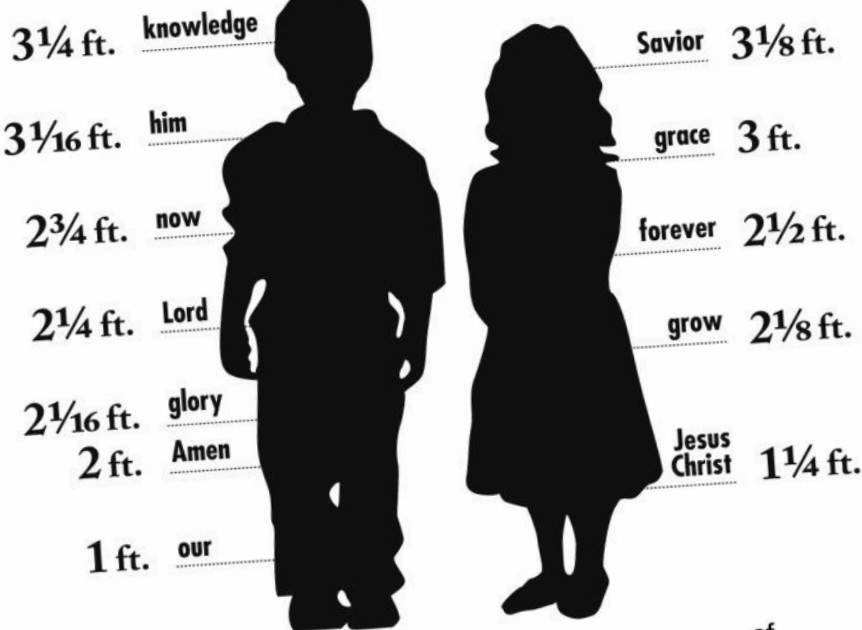
# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But 2 1/8 ft. in the 3 ft. and 3 1/4 ft. of 1 ft.  
2 1/4 ft. and 3 1/8 ft. 1 1/4 ft.  
To 3 1/16 ft. be 2 1/16 ft. both 2 3/4 ft. and 2 1/2 ft. 2 ft.!"

2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace

Make this craft as a reminder to continue growing in God's amazing grace.



### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!

# 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



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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

**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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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



# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*



| Sun                                                                                                    | Mon                                                                  | Tue                                                                            | Wed                                                                                                                                                                         | Thu                                                           | Fri | Sat                                       |
|--------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|--------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------|-----|-------------------------------------------|
|                                                                                                        |                                                                      | 1<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                             | 4   | 5                                         |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br><br>5-8:00 Youth Group                                          | 8<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                            | 11  | 12<br><br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br><br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                            | 18  | 19                                        |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br><br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                            | 25  | 26                                        |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br><br>5-8:00 Youth Group                                         | 29<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><br><b>HALLOWEEN</b><br><br><b>Trunk R Treat 5-7:00</b> |     |                                           |

\*\* Schedule subject to change.

# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |



# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)



Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.

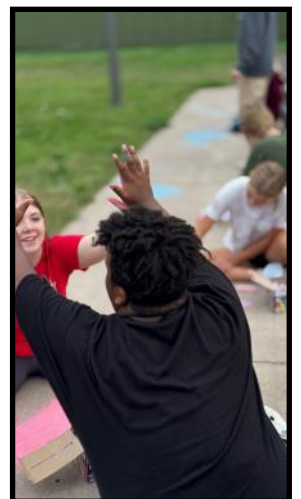


The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!





## September Health and Wellness Moment

### “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens:” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse



# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.



# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.





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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch

# Just for Kids



## PUZZLE

### Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.

|            |           |              |           |
|------------|-----------|--------------|-----------|
| 3 1/4 ft.  | knowledge | Savior       | 3 1/8 ft. |
| 3 1/16 ft. | him       | grace        | 3 ft.     |
| 2 3/4 ft.  | now       | forever      | 2 1/2 ft. |
| 2 1/4 ft.  | Lord      | grow         | 2 1/8 ft. |
| 2 1/16 ft. | glory     | Jesus Christ | 1 1/4 ft. |
| 2 ft.      | Amen      |              |           |
| 1 ft.      | our       |              |           |

"But \_\_\_\_\_ in the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_  
 To \_\_\_\_\_ be \_\_\_\_\_ both \_\_\_\_\_ and \_\_\_\_\_ ! \_\_\_\_\_"  
 2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace



Make this craft as a reminder to continue growing in God's amazing grace.

### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!

# 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



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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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

# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*



| Sun                                                                                                    | Mon                                                                  | Tue                                                                            | Wed                                                                                                                                                                         | Thu                                                           | Fri | Sat                                       |
|--------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|--------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------|-----|-------------------------------------------|
|                                                                                                        |                                                                      | 1<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                             | 4   | 5                                         |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br><br>5-8:00 Youth Group                                          | 8<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                            | 11  | 12<br><br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br><br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                            | 18  | 19                                        |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br><br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                            | 25  | 26                                        |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br><br>5-8:00 Youth Group                                         | 29<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><br><b>HALLOWEEN</b><br><br><b>Trunk R Treat 5-7:00</b> |     |                                           |

\*\* Schedule subject to change.



# NOVEMBER

| Sun                                                                                       | Mon                                          | Tue                                             | Wed                                                                                                                                                                          | Thu                                            | Fri | Sat                             |
|-------------------------------------------------------------------------------------------|----------------------------------------------|-------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------|-----|---------------------------------|
|                                                                                           |                                              |                                                 |                                                                                                                                                                              |                                                | 1   | 2                               |
| <b>3</b><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br>5-8:00 Youth Group                      | 5<br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                              | 8   | <b>9</b><br><b>VETERANS DAY</b> |
| <b>10</b><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br>5-8:00 Youth Group<br>6:30 Council Mtg | 12<br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                             | 15  | 16                              |
| <b>17</b><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br>5-8:00 Youth Group                     | 19<br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                             | 22  | 23                              |
| <b>24</b><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br>5-8:00 Youth Group                     | 26<br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br>5:15 Community Dinner<br>No Family Night                                                                                                                               | 28<br><b>THANKSGIVING DAY</b><br>Office Closed | 29  | 30                              |

# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)



Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!







## September Health and Wellness Moment

### “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens.” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse

# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.





# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.



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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch



# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But \_\_\_\_\_ in the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_  
 To \_\_\_\_\_ be \_\_\_\_\_ both \_\_\_\_\_ and \_\_\_\_\_ ! \_\_\_\_\_"  
 2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace



Make this craft as a reminder to continue growing in God's amazing grace.

### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!



# 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



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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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

# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*





| Sun                                                                                                    | Mon                                                              | Tue                                                                        | Wed                                                                                                                                                                         | Thu                                                   | Fri | Sat                                   |
|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----|---------------------------------------|
|                                                                                                        |                                                                  | 1<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                     | 4   | 5                                     |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br>5-8:00 Youth Group                                          | 8<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                    | 11  | 12<br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                    | 18  | 19                                    |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                    | 25  | 26                                    |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br>5-8:00 Youth Group                                         | 29<br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><b>HALLOWEEN</b><br><b>Trunk R Treat 5-7:00</b> |     |                                       |

\*\* Schedule subject to change.

# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |

# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)





Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!





# September Health and Wellness Moment

## “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens:” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse



# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.



# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.





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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch



# Just for Kids



## Growing UP!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But \_\_\_\_\_ in the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_  
 To \_\_\_\_\_ be \_\_\_\_\_ both \_\_\_\_\_ and \_\_\_\_\_ ! \_\_\_\_\_"  
 2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace



Make this craft as a reminder to continue growing in God's amazing grace.

### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!

# Barnum Community United Methodist Church

## POSTMASTER:

Please send address changes to:

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Barnum, MN 55707

(218) 389-6876 office@barnumumc.org

www.barnumumc.org



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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

**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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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



# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*



| Sun                                                                                                    | Mon                                                              | Tue                                                                        | Wed                                                                                                                                                                         | Thu                                                   | Fri | Sat                                   |
|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----|---------------------------------------|
|                                                                                                        |                                                                  | 1<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                     | 4   | 5                                     |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br>5-8:00 Youth Group                                          | 8<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                    | 11  | 12<br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                    | 18  | 19                                    |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                    | 25  | 26                                    |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br>5-8:00 Youth Group                                         | 29<br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><b>HALLOWEEN</b><br><b>Trunk R Treat 5-7:00</b> |     |                                       |

\*\* Schedule subject to change.

# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |



# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)



Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!





# September Health and Wellness Moment

## “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens.” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse



# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

### Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.



# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.





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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch

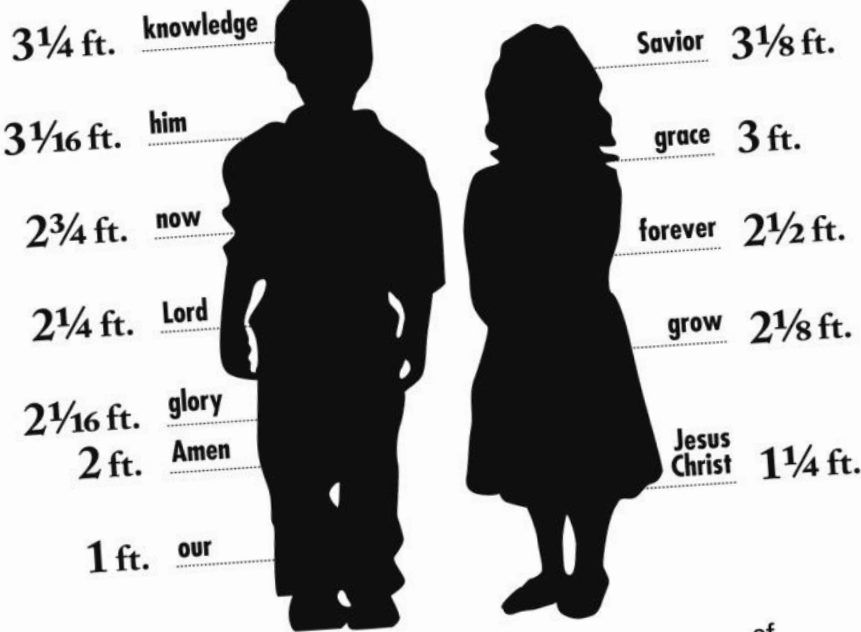
# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But \_\_\_\_\_ in the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_  
 To \_\_\_\_\_ be \_\_\_\_\_ both \_\_\_\_\_ and \_\_\_\_\_ ! \_\_\_\_\_"  
 2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace

Make this craft as a reminder to continue growing in God's amazing grace.



### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!

# Barnum Community United Methodist Church

## POSTMASTER:

Please send address changes to:

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Barnum, MN 55707

(218) 389-6876 office@barnumumc.org

www.barnumumc.org



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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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

# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*



| Sun                                                                                                    | Mon                                                              | Tue                                                                        | Wed                                                                                                                                                                         | Thu                                                   | Fri | Sat                                   |
|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----|---------------------------------------|
|                                                                                                        |                                                                  | 1<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                     | 4   | 5                                     |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br>5-8:00 Youth Group                                          | 8<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                    | 11  | 12<br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                    | 18  | 19                                    |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                    | 25  | 26                                    |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br>5-8:00 Youth Group                                         | 29<br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><b>HALLOWEEN</b><br><b>Trunk R Treat 5-7:00</b> |     |                                       |

\*\* Schedule subject to change.



# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |

# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)



Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!







## September Health and Wellness Moment

### “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens:” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse

# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.





# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.



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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch



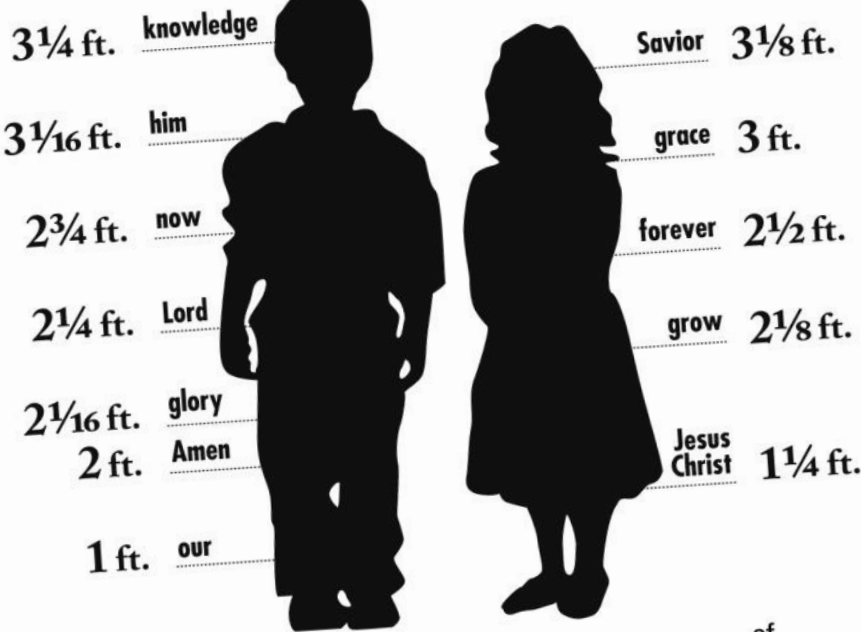
# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But 2 1/8 ft. in the 3 ft. and 3 1/4 ft. of 1 ft.  
2 1/4 ft. and 3 1/8 ft. 1 1/4 ft.  
To 3 1/16 ft. be 2 1/16 ft. both 2 3/4 ft. and 2 1/2 ft. 2 ft.!"

2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace

Make this craft as a reminder to continue growing in God's amazing grace.



### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!



# 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



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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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

# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*





| Sun                                                                                                    | Mon                                                                  | Tue                                                                            | Wed                                                                                                                                                                         | Thu                                                       | Fri | Sat                                       |
|--------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|--------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------|-----|-------------------------------------------|
|                                                                                                        |                                                                      | 1<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                         | 4   | 5                                         |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br><br>5-8:00 Youth Group                                          | 8<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                        | 11  | 12<br><br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br><br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                        | 18  | 19                                        |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br><br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                        | 25  | 26                                        |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br><br>5-8:00 Youth Group                                         | 29<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><br><b>HALLOWEEN</b><br><b>Trunk R Treat 5-7:00</b> |     |                                           |

\*\* Schedule subject to change.

# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |

# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)





Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!





# September Health and Wellness Moment

## “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens:” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse



# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.



# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.





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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch



# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But \_\_\_\_\_ in the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_  
 To \_\_\_\_\_ be \_\_\_\_\_ both \_\_\_\_\_ and \_\_\_\_\_ ! \_\_\_\_\_"  
 2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace



Make this craft as a reminder to continue growing in God's amazing grace.

### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!

# Barnum Community United Methodist Church

## POSTMASTER:

Please send address changes to:

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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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



# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*



| Sun                                                                                                    | Mon                                                              | Tue                                                                        | Wed                                                                                                                                                                         | Thu                                                   | Fri | Sat                                   |
|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----|---------------------------------------|
|                                                                                                        |                                                                  | 1<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                     | 4   | 5                                     |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br>5-8:00 Youth Group                                          | 8<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                    | 11  | 12<br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                    | 18  | 19                                    |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                    | 25  | 26                                    |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br>5-8:00 Youth Group                                         | 29<br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><b>HALLOWEEN</b><br><b>Trunk R Treat 5-7:00</b> |     |                                       |

\*\* Schedule subject to change.

# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |



# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)



Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!





# September Health and Wellness Moment

## “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens.” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse



# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.



# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.





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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch

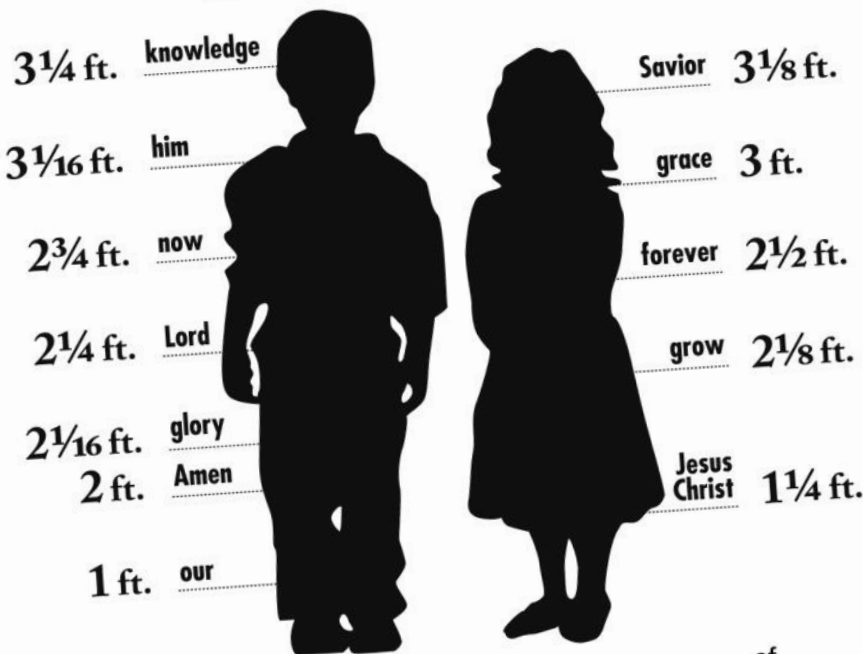
# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But \_\_\_\_\_ in the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_  
 To \_\_\_\_\_ be \_\_\_\_\_ both \_\_\_\_\_ and \_\_\_\_\_ ! \_\_\_\_\_"  
 2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace



Make this craft as a reminder to continue growing in God's amazing grace.

### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!

# 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



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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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

# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*



| Sun                                                                                                    | Mon                                                              | Tue                                                                        | Wed                                                                                                                                                                         | Thu                                                   | Fri | Sat                                   |
|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----|---------------------------------------|
|                                                                                                        |                                                                  | 1<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                     | 4   | 5                                     |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br>5-8:00 Youth Group                                          | 8<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                    | 11  | 12<br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                    | 18  | 19                                    |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                    | 25  | 26                                    |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br>5-8:00 Youth Group                                         | 29<br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><b>HALLOWEEN</b><br><b>Trunk R Treat 5-7:00</b> |     |                                       |

\*\* Schedule subject to change.



# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |

# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)



Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!







# September Health and Wellness Moment

## “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens:” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse

# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.





# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.



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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch



# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But \_\_\_\_\_ in the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_  
 To \_\_\_\_\_ be \_\_\_\_\_ both \_\_\_\_\_ and \_\_\_\_\_ ! \_\_\_\_\_"  
 2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace



Make this craft as a reminder to continue growing in God's amazing grace.

### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!



# 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



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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

**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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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

# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*





| Sun                                                                                                | Mon                                                              | Tue                                                                        | Wed                                                                                                                                                                         | Thu                                                   | Fri | Sat                                   |
|----------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----|---------------------------------------|
|                                                                                                    |                                                                  | 1<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                     | 4   | 5                                     |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class        | 7<br>5-8:00 Youth Group                                          | 8<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                    | 11  | 12<br>9:30 Secret Sister Reveal Party |
| <b>13</b><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                    | 18  | 19                                    |
| <b>20</b><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                    | 25  | 26                                    |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                             | 28<br>5-8:00 Youth Group                                         | 29<br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><b>HALLOWEEN</b><br><b>Trunk R Treat 5-7:00</b> |     |                                       |

\*\* Schedule subject to change.

# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |

# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)





Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.

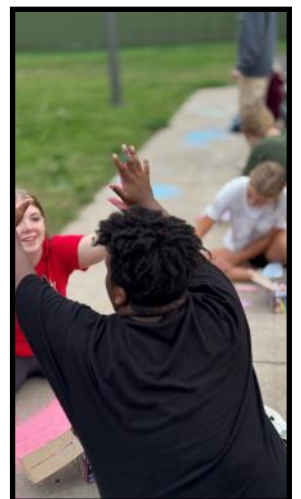


The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!





## September Health and Wellness Moment

### “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens:” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse



# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

### Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.



# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.





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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch



# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But \_\_\_\_\_ in the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_  
 To \_\_\_\_\_ be \_\_\_\_\_ both \_\_\_\_\_ and \_\_\_\_\_ ! \_\_\_\_\_"  
 2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace



Make this craft as a reminder to continue growing in God's amazing grace.

### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!

# 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



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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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



# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*



| Sun                                                                                                    | Mon                                                                  | Tue                                                                            | Wed                                                                                                                                                                         | Thu                                                           | Fri | Sat                                       |
|--------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|--------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------|-----|-------------------------------------------|
|                                                                                                        |                                                                      | 1<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                             | 4   | 5                                         |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br><br>5-8:00 Youth Group                                          | 8<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                            | 11  | 12<br><br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br><br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                            | 18  | 19                                        |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br><br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                            | 25  | 26                                        |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br><br>5-8:00 Youth Group                                         | 29<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><br><b>HALLOWEEN</b><br><br><b>Trunk R Treat 5-7:00</b> |     |                                           |

\*\* Schedule subject to change.

# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |



# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)



Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!





## September Health and Wellness Moment

### “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens:” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse



# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.



# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.





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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch

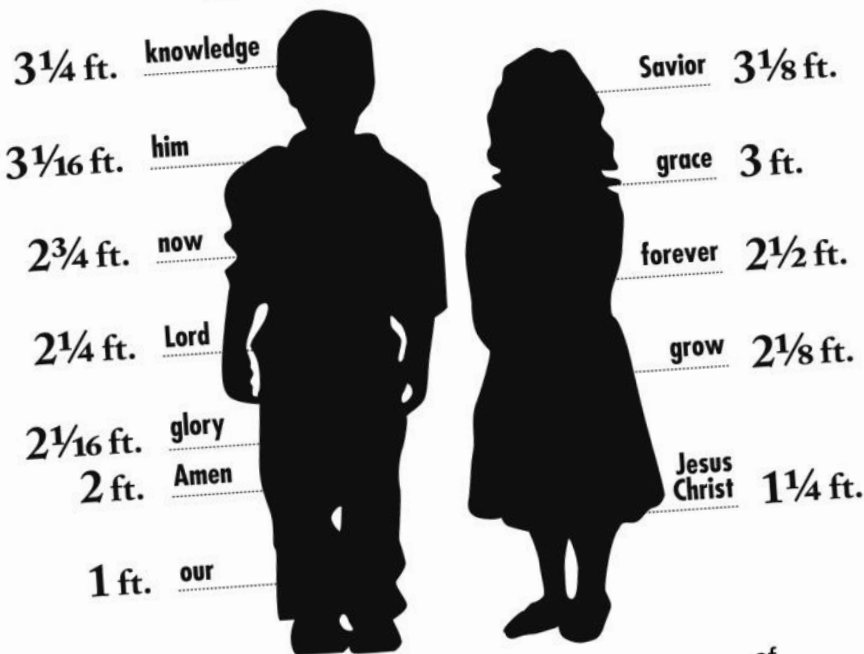
# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But \_\_\_\_\_ in the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_  
 To \_\_\_\_\_ be \_\_\_\_\_ both \_\_\_\_\_ and \_\_\_\_\_ ! \_\_\_\_\_"  
 2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace



Make this craft as a reminder to continue growing in God's amazing grace.

### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!

# 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



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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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

# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*



| Sun                                                                                                    | Mon                                                              | Tue                                                                        | Wed                                                                                                                                                                         | Thu                                                   | Fri | Sat                                   |
|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----|---------------------------------------|
|                                                                                                        |                                                                  | 1<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                     | 4   | 5                                     |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br>5-8:00 Youth Group                                          | 8<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                    | 11  | 12<br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                    | 18  | 19                                    |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                    | 25  | 26                                    |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br>5-8:00 Youth Group                                         | 29<br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><b>HALLOWEEN</b><br><b>Trunk R Treat 5-7:00</b> |     |                                       |



# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |

# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)



Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!







## September Health and Wellness Moment

### “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens.” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse

# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.





# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.



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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch



# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But \_\_\_\_\_ in the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_  
 To \_\_\_\_\_ be \_\_\_\_\_ both \_\_\_\_\_ and \_\_\_\_\_ ! \_\_\_\_\_"  
 2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace



Make this craft as a reminder to continue growing in God's amazing grace.

### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!



# Barnum Community United Methodist Church

## POSTMASTER:

Please send address changes to:

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Barnum, MN 55707

(218) 389-6876 office@barnumumc.org

www.barnumumc.org



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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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

# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*





| Sun                                                                                                    | Mon                                                              | Tue                                                                        | Wed                                                                                                                                                                         | Thu                                                   | Fri | Sat                                   |
|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----|---------------------------------------|
|                                                                                                        |                                                                  | 1<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                     | 4   | 5                                     |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br>5-8:00 Youth Group                                          | 8<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                    | 11  | 12<br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                    | 18  | 19                                    |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                    | 25  | 26                                    |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br>5-8:00 Youth Group                                         | 29<br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><b>HALLOWEEN</b><br><b>Trunk R Treat 5-7:00</b> |     |                                       |

\*\* Schedule subject to change.

# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |

# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)





Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



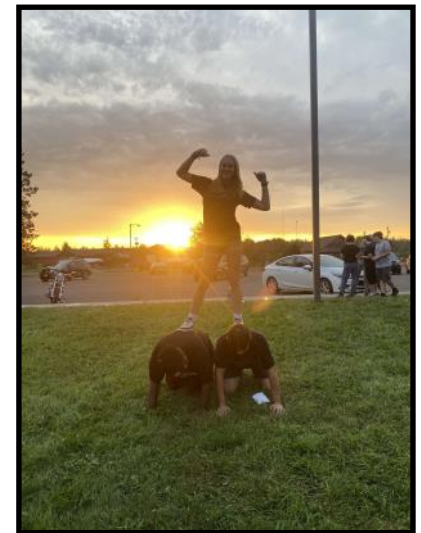
is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!





## September Health and Wellness Moment

### “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens.” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse





## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.



# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.





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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch



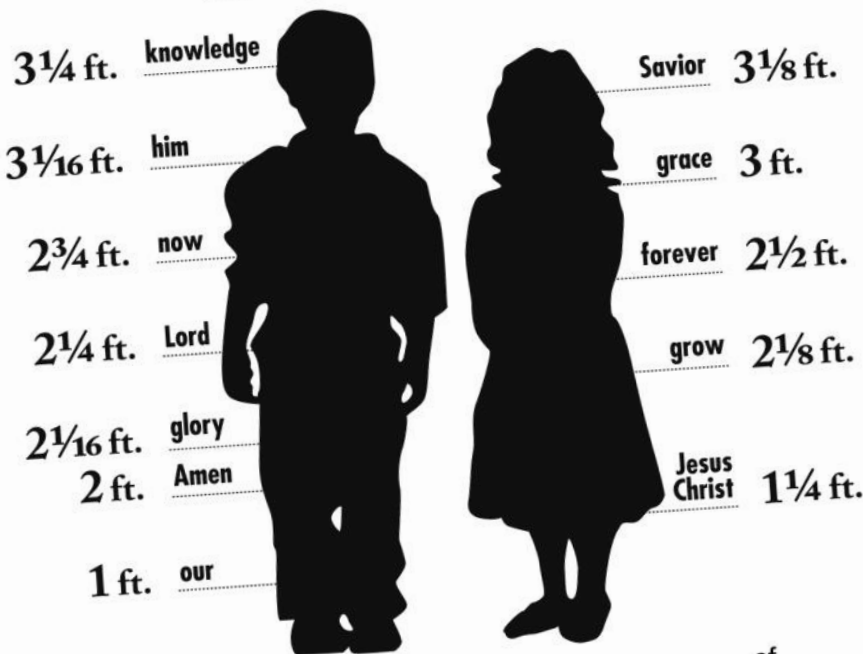
# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But \_\_\_\_\_ in the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_  
 To \_\_\_\_\_ be \_\_\_\_\_ both \_\_\_\_\_ and \_\_\_\_\_ ! \_\_\_\_\_"  
 2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace



Make this craft as a reminder to continue growing in God's amazing grace.

### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!

# Barnum Community United Methodist Church

## POSTMASTER:

Please send address changes to:

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Barnum, MN 55707

(218) 389-6876 office@barnumumc.org

www.barnumumc.org



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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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



# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*



| Sun                                                                                                    | Mon                                                              | Tue                                                                        | Wed                                                                                                                                                                         | Thu                                                   | Fri | Sat                                   |
|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----|---------------------------------------|
|                                                                                                        |                                                                  | 1<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                     | 4   | 5                                     |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br>5-8:00 Youth Group                                          | 8<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                    | 11  | 12<br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                    | 18  | 19                                    |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                    | 25  | 26                                    |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br>5-8:00 Youth Group                                         | 29<br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><b>HALLOWEEN</b><br><b>Trunk R Treat 5-7:00</b> |     |                                       |

\*\* Schedule subject to change.

# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |



# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)



Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!





## September Health and Wellness Moment

### “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens.” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse



# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.



# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.





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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch

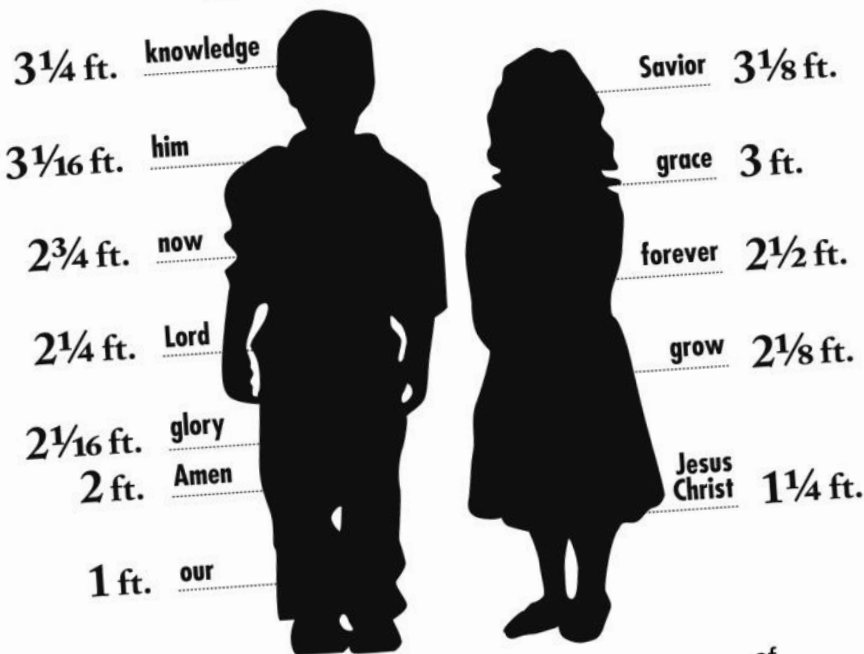
# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But \_\_\_\_\_ in the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_  
 To \_\_\_\_\_ be \_\_\_\_\_ both \_\_\_\_\_ and \_\_\_\_\_ ! \_\_\_\_\_"  
 2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace



Make this craft as a reminder to continue growing in God's amazing grace.

### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!

# Barnum Community United Methodist Church

## POSTMASTER:

Please send address changes to:

PO Box 70, 3762 Front Street

Barnum, MN 55707

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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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

# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*



| Sun                                                                                                    | Mon                                                                  | Tue                                                                            | Wed                                                                                                                                                                         | Thu                                                           | Fri | Sat                                       |
|--------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|--------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------|-----|-------------------------------------------|
|                                                                                                        |                                                                      | 1<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                             | 4   | 5                                         |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br><br>5-8:00 Youth Group                                          | 8<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                            | 11  | 12<br><br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br><br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                            | 18  | 19                                        |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br><br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                            | 25  | 26                                        |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br><br>5-8:00 Youth Group                                         | 29<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><br><b>HALLOWEEN</b><br><br><b>Trunk R Treat 5-7:00</b> |     |                                           |

\*\* Schedule subject to change.



# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |

# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)



Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!







## September Health and Wellness Moment

### “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens.” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse

# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.





# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.



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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch



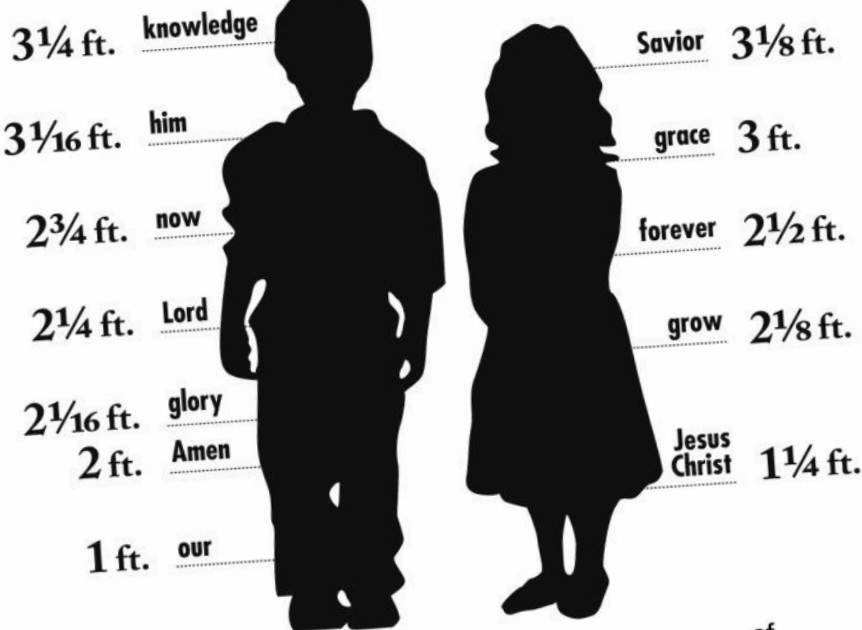
# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But 2 1/8 ft. in the 3 ft. and 3 1/4 ft. of 1 ft.  
2 1/4 ft. and 3 1/8 ft. 1 1/4 ft.  
To 3 1/16 ft. be 2 1/16 ft. both 2 3/4 ft. and 2 1/2 ft. 2 ft.!"

2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace

Make this craft as a reminder to continue growing in God's amazing grace.



### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!



# 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



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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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

# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*





| Sun                                                                                                    | Mon                                                              | Tue                                                                        | Wed                                                                                                                                                                         | Thu                                                   | Fri | Sat                                   |
|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----|---------------------------------------|
|                                                                                                        |                                                                  | 1<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                     | 4   | 5                                     |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br>5-8:00 Youth Group                                          | 8<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                    | 11  | 12<br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                    | 18  | 19                                    |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                    | 25  | 26                                    |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br>5-8:00 Youth Group                                         | 29<br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><b>HALLOWEEN</b><br><b>Trunk R Treat 5-7:00</b> |     |                                       |

\*\* Schedule subject to change.

# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |

# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)





Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!





# September Health and Wellness Moment

## “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens:” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse



# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.



# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.





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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch



# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But \_\_\_\_\_ in the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_  
 To \_\_\_\_\_ be \_\_\_\_\_ both \_\_\_\_\_ and \_\_\_\_\_ ! \_\_\_\_\_"  
 2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace



Make this craft as a reminder to continue growing in God's amazing grace.

### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!

# 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



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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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



# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*



| Sun                                                                                                    | Mon                                                              | Tue                                                                        | Wed                                                                                                                                                                         | Thu                                                   | Fri | Sat                                   |
|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----|---------------------------------------|
|                                                                                                        |                                                                  | 1<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                     | 4   | 5                                     |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br>5-8:00 Youth Group                                          | 8<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                    | 11  | 12<br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                    | 18  | 19                                    |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                    | 25  | 26                                    |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br>5-8:00 Youth Group                                         | 29<br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><b>HALLOWEEN</b><br><b>Trunk R Treat 5-7:00</b> |     |                                       |

\*\* Schedule subject to change.

# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |



# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)



Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!





## September Health and Wellness Moment

### “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens:” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse



# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.



# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.





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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch

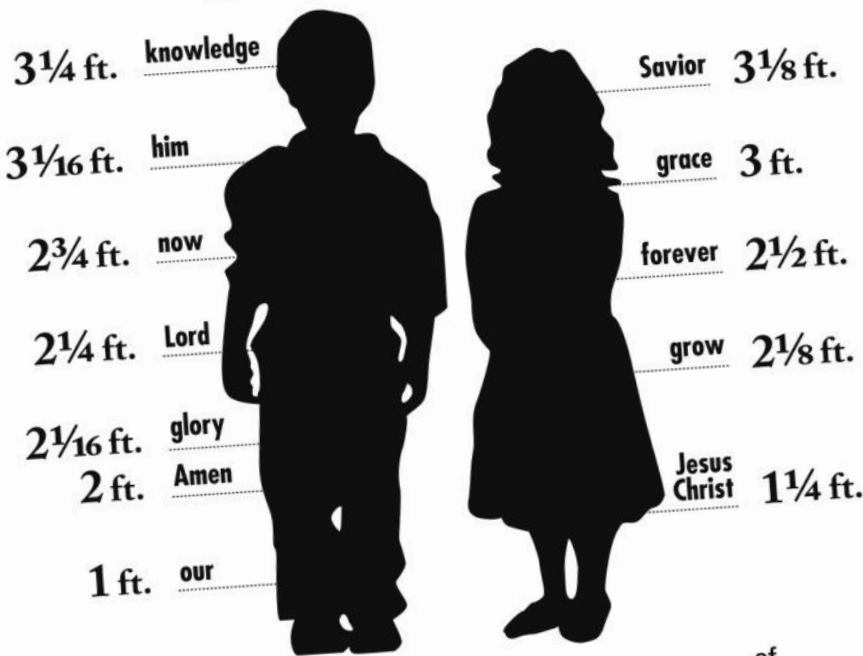
# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But 2 1/8 ft. in the 3 ft. and 3 1/4 ft. of 1 ft.  
2 1/4 ft. and 3 1/8 ft. 1 1/4 ft.  
To 3 1/16 ft. be 2 1/16 ft. both 2 3/4 ft. and 2 1/2 ft. 2 ft.!"

2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen." 2 Peter 3:18, NIV

## GROW IN Grace

Make this craft as a reminder to continue growing in God's amazing grace.



### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!

# 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



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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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

# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*



| Sun                                                                                                    | Mon                                                                  | Tue                                                                            | Wed                                                                                                                                                                         | Thu                                                           | Fri | Sat                                       |
|--------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|--------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------|-----|-------------------------------------------|
|                                                                                                        |                                                                      | 1<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                             | 4   | 5                                         |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br><br>5-8:00 Youth Group                                          | 8<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                            | 11  | 12<br><br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br><br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                            | 18  | 19                                        |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br><br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                            | 25  | 26                                        |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br><br>5-8:00 Youth Group                                         | 29<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><br><b>HALLOWEEN</b><br><br><b>Trunk R Treat 5-7:00</b> |     |                                           |

\*\* Schedule subject to change.



# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |

# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)



Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!







# September Health and Wellness Moment

## “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens:” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse

# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.





# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.



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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch



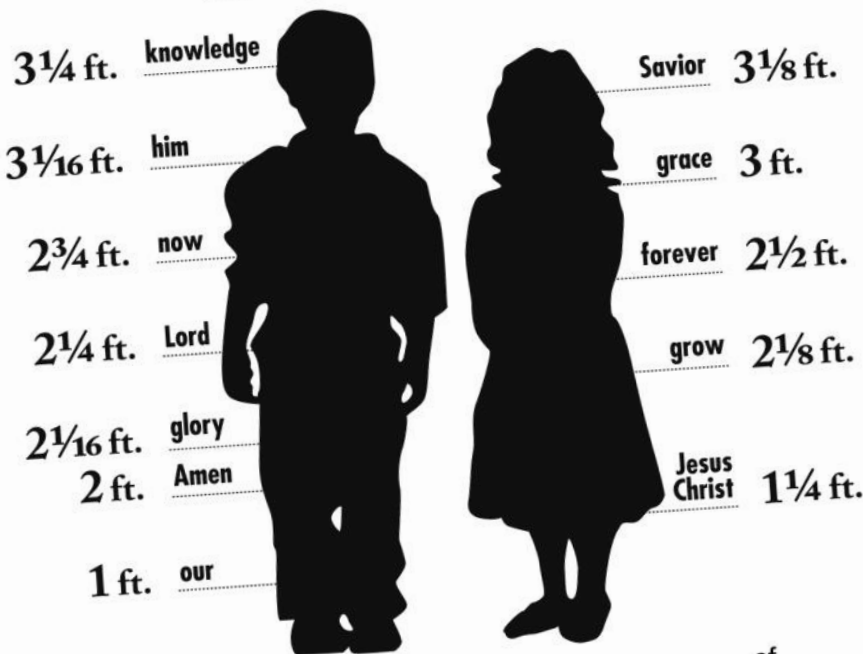
# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But \_\_\_\_\_ in the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_  
 To \_\_\_\_\_ be \_\_\_\_\_ both \_\_\_\_\_ and \_\_\_\_\_ ! \_\_\_\_\_"  
 2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace



Make this craft as a reminder to continue growing in God's amazing grace.

### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!



# 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



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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

**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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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

# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*





| Sun                                                                                                    | Mon                                                                  | Tue                                                                            | Wed                                                                                                                                                                         | Thu                                                           | Fri | Sat                                       |
|--------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|--------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------|-----|-------------------------------------------|
|                                                                                                        |                                                                      | 1<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                             | 4   | 5                                         |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br><br>5-8:00 Youth Group                                          | 8<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                            | 11  | 12<br><br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br><br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                            | 18  | 19                                        |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br><br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                            | 25  | 26                                        |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br><br>5-8:00 Youth Group                                         | 29<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><br><b>HALLOWEEN</b><br><br><b>Trunk R Treat 5-7:00</b> |     |                                           |

\*\* Schedule subject to change.

# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |

# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)





Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!





# September Health and Wellness Moment

## “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens:” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse



# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.



# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.





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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch



# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But \_\_\_\_\_ in the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_  
 To \_\_\_\_\_ be \_\_\_\_\_ both \_\_\_\_\_ and \_\_\_\_\_ ! \_\_\_\_\_"  
 2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace



Make this craft as a reminder to continue growing in God's amazing grace.

### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!

# Barnum Community United Methodist Church

## POSTMASTER:

Please send address changes to:

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Barnum, MN 55707

(218) 389-6876 office@barnumumc.org

www.barnumumc.org



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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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



# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*



| Sun                                                                                                    | Mon                                                                  | Tue                                                                            | Wed                                                                                                                                                                         | Thu                                                           | Fri | Sat                                       |
|--------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|--------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------|-----|-------------------------------------------|
|                                                                                                        |                                                                      | 1<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                             | 4   | 5                                         |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br><br>5-8:00 Youth Group                                          | 8<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                            | 11  | 12<br><br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br><br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                            | 18  | 19                                        |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br><br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                            | 25  | 26                                        |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br><br>5-8:00 Youth Group                                         | 29<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><br><b>HALLOWEEN</b><br><br><b>Trunk R Treat 5-7:00</b> |     |                                           |

\*\* Schedule subject to change.

# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |



# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)



Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!





# September Health and Wellness Moment

## “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens.” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse



# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.



# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.





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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch

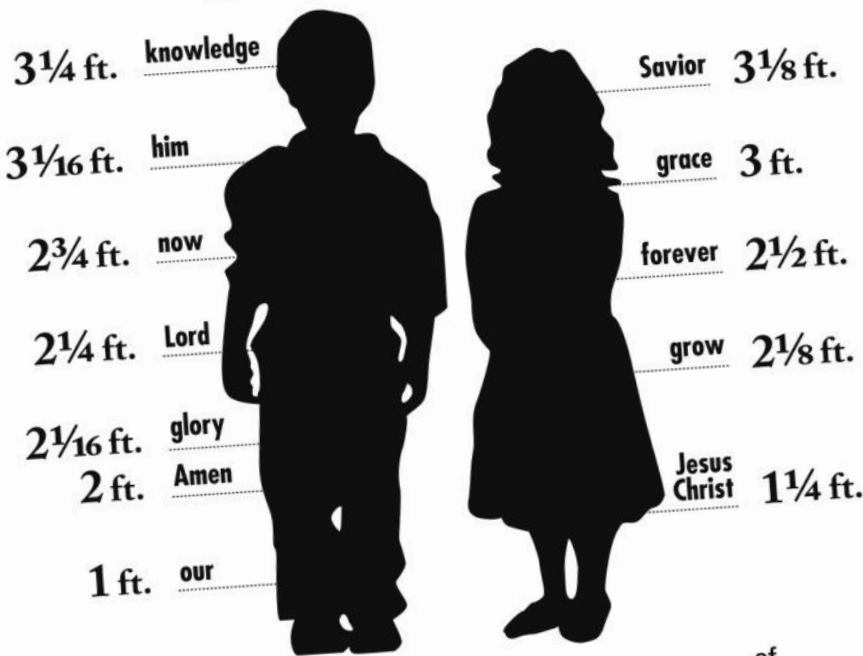
# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But 2 1/8 ft. in the 3 ft. and 3 1/4 ft. of 1 ft.  
2 1/4 ft. and 3 1/8 ft. 1 1/4 ft.  
To 3 1/16 ft. be 2 1/16 ft. both 2 3/4 ft. and 2 1/2 ft. 2 ft.!"

2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace

Make this craft as a reminder to continue growing in God's amazing grace.



### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!

# 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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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

# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*



| Sun                                                                                                    | Mon                                                              | Tue                                                                        | Wed                                                                                                                                                                         | Thu                                                   | Fri | Sat                                   |
|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----|---------------------------------------|
|                                                                                                        |                                                                  | 1<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                     | 4   | 5                                     |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br>5-8:00 Youth Group                                          | 8<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                    | 11  | 12<br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                    | 18  | 19                                    |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                    | 25  | 26                                    |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br>5-8:00 Youth Group                                         | 29<br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><b>HALLOWEEN</b><br><b>Trunk R Treat 5-7:00</b> |     |                                       |

\*\* Schedule subject to change.



# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |

# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)



Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.

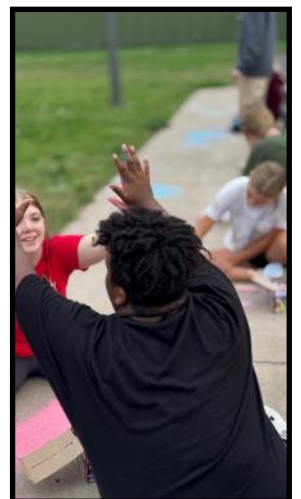


The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!







## September Health and Wellness Moment

### “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens:” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse

# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

### Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.





# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.



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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch



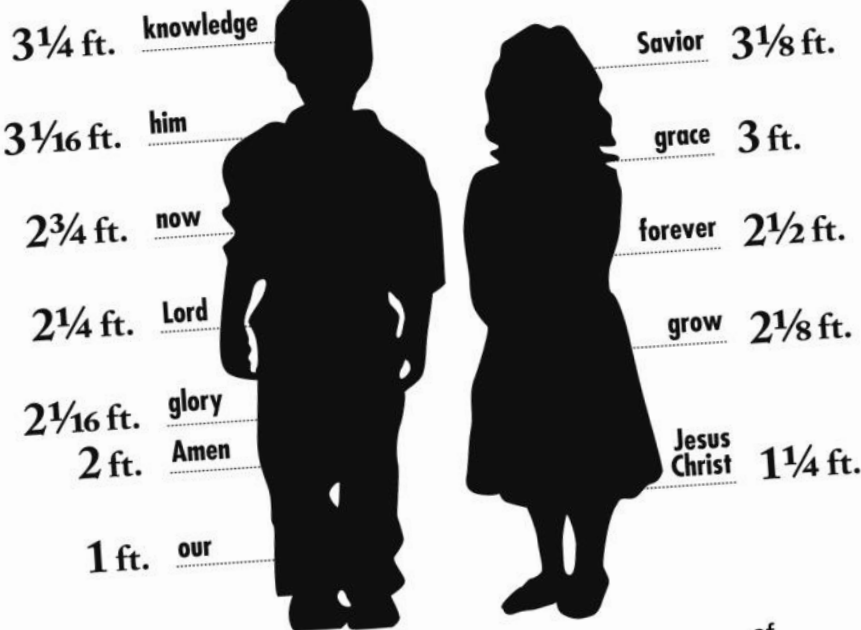
# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But \_\_\_\_\_ in the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_  
 To \_\_\_\_\_ be \_\_\_\_\_ both \_\_\_\_\_ and \_\_\_\_\_ ! \_\_\_\_\_"  
 2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace

Make this craft as a reminder to continue growing in God's amazing grace.



### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!



# 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



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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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

# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*





| Sun                                                                                                    | Mon                                                              | Tue                                                                        | Wed                                                                                                                                                                         | Thu                                                   | Fri | Sat                                   |
|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----|---------------------------------------|
|                                                                                                        |                                                                  | 1<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                     | 4   | 5                                     |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br>5-8:00 Youth Group                                          | 8<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                    | 11  | 12<br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                    | 18  | 19                                    |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                    | 25  | 26                                    |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br>5-8:00 Youth Group                                         | 29<br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><b>HALLOWEEN</b><br><b>Trunk R Treat 5-7:00</b> |     |                                       |

\*\* Schedule subject to change.

# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |

# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)





Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!





## September Health and Wellness Moment

### “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens:” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse



# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.



# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.





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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch



# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But \_\_\_\_\_ in the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_  
 To \_\_\_\_\_ be \_\_\_\_\_ both \_\_\_\_\_ and \_\_\_\_\_ ! \_\_\_\_\_"  
 2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace



Make this craft as a reminder to continue growing in God's amazing grace.

### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!

# 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



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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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



# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*



| Sun                                                                                                    | Mon                                                              | Tue                                                                        | Wed                                                                                                                                                                         | Thu                                                   | Fri | Sat                                   |
|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----|---------------------------------------|
|                                                                                                        |                                                                  | 1<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                     | 4   | 5                                     |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br>5-8:00 Youth Group                                          | 8<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                    | 11  | 12<br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                    | 18  | 19                                    |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                    | 25  | 26                                    |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br>5-8:00 Youth Group                                         | 29<br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><b>HALLOWEEN</b><br><b>Trunk R Treat 5-7:00</b> |     |                                       |

\*\* Schedule subject to change.

# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |



# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)



Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.

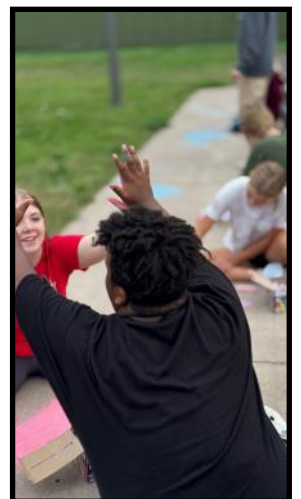


The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!





# September Health and Wellness Moment

## “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens.” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse



# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.



# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.





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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch

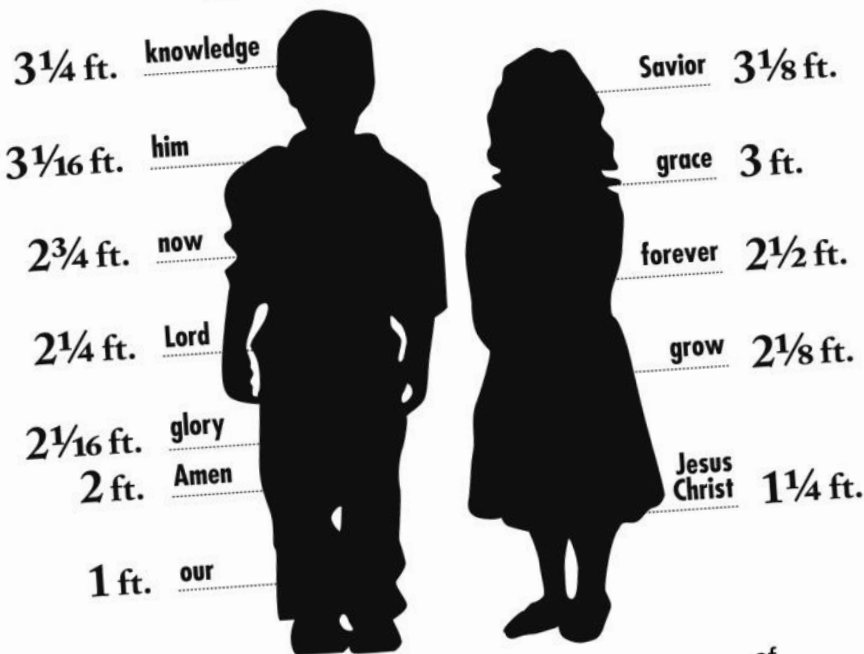
# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But \_\_\_\_\_ in the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_  
 To \_\_\_\_\_ be \_\_\_\_\_ both \_\_\_\_\_ and \_\_\_\_\_ ! \_\_\_\_\_"  
 2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace



Make this craft as a reminder to continue growing in God's amazing grace.

### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!

# 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



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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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

# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*



| Sun                                                                                                    | Mon                                                              | Tue                                                                        | Wed                                                                                                                                                                         | Thu                                                   | Fri | Sat                                   |
|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----|---------------------------------------|
|                                                                                                        |                                                                  | 1<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                     | 4   | 5                                     |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br>5-8:00 Youth Group                                          | 8<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                    | 11  | 12<br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                    | 18  | 19                                    |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                    | 25  | 26                                    |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br>5-8:00 Youth Group                                         | 29<br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><b>HALLOWEEN</b><br><b>Trunk R Treat 5-7:00</b> |     |                                       |



# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |

# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)



Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!







# September Health and Wellness Moment

## “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens.” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse

# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.





# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.



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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch



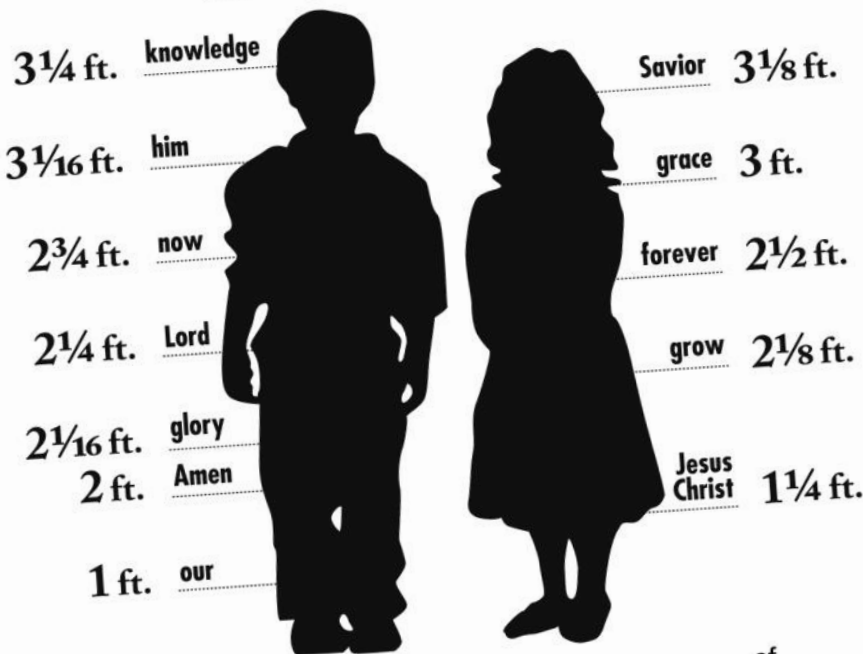
# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But \_\_\_\_\_ in the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_  
 To \_\_\_\_\_ be \_\_\_\_\_ both \_\_\_\_\_ and \_\_\_\_\_ ! \_\_\_\_\_"  
 2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace



Make this craft as a reminder to continue growing in God's amazing grace.

### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!



# 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



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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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

# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*





| Sun                                                                                                    | Mon                                                              | Tue                                                                        | Wed                                                                                                                                                                         | Thu                                                   | Fri | Sat                                   |
|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----|---------------------------------------|
|                                                                                                        |                                                                  | 1<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                     | 4   | 5                                     |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br>5-8:00 Youth Group                                          | 8<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                    | 11  | 12<br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                    | 18  | 19                                    |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                    | 25  | 26                                    |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br>5-8:00 Youth Group                                         | 29<br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><b>HALLOWEEN</b><br><b>Trunk R Treat 5-7:00</b> |     |                                       |

\*\* Schedule subject to change.

# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |

# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)





Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!





## September Health and Wellness Moment

### “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens:” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse



# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.



# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.





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## ACROSS

- 1 \_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_ (Gen 48:16)
- 57 the \_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_? (Job 22:15)
- 19 they will \_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_ (Ex 30:25)
- 54 Do not \_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch



# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But \_\_\_\_\_ in the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_  
 To \_\_\_\_\_ be \_\_\_\_\_ both \_\_\_\_\_ and \_\_\_\_\_ ! \_\_\_\_\_"  
 2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace



Make this craft as a reminder to continue growing in God's amazing grace.

### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!

# Barnum Community United Methodist Church

## POSTMASTER:

Please send address changes to:

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Barnum, MN 55707

(218) 389-6876 office@barnumumc.org

www.barnumumc.org



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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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



# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*



| Sun                                                                                                    | Mon                                                              | Tue                                                                        | Wed                                                                                                                                                                         | Thu                                                   | Fri | Sat                                   |
|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----|---------------------------------------|
|                                                                                                        |                                                                  | 1<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                     | 4   | 5                                     |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br>5-8:00 Youth Group                                          | 8<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                    | 11  | 12<br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                    | 18  | 19                                    |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                    | 25  | 26                                    |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br>5-8:00 Youth Group                                         | 29<br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><b>HALLOWEEN</b><br><b>Trunk R Treat 5-7:00</b> |     |                                       |

\*\* Schedule subject to change.

# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |



# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)



Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!





## September Health and Wellness Moment

### “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens.” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse



# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.



# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.





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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch

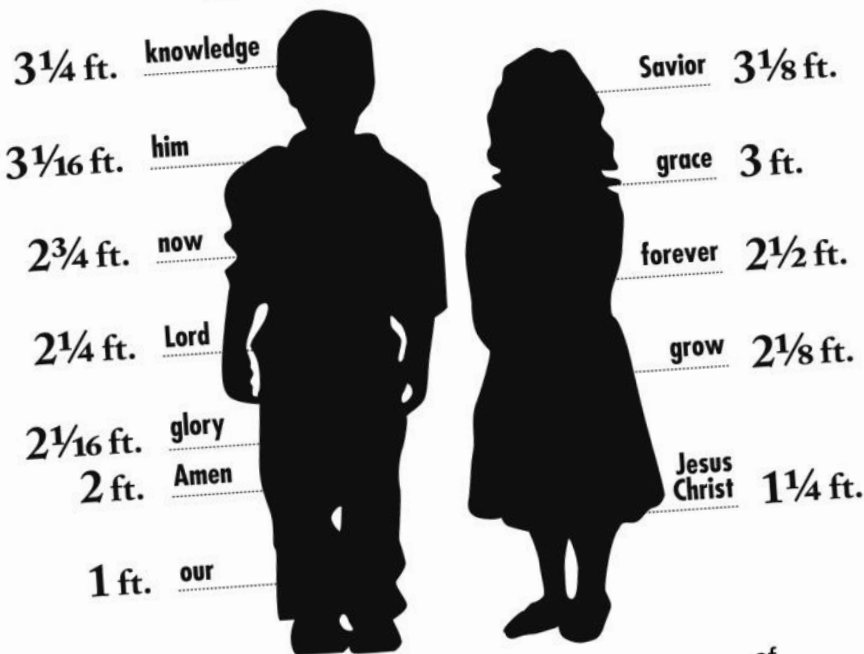
# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But \_\_\_\_\_ in the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_  
 To \_\_\_\_\_ be \_\_\_\_\_ both \_\_\_\_\_ and \_\_\_\_\_ ! \_\_\_\_\_"  
 2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace



Make this craft as a reminder to continue growing in God's amazing grace.

### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!

# Barnum Community United Methodist Church

## POSTMASTER:

Please send address changes to:

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Barnum, MN 55707

(218) 389-6876 office@barnumumc.org

www.barnumumc.org



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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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

# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*



| Sun                                                                                                    | Mon                                                              | Tue                                                                        | Wed                                                                                                                                                                         | Thu                                                   | Fri | Sat                                   |
|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----|---------------------------------------|
|                                                                                                        |                                                                  | 1<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                     | 4   | 5                                     |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br>5-8:00 Youth Group                                          | 8<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                    | 11  | 12<br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                    | 18  | 19                                    |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                    | 25  | 26                                    |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br>5-8:00 Youth Group                                         | 29<br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><b>HALLOWEEN</b><br><b>Trunk R Treat 5-7:00</b> |     |                                       |



# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |

# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)



Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!







## September Health and Wellness Moment

### “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens:” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.





# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.



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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch



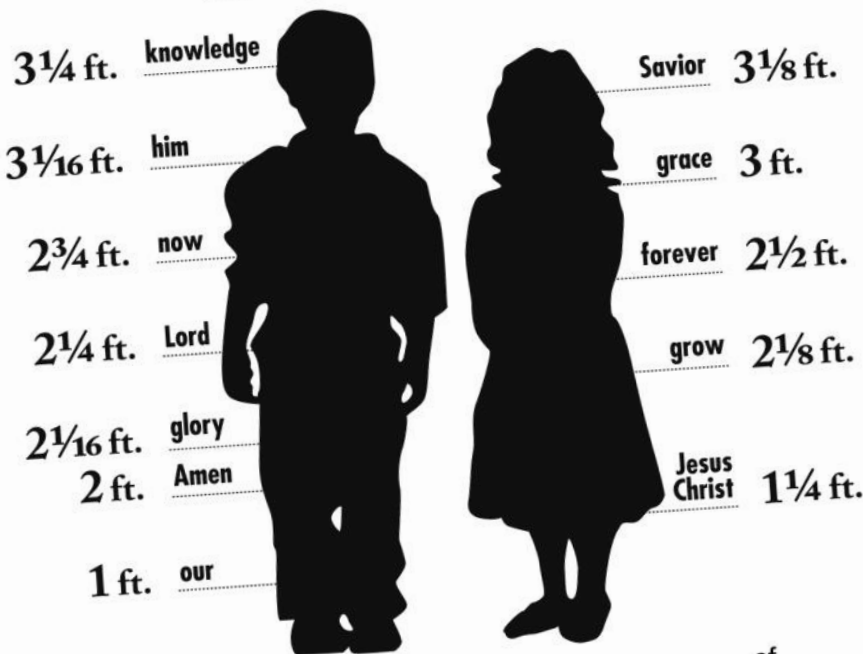
# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But \_\_\_\_\_ in the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_  
 To \_\_\_\_\_ be \_\_\_\_\_ both \_\_\_\_\_ and \_\_\_\_\_ ! \_\_\_\_\_"  
 2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace



Make this craft as a reminder to continue growing in God's amazing grace.

### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!



# Barnum Community United Methodist Church

## POSTMASTER:

Please send address changes to:

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Barnum, MN 55707

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www.barnumumc.org



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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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

# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*





| Sun                                                                                                    | Mon                                                              | Tue                                                                        | Wed                                                                                                                                                                         | Thu                                                   | Fri | Sat                                   |
|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----|---------------------------------------|
|                                                                                                        |                                                                  | 1<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                     | 4   | 5                                     |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br>5-8:00 Youth Group                                          | 8<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                    | 11  | 12<br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                    | 18  | 19                                    |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                    | 25  | 26                                    |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br>5-8:00 Youth Group                                         | 29<br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><b>HALLOWEEN</b><br><b>Trunk R Treat 5-7:00</b> |     |                                       |

\*\* Schedule subject to change.

# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |

# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)





Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!





## September Health and Wellness Moment

### “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens:” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse



# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.



# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.





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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch



# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But \_\_\_\_\_ in the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_  
 To \_\_\_\_\_ be \_\_\_\_\_ both \_\_\_\_\_ and \_\_\_\_\_ ! \_\_\_\_\_"  
 2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace



Make this craft as a reminder to continue growing in God's amazing grace.

### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!

# 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



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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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



# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*



| Sun                                                                                                | Mon                                                              | Tue                                                                        | Wed                                                                                                                                                                         | Thu                                                   | Fri | Sat                                   |
|----------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----|---------------------------------------|
|                                                                                                    |                                                                  | 1<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                     | 4   | 5                                     |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class        | 7<br>5-8:00 Youth Group                                          | 8<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                    | 11  | 12<br>9:30 Secret Sister Reveal Party |
| <b>13</b><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                    | 18  | 19                                    |
| <b>20</b><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                    | 25  | 26                                    |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                             | 28<br>5-8:00 Youth Group                                         | 29<br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><b>HALLOWEEN</b><br><b>Trunk R Treat 5-7:00</b> |     |                                       |

\*\* Schedule subject to change.

# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |



# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)



Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!





# September Health and Wellness Moment

## “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens:” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse



# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

### Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.



# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.





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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch

# Just for Kids

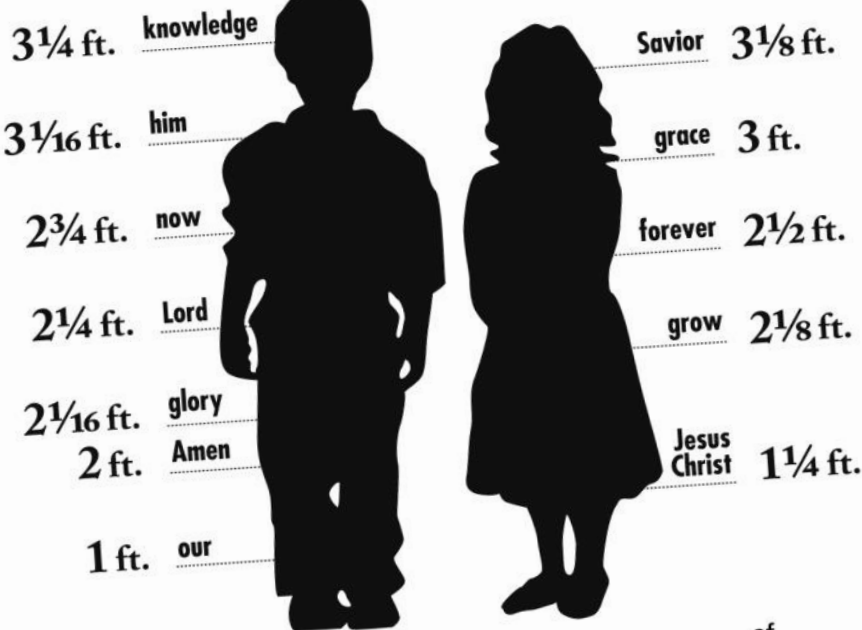


## PUZZLE

### Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But \_\_\_\_\_ in the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_  
 To \_\_\_\_\_ be \_\_\_\_\_ both \_\_\_\_\_ and \_\_\_\_\_ ! \_\_\_\_\_"  
 2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace



Make this craft as a reminder to continue growing in God's amazing grace.

### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!

# 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



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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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

# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*



| Sun                                                                                                    | Mon                                                                  | Tue                                                                            | Wed                                                                                                                                                                         | Thu                                                           | Fri | Sat                                       |
|--------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|--------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------|-----|-------------------------------------------|
|                                                                                                        |                                                                      | 1<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                             | 4   | 5                                         |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br><br>5-8:00 Youth Group                                          | 8<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                            | 11  | 12<br><br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br><br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                            | 18  | 19                                        |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br><br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                            | 25  | 26                                        |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br><br>5-8:00 Youth Group                                         | 29<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><br><b>HALLOWEEN</b><br><br><b>Trunk R Treat 5-7:00</b> |     |                                           |

\*\* Schedule subject to change.



# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |

# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)



Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!







# September Health and Wellness Moment

## “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens:” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse

# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.





# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.



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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch



# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But \_\_\_\_\_ in the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_  
 To \_\_\_\_\_ be \_\_\_\_\_ both \_\_\_\_\_ and \_\_\_\_\_ ! \_\_\_\_\_"  
 2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace



Make this craft as a reminder to continue growing in God's amazing grace.

### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!



# 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



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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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

# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*





| Sun                                                                                                    | Mon                                                              | Tue                                                                        | Wed                                                                                                                                                                         | Thu                                                   | Fri | Sat                                   |
|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----|---------------------------------------|
|                                                                                                        |                                                                  | 1<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                     | 4   | 5                                     |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br>5-8:00 Youth Group                                          | 8<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                    | 11  | 12<br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                    | 18  | 19                                    |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                    | 25  | 26                                    |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br>5-8:00 Youth Group                                         | 29<br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><b>HALLOWEEN</b><br><b>Trunk R Treat 5-7:00</b> |     |                                       |

\*\* Schedule subject to change.

# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |

# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)





Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!





## September Health and Wellness Moment

### “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens.” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse



# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.



# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.





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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch



# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But \_\_\_\_\_ in the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_  
 To \_\_\_\_\_ be \_\_\_\_\_ both \_\_\_\_\_ and \_\_\_\_\_ ! \_\_\_\_\_"  
 2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace



Make this craft as a reminder to continue growing in God's amazing grace.

### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!

# 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



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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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



# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*



| Sun                                                                                                | Mon                                                              | Tue                                                                        | Wed                                                                                                                                                                         | Thu                                                   | Fri | Sat                                   |
|----------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----|---------------------------------------|
|                                                                                                    |                                                                  | 1<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                     | 4   | 5                                     |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class        | 7<br>5-8:00 Youth Group                                          | 8<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                    | 11  | 12<br>9:30 Secret Sister Reveal Party |
| <b>13</b><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                    | 18  | 19                                    |
| <b>20</b><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                    | 25  | 26                                    |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                             | 28<br>5-8:00 Youth Group                                         | 29<br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><b>HALLOWEEN</b><br><b>Trunk R Treat 5-7:00</b> |     |                                       |

\*\* Schedule subject to change.

# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |



# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)



Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!





# September Health and Wellness Moment

## “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens:” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse



# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.



# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.





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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch

# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.

|            |           |              |           |
|------------|-----------|--------------|-----------|
| 3 1/4 ft.  | knowledge | Savior       | 3 1/8 ft. |
| 3 1/16 ft. | him       | grace        | 3 ft.     |
| 2 3/4 ft.  | now       | forever      | 2 1/2 ft. |
| 2 1/4 ft.  | Lord      | grow         | 2 1/8 ft. |
| 2 1/16 ft. | glory     | Jesus Christ | 1 1/4 ft. |
| 2 ft.      | Amen      |              |           |
| 1 ft.      | our       |              |           |

"But \_\_\_\_\_ in the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_  
 To \_\_\_\_\_ be \_\_\_\_\_ both \_\_\_\_\_ and \_\_\_\_\_ ! \_\_\_\_\_"  
 2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace



Make this craft as a reminder to continue growing in God's amazing grace.

### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!

# Barnum Community United Methodist Church

## POSTMASTER:

Please send address changes to:

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Barnum, MN 55707

(218) 389-6876 office@barnumumc.org

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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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

# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*



| Sun                                                                                                    | Mon                                                                  | Tue                                                                            | Wed                                                                                                                                                                         | Thu                                                           | Fri | Sat                                       |
|--------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|--------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------|-----|-------------------------------------------|
|                                                                                                        |                                                                      | 1<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                             | 4   | 5                                         |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br><br>5-8:00 Youth Group                                          | 8<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                            | 11  | 12<br><br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br><br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                            | 18  | 19                                        |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br><br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                            | 25  | 26                                        |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br><br>5-8:00 Youth Group                                         | 29<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><br><b>HALLOWEEN</b><br><br><b>Trunk R Treat 5-7:00</b> |     |                                           |

\*\* Schedule subject to change.



# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |

# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)



Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!







## September Health and Wellness Moment

### “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens.” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse

# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.





# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.



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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch



# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But \_\_\_\_\_ in the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_  
 To \_\_\_\_\_ be \_\_\_\_\_ both \_\_\_\_\_ and \_\_\_\_\_ ! \_\_\_\_\_"  
 2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace



Make this craft as a reminder to continue growing in God's amazing grace.

### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!



# Barnum Community United Methodist Church

## POSTMASTER:

Please send address changes to:

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Barnum, MN 55707

(218) 389-6876 office@barnumumc.org

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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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

# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*





| Sun                                                                                                    | Mon                                                              | Tue                                                                        | Wed                                                                                                                                                                         | Thu                                                   | Fri | Sat                                   |
|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----|---------------------------------------|
|                                                                                                        |                                                                  | 1<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                     | 4   | 5                                     |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br>5-8:00 Youth Group                                          | 8<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                    | 11  | 12<br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                    | 18  | 19                                    |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                    | 25  | 26                                    |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br>5-8:00 Youth Group                                         | 29<br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><b>HALLOWEEN</b><br><b>Trunk R Treat 5-7:00</b> |     |                                       |

\*\* Schedule subject to change.

# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |

# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)





Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!





## September Health and Wellness Moment

### “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens:” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse



# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.



# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.





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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch



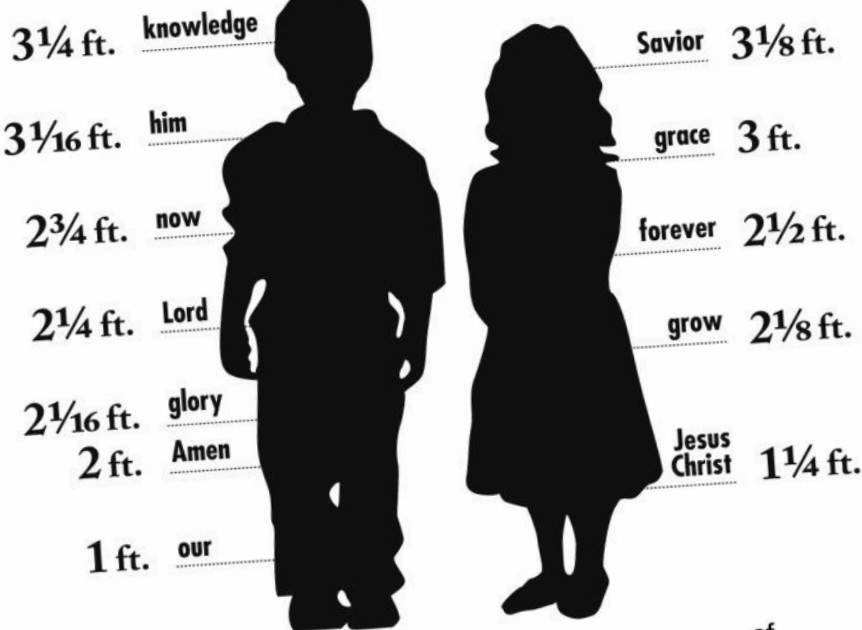
# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But 2 1/8 ft. in the 3 ft. and 3 1/4 ft. of 1 ft.  
2 1/4 ft. and 3 1/8 ft. 1 1/4 ft.  
To 3 1/16 ft. be 2 1/16 ft. both 2 3/4 ft. and 2 1/2 ft. 2 ft.!"

2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace

Make this craft as a reminder to continue growing in God's amazing grace.



### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!

# Barnum Community United Methodist Church

## POSTMASTER:

Please send address changes to:

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Barnum, MN 55707

(218) 389-6876 office@barnumumc.org

www.barnumumc.org



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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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



# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*



| Sun                                                                                                    | Mon                                                              | Tue                                                                        | Wed                                                                                                                                                                         | Thu                                                   | Fri | Sat                                   |
|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----|---------------------------------------|
|                                                                                                        |                                                                  | 1<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                     | 4   | 5                                     |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br>5-8:00 Youth Group                                          | 8<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                    | 11  | 12<br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                    | 18  | 19                                    |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                    | 25  | 26                                    |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br>5-8:00 Youth Group                                         | 29<br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><b>HALLOWEEN</b><br><b>Trunk R Treat 5-7:00</b> |     |                                       |

\*\* Schedule subject to change.

# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |



# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)



Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!





# September Health and Wellness Moment

## “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens.” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse





## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.



# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.





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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch

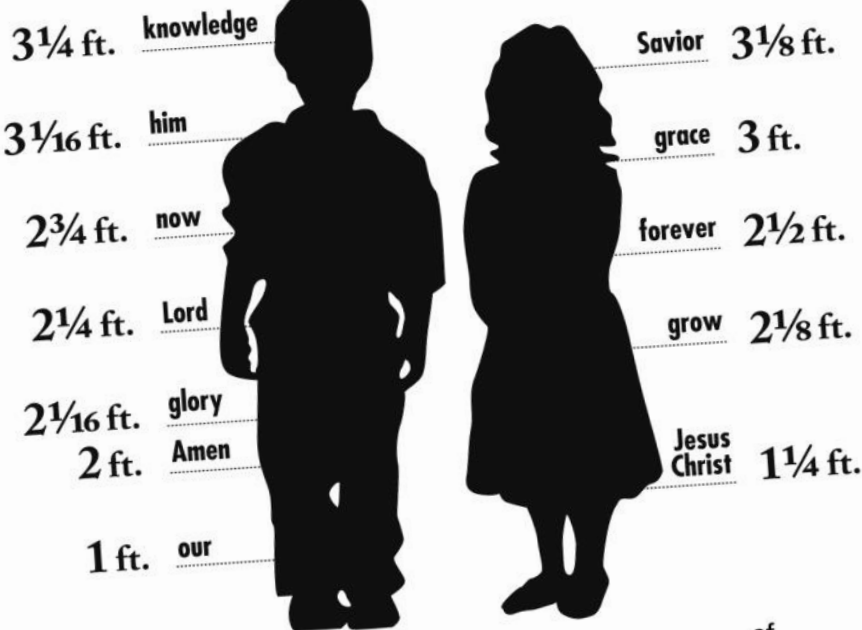
# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But \_\_\_\_\_ in the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_  
 To \_\_\_\_\_ be \_\_\_\_\_ both \_\_\_\_\_ and \_\_\_\_\_ ! \_\_\_\_\_"  
 2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace

Make this craft as a reminder to continue growing in God's amazing grace.



### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!

# 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



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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,  
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October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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

# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*



| Sun                                                                                                    | Mon                                                                  | Tue                                                                            | Wed                                                                                                                                                                         | Thu                                                           | Fri | Sat                                       |
|--------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|--------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------|-----|-------------------------------------------|
|                                                                                                        |                                                                      | 1<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                             | 4   | 5                                         |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br><br>5-8:00 Youth Group                                          | 8<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                            | 11  | 12<br><br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br><br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                            | 18  | 19                                        |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br><br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                            | 25  | 26                                        |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br><br>5-8:00 Youth Group                                         | 29<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><br><b>HALLOWEEN</b><br><br><b>Trunk R Treat 5-7:00</b> |     |                                           |

\*\* Schedule subject to change.



# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |

# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)



Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!







## September Health and Wellness Moment

### “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens.” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

### Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.





# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.



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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch



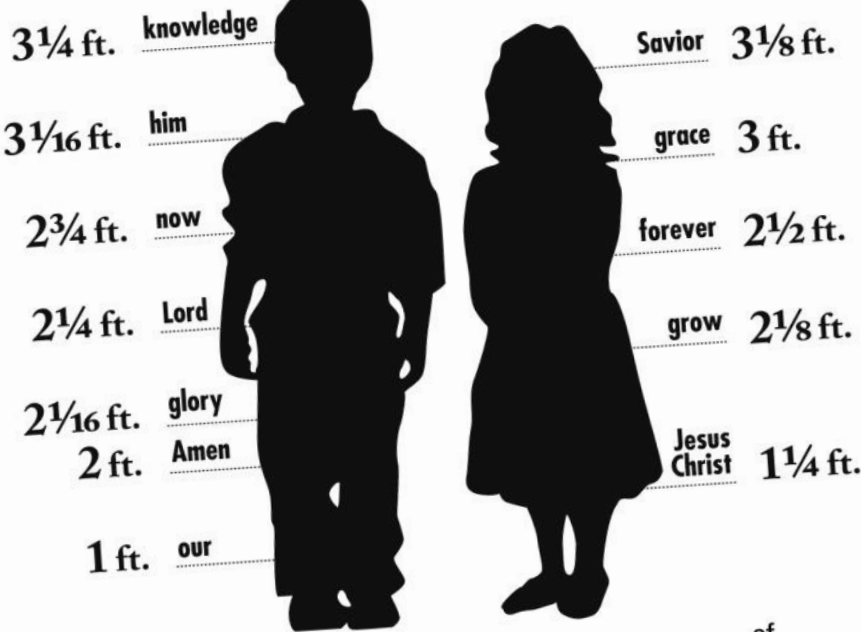
# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

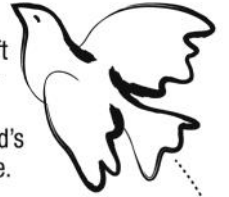
Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But \_\_\_\_\_ in the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_  
 To \_\_\_\_\_ be \_\_\_\_\_ both \_\_\_\_\_ and \_\_\_\_\_ ! \_\_\_\_\_"  
 2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace



Make this craft as a reminder to continue growing in God's amazing grace.

### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!



# 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



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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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

# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*





| Sun                                                                                                    | Mon                                                              | Tue                                                                        | Wed                                                                                                                                                                         | Thu                                                   | Fri | Sat                                   |
|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----|---------------------------------------|
|                                                                                                        |                                                                  | 1<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                     | 4   | 5                                     |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br>5-8:00 Youth Group                                          | 8<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                    | 11  | 12<br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                    | 18  | 19                                    |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                    | 25  | 26                                    |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br>5-8:00 Youth Group                                         | 29<br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><b>HALLOWEEN</b><br><b>Trunk R Treat 5-7:00</b> |     |                                       |

\*\* Schedule subject to change.

# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |

# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)





Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!





# September Health and Wellness Moment

## “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens:” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse



# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.



# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.





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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch



# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But \_\_\_\_\_ in the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_  
 To \_\_\_\_\_ be \_\_\_\_\_ both \_\_\_\_\_ and \_\_\_\_\_ ! \_\_\_\_\_"  
 2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace



Make this craft as a reminder to continue growing in God's amazing grace.

### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!

# 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



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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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



# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*



| Sun                                                                                                    | Mon                                                                  | Tue                                                                            | Wed                                                                                                                                                                         | Thu                                                           | Fri | Sat                                       |
|--------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|--------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------|-----|-------------------------------------------|
|                                                                                                        |                                                                      | 1<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                             | 4   | 5                                         |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br><br>5-8:00 Youth Group                                          | 8<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                            | 11  | 12<br><br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br><br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                            | 18  | 19                                        |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br><br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                            | 25  | 26                                        |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br><br>5-8:00 Youth Group                                         | 29<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><br><b>HALLOWEEN</b><br><br><b>Trunk R Treat 5-7:00</b> |     |                                           |

\*\* Schedule subject to change.

# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |



# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)



Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!





# September Health and Wellness Moment

## “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens.” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse





## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.



# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.





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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch

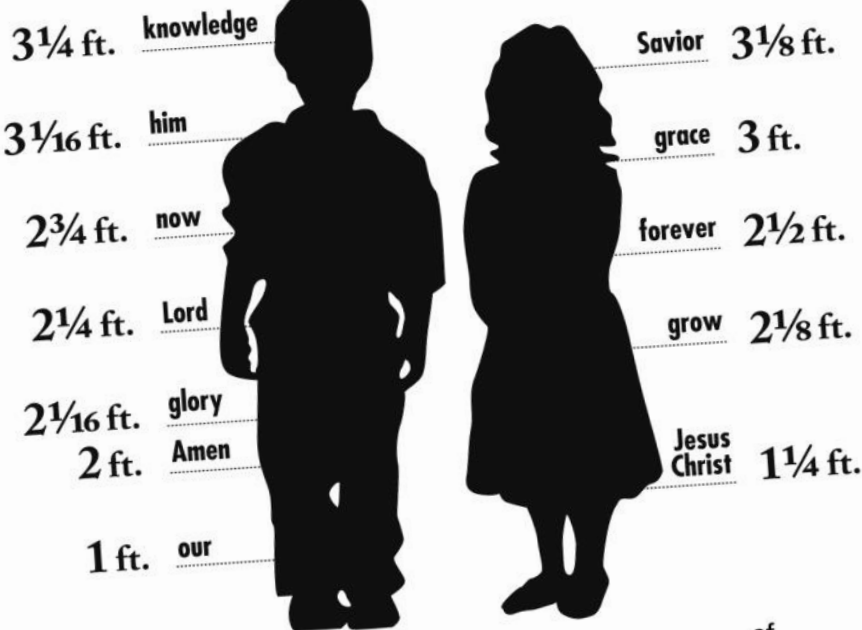
# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But 2 1/8 ft. in the 3 ft. and 3 1/4 ft. of 1 ft.  
2 1/4 ft. and 3 1/8 ft. 1 1/4 ft.  
To 3 1/16 ft. be 2 1/16 ft. both 2 3/4 ft. and 2 1/2 ft. 2 ft.!"

2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace

Make this craft as a reminder to continue growing in God's amazing grace.



### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!

# 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



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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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

# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*



| Sun                                                                                                    | Mon                                                                  | Tue                                                                            | Wed                                                                                                                                                                         | Thu                                                           | Fri | Sat                                       |
|--------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|--------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------|-----|-------------------------------------------|
|                                                                                                        |                                                                      | 1<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                             | 4   | 5                                         |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br><br>5-8:00 Youth Group                                          | 8<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                            | 11  | 12<br><br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br><br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                            | 18  | 19                                        |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br><br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                            | 25  | 26                                        |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br><br>5-8:00 Youth Group                                         | 29<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><br><b>HALLOWEEN</b><br><br><b>Trunk R Treat 5-7:00</b> |     |                                           |

\*\* Schedule subject to change.



# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |

# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)



Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!







## September Health and Wellness Moment

### “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens:” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse

# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

### Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.





# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.



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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch



# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But \_\_\_\_\_ in the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_  
 To \_\_\_\_\_ be \_\_\_\_\_ both \_\_\_\_\_ and \_\_\_\_\_ ! \_\_\_\_\_"  
 2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace



Make this craft as a reminder to continue growing in God's amazing grace.

### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!



# Barnum Community United Methodist Church

## POSTMASTER:

Please send address changes to:

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Barnum, MN 55707

(218) 389-6876 office@barnumumc.org

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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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

# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*





| Sun                                                                                                    | Mon                                                              | Tue                                                                        | Wed                                                                                                                                                                         | Thu                                                   | Fri | Sat                                   |
|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----|---------------------------------------|
|                                                                                                        |                                                                  | 1<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                     | 4   | 5                                     |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br>5-8:00 Youth Group                                          | 8<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                    | 11  | 12<br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                    | 18  | 19                                    |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                    | 25  | 26                                    |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br>5-8:00 Youth Group                                         | 29<br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><b>HALLOWEEN</b><br><b>Trunk R Treat 5-7:00</b> |     |                                       |

\*\* Schedule subject to change.

# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |

# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)





Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!





# September Health and Wellness Moment

## “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens:” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse



# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.



# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.





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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch



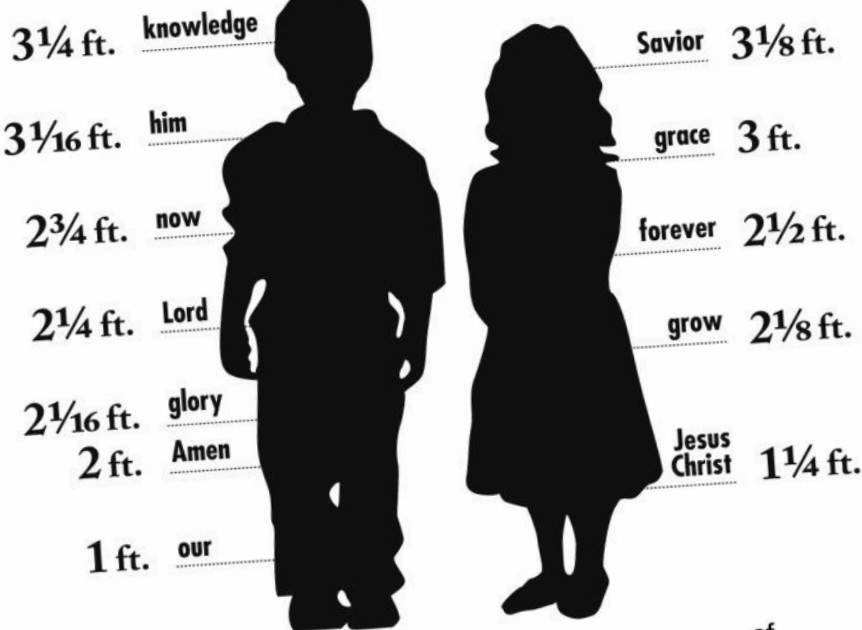
# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But 2 1/8 ft. in the 3 ft. and 3 1/4 ft. of 1 ft.  
2 1/4 ft. and 3 1/8 ft. 1 1/4 ft.  
To 3 1/16 ft. be 2 1/16 ft. both 2 3/4 ft. and 2 1/2 ft. 2 ft.!"

2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace

Make this craft as a reminder to continue growing in God's amazing grace.



### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!

# 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



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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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



# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*



| Sun                                                                                                    | Mon                                                              | Tue                                                                        | Wed                                                                                                                                                                         | Thu                                                   | Fri | Sat                                   |
|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----|---------------------------------------|
|                                                                                                        |                                                                  | 1<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                     | 4   | 5                                     |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br>5-8:00 Youth Group                                          | 8<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                    | 11  | 12<br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                    | 18  | 19                                    |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                    | 25  | 26                                    |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br>5-8:00 Youth Group                                         | 29<br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><b>HALLOWEEN</b><br><b>Trunk R Treat 5-7:00</b> |     |                                       |

\*\* Schedule subject to change.

# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |



# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)



Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!





# September Health and Wellness Moment

## “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens:” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse



# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.



# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.





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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch

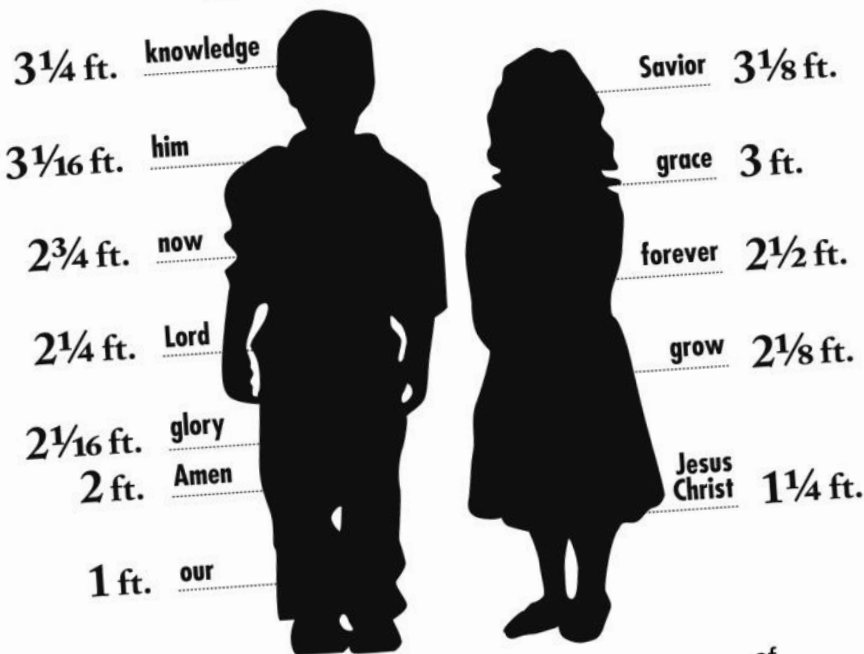
# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But \_\_\_\_\_ in the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_  
 To \_\_\_\_\_ be \_\_\_\_\_ both \_\_\_\_\_ and \_\_\_\_\_ ! \_\_\_\_\_"  
 2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace



Make this craft as a reminder to continue growing in God's amazing grace.

### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!

# Barnum Community United Methodist Church

## POSTMASTER:

Please send address changes to:

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Barnum, MN 55707

(218) 389-6876 office@barnumumc.org

www.barnumumc.org



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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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

# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*



| Sun                                                                                                    | Mon                                                              | Tue                                                                        | Wed                                                                                                                                                                         | Thu                                                   | Fri | Sat                                   |
|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----|---------------------------------------|
|                                                                                                        |                                                                  | 1<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                     | 4   | 5                                     |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br>5-8:00 Youth Group                                          | 8<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                    | 11  | 12<br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                    | 18  | 19                                    |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                    | 25  | 26                                    |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br>5-8:00 Youth Group                                         | 29<br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><b>HALLOWEEN</b><br><b>Trunk R Treat 5-7:00</b> |     |                                       |

\*\* Schedule subject to change.



# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |

# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)



Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!







# September Health and Wellness Moment

## “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens:” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse

# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

### Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.





# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.



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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch



# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But \_\_\_\_\_ in the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_  
 To \_\_\_\_\_ be \_\_\_\_\_ both \_\_\_\_\_ and \_\_\_\_\_ ! \_\_\_\_\_"  
 2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace



Make this craft as a reminder to continue growing in God's amazing grace.

### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!



# 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



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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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

# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*





| Sun                                                                                                    | Mon                                                              | Tue                                                                        | Wed                                                                                                                                                                         | Thu                                                   | Fri | Sat                                   |
|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----|---------------------------------------|
|                                                                                                        |                                                                  | 1<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                     | 4   | 5                                     |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br>5-8:00 Youth Group                                          | 8<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                    | 11  | 12<br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                    | 18  | 19                                    |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                    | 25  | 26                                    |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br>5-8:00 Youth Group                                         | 29<br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><b>HALLOWEEN</b><br><b>Trunk R Treat 5-7:00</b> |     |                                       |

# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |

# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)





Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!





# September Health and Wellness Moment

## “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens.” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse



# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.



# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.





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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch



# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But \_\_\_\_\_ in the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_  
 To \_\_\_\_\_ be \_\_\_\_\_ both \_\_\_\_\_ and \_\_\_\_\_ ! \_\_\_\_\_"  
 2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace



Make this craft as a reminder to continue growing in God's amazing grace.

### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!

# 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



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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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



# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*



| Sun                                                                                                | Mon                                                              | Tue                                                                        | Wed                                                                                                                                                                         | Thu                                                   | Fri | Sat                                   |
|----------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----|---------------------------------------|
|                                                                                                    |                                                                  | 1<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                     | 4   | 5                                     |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class        | 7<br>5-8:00 Youth Group                                          | 8<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                    | 11  | 12<br>9:30 Secret Sister Reveal Party |
| <b>13</b><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                    | 18  | 19                                    |
| <b>20</b><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                    | 25  | 26                                    |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                             | 28<br>5-8:00 Youth Group                                         | 29<br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><b>HALLOWEEN</b><br><b>Trunk R Treat 5-7:00</b> |     |                                       |

\*\* Schedule subject to change.

# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |



# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)



Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!





# September Health and Wellness Moment

## “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens.” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse



# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.



# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.





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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch

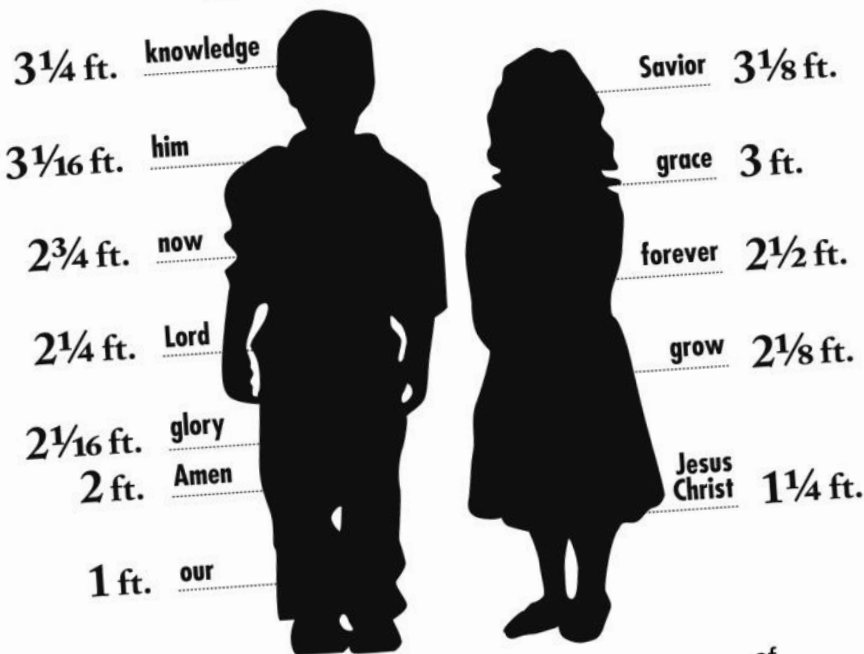
# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But \_\_\_\_\_ in the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_  
 To \_\_\_\_\_ be \_\_\_\_\_ both \_\_\_\_\_ and \_\_\_\_\_ ! \_\_\_\_\_"  
 2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace



Make this craft as a reminder to continue growing in God's amazing grace.

### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!

# 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



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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

**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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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

# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*



| Sun                                                                                                    | Mon                                                              | Tue                                                                        | Wed                                                                                                                                                                         | Thu                                                   | Fri | Sat                                   |
|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----|---------------------------------------|
|                                                                                                        |                                                                  | 1<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                     | 4   | 5                                     |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br>5-8:00 Youth Group                                          | 8<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                    | 11  | 12<br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                    | 18  | 19                                    |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                    | 25  | 26                                    |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br>5-8:00 Youth Group                                         | 29<br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><b>HALLOWEEN</b><br><b>Trunk R Treat 5-7:00</b> |     |                                       |



# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |

# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)



Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!







# September Health and Wellness Moment

## “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens.” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

**Proverbs 3: 5& 6. NIV translation**

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.





# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.



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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch



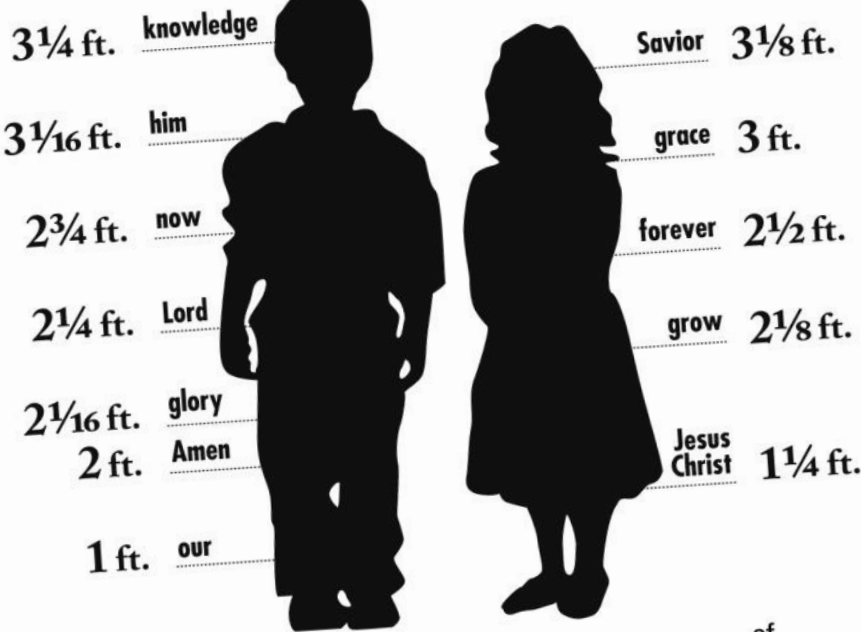
# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But 2 1/8 ft. in the 3 ft. and 3 1/4 ft. of 1 ft.  
2 1/4 ft. and 3 1/8 ft. 1 1/4 ft.  
To 3 1/16 ft. be 2 1/16 ft. both 2 3/4 ft. and 2 1/2 ft. 2 ft.!"

2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace

Make this craft as a reminder to continue growing in God's amazing grace.



### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!



# 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



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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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

# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*





| Sun                                                                                                    | Mon                                                              | Tue                                                                        | Wed                                                                                                                                                                         | Thu                                                   | Fri | Sat                                   |
|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----|---------------------------------------|
|                                                                                                        |                                                                  | 1<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                     | 4   | 5                                     |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br>5-8:00 Youth Group                                          | 8<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                    | 11  | 12<br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                    | 18  | 19                                    |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                    | 25  | 26                                    |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br>5-8:00 Youth Group                                         | 29<br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><b>HALLOWEEN</b><br><b>Trunk R Treat 5-7:00</b> |     |                                       |

\*\* Schedule subject to change.

# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |

# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)





Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!





# September Health and Wellness Moment

## “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens:” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse



# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

### Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.



# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.





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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch



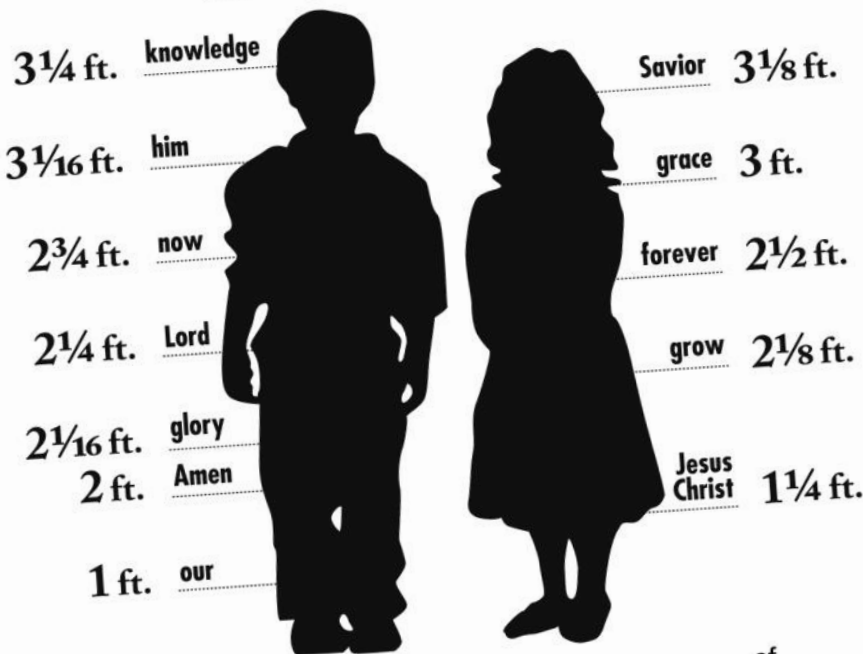
# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But \_\_\_\_\_ in the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_  
 To \_\_\_\_\_ be \_\_\_\_\_ both \_\_\_\_\_ and \_\_\_\_\_ ! \_\_\_\_\_"  
 2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace



Make this craft as a reminder to continue growing in God's amazing grace.

### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!

# 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



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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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



# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*



| Sun                                                                                                    | Mon                                                                  | Tue                                                                            | Wed                                                                                                                                                                         | Thu                                                           | Fri | Sat                                       |
|--------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|--------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------|-----|-------------------------------------------|
|                                                                                                        |                                                                      | 1<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                             | 4   | 5                                         |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br><br>5-8:00 Youth Group                                          | 8<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                            | 11  | 12<br><br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br><br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                            | 18  | 19                                        |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br><br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                            | 25  | 26                                        |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br><br>5-8:00 Youth Group                                         | 29<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><br><b>HALLOWEEN</b><br><br><b>Trunk R Treat 5-7:00</b> |     |                                           |

\*\* Schedule subject to change.

# NOVEMBER

| Sun                                                                                       | Mon                                          | Tue                                             | Wed                                                                                                                                                                          | Thu                                            | Fri | Sat                             |
|-------------------------------------------------------------------------------------------|----------------------------------------------|-------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------|-----|---------------------------------|
|                                                                                           |                                              |                                                 |                                                                                                                                                                              |                                                | 1   | 2                               |
| <b>3</b><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br>5-8:00 Youth Group                      | 5<br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                              | 8   | <b>9</b><br><b>VETERANS DAY</b> |
| <b>10</b><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br>5-8:00 Youth Group<br>6:30 Council Mtg | 12<br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                             | 15  | 16                              |
| <b>17</b><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br>5-8:00 Youth Group                     | 19<br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                             | 22  | 23                              |
| <b>24</b><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br>5-8:00 Youth Group                     | 26<br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br>5:15 Community Dinner<br>No Family Night                                                                                                                               | 28<br><b>THANKSGIVING DAY</b><br>Office Closed | 29  | 30                              |



# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)



Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



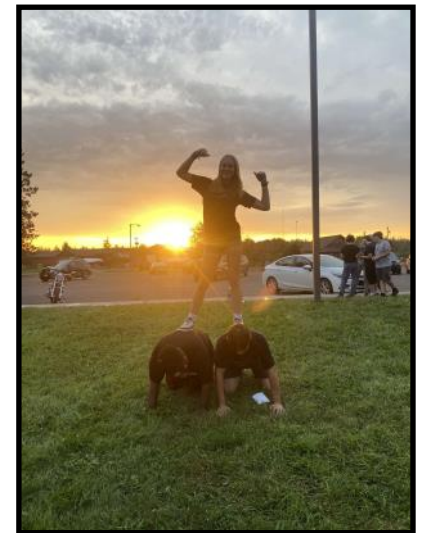
is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!





# September Health and Wellness Moment

## “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens:” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse



# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.



# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.





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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch

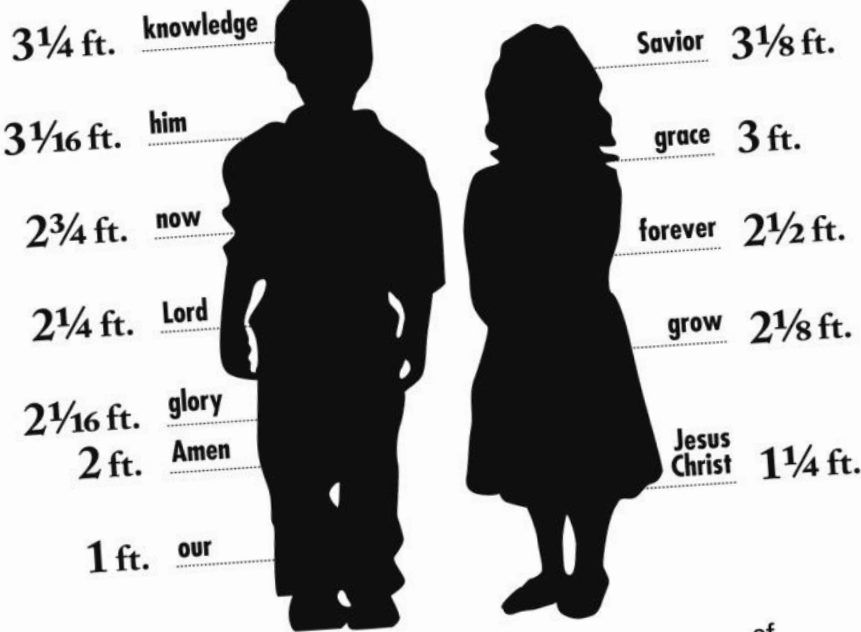
# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But 2 1/8 ft. in the 3 ft. and 3 1/4 ft. of 1 ft.  
2 1/4 ft. and 3 1/8 ft. 1 1/4 ft.  
To 3 1/16 ft. be 2 1/16 ft. both 2 3/4 ft. and 2 1/2 ft. 2 ft.!"

2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace

Make this craft as a reminder to continue growing in God's amazing grace.



### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!

# 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



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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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

# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*



| Sun                                                                                                    | Mon                                                              | Tue                                                                        | Wed                                                                                                                                                                         | Thu                                                   | Fri | Sat                                   |
|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----|---------------------------------------|
|                                                                                                        |                                                                  | 1<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                     | 4   | 5                                     |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br>5-8:00 Youth Group                                          | 8<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                    | 11  | 12<br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                    | 18  | 19                                    |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                    | 25  | 26                                    |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br>5-8:00 Youth Group                                         | 29<br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><b>HALLOWEEN</b><br><b>Trunk R Treat 5-7:00</b> |     |                                       |



# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |

# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)



Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!







# September Health and Wellness Moment

## “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens:” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse

# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.





# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.



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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch



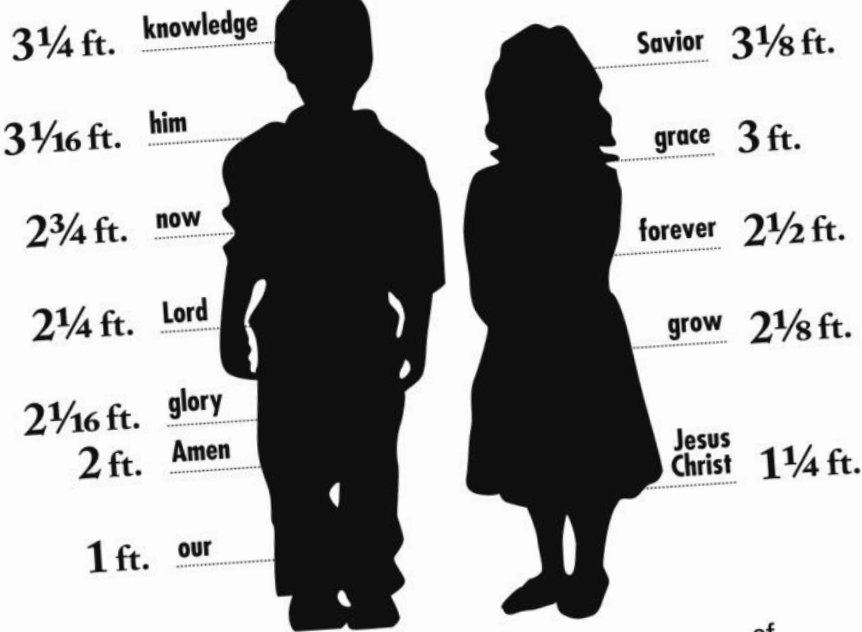
# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But 2 1/8 ft. in the 3 ft. and 3 1/4 ft. of 1 ft.  
2 1/4 ft. and 3 1/8 ft. 1 1/4 ft.  
To 3 1/16 ft. be 2 1/16 ft. both 2 3/4 ft. and 2 1/2 ft. 2 ft.!"

2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace

Make this craft as a reminder to continue growing in God's amazing grace.



### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!



# Barnum Community United Methodist Church

## POSTMASTER:

Please send address changes to:

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Barnum, MN 55707

(218) 389-6876 office@barnumumc.org

www.barnumumc.org



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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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

# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*





| Sun                                                                                                    | Mon                                                                  | Tue                                                                            | Wed                                                                                                                                                                         | Thu                                                           | Fri | Sat                                       |
|--------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|--------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------|-----|-------------------------------------------|
|                                                                                                        |                                                                      | 1<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                             | 4   | 5                                         |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br><br>5-8:00 Youth Group                                          | 8<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                            | 11  | 12<br><br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br><br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                            | 18  | 19                                        |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br><br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                            | 25  | 26                                        |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br><br>5-8:00 Youth Group                                         | 29<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><br><b>HALLOWEEN</b><br><br><b>Trunk R Treat 5-7:00</b> |     |                                           |

\*\* Schedule subject to change.

# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |

# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)





Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.

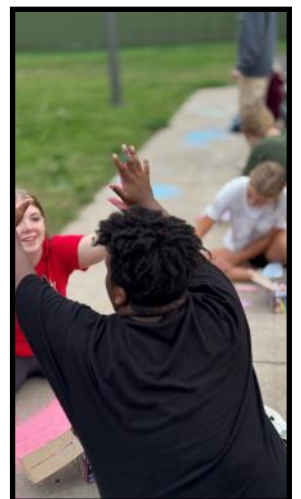


The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!





# September Health and Wellness Moment

## “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens:” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse



# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.



# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.





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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch



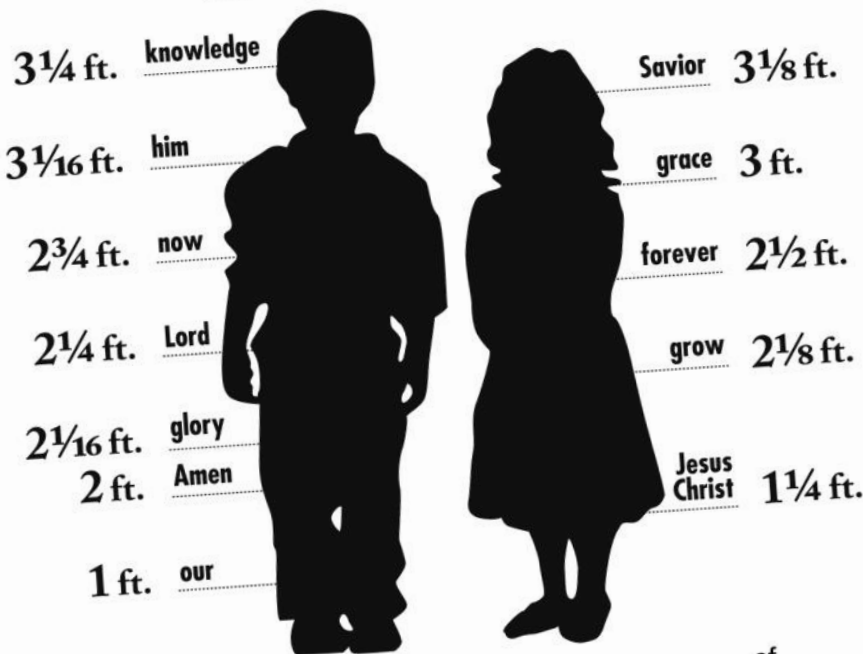
# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But \_\_\_\_\_ in the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_  
 To \_\_\_\_\_ be \_\_\_\_\_ both \_\_\_\_\_ and \_\_\_\_\_ ! \_\_\_\_\_"  
 2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace



Make this craft as a reminder to continue growing in God's amazing grace.

### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!

# 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



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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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



# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*



| Sun                                                                                                    | Mon                                                              | Tue                                                                        | Wed                                                                                                                                                                         | Thu                                                   | Fri | Sat                                   |
|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----|---------------------------------------|
|                                                                                                        |                                                                  | 1<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                     | 4   | 5                                     |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br>5-8:00 Youth Group                                          | 8<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                    | 11  | 12<br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                    | 18  | 19                                    |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                    | 25  | 26                                    |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br>5-8:00 Youth Group                                         | 29<br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><b>HALLOWEEN</b><br><b>Trunk R Treat 5-7:00</b> |     |                                       |

# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |



# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)



Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!





# September Health and Wellness Moment

## “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens.” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse



# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.



# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.





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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch

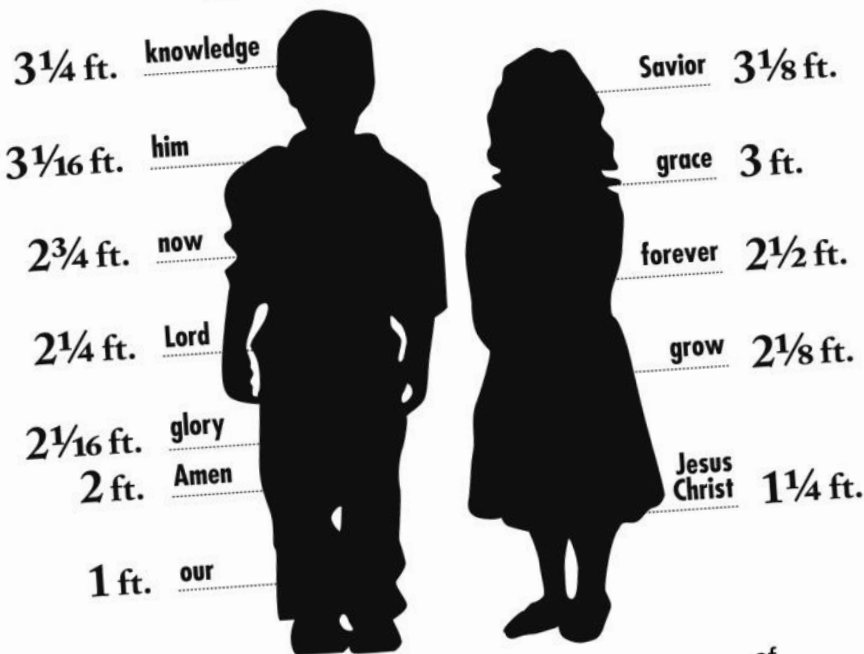
# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But \_\_\_\_\_ in the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_  
 To \_\_\_\_\_ be \_\_\_\_\_ both \_\_\_\_\_ and \_\_\_\_\_ ! \_\_\_\_\_"  
 2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace

Make this craft as a reminder to continue growing in God's amazing grace.



### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!

# 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



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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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

# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*



| Sun                                                                                                    | Mon                                                              | Tue                                                                        | Wed                                                                                                                                                                         | Thu                                                   | Fri | Sat                                   |
|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----|---------------------------------------|
|                                                                                                        |                                                                  | 1<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                     | 4   | 5                                     |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br>5-8:00 Youth Group                                          | 8<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                    | 11  | 12<br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                    | 18  | 19                                    |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                    | 25  | 26                                    |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br>5-8:00 Youth Group                                         | 29<br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><b>HALLOWEEN</b><br><b>Trunk R Treat 5-7:00</b> |     |                                       |



# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |

# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)



Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!







# September Health and Wellness Moment

## “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens:” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse

# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.





# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.



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## ACROSS

- 1 \_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_ (Gen 48:16)
- 57 the \_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_? (Job 22:15)
- 19 they will \_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_ iron. (1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_ (Ex 30:25)
- 54 Do not \_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch



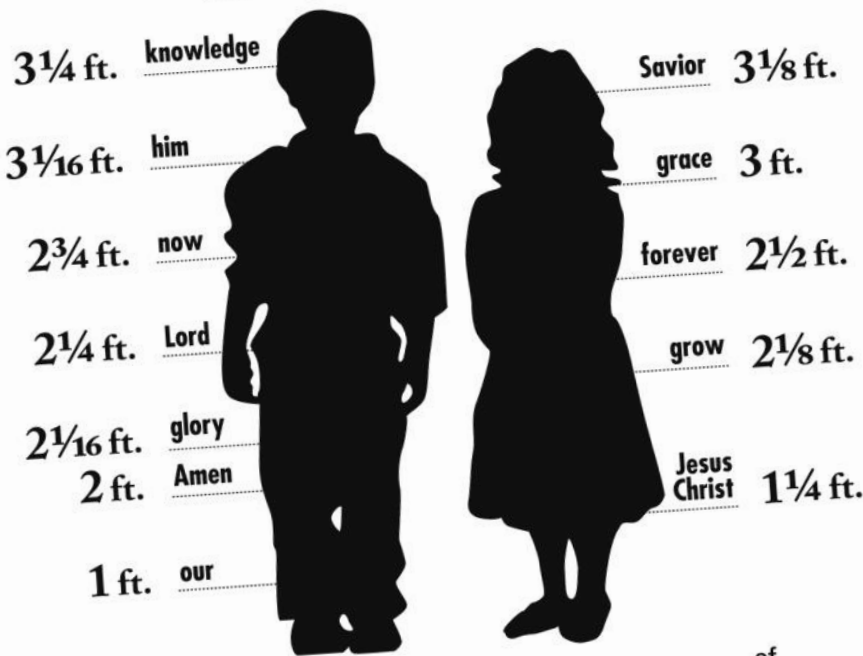
# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But \_\_\_\_\_ in the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_  
 To \_\_\_\_\_ be \_\_\_\_\_ both \_\_\_\_\_ and \_\_\_\_\_ ! \_\_\_\_\_"  
 2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace

Make this craft as a reminder to continue growing in God's amazing grace.



### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!



# 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



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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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

# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*





| Sun                                                                                                    | Mon                                                              | Tue                                                                        | Wed                                                                                                                                                                         | Thu                                                   | Fri | Sat                                   |
|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----|---------------------------------------|
|                                                                                                        |                                                                  | 1<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                     | 4   | 5                                     |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br>5-8:00 Youth Group                                          | 8<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                    | 11  | 12<br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                    | 18  | 19                                    |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                    | 25  | 26                                    |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br>5-8:00 Youth Group                                         | 29<br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><b>HALLOWEEN</b><br><b>Trunk R Treat 5-7:00</b> |     |                                       |

\*\* Schedule subject to change.

# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |

# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)





Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!





## September Health and Wellness Moment

### “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens.” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse



# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

### Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.



# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.





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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch



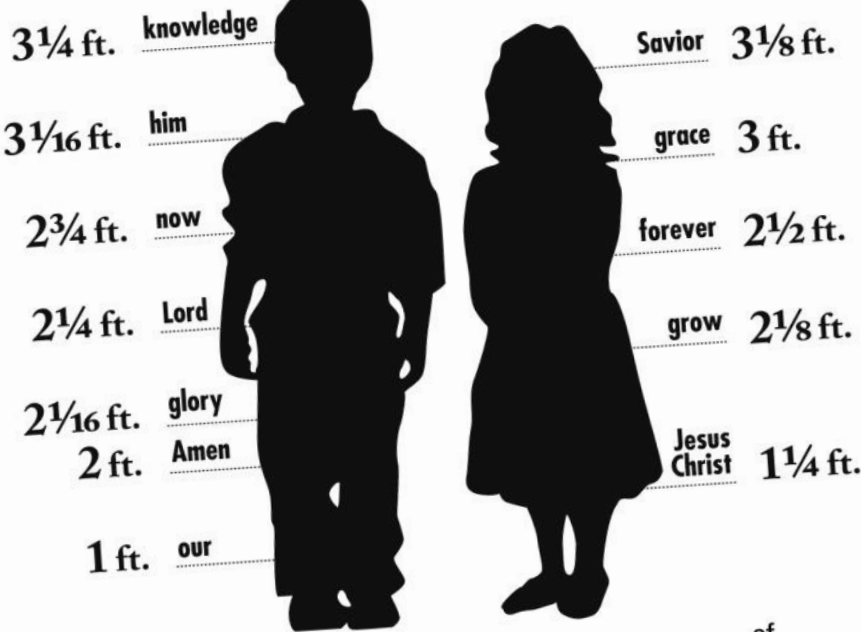
# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But 2 1/8 ft. in the 3 ft. and 3 1/4 ft. of 1 ft.  
2 1/4 ft. and 3 1/8 ft. 1 1/4 ft.  
To 3 1/16 ft. be 2 1/16 ft. both 2 3/4 ft. and 2 1/2 ft. 2 ft.!"

2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace

Make this craft as a reminder to continue growing in God's amazing grace.



### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!

# 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



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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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



# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*



| Sun                                                                                                    | Mon                                                              | Tue                                                                        | Wed                                                                                                                                                                         | Thu                                                   | Fri | Sat                                   |
|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----|---------------------------------------|
|                                                                                                        |                                                                  | 1<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                     | 4   | 5                                     |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br>5-8:00 Youth Group                                          | 8<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                    | 11  | 12<br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                    | 18  | 19                                    |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                    | 25  | 26                                    |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br>5-8:00 Youth Group                                         | 29<br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><b>HALLOWEEN</b><br><b>Trunk R Treat 5-7:00</b> |     |                                       |

\*\* Schedule subject to change.

# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |



# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)



Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!





# September Health and Wellness Moment

## “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens.” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse



# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.



# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.





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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch

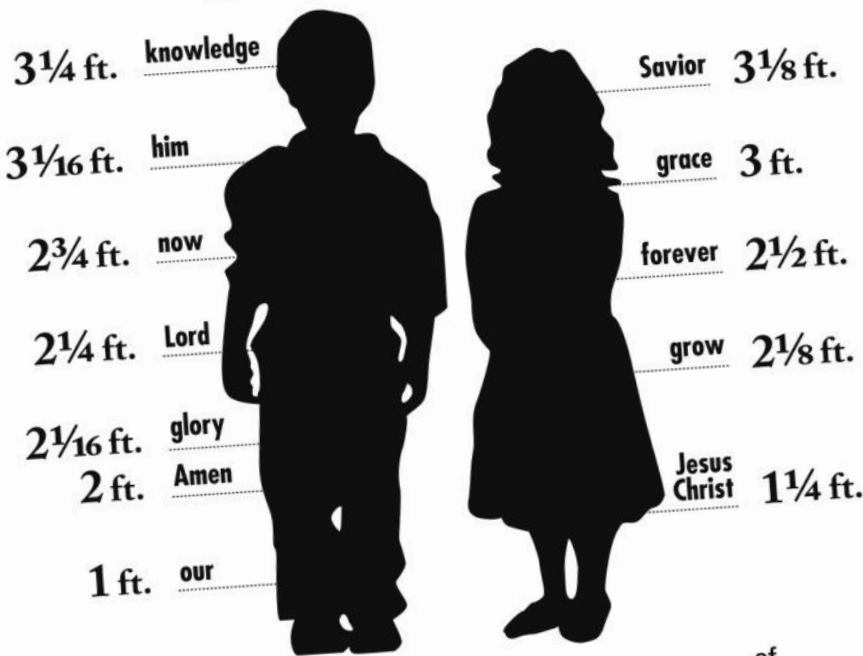
# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But 2 1/8 ft. in the 3 ft. and 3 1/4 ft. of 1 ft.  
2 1/4 ft. and 3 1/8 ft. 1 1/4 ft.  
To 3 1/16 ft. be 2 1/16 ft. both 2 3/4 ft. and 2 1/2 ft. 2 ft.!"

2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace

Make this craft as a reminder to continue growing in God's amazing grace.



### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!

# 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



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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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

# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*



| Sun                                                                                                    | Mon                                                              | Tue                                                                        | Wed                                                                                                                                                                         | Thu                                                   | Fri | Sat                                   |
|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----|---------------------------------------|
|                                                                                                        |                                                                  | 1<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                     | 4   | 5                                     |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br>5-8:00 Youth Group                                          | 8<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                    | 11  | 12<br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                    | 18  | 19                                    |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                    | 25  | 26                                    |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br>5-8:00 Youth Group                                         | 29<br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><b>HALLOWEEN</b><br><b>Trunk R Treat 5-7:00</b> |     |                                       |

\*\* Schedule subject to change.



# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |

# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)



Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!







# September Health and Wellness Moment

## “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens:” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse

# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.





# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.



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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch



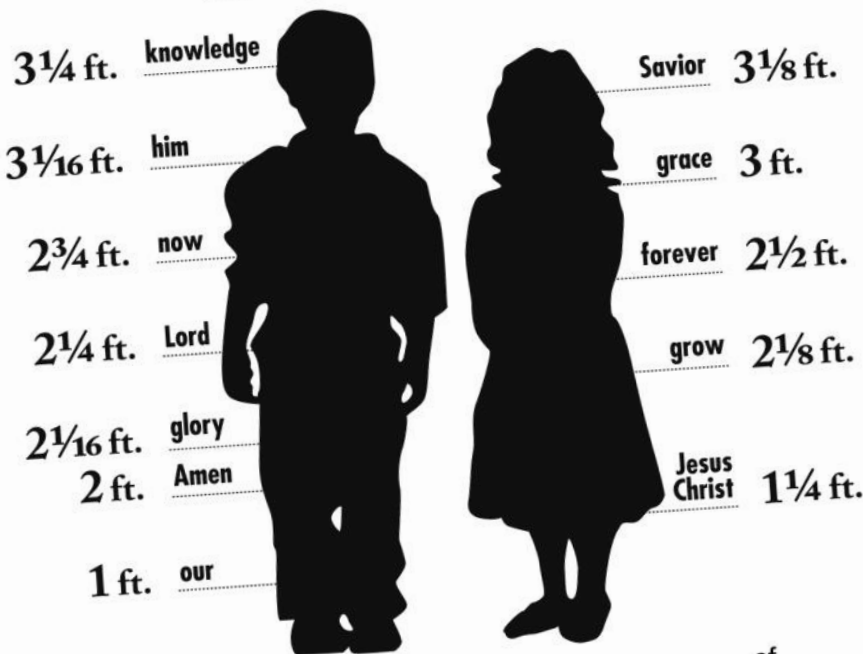
# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But \_\_\_\_\_ in the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_  
 To \_\_\_\_\_ be \_\_\_\_\_ both \_\_\_\_\_ and \_\_\_\_\_ ! \_\_\_\_\_"  
 2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace



Make this craft as a reminder to continue growing in God's amazing grace.

### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!



# Barnum Community United Methodist Church

## POSTMASTER:

Please send address changes to:

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Barnum, MN 55707

(218) 389-6876 office@barnumumc.org

www.barnumumc.org



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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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

# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*





| Sun                                                                                                    | Mon                                                                  | Tue                                                                            | Wed                                                                                                                                                                         | Thu                                                           | Fri | Sat                                       |
|--------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|--------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------|-----|-------------------------------------------|
|                                                                                                        |                                                                      | 1<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                             | 4   | 5                                         |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br><br>5-8:00 Youth Group                                          | 8<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                            | 11  | 12<br><br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br><br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                            | 18  | 19                                        |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br><br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                            | 25  | 26                                        |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br><br>5-8:00 Youth Group                                         | 29<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><br><b>HALLOWEEN</b><br><br><b>Trunk R Treat 5-7:00</b> |     |                                           |

\*\* Schedule subject to change.

# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |

# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)





Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!





## September Health and Wellness Moment

### “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens:” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse



# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.



# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.





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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch



# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But \_\_\_\_\_ in the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_  
 To \_\_\_\_\_ be \_\_\_\_\_ both \_\_\_\_\_ and \_\_\_\_\_ ! \_\_\_\_\_"  
 2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace



Make this craft as a reminder to continue growing in God's amazing grace.

### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!

# Barnum Community United Methodist Church

## POSTMASTER:

Please send address changes to:

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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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



# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*



| Sun                                                                                                    | Mon                                                              | Tue                                                                        | Wed                                                                                                                                                                         | Thu                                                   | Fri | Sat                                   |
|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----|---------------------------------------|
|                                                                                                        |                                                                  | 1<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                     | 4   | 5                                     |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br>5-8:00 Youth Group                                          | 8<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                    | 11  | 12<br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                    | 18  | 19                                    |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                    | 25  | 26                                    |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br>5-8:00 Youth Group                                         | 29<br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><b>HALLOWEEN</b><br><b>Trunk R Treat 5-7:00</b> |     |                                       |

# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |



# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)



Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!





## September Health and Wellness Moment

### “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens.” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse





## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.



# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.





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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch

# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.

|            |           |              |           |
|------------|-----------|--------------|-----------|
| 3 1/4 ft.  | knowledge | Savior       | 3 1/8 ft. |
| 3 1/16 ft. | him       | grace        | 3 ft.     |
| 2 3/4 ft.  | now       | forever      | 2 1/2 ft. |
| 2 1/4 ft.  | Lord      | grow         | 2 1/8 ft. |
| 2 1/16 ft. | glory     | Jesus Christ | 1 1/4 ft. |
| 2 ft.      | Amen      |              |           |
| 1 ft.      | our       |              |           |

"But \_\_\_\_\_ in the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_  
 To \_\_\_\_\_ be \_\_\_\_\_ both \_\_\_\_\_ and \_\_\_\_\_ ! \_\_\_\_\_"  
 2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace



Make this craft as a reminder to continue growing in God's amazing grace.

### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!

# 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



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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,  
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October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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

# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*



| Sun                                                                                                | Mon                                                              | Tue                                                                        | Wed                                                                                                                                                                         | Thu                                                   | Fri | Sat                                   |
|----------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----|---------------------------------------|
|                                                                                                    |                                                                  | 1<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                     | 4   | 5                                     |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class        | 7<br>5-8:00 Youth Group                                          | 8<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                    | 11  | 12<br>9:30 Secret Sister Reveal Party |
| <b>13</b><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                    | 18  | 19                                    |
| <b>20</b><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                    | 25  | 26                                    |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                             | 28<br>5-8:00 Youth Group                                         | 29<br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><b>HALLOWEEN</b><br><b>Trunk R Treat 5-7:00</b> |     |                                       |

\*\* Schedule subject to change.



# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |

# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)



Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!







# September Health and Wellness Moment

## “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens:” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse

# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.





# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.



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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch



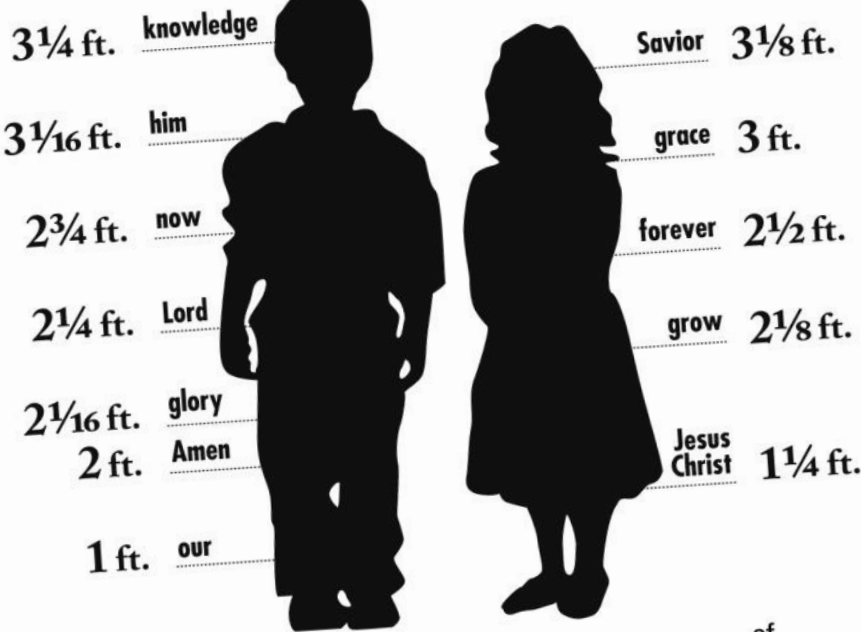
# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But 2 1/8 ft. in the 3 ft. and 3 1/4 ft. of 1 ft.  
2 1/4 ft. and 3 1/8 ft. 1 1/4 ft.  
To 3 1/16 ft. be 2 1/16 ft. both 2 3/4 ft. and 2 1/2 ft. 2 ft.!"

2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace

Make this craft as a reminder to continue growing in God's amazing grace.



### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!



# 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



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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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

# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*





| Sun                                                                                                    | Mon                                                              | Tue                                                                        | Wed                                                                                                                                                                         | Thu                                                   | Fri | Sat                                   |
|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----|---------------------------------------|
|                                                                                                        |                                                                  | 1<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                     | 4   | 5                                     |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br>5-8:00 Youth Group                                          | 8<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                    | 11  | 12<br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                    | 18  | 19                                    |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                    | 25  | 26                                    |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br>5-8:00 Youth Group                                         | 29<br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><b>HALLOWEEN</b><br><b>Trunk R Treat 5-7:00</b> |     |                                       |

\*\* Schedule subject to change.

# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |

# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)





Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!





## September Health and Wellness Moment

### “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens.” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse



# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.



# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.





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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch



# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But \_\_\_\_\_ in the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_  
 To \_\_\_\_\_ be \_\_\_\_\_ both \_\_\_\_\_ and \_\_\_\_\_ ! \_\_\_\_\_"  
 2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace



Make this craft as a reminder to continue growing in God's amazing grace.

### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!

# 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



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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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



# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*



| Sun                                                                                                    | Mon                                                              | Tue                                                                        | Wed                                                                                                                                                                         | Thu                                                   | Fri | Sat                                   |
|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----|---------------------------------------|
|                                                                                                        |                                                                  | 1<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                     | 4   | 5                                     |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br>5-8:00 Youth Group                                          | 8<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                    | 11  | 12<br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                    | 18  | 19                                    |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                    | 25  | 26                                    |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br>5-8:00 Youth Group                                         | 29<br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><b>HALLOWEEN</b><br><b>Trunk R Treat 5-7:00</b> |     |                                       |

\*\* Schedule subject to change.

# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |



# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)



Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!





## September Health and Wellness Moment

### “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens:” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse



# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.



# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.





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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch

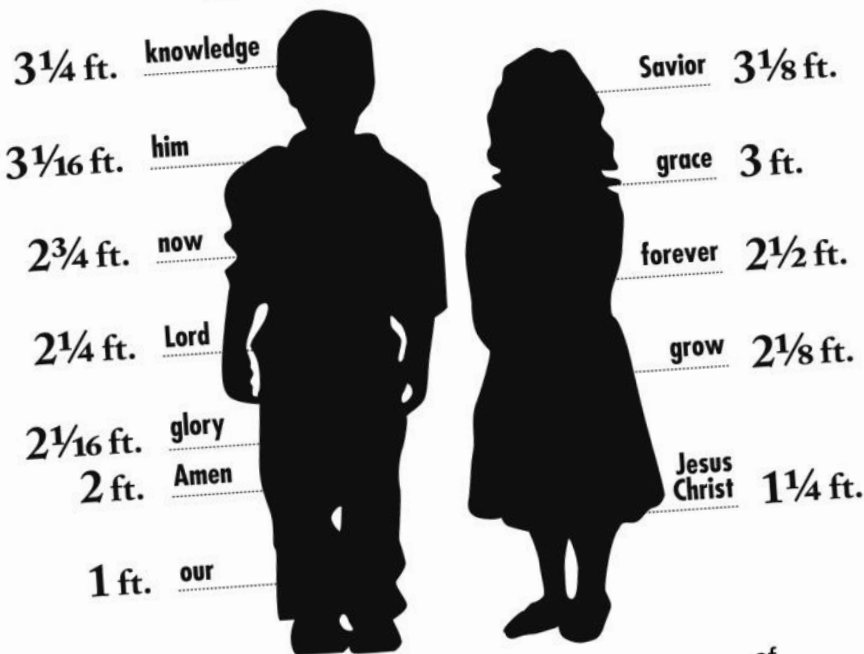
# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But \_\_\_\_\_ in the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_  
 To \_\_\_\_\_ be \_\_\_\_\_ both \_\_\_\_\_ and \_\_\_\_\_ ! \_\_\_\_\_"  
 2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace



Make this craft as a reminder to continue growing in God's amazing grace.

### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!

# 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



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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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

# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*



| Sun                                                                                                    | Mon                                                              | Tue                                                                        | Wed                                                                                                                                                                         | Thu                                                   | Fri | Sat                                   |
|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----|---------------------------------------|
|                                                                                                        |                                                                  | 1<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                     | 4   | 5                                     |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br>5-8:00 Youth Group                                          | 8<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                    | 11  | 12<br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                    | 18  | 19                                    |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                    | 25  | 26                                    |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br>5-8:00 Youth Group                                         | 29<br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><b>HALLOWEEN</b><br><b>Trunk R Treat 5-7:00</b> |     |                                       |



# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |

# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)



Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!







## September Health and Wellness Moment

### “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens.” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse

# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.





# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.



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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch



# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But \_\_\_\_\_ in the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_  
 To \_\_\_\_\_ be \_\_\_\_\_ both \_\_\_\_\_ and \_\_\_\_\_ ! \_\_\_\_\_"  
 2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace



Make this craft as a reminder to continue growing in God's amazing grace.

### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!



# Barnum Community United Methodist Church

## POSTMASTER:

Please send address changes to:

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Barnum, MN 55707

(218) 389-6876 office@barnumumc.org

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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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

# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*





| Sun                                                                                                    | Mon                                                              | Tue                                                                        | Wed                                                                                                                                                                         | Thu                                                   | Fri | Sat                                   |
|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----|---------------------------------------|
|                                                                                                        |                                                                  | 1<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                     | 4   | 5                                     |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br>5-8:00 Youth Group                                          | 8<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                    | 11  | 12<br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                    | 18  | 19                                    |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                    | 25  | 26                                    |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br>5-8:00 Youth Group                                         | 29<br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><b>HALLOWEEN</b><br><b>Trunk R Treat 5-7:00</b> |     |                                       |

\*\* Schedule subject to change.

# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |

# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)





Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!





## September Health and Wellness Moment

### “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens.” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse



# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.



# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.





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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch



# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.

|            |           |              |           |
|------------|-----------|--------------|-----------|
| 3 1/4 ft.  | knowledge | Savior       | 3 1/8 ft. |
| 3 1/16 ft. | him       | grace        | 3 ft.     |
| 2 3/4 ft.  | now       | forever      | 2 1/2 ft. |
| 2 1/4 ft.  | Lord      | grow         | 2 1/8 ft. |
| 2 1/16 ft. | glory     | Jesus Christ | 1 1/4 ft. |
| 2 ft.      | Amen      |              |           |
| 1 ft.      | our       |              |           |

"But \_\_\_\_\_ in the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_  
 To \_\_\_\_\_ be \_\_\_\_\_ both \_\_\_\_\_ and \_\_\_\_\_ ! \_\_\_\_\_"  
 2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace



Make this craft as a reminder to continue growing in God's amazing grace.

### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!

# 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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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



# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*



| Sun                                                                                                    | Mon                                                                  | Tue                                                                            | Wed                                                                                                                                                                         | Thu                                                           | Fri | Sat                                       |
|--------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|--------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------|-----|-------------------------------------------|
|                                                                                                        |                                                                      | 1<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                             | 4   | 5                                         |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br><br>5-8:00 Youth Group                                          | 8<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                            | 11  | 12<br><br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br><br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                            | 18  | 19                                        |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br><br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                            | 25  | 26                                        |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br><br>5-8:00 Youth Group                                         | 29<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><br><b>HALLOWEEN</b><br><br><b>Trunk R Treat 5-7:00</b> |     |                                           |

\*\* Schedule subject to change.

# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |



# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)



Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!





# September Health and Wellness Moment

## “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens:” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse



# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.



# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.





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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch

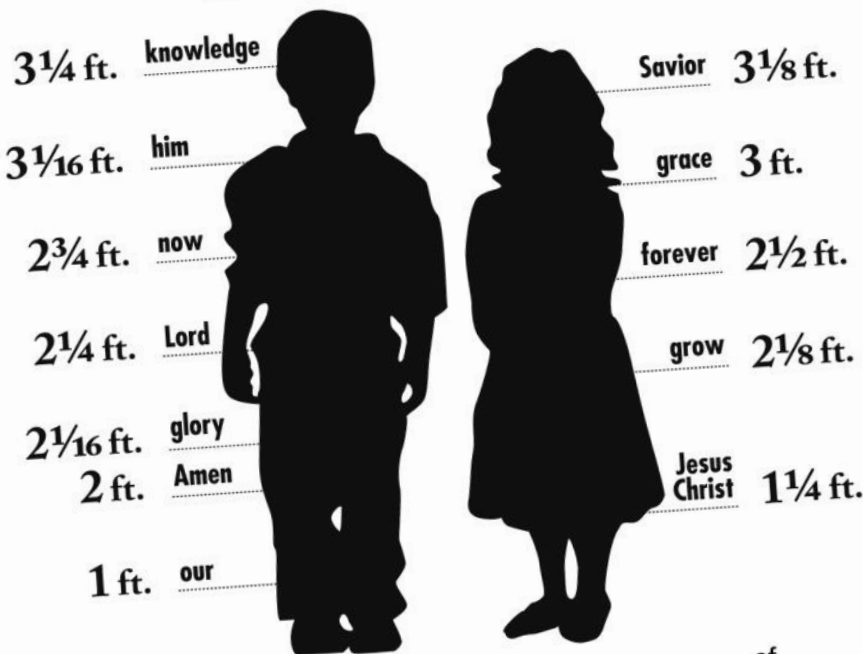
# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But \_\_\_\_\_ in the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_  
 To \_\_\_\_\_ be \_\_\_\_\_ both \_\_\_\_\_ and \_\_\_\_\_ ! \_\_\_\_\_"  
 2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace



Make this craft as a reminder to continue growing in God's amazing grace.

### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!

# Barnum Community United Methodist Church

## POSTMASTER:

Please send address changes to:

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Barnum, MN 55707

(218) 389-6876 office@barnumumc.org

www.barnumumc.org



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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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

# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*



| Sun                                                                                                    | Mon                                                                  | Tue                                                                            | Wed                                                                                                                                                                         | Thu                                                           | Fri | Sat                                       |
|--------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|--------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------|-----|-------------------------------------------|
|                                                                                                        |                                                                      | 1<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                             | 4   | 5                                         |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br><br>5-8:00 Youth Group                                          | 8<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                            | 11  | 12<br><br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br><br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                            | 18  | 19                                        |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br><br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                            | 25  | 26                                        |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br><br>5-8:00 Youth Group                                         | 29<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><br><b>HALLOWEEN</b><br><br><b>Trunk R Treat 5-7:00</b> |     |                                           |

\*\* Schedule subject to change.



# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |

# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)



Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.

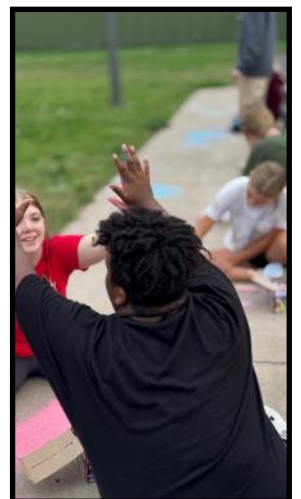


The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!







## September Health and Wellness Moment

### “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens.” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse

# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.





# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.



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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch



# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But \_\_\_\_\_ in the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_  
 To \_\_\_\_\_ be \_\_\_\_\_ both \_\_\_\_\_ and \_\_\_\_\_ ! \_\_\_\_\_"  
 2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace



Make this craft as a reminder to continue growing in God's amazing grace.

### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!



# 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



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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,  
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October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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

# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*





| Sun                                                                                                    | Mon                                                                  | Tue                                                                            | Wed                                                                                                                                                                         | Thu                                                           | Fri | Sat                                       |
|--------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|--------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------|-----|-------------------------------------------|
|                                                                                                        |                                                                      | 1<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                             | 4   | 5                                         |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br><br>5-8:00 Youth Group                                          | 8<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                            | 11  | 12<br><br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br><br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                            | 18  | 19                                        |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br><br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                            | 25  | 26                                        |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br><br>5-8:00 Youth Group                                         | 29<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><br><b>HALLOWEEN</b><br><br><b>Trunk R Treat 5-7:00</b> |     |                                           |

\*\* Schedule subject to change.

# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |

# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)





Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!





## September Health and Wellness Moment

### “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens:” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse



# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.



# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.





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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch



# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.

|            |           |              |           |
|------------|-----------|--------------|-----------|
| 3 1/4 ft.  | knowledge | Savior       | 3 1/8 ft. |
| 3 1/16 ft. | him       | grace        | 3 ft.     |
| 2 3/4 ft.  | now       | forever      | 2 1/2 ft. |
| 2 1/4 ft.  | Lord      | grow         | 2 1/8 ft. |
| 2 1/16 ft. | glory     | Jesus Christ | 1 1/4 ft. |
| 2 ft.      | Amen      |              |           |
| 1 ft.      | our       |              |           |

"But \_\_\_\_\_ in the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_  
 To \_\_\_\_\_ be \_\_\_\_\_ both \_\_\_\_\_ and \_\_\_\_\_ ! \_\_\_\_\_"  
 2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace



Make this craft as a reminder to continue growing in God's amazing grace.

### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!

# 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



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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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



# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*



| Sun                                                                                                | Mon                                                              | Tue                                                                        | Wed                                                                                                                                                                         | Thu                                                   | Fri | Sat                                   |
|----------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----|---------------------------------------|
|                                                                                                    |                                                                  | 1<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                     | 4   | 5                                     |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class        | 7<br>5-8:00 Youth Group                                          | 8<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                    | 11  | 12<br>9:30 Secret Sister Reveal Party |
| <b>13</b><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                    | 18  | 19                                    |
| <b>20</b><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                    | 25  | 26                                    |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                             | 28<br>5-8:00 Youth Group                                         | 29<br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><b>HALLOWEEN</b><br><b>Trunk R Treat 5-7:00</b> |     |                                       |

\*\* Schedule subject to change.

# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |



# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)



Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!





# September Health and Wellness Moment

## “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens:” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse



# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.



# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.





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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch

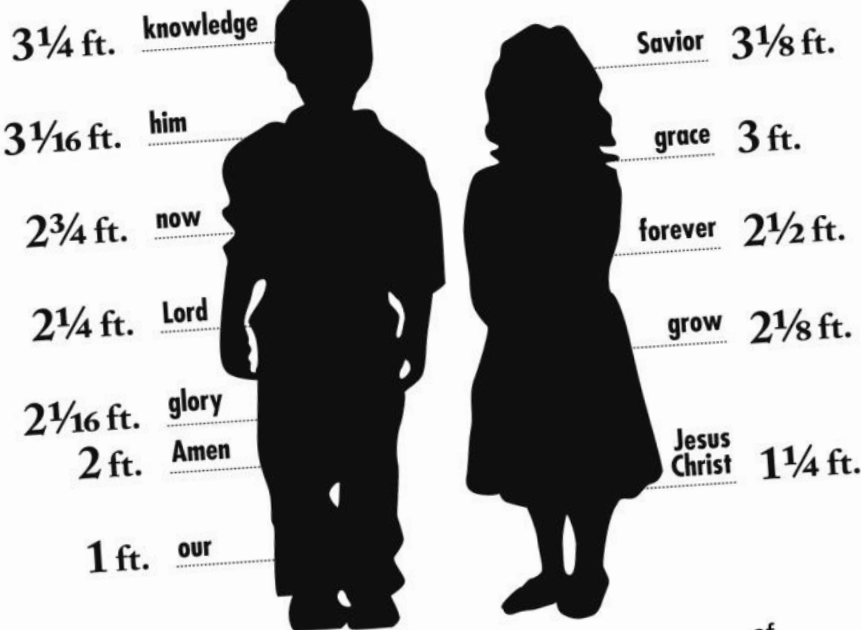
# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But \_\_\_\_\_ in the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_  
 To \_\_\_\_\_ be \_\_\_\_\_ both \_\_\_\_\_ and \_\_\_\_\_ ! \_\_\_\_\_"  
 2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace

Make this craft as a reminder to continue growing in God's amazing grace.



### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!

# 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



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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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

# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*



| Sun                                                                                                    | Mon                                                              | Tue                                                                        | Wed                                                                                                                                                                         | Thu                                                   | Fri | Sat                                   |
|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----|---------------------------------------|
|                                                                                                        |                                                                  | 1<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                     | 4   | 5                                     |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br>5-8:00 Youth Group                                          | 8<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                    | 11  | 12<br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                    | 18  | 19                                    |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                    | 25  | 26                                    |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br>5-8:00 Youth Group                                         | 29<br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><b>HALLOWEEN</b><br><b>Trunk R Treat 5-7:00</b> |     |                                       |



# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |

# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)



Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!







# September Health and Wellness Moment

## “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens:” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse

# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.





# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.



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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron. (1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch



# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But \_\_\_\_\_ in the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_  
 To \_\_\_\_\_ be \_\_\_\_\_ both \_\_\_\_\_ and \_\_\_\_\_ ! \_\_\_\_\_"  
 2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace

Make this craft as a reminder to continue growing in God's amazing grace.



### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!



# 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



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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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

# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*





| Sun                                                                                                    | Mon                                                              | Tue                                                                        | Wed                                                                                                                                                                         | Thu                                                   | Fri | Sat                                   |
|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----|---------------------------------------|
|                                                                                                        |                                                                  | 1<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                     | 4   | 5                                     |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br>5-8:00 Youth Group                                          | 8<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                    | 11  | 12<br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                    | 18  | 19                                    |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                    | 25  | 26                                    |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br>5-8:00 Youth Group                                         | 29<br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><b>HALLOWEEN</b><br><b>Trunk R Treat 5-7:00</b> |     |                                       |

\*\* Schedule subject to change.

# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |

# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)





Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!





## September Health and Wellness Moment

### “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens.” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse



# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

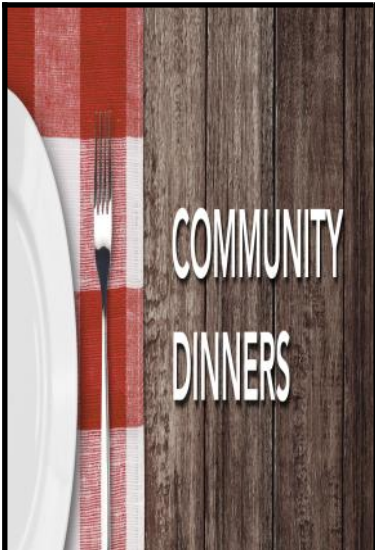
**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church



## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm

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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as host-

ess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.



# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.





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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch



# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But \_\_\_\_\_ in the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_  
 To \_\_\_\_\_ be \_\_\_\_\_ both \_\_\_\_\_ and \_\_\_\_\_ ! \_\_\_\_\_"  
 2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace



Make this craft as a reminder to continue growing in God's amazing grace.

### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!

# Barnum Community United Methodist Church

## POSTMASTER:

Please send address changes to:

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Barnum, MN 55707

(218) 389-6876 office@barnumumc.org

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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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



# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*



| Sun                                                                                                | Mon                                                              | Tue                                                                        | Wed                                                                                                                                                                         | Thu                                                   | Fri | Sat                                   |
|----------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----|---------------------------------------|
|                                                                                                    |                                                                  | 1<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                     | 4   | 5                                     |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class        | 7<br>5-8:00 Youth Group                                          | 8<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                    | 11  | 12<br>9:30 Secret Sister Reveal Party |
| <b>13</b><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                    | 18  | 19                                    |
| <b>20</b><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                    | 25  | 26                                    |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                             | 28<br>5-8:00 Youth Group                                         | 29<br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><b>HALLOWEEN</b><br><b>Trunk R Treat 5-7:00</b> |     |                                       |

\*\* Schedule subject to change.

# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |



# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)



Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!





# September Health and Wellness Moment

## “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens.” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse



# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.



# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.





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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch

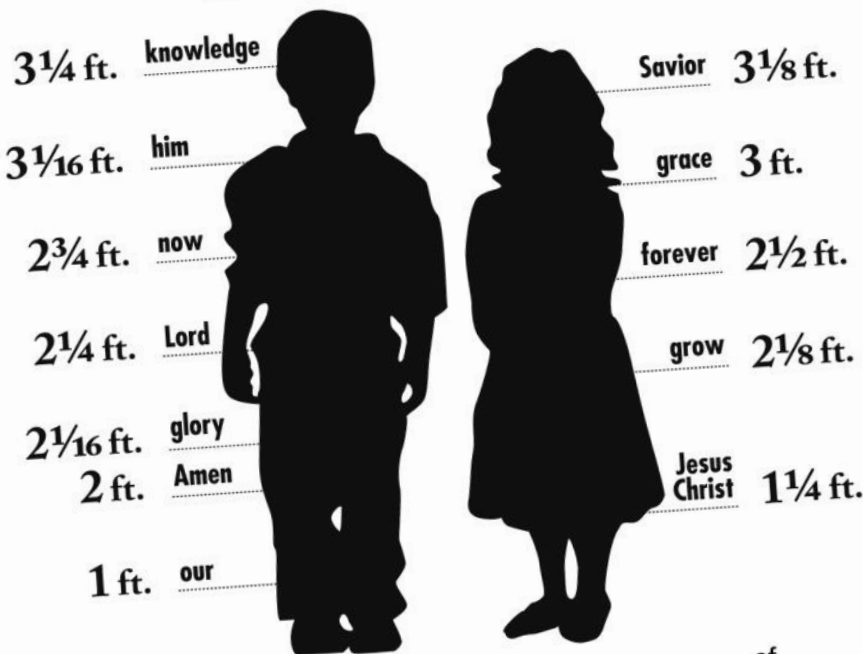
# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But \_\_\_\_\_ in the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_  
 To \_\_\_\_\_ be \_\_\_\_\_ both \_\_\_\_\_ and \_\_\_\_\_ ! \_\_\_\_\_"  
 2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace



Make this craft as a reminder to continue growing in God's amazing grace.

### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!

# Barnum Community United Methodist Church

## POSTMASTER:

Please send address changes to:

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Barnum, MN 55707

(218) 389-6876 office@barnumumc.org

www.barnumumc.org



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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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

# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*



| Sun                                                                                                    | Mon                                                              | Tue                                                                        | Wed                                                                                                                                                                         | Thu                                                   | Fri | Sat                                   |
|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----|---------------------------------------|
|                                                                                                        |                                                                  | 1<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                     | 4   | 5                                     |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br>5-8:00 Youth Group                                          | 8<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                    | 11  | 12<br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                    | 18  | 19                                    |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                    | 25  | 26                                    |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br>5-8:00 Youth Group                                         | 29<br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><b>HALLOWEEN</b><br><b>Trunk R Treat 5-7:00</b> |     |                                       |



# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |

# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)



Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!







## September Health and Wellness Moment

### “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens.” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse

# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.





# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.



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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch



# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But \_\_\_\_\_ in the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_  
 To \_\_\_\_\_ be \_\_\_\_\_ both \_\_\_\_\_ and \_\_\_\_\_ ! \_\_\_\_\_"  
 2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace

Make this craft as a reminder to continue growing in God's amazing grace.



### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!



# Barnum Community United Methodist Church

## POSTMASTER:

Please send address changes to:

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Barnum, MN 55707

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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

October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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

# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*





| Sun                                                                                                | Mon                                                              | Tue                                                                        | Wed                                                                                                                                                                         | Thu                                                   | Fri | Sat                                   |
|----------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----|---------------------------------------|
|                                                                                                    |                                                                  | 1<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                     | 4   | 5                                     |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class        | 7<br>5-8:00 Youth Group                                          | 8<br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                    | 11  | 12<br>9:30 Secret Sister Reveal Party |
| <b>13</b><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                    | 18  | 19                                    |
| <b>20</b><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                    | 25  | 26                                    |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                             | 28<br>5-8:00 Youth Group                                         | 29<br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><b>HALLOWEEN</b><br><b>Trunk R Treat 5-7:00</b> |     |                                       |

\*\* Schedule subject to change.

# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |

# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)





Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!





## September Health and Wellness Moment

### “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens.” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse



# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm



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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.



# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.





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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch



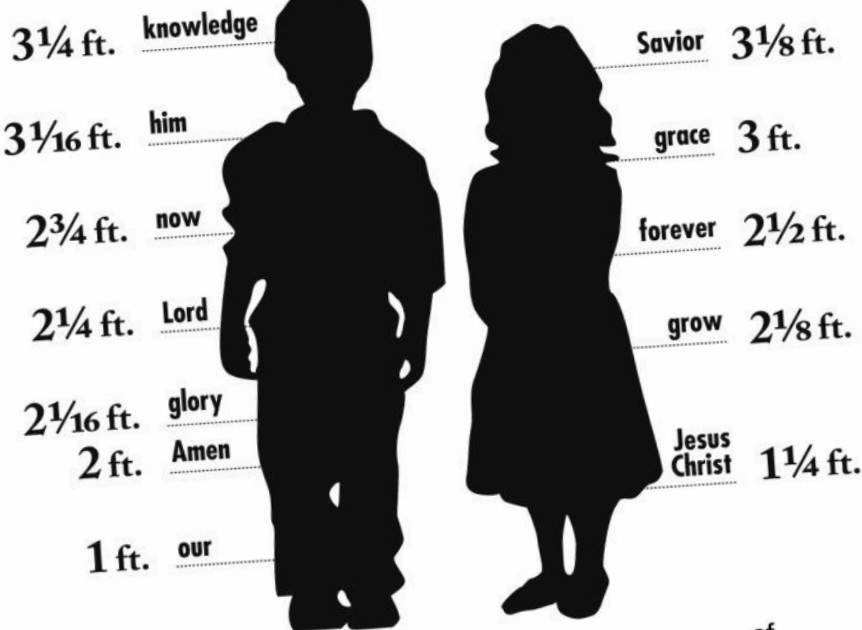
# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But 2 1/8 ft. in the 3 ft. and 3 1/4 ft. of 1 ft.  
2 1/4 ft. and 3 1/8 ft. 1 1/4 ft.  
To 3 1/16 ft. be 2 1/16 ft. both 2 3/4 ft. and 2 1/2 ft. 2 ft.!"

2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace

Make this craft as a reminder to continue growing in God's amazing grace.



### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!

# 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



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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,  
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October 2024

Volume 24—Issue 10

## October Blessings

©Divine Inspirations  
& Prayers

*May you Embrace every  
New thing God has in  
store for you this month.*

*New Joys,  
New Victories,  
New Love,  
New Mercies*

@Dip

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](mailto:office@barnumumc.org)

Office Hours (Mon-Fri)  
9:00 am—1:00 pm  
[www.barnumumc.org](http://www.barnumumc.org)

### Sunday Worship

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



# Pastor Kennection

## Clothed with Compassion

Tom Johnson was the director of various social ministries of the Salvation Army in Lexington, Kentucky when I worked there. There were two different programs providing shelter, meals served daily, and a food shelf. People came from all walks of life, but with one thing in common. They all had a point of need, and they hoped what we offered through the work of the Salvation Army could meet that need. Tom shared some advice on caring for people that I have sought to carry with me the past 35 years. When he came on board Tom said, “Lee, if you make a mistake, make it on the side of compassion.”

In the 3<sup>rd</sup> chapter of Colossians, after telling the members of the church in Colossae all the items of the old life to slough off, the Apostle Paul tells them what to put in their place. Along with kindness, gentleness, patience, and humility, he lists compassion.

We live in a world in short supply of compassion. Many of our world’s resources are limited. There is only so much oil, and land. There are not endless amounts of water, especially fresh water. However, there is as much compassion as we want there to be. Compassion is truly a renewable resource. Like kindness and patience, compassion need not be in short supply. It is a choice we make. We all have the ability to be compassionate people. Each day we have opportunities, when we can choose whether or not we will be compassionate people.

The needs in our own community and the world are great. We are surrounded by people in need of our compassion. There are people in trauma, people dealing with prejudice and inequality, those who are sick, and those struggling financially. The number of people hurting emotionally is ever growing. How will we choose to respond? We can ignore the need around us. We can make judgement on those in need. There are times we might feel overwhelmed and fatigued.

I hope we can respond like Jesus. In Matthew 9 we read, “when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” When we are clothed with compassion, we reflect the light and love of Jesus alive in us. God’s Blessings!

The Good Shepherd’s Sheepdog,

*Lee*



| Sun                                                                                                    | Mon                                                                  | Tue                                                                            | Wed                                                                                                                                                                         | Thu                                                           | Fri | Sat                                       |
|--------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|--------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------|-----|-------------------------------------------|
|                                                                                                        |                                                                      | 1<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 2<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                    | 3                                                             | 4   | 5                                         |
| <b>6</b><br><b>Pastor Appreciation Day</b><br><br>9:30 Worship Service<br>11:00 Adult Class            | 7<br><br>5-8:00 Youth Group                                          | 8<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                             | 9<br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 10                                                            | 11  | 12<br><br>9:30 Secret Sister Reveal Party |
| <b>13</b><br><br>9:30 Worship Service<br><b>Communion-Table Sunday</b><br><del>11:00 Adult Class</del> | 14<br><br>5-8:00 Youth Group<br>6:00 Finance Mtg<br>6:30 Council Mtg | 15<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 16<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 17                                                            | 18  | 19                                        |
| <b>20</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                             | 21<br><br>10-3 Warm Hearts<br>5-8:00 Youth Group                     | 22<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer                            | 23<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-7:30 Game Night                                    | 24                                                            | 25  | 26                                        |
| <b>27</b><br>9:30 Worship Service<br>11:00 Adult Class                                                 | 28<br><br>5-8:00 Youth Group                                         | 29<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer<br><br>Newsletter Deadline | 30<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                   | 31<br><br><b>HALLOWEEN</b><br><br><b>Trunk R Treat 5-7:00</b> |     |                                           |

\*\* Schedule subject to change.

# NOVEMBER

| Sun                                                                                           | Mon                                                  | Tue                                                 | Wed                                                                                                                                                                              | Thu                                                    | Fri | Sat                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----|-------------------------------------|
|                                                                                               |                                                      |                                                     |                                                                                                                                                                                  |                                                        | 1   | 2                                   |
| <b>3</b><br><br><b>Daylight Savings Ends</b><br><br>9:30 Worship Service<br>11:00 Adult Class | 4<br><br>5-8:00 Youth Group                          | 5<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer  | 6<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship                                     | 7                                                      | 8   | <b>9</b><br><br><b>VETERANS DAY</b> |
| <b>10</b><br><br>9:30 Worship Service<br><b>Communion Table Sunday</b><br>11:00 Adult Class   | 11<br><br>5-8:00 Youth Group<br><br>6:30 Council Mtg | 12<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 13<br><br>1:30-3:00 United Women In Faith<br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15-6:30 WOW Worship | 14                                                     | 15  | 16                                  |
| <b>17</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 18<br><br>5-8:00 Youth Group                         | 19<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 20<br><br>5:15 Community Dinner<br>6:00-7:15 Bible Buddies<br>6:00-7:30 Youth Group<br>6:00-7:15 Women's Bible Study<br>6:15 Game Night                                          | 21                                                     | 22  | 23                                  |
| <b>24</b><br><br>9:30 Worship Service<br>11:00 Adult Class                                    | 25<br><br>5-8:00 Youth Group                         | 26<br><br>11:00 Prayer Group<br>1:00 Moms in Prayer | 27<br><br>5:15 Community Dinner<br><br>No Family Night                                                                                                                           | 28<br><br><b>THANKSGIVING DAY</b><br><br>Office Closed | 29  | 30                                  |



# Daily Nourishment



## OLD & NEW TESTAMENT

Oct 1: [Is 11-13; Eph 4](#)  
Oct 2: [Is 14-16; Eph 5:1-16](#)  
Oct 3: [Is 17-19; Eph 5:17-33](#)  
Oct 4: [Is 20-22; Eph 6](#)  
Oct 5: [Is 23-25; Phil 1](#)  
Oct 6: [Is 26-27; Phil 2](#)  
Oct 7: [Is 28-29; Phil 3](#)  
Oct 8: [Is 30-31; Phil 4](#)  
Oct 9: [Is 32-33; Col 1](#)  
Oct 10: [Is 34-36; Col 2](#)  
Oct 11: [Is 37-38; Col 3](#)  
Oct 12: [Is 39-40; Col 4](#)  
Oct 13: [Is 41-42; 1Thess 1](#)  
Oct 14: [Is 43-44; 1Thess 2](#)  
Oct 15: [Is 45-46; 1Thess 3](#)  
Oct 16: [Is 47-49; 1Thess 4](#)  
Oct 17: [Is 50-52; 1Thess 5](#)  
Oct 18: [Is 53-55; 2Thess 1](#)  
Oct 19: [Is 56-58; 2Thess 2](#)  
Oct 20: [Is 59-61; 2Thess 3](#)  
Oct 21: [Is 62-64; 1Tim 1](#)  
Oct 22: [Is 65-66; 1Tim 2](#)  
Oct 23: [Jer 1-2; 1Tim 3](#)  
Oct 24: [Jer 3-5; 1Tim 4](#)  
Oct 25: [Jer 6-8; 1Tim 5](#)  
Oct 26: [Jer 9-11; 1Tim 6](#)  
Oct 27: [Jer 12-14; 2Tim 1](#)  
Oct 28: [Jer 15-17; 2Tim 2](#)  
Oct 29: [Jer 18-19; 2Tim 3](#)  
Oct 30: [Jer 20-21; 2Tim 4](#)  
Oct 31: [Jer 22-23; Titus 1](#)

## CHRONOLOGICAL

Oct 1: [Luke 1; John 1:1-14](#)  
Oct 2: [Matt 1; Luke 2:1-38](#)  
Oct 3: [Matt 2; Luke 2:39-52](#)  
Oct 4: [Matt 3; Mark 1; Luke 3](#)  
Oct 5: [Matt 4; Luke 4-5; John 1:15-51](#)  
Oct 6: [John 2-4](#)  
Oct 7: [Mark 2](#)  
Oct 8: [John 5](#)  
Oct 9: [Matt 12:1-21; Mark 3; Luke 6](#)  
Oct 10: [Matt 5-7](#)  
Oct 11: [Matt 8:1-13; Luke 7](#)  
Oct 12: [Matt 11](#)  
Oct 13: [Matt 12:22-50](#)  
Oct 14: [Matt 13; Luke 8](#)  
Oct 15: [Matt 8:14-34; Mark 4-5](#)  
Oct 16: [Matt 9-10](#)  
Oct 17: [Matt 14; Mark 6; Luke 9:1-17](#)  
Oct 18: [John 6](#)  
Oct 19: [Matt 15; Mark 7](#)  
Oct 20: [Matt 16; Mark 8; Luke 9:18-27](#)  
Oct 21: [Matt 17; Mark 9; Luke 9:28-62](#)  
Oct 22: [Matt 18](#)  
Oct 23: [John 7-8](#)  
Oct 24: [John 9:1-10:21](#)  
Oct 25: [Luke 10-11; John 10:22-42](#)  
Oct 26: [Luke 12-13](#)  
Oct 27: [Luke 14-15](#)  
Oct 28: [Luke 16-17:10](#)  
Oct 29: [John 11](#)  
Oct 30: [Luke 17:11-18:14](#)  
Oct 31: [Matt 19; Mark 10](#)



Fall is here. Football is here. And the Barnum Youth Group is in full swing for the new school year! Students have been inviting their friends and we've been seeing a lot of returning students and some new ones as well. The month of October



is always a lot of fun as we have our first series of the year, More to Me. Students will be learning that there's more to life than just school, God gives our life amazing purpose. Our theme: "But wait, there's more" is going to constantly be challenging youth to go deeper.

One way that students will be able to go deeper this year is with confirmation!

That's right. Barnum Community United Methodist Church will be hosting a confirmation class this year.

Here's the details:

Confirmation is beginning on Sunday, October 13<sup>th</sup> from 4 to 5pm and will meet every Sunday. It will be for high school students in 7<sup>th</sup> to 12<sup>th</sup> grade.



The goals for this class include:

- How to read and understand the Bible as a relevant source of truth
- How to daily follow Jesus in life decisions
- Understanding the role of the Holy Spirit in our life
- To become a lifelong follower of Jesus

If you have any questions, ask Bill in person. Please pray that youth will choose to follow Jesus this year and as they follow they learn to trust

Him more and more!





## September Health and Wellness Moment

### “Autumn Wellness Tips ”

The Autumn colors are at their peak and the smell of fall is in the air! I don't think there is a more beautiful place to be in the fall than MN! The fall season comes with shorter days, cooler temperatures, and new and exciting seasonal activities. However, while there are so many positives that come with autumn, the transition to this new season can also be challenging. Fewer hours of daylight and changing weather can be hard on both our physical and mental health. With that in mind, here are ten Autumn Wellness tips to help us all feel our best as we transition to Fall!

1. Maintain good hygiene. You can lessen the chances of getting sick by:
  - ~washing your hands often to remove germs, or use hand sanitizer
  - ~wiping down the doorknobs and surfaces you and others touch often
  - ~boosting your immune system by eating healthy foods
  - ~drinking plenty of water

According to the Centers for Disease Control and Prevention (CDC), washing your hands is one of the best ways to avoid getting sick and spreading germs to others. Scrub your hands for at least 20 seconds, and don't forget to wash underneath your fingernails too!

2. Start adjusting your sleep schedule. Autumn is when we say goodbye to Daylight Savings Time and turn the clocks back an hour. Prepare yourself for earlier evenings and shorter days by going to bed earlier before you have to change the clocks. Fewer hours of light can disrupt your circadian rhythm, but you can get your body used to it by planning an earlier bedtime. Try to keep your bedtime and wake times the same, and shoot for at least seven hours of sleep per night.

3. Keep it fun while staying active. Early sundown and cooler temperatures make it easier to hibernate inside all season, but don't forget to enjoy yourself and have some fun. Staying busy can also help avoid “cabin fever” and the blues that some folks struggle with during the shorter days. Look for local fall-related activities to enjoy with family and friends. Rake the leaves or shovel snow. Go for a walk in the crisp fall air! Get out and volunteer!

4. Embrace the “slow.” When you're not doing something active, remember to enjoy the slower pace of the autumn and winter months. Take time to sit quietly, read a book, watch your favorite movies or TV shows, or have a family game night. Families can bond over cooking a delicious fall meal and eating together at the dinner table.

5. Stay warm. Here in northern MN, we often need to bundle up more as autumn approaches. Wear layers to protect your body from the colder temperatures, and to keep you feeling comfortable. Don't forget about protecting your home too. Make sure your heater is working well and make sure you have flashlights, extra batteries and candles readily available in case of power outages. Make sure your home is prepared for those fall showers and winter snow storms! Do you have your shovel ready yet?

6. Cook nutritious fall meals. Take advantage of in-season fall produce like apples, broccoli, brussel sprouts, carrots, cauliflower, grapes, mangoes, mushrooms, onions, sweet potatoes, winter squash and much more! Find simple, healthy fall recipes that use nutritious, fresh foods. These recipes will help boost your immune system!

7. Hydrate regularly. You're less likely to drink water when it gets colder outside, but staying hydrated is still important! In fact, your body can still lose the same amount of fluids in fall and winter as it does during the spring and summer. Drink plenty of water throughout the day. That goes for your skin too. Moisturize day and night to prevent overly dry or chapped, cracked skin during the colder temperatures.

8. Get your checkups! Another autumn wellness tip is to see your doctor or medical professional. Use this slower time to schedule a checkup for routine screenings, both medical and dental, to ensure you're healthy all year long!

9. Remember your Vitamin D. Our bodies make Vitamin D from sun exposure, and here in MN, we especially get less sun this time of year. Vitamin D supplements can help support your immune health and mood. Please check with your doctor or medical professional first to make sure this supplement would be a good idea for you!

10. Practice self-kindness. Finally, go easy on yourself! Autumn means seasonal activities and holidays are coming up. While this can be an exciting time for most, some people also struggle with their mental health during this time of year for various reasons. Be kind to yourself and listen to your body. Don't isolate yourself, and try to stay socially, physically and mentally active. If you tend to have a lower mood during these times, ask your doctor about the benefits of a light therapy lamp, and find ways to prioritize your mental health.

Here's to a warm and cozy Fall filled with happiness and love for one another! May God bless you all.

References: [michaelshealth.com](http://michaelshealth.com), [CDC.org](http://CDC.org)

“There is a time for everything, and a season for every activity under the heavens.” ~Ecclesiastes 3:1

Prayers for peace, joy and good health, and remember...you are uniquely YOU by HIS design!

Jenny S., RN, BCUMC Parish Nurse



# Wednesday Bible Buddies

For four-year-olds through sixth grade



## Bible Buddies Roundup



On September 11, we rounded up the gang to enjoy a fun time singing, listening to a Bible story, making a craft, and playing games outside.

## Theme: Trust and Obey

We invite all youngsters to join us on Wednesday evenings from 6:00 to 7:15. For the opening session, we gather down the hall in the last classroom on the left. Then, we divide into the following classes: Children pre-K and kindergarten meet with Audrey Gentry. Those in first grade through third grade gather with Sandy Ferguson. Kids in grades four through six meet with Buzz and Colleen Swanson.

Our theme this year is TRUST and OBEY. We will be traveling through the Old Testament and learning about those men and women who placed their faith in God to obey Him and trust His leading. Please pray for our group as we learn how to trust and obey God's leading in our lives.

**Trust in the Lord with all your heart  
and lean not on your own understanding.**

**In all your ways submit to Him,  
and He will make your paths straight.**

*Proverbs 3: 5& 6. NIV translation*

We are grateful to the volunteers who help with the little ones in the nursery on Wednesday evenings while their siblings attend Bible Buddies and their mothers attend the Women's Bible Study across the hall. Please contact Deb Halls, for we are in need of additional volunteers to take turns serving in the nursery.



# Important Events in the Life of Our Church

## COMMUNITY DINNERS

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

October 2, 9, 16, 23, 30

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



## Barnum Community Church

In the heart of downtown



Free  
Halloweenies



October 31st  
5:00 pm - 7:00 pm

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, October 22 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.



United  
Women  
in Faith

All women of the church are invited to attend the United Women in Faith meeting at the church on Wednesday, October 9, at 1:30. Deb Entner will serve as hostess. Discussion will be on pages 99-106 in our study book, Life on Purpose for Women. Hope to see you there.

**We believe  
love in action  
can change  
the world.**

New....**Monthly Game Night**....

4th Wednesday of the month

Join in and play a game.



# Important Events in the Life of Our Church

## The Lord's Table, October 13th



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.



## Welcome to our Secret Sisters Program!

All ladies of the church are invited to participate in this ministry of caring & sharing with other sisters in Christ. You will each be given a "Sister" to pray for and encourage. We will keep our "Sisters" a secret; so, don't let anyone know who you have.



If you decide to participate in the Secret Sisters Program, please complete the enclosed "All About You" form and return it in this envelope to the "Women's Ministry" table by **October 12, 2024**.



### **Thessalonians 5:11**

We are called to encourage one another and build each other up. By caring, encouraging, supporting, and inspiring our "Sister in Christ", we can strengthen and empower each other to grow and stay strong in our faith, so we will have a closer relationship with God and He can use us for His purpose and glory.



Samaritan's Purse: Shoeboxes have been ordered and will be in soon. See Kathy Mattson for details on how to pack a shoebox.



On Sunday mornings at **10:45**, we invite adults to attend the Adult Sunday School class, held down the hall in the last classroom on the left. After getting in line for your coffee and morning treats, join us as we gather to engage in lively discussions of topical issues involving the Christian walk enlightened by a Biblical worldview.

We are seeking God's leading as decisions are being made regarding the future of our Barnum Community Church. In particular, we are asking you to join us in prayer at **1 p.m. each day** – wherever you may be – as we ask God to provide a favorable decision at the November meeting of the United Methodist Church hierarchy.





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## ACROSS

- 1 \_\_\_\_ and Dumah, and Eshean (Joshua 15:52)
- 5 which devoured, \_\_\_\_ in pieces, and stamped the residue (Dan 7:19)
- 9 abbr. for the 16th book of the O.T
- 12 They \_\_\_\_ at me and say, "Aha! Aha! (Ps 35:21)
- 13 Awake, and \_\_\_\_ to my defense! Contend for me, my God (Ps 35:23)
- 14 the lizard, and the snail, and the \_\_\_\_ (Lev 11:30)
- 15 Can you loose the cords of \_\_\_\_ (Job 38:31)
- 16 God will judge the \_\_\_\_ and all the sexually immoral (Heb 13:4)
- 18 Your \_\_\_\_ boundary will be the coast of the Great Sea (Num 34:6)
- 20 Rescue me from the \_\_\_\_, do not let me sink (Ps 69:14)
- 21 opposite to windward side (naut.) (Acts 27:4)
- 22 You have \_\_\_\_ them with the bread of tears (Ps 80:5)
- 23 They fasten it with hammer and nails so it will not \_\_\_\_ (Jer 10:4)
- 26 You will drink it and \_\_\_\_ it dry (Ezek 23:34)
- 28 I will send \_\_\_\_, saying, Go, find out the arrows (1,3) (1 Sam 20:21)
- 30 Eber, Misham, Shemed who built \_\_\_\_ and Lod (1 Chron 8:12)
- 32 his hands were \_\_\_\_ until the going down of the sun (Exodus 17:12)
- 34 there appeared \_\_\_\_ him an angel of the Lord (Luke 1:11)
- 35 Surely the nations are like a \_\_\_\_ in a bucket (Isa 40:15)
- 38 the judgment of the great \_\_\_\_ that sitteth upon many waters (Rev 17:1) KJV
- 40 If a bird's \_\_\_\_ chance to be before thee (Deut 22:6)
- 41 and onyx stones and other \_\_\_\_ to be mounted (Ex 25:7)
- 42 I beheld when he had \_\_\_\_ the sixth seal (Rev 6:12)
- 44 the poor man had nothing except one little \_\_\_\_ lamb (2 Sam 12:3)
- 45 abbr. for the first book of the N.T.

- 47 When it \_\_\_\_, she has no fear for her household (Prov 31:21)
- 50 the supreme commander, sent by \_\_\_\_ king of Assyria (Isa 20:1)
- 52 Israel will \_\_\_\_ and blossom and fill all the world with fruit (Isa 27:6)
- 53 seventh letter of Greek alphabet
- 55 The Angel which redeemed me from all evil, bless the \_\_\_\_ (Gen 48:16)
- 57 the \_\_\_\_ will lie down with the goat (Isa 11:6)
- 59 Do not take \_\_\_\_ of a hired man who is poor and needy (Deut 24:14)
- 62 turn to God, so that your sins may be \_\_\_\_ out (Acts 3:19)
- 63 Indeed, the very hairs of your \_\_\_\_ are all numbered (Luke 12:7)
- 64 miracles to deceive \_\_\_\_ the elect if that were possible. (Matt 24:24)
- 65 son of Seth (Gen 4:26) KJV
- 66 What is man, that thou \_\_\_\_ mindful of him? (Ps 8:4)
- 67 I will put \_\_\_\_ to the pride of the mighty (2,3) (Ezek 7:24)
- 68 The animals take cover; they remain in their \_\_\_\_ (Job 37:8)

## DOWN

- 1 Do two walk together unless they have \_\_\_\_ to do so? (Amos 3:3)
- 2 Then shall stand up in his estate a \_\_\_\_ of taxes (Dan 11:20)
- 3 They cooked it in \_\_\_\_ or made it into cakes (1,3) (Num 11:8)
- 4 Jesus said, "This voice was for your \_\_\_\_, not mine (John 12:30)
- 5 is not this a \_\_\_\_ plucked out of the fire? (Zech 3:2) KJV
- 6 Therefore, \_\_\_\_ yourselves of all malice (1 Pet 2:1)
- 7 you should set aside \_\_\_\_ of money in keeping with (1,3) (1 Cor 16:2)
- 8 their associates: Shebaniah, Hodiah, \_\_\_\_, Pelaiah (Neh 10:10)
- 9 there will be neither dew \_\_\_\_ rain in the next few years (I King 17:1)
- 10 heavens by fire, and the \_\_\_\_ will melt in the heat (2 Peter 3:12)
- 11 He said to \_\_\_\_, "Daughter, your faith has healed you (Mark 5:34)
- 14 together with them in the clouds to \_\_\_\_ the Lord in the air (1 Thess 4:17)
- 15 the great \_\_\_\_ and the raven will nest there (Isaiah 34:11)
- 17 Will you keep to the old path that evil men have \_\_\_\_? (Job 22:15)
- 19 they will \_\_\_\_ the ruined cities that have been devastated (Isa 61:4)
- 24 I wish I could be with you now and change my \_\_\_\_ (Gal 4:20)
- 25 they saw the fig tree withered from the \_\_\_\_ (Mark 11:20)
- 27 the poison of \_\_\_\_ is under their lips (Romans 3:13)
- 28 you \_\_\_\_ the tongue of the crafty (Job 15:5)
- 29 the horn, flute, zither, \_\_\_\_, harp and all kinds of music (Dan 3:7)
- 31 must not shave their heads or shave off the \_\_\_\_ of their beards (Lev 21:5)
- 33 whose consciences have been seared as with \_\_\_\_ iron.(1,3) (1 Tim 4:2)
- 34 loose the bands of wickedness, to \_\_\_\_ the heavy burdens (Isa 58:6)
- 36 and that he is a \_\_\_\_ of them that diligently seek him (Heb 11:6)
- 37 Take a pot, and put an \_\_\_\_ full of manna therein (Exodus 16:33)
- 39 eschew evil, and do good; let him seek peace, and \_\_\_\_ it (1 Pet 3:11)
- 43 He has given King David a wise son, \_\_\_\_ with intelligence (2 Chron 2:12)
- 45 We all growl like bears; we \_\_\_\_ mournfully like doves (Isa 59:11)
- 46 red dragon with seven heads \_\_\_\_ horns (3,3) (Rev 12:3)
- 48 did their work with one hand and held a \_\_\_\_ in the other (Neh 4:17)
- 49 This is a trustworthy saying. And I want you to \_\_\_\_ these things (Titus 3:8)
- 51 I will be \_\_\_\_ and rejoice in thy mercy (Ps 31:7)
- 52 Make these into a sacred anointing oil, a fragrant \_\_\_\_ (Ex 30:25)
- 54 Do not \_\_\_\_ to what I command you and do not subtract (Deut 4:2)
- 56 You are my God; \_\_\_\_ your servant who trusts in you (Ps 86:2)
- 58 fetch olive branches, and \_\_\_\_ branches, and myrtle (Neh 8:15)
- 59 he warmeth himself, and saith, \_\_\_\_, I am warm (Isaiah 44:16)
- 60 went to a wine \_\_\_\_ to draw fifty measures (Haggai 2:16)
- 61 abbr. for the first book of the pentateuch

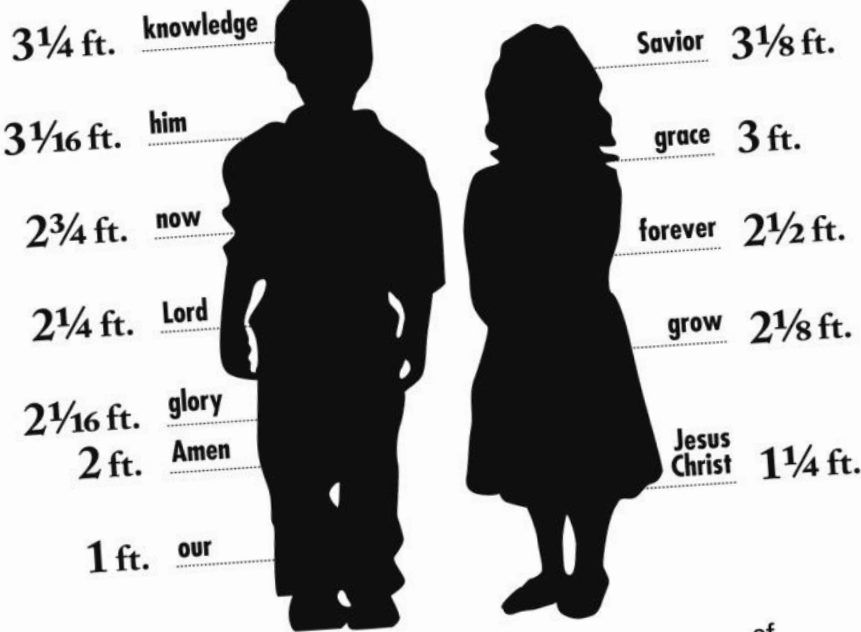
# Just for Kids



## Growing Up!

You're growing each day in many different ways.  
A verse from 2 Peter tells what will help you grow!

Directions: Fill in the blanks below, using the height measurements as guides, to complete 2 Peter 3:18.



"But \_\_\_\_\_ in the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_  
 To \_\_\_\_\_ be \_\_\_\_\_ both \_\_\_\_\_ and \_\_\_\_\_ ! \_\_\_\_\_"  
 2 PETER 3:18, NIV

Answer: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

## GROW IN Grace

Make this craft as a reminder to continue growing in God's amazing grace.



### What you need:

- An adult to help
- Newspaper
- Acrylic paints
- Paper plate
- Paintbrush
- Small terra cotta pot and plate
- Cup of water
- Permanent black marker
- Potting soil
- Small "indoors" plant or packet of seeds

### What you do:

1. Cover your work area with newspaper and squeeze paint onto the paper plate.
2. Paint designs on the pot and plate, cleaning your brush in the water when changing colors. Let dry.
3. With the black marker, write "Growing in God's Grace" along the top ridge of the pot.
4. Pour in a small amount of soil. Place your plant in the pot and surround it with more soil. (If planting seeds, follow packet instructions.)
5. Water your plant. Check it daily and keep the soil moist.
6. Enjoy watching your plant grow!

# Barnum Community United Methodist Church

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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