

The Messenger

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

January 2025

Volume 25—Issue 1



A NEW
Beginning
WITH God

Church Calendar

Birthdays

Anniversaries

Youth Group

Bible Buddies

Faith Community Nurse

United Women in Faith

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

Sunday Worship

Facebook Live 9:30 am

In Person 9:30 am

Dog's Pause

See, I am doing a new thing!

Are you a New Year's Resolution kind of person? Some of us enjoy the challenge and opportunity we associate with the arrival of the new year. Others hold it in disdain. Maybe you don't give it a second thought. There was a comical Facebook post featuring a sign on a Dairy Queen saying something to the effect of "Helping Break New Year Resolutions Since 1962".

What I enjoy about the new year is it always reminds me of the opportunity God presents us. In our relationship with God, there is always the invitation for a new thing. Forgiveness, reconciliation, and living in communion with us is God's forte! I love the chance of new beginnings.

A new beginning is the message we find being delivered to the people of Israel in Isaiah 43. "This is what the Lord says— he who made a way through the sea, a path through the mighty waters... "Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland."

The new year is a time of uncertainty for us at Barnum Community UMC. There are many questions needing answers as we determine our future. There will also be the need to step out in faith in one direction or another. Those questions and the uncertainty give birth to many emotions. There is sadness, frustration, and anxiousness to name just a few. You may be experiencing these and other feelings. Let's please be free to talk about them.

What we know for sure is things will not be the same. What we also know for sure is that God is sovereign and desires to lead us. May each one of us humble ourselves before God and seek the Lord's leading for our church family. Whatever we determine we can and cannot do, we know that God is faithful. Along with all else we sense; I pray each of is filled with expectation as God does a new thing and brings new life. It begins with but a bubbling spring and turns into a stream of transformation.

May God bless you this New Year!

The Good Shepherd's Sheepdog,

Lee

JANUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 NEW YEAR'S DAY 6:00-7:30 Youth Group	2	3	4
5 9:30 Worship Service 4-5 Confirmation	6 5-8:00 Youth Group	7 11:00 Prayer Group 1:00 Moms in Prayer	8 1:30-3:00 United Women In Faith 6:00-7:30 Youth Group	9	10	11
12 9:30 Worship Service Communion Table Sunday 10:30 Church Charge Conference 4-5 Confirmation	13 5-8:00 Youth Group 6:30 Council Mtg	14 11:00 Prayer Group 1:00 Moms in Prayer	15 6:00-7:30 Youth Group	16	17	18
19 9:30 Worship Service 4-5 Confirmation	20 5-8:00 Youth Group	21 11:00 Prayer Group 1:00 Moms in Prayer	22 6:00-7:30 Youth Group	23	24	25
26 9:30 Worship Service 4-5 Confirmation	27 5-8:00 Youth Group	28 11:00 Prayer Group 1:00 Moms in Prayer	29 6:00-7:30 Youth Group	30	31	

** Schedule subject to change.



January

Phillip	Anderson	01/01
Marilyn	Criley	01/02
Kathleen	Waseen	01/03
John	Kunze	01/05
Christine	Anderson	01/06
Brooklyn	Peterson	01/08
Charlie	Jordan	01/09
Tami	Fox	01/11
Roger	Finifrock	01/13
Sonja	Duesler	01/14
Rick	Puhl	01/15
Douglas	Nelson	01/19
Joshua	Earlywine	01/21
Shelly	Lind	01/22
Genevieve	Berthelot	01/24
Dean	Holm	01/30
Jaxon	Lind	01/30
Rick	Spieler	01/30

February

Bill	Schoonover	02/01
Laurie	Audette	02/01
John	Barnes	02/02
Micah	Kantonen	02/02
Rachel	Lambert	02/04
Ron	Eastman	02/04
Debby	Thieling	02/12
Morgan	Donaldson	02/12
Brent	Donaldson	02/14
Timothy	Peterson	02/15
Karen	Osborne	02/17
Terry	Dathe	02/17
Jamie	Wickstrom	02/18
Kevin	Bartz	02/19
Kathryn	Otnes	02/20
Cassandra	Hurst	02/22
Kay	Finifrock	02/22
Teresa	Jeffers	02/23
Larry	Fuglestad	02/24
Emma	Casey	02/25
Judi	Vitito	02/26
Gary	Paulus	02/28



Cliff & Joyce Berggren 01/25

Roger & Debby Thieling 02/16



United
Women
in Faith

United Women in Faith will meet on Wednesday, January 8, at the church at 1:30. All women are welcome. We will be discussing pages 109-113 in our study book, Life on Purpose for Women.

We believe
love in action
can change
the world.



HAPPY NEW YEAR!!!

2025 is here and that means resolutions and 2nd semesters. But before students get into the new semester they need to get through finals... The Barnum Youth Group is taking a break from our fun hangout to make sure students are ready for their tests. Our Study Session will have everything needed for test prep: snacks, inspirational music and tutors. It's all happening on Monday, December 20th from 5-8pm.



The second half of the school year is going to be a lot of fun for Barnum Youth Group. As we look forward to February we will take time to talk about one of the most important topics and that's love. We will look at the love we can have for our family, how to be a good friend, romantic love and most importantly we will wrap February up with discussing God's Love. So many students today are looking for love in all the wrong places. This year we will encourage students to accept the free gift of God's love as the world is so focused on cards and chocolates.

Barnum Youth Group Schedule:

Monday, Youth Group Hangout 5-8pm

Wednesday, Youth Group Meal at 5pm and

Youth Group from 6-7:30





January Health and Wellness Moment

“It’s Blood Pressure Time!”

Happy New Year to you all! I pray all of you had a wonderful Christmas and that your next year, the year 2025, will hold many blessings and adventures for you and your loved ones!

One of the best ways you can take care of yourself as you age is by monitoring your blood pressure. About 1 in 3 adults in the U.S. has high BP, but many don’t realize it. High BP is sometimes called the “silent killer” because it usually has no warning signs, yet it can lead to life-threatening conditions like heart attack or stroke. The good news is that high BP can often be prevented or treated. Early diagnosis and healthy changes, which your doctor can recommend, can keep high BP from seriously damaging your health.

Here is a quick and easy way to remember what the top and bottom numbers of your blood pressure (BP) mean, along with a quick summary of the BP categories. Your blood pressure is recorded as two numbers, the systolic blood pressure (top number) and diastolic blood pressure (bottom number). The systolic blood pressure indicates how much pressure your blood is exerting against your artery walls when your heart contracts. The diastolic blood pressure indicates how much pressure your blood is exerting against your artery walls while your heart muscle is resting between contractions. Both numbers are important and can be used in diagnosing high blood pressure.

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

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

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

Resource: heart.org, Understanding Blood Pressure Readings; nih.gov

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

This will be my last Parish Nurse Health and Wellness article. I have really enjoyed writing these articles and serving our congregation in this role over the past few years. Thank you all for your love and support.

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

Jenny S., RN, BCUMC Parish Nurse

Wednesday Bible Buddies

For four-year-olds through sixth grade

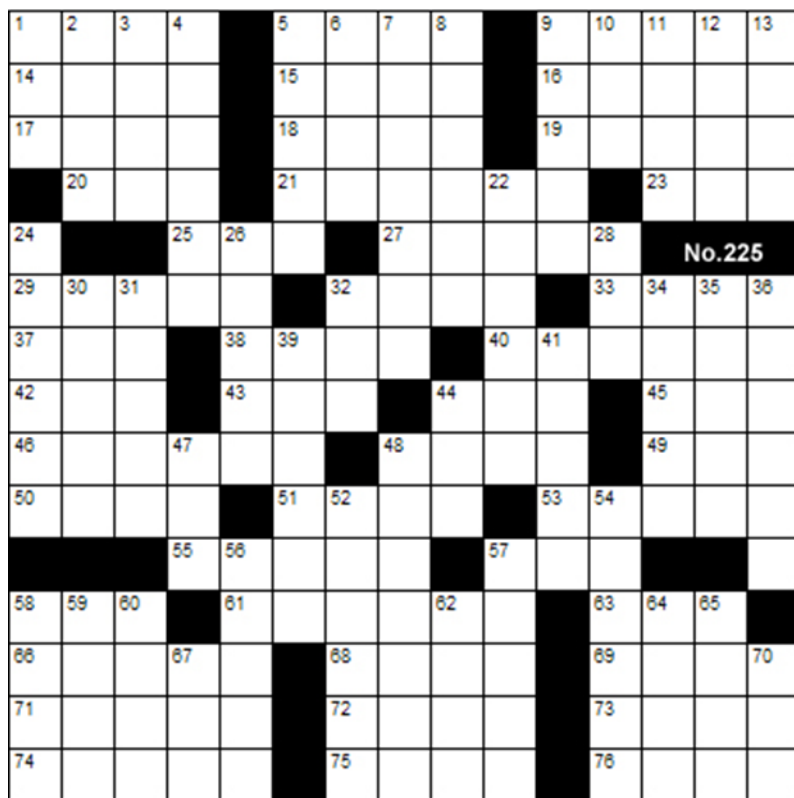


As our Bible Buddies group continues to study about Moses and the Jewish nation, we continue to learn more about Trusting and Obeying God. In addition, we have also spent time during the past month practicing for our Christmas presentation.

How quickly time flies! Soon we will be celebrating a new year. And with the coming of the new year, so too will changes come to our church home. Starting on January 15, the Bible Buddies will be moving to a new location. As we continue to trust and obey, we will always claim our key Bible verse:

Psalms 119:105





ACROSS

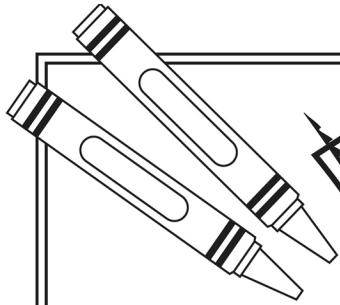
- 1 they shall come from the ____, and from the west (Luke 13:29)
5 she shall shave her head, and ____ her nails (Deut 21:12) (KJV)
9 I will make all your enemies turn their ____ and run (Ex 23:27)
14 they shall take gold, and ____, and purple (Exodus 28:5)
15 the LORD commanded the blessing, ____ life for evermore (Ps 133:3)
16 to Joppa, where he found ____ bound for that port (1,4) (Jonah 1:3)
17 putting its doors and bolts and ____ in place (Neh 3:15)
18 do not let your ____ hand know what your right hand is doing (Matt 6:3)
19 Father, keep through ____ own name those whom thou hast (John 17:11) KJV
20 the LORD appointed a ____ time, saying, To morrow (Exodus 9:5)
21 and your toil ____ another man's house (Prov 5:10)
23 Now there arose up a ____ king over Egypt (Exodus 1:8)
25 is there any taste in the white of an ____? (Job 6:6)
27 Surely I have acted like a fool and have ____ greatly (1 Sam 26:21)
29 Peter knocked and a servant girl named ____ came (Acts 12:13)
32 there was what looked like ____ of glass (1,3) (Rev 4:6)
33 They ____ from the Book of the Law of God (Neh 8:8)
37 one beka ____ person, that is, half a shekel (Ex 38:26)
38 donkeys that work the soil will eat fodder and ____ (Isa 30:24)
40 Men, I can see that our ____ is going to be disastrous (Acts 27:10)
42 Joshua, who ____ seen all the great works of the LORD (Judg 2:7)
43 seventh letter of Greek alphabet
44 They are ____ with the showers of the mountains (Job 24:8)
45 the curtain of the temple was torn in two from ____ to bottom (Matt 27:51)
46 from them that pass by securely as men ____ from war (Mic 2:8) KJV
48 a robe, a woven tunic, a turban and a ____ (Ex 28:4)
49 gave it to his disciples, saying, "Take and ____; this is my body (Matt 26:26)
50 Roman emperor (54-68 A.D.)
51 fishermen's equipment (Luke 5:4)
53 In the beginning God created the heaven and the ____ (Gen 1:1)

- 55 thou shalt make the ____ of fine linen (Exod 28:39) (KJV)
57 experienced in the ____ of engraving (2 Chron 2:7)
58 a man scoop fire into his ____ without his clothes being burned? (Prov 6:27)
61 Then came Jesus forth, wearing the crown of ____ (John 19:5)
63 Shechem set men on the hilltops to ambush and ____ everyone (Judg 9:25)
66 As an ____ pleasing to the LORD (Num 29:2)
68 But man ____ and is laid low; he breathes his last (Job 14:10)
69 to seek an ____: He will cast lots with arrows (Ezek 21:21)
71 For it is easier for a ____ to go through a needle's eye (Luke 18:25)
72 Salvation is found in no one ____, for there is no other name (Acts 4:12)
73 every man under his vine and under his fig ____ (1 King 4:25)
74 I looked at the earth, and it was formless and ____ (Jer 4:23)
75 silver in two bags, with two ____ of clothing (2 Kings 5:23)
76 there must not be even a ____ of sexual immorality (Eph 5:3)

DOWN

- 1 as their lives ____ away in their mothers' arms. (Lam 2:12)
2 ____ for that day is great (Jer 30:7)
3 the testimony of the LORD is ____, making wise the simple (Ps 19:7)
4 Some Pharisees came and ____ him by asking (Mark 10:2)
5 Two sons were born to Eber: One was named ____ (Gen 10:25)
6 Joshua sent men from Jericho to Ai, which is near Beth ____ (Josh 7:2)
7 I will ____ the weary and satisfy the faint (Jer 31:25)
8 The ____ law is summed up in a single command: "Love your (Gal 5:14)
9 Pharaoh's daughter went down to the Nile to ____ (Ex 2:5)
10 raises the poor from the dust and lifts the needy from the ____ heap (Ps 113:7)
11 lower part of the face (Lev 13:29)
12 the increase of thy ____, and the flocks of thy sheep (Deut 7:13) (KJV)
13 and make him ____ out what he has swallowed (Jer 51:44)
22 The sluggard ____ and gets nothing (Prov 13:4)
24 Do not take advantage of a widow or an ____ (Ex 22:22)
26 Everyone who competes in the ____ goes into strict training (1 Cor 9:25)
28 children of Israel went on ____ land in the midst of the sea. (Exod 15:19)
30 your tithes, and ____ offerings of your hand (Deut 12:6)
31 upon his kingdom, to ____ it, and to establish it (Isa 9:7)
32 your children together, ____ hen gathers her chicks (2,1) (Luke 13:34)
34 He replied, "Out of the ____, something to eat; out of the strong (Judg 14:14)
35 Bring me a heifer, ____ and a ram (1,4) (Gen 15:9)
36 out of the ____ I cry to you, O LORD (Ps 130:1)
39 present ____ of that tithe as the LORD's (1,5) (Num 18:26)
41 there is none ____ God but one (1 Cor 8:4)
44 it ____ needful for me to write unto you (Jude 1:3)
47 abbr. for the 6th book of the N.T.
48 had a wife who was ____ and remained childless. (Judg 13:2)
52 as a mountain ____ and crumbles (Job 14:18)
54 The Gadites built up Dibon, Aroer, ____ Shophan (Num 32:34-35)
56 found an Alexandrian ship sailing for ____ and put us on (Acts 27:6)
57 ten bulls, twenty she ____, and ten foals (Gen 32:15) (KJV)
58 they tied unto it a ____ of blue (Ex 39:31) KJV
59 Also a bullock and ____ for peace offerings (1,3) (Lev 9:4)
60 All your ____ has been brought down to the grave (Isa 14:11)
62 There shall the great owl make her ____ (Isaiah 34:15)
64 Ahab son of ____ became king of Israel (1 Kings 16:29)
65 I have ____ a Nazarite unto God from my mother's womb (Judges 16:17)
67 she heard that Jesus was coming, went and ____ him (John 11:20)
70 Andrew his brother casting a ____ into the sea (Mark 1:16)

Just for Kids



PUZZLE

A Child is Born

Jesus received many different names — even before he was born. Isaiah 9:6 (NIV) prophesies about four of these names.

Directions: Unscramble the words on the name tags below. (Hint: The first letter is capitalized.)

MY NAME IS

gyhMti

dGo

MY NAME IS

lerWnofud

esnruooCl

MY NAME IS

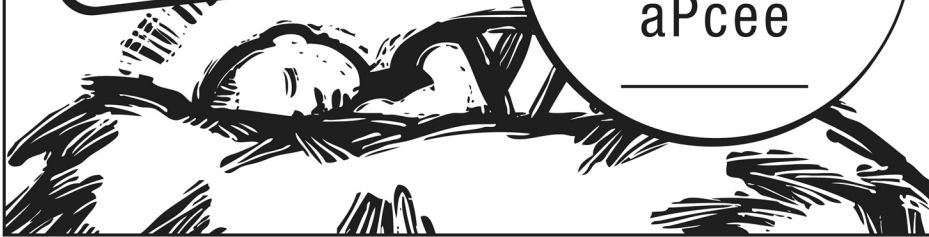
vrelEnsitga

eahFrt

MY NAME IS

niPcre of

aPcee



Answers: Mighty God, Wonderful Counselor, Everlasting Father, Prince of Peace

PEACE Wreath

What you need:

- Paint (blue and green)
- Paint brush
- Embroidery hoop
- 24 wooden clothespins
- Scissors
- Craft foam (white, red and green)
- Glue
- 3 white feathers
- Floral wire (two pieces)



What you do:

1. Paint the hoop blue and the clothespins green. When dry, attach clothespins around the hoop.
2. Cut a dove shape (slightly wider than the hoop's diameter) out of white foam. Glue on feathers.
3. Pierce the beak with a scissors tip. Slide a piece of wire through the slit to make an olive branch.
4. From green foam, cut out two leaves. Attach them to each end of the wire.
5. From red foam, cut out the letters P E A C E. Glue them onto clothespins.
6. Place dove in center of hoop. Glue its head and tail to clothespins.
7. Attach wire to the back and hang up your wreath.

E	A	S	T		P	A	R	E		B	A	C	K	S
B	L	U	E		E	V	E	N		B	A	S	H	I
B	A	R	S		L	E	F	T		T	H	I	N	E
	S	E	T		E	N	R	I	C	H		N	E	W
O			E	G		E	R	R	E	D				No. 225
R	H	O	D	A		A	S	E	A		R	E	A	D
P	E	R		M	A	S	H		V	O	Y	A	G	E
H	A	D		E	T	A		W	E	T		T	O	P
A	V	E	R	S	E		S	A	S	H		E	A	T
N	E	R	O		N	E	T	S		E	A	R	T	H
			M	I	T	R	E		A	R	T			S
L	A	P		T	H	O	R	N	S		R	O	B	
A	R	O	M	A		D	I	E	S		O	M	E	N
C	A	M	E	L		E	L	S	E		T	R	E	E
E	M	P	T	Y		S	E	T	S		H	I	N	T