

October  
2023



First United Methodist Church

# Revelation

Pastor's Pedaling,

The other day Angie was in the office talking to Lisa. It was one of those really crazy, busy Mondays, so I had my door closed for a brief time and I only heard mumblings of the conversation that sounded like Chewbacca and I don't understand Wookie very well.

When I opened the door to come out, they immediately asked me what I thought of the idea. I must have looked pretty silly because I gave them this blank look like I had just transported in from Jupiter. I listened to the idea and I loved it!

Angie's thought was to open up the church during the cold months, so church members that want could walk the hallways and stairways for exercise during office hours. That's when my mind started going (always a dangerous thing). What if we combined exercise options? What if we checked with the local fitness clubs to see if they'd give a discount to church members? What if we combine exercise with healthier diet plans?

I'm sure some of you reading this might have some "what if" suggestions for the mix, and they'd be welcome.

I know I am one of those folks who would benefit from more exercise and definitely from a healthier diet. After my heart stent in 2014, I exercised all the time until probably 2019, and then my exercise routines got disrupted and they've largely been disrupted since with the exception of a spin class I used to participate in. I know I need to get back to my 150-plus minutes a week of regular exercise.

Part of the disruption happened in 2019, when I was on a diet plan that worked great so long as you bought their product. The problem I had with it, however, was that it limited how much exercise I could do and that became a significant drawback for me because I love riding my bike when it's nice and I love using my exercise equipment when I make the time.

What I appreciated about the plan, however, was the "lean and green" meals which could be used for breakfast, lunch or supper. They were healthy items with carefully measured ingredients. So, for instance, if you wanted nachos, it showed you how to use cauliflower in place of chips (which is significantly healthier because it's lower in carbs). Of course, there were several other meal options. These ingredient cards were on Pinterest. Best of all, the recipes were simple and the food that you made from them had amazing taste!

When combined with emotionally healthy spirituality and other things that continue developing, I believe this could be a game-changer for some of us and potentially for our mission field. I know I would like it. And what could be more fun than if we did this as a community?

I'd welcome your thoughts.

Until next time, just keep pedaling.

Pastor Mark Crist



## Enhanced Online Giving

Additional options have been enabled for online giving through our web site. You can access Online Giving or scan the QR code with your phone.



Through online giving, you have the option to give with a credit card or to setup direct deposit from your checking account. These gifts can be setup for a one-time gift or as a recurring gift. There is even an option to increase your gift to cover the cost of credit card processing fees!

**We encourage you to create an account using the e-mail address you receive e-mails on from the church so your giving is associated with your account in the ChurchTrac membership system and will appear on your annual giving statement.** By creating an account, you will also have access to all of the giving options mentioned above. If you do not want to create an account, there is an option to give as a guest.

## Commodities Food Distribution

First off I want to thank everyone for reaching out to help with this important program. We had 20 Volunteers! You are the reason this program continues to breathe! We live in a great Community! 53 single people, 20 couples and 22 families were served for a total of 95 boxes this month. Give yourself a pat on the back for a job well done. We were supposed to receive 89 Cases of peaches, they did not come in on Commodities Day. 10 volunteers returned to help to pick up and load the peaches from F&A Warehouse the following Wednesday. By that afternoon we had most of them gone. One volunteer even drove them out to some of the surrounding towns who could not make it in to pick them up. We also had a few people deliver to homes that could not get out to pick theirs up. Thank You! Concordia has the best volunteers! Thank you again!!!





## Meals on Wheels

The Senior Center is looking for volunteers to deliver Meals on Wheels. To volunteer, contact the Senior Center at 243-1872. Meals on Wheels provides a hot meal and human contact for the homebound.



## Cloud County Resource Center Needs

The Food Bank is open and accepting donations of cash or food items for distribution on **Monday/Wednesday/Friday from 9:00 am – 5:00 pm**. The Food Bank can be utilized once each month; an appointment must be made 24 hours in advance to pick up food at the Food Bank.

The CCRC is holding monthly **Writing Workshops** for anyone who wants to discuss ideas, brainstorming, editing, collaborations, and getting published. The group meets on the last Tuesday of the month at 7:00 pm at the CCRC.

If you need more information about activities or would like to volunteer at the CCRC, please contact Tonya Merrill at 785-243-1065 or [ccrc@nckcn.com](mailto:ccrc@nckcn.com).

## Little Free Pantry



Thanks for your continued support of the Little Free Pantry. Please place your donations directly in the pantry. You may also leave food donations in the food box in the entry of the church for future use.

If you prefer, you can also make a monetary donation to help purchase food for the pantry. Thanks to Pam Campbell and Lisa Valcoure for helping to place food from our store in the pantry daily!

## Missions and Outreach

Missions Buckets will be passed on October 1<sup>st</sup> for the World Communion Sunday Special Offering. For more information about this offering, visit <https://www.umc.org/en/content/world-communion-sunday-ministry-article>



Thank you for your generous donations of \$71.65 in the September Missions Buckets to support our annual Layette Set project!

We still need donations of the following items:

- Diapers (size 1 or 2) – MOST NEEDED ITEM!
- Baby Wipes
- Baby Shampoo (full size bottles)
- Onesies – one piece undershirt with snaps (size 0-3 or 3-6 months)
- Baby Socks (size 0-3 or 3-6 months)

Please no preemie size diapers, onesies, or socks! The layette sets may not be delivered immediately after birth and we want the items included to fit the baby!



Items should be left in the baby carriage in the church entry by **October 8<sup>th</sup>**.

If you have a Serger and would like to finish blankets for use in the layette sets, blankets are available for pickup in Room 203. All completed blankets should be returned to the church by **October 8<sup>th</sup>**.

**Join us to assemble the Layette Sets on October 15<sup>th</sup>**. We will meet right after church in the Fellowship Hall!

### Community Baby Shower

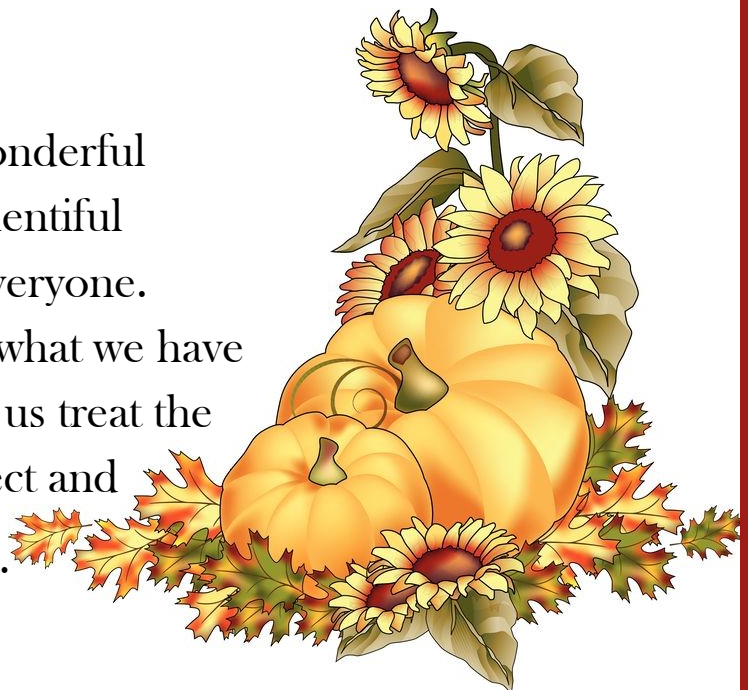


We will be helping the Cloud County Health Department sponsor a Community Baby Shower on the afternoon of **Sunday, October 22<sup>nd</sup> from 2:00 – 4:00 pm!** All expecting families are invited to attend – there will be lots of free give-away items and we will be distributing Layette Sets!

If you would like to volunteer to help with this event, sign-up on the Missions Bulletin Board or contact Nancy Wentz at [ndwentz@gmail.com](mailto:ndwentz@gmail.com) or 785-614-2599.

Dear Lord,

Thank you for the harvest and the wonderful crops that grow. Please let there be plentiful harvest so there is enough food for everyone. Help us to be generous and to share what we have with those who have less than us. Let us treat the amazing world you gave us with respect and help us to make good choices. Amen.





# Annual Thanksgiving Dinner

**Sunday, November 12th**

**11:00 am –12:30 pm**

**Concordia First United Methodist Church**

(740 W 11th St)

**\$15 per meal**

**Drive-Through Pickup or Dine-In**  
**Delivery available - call 243-4560**



## Trustees' Update

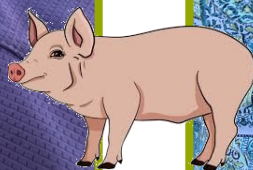
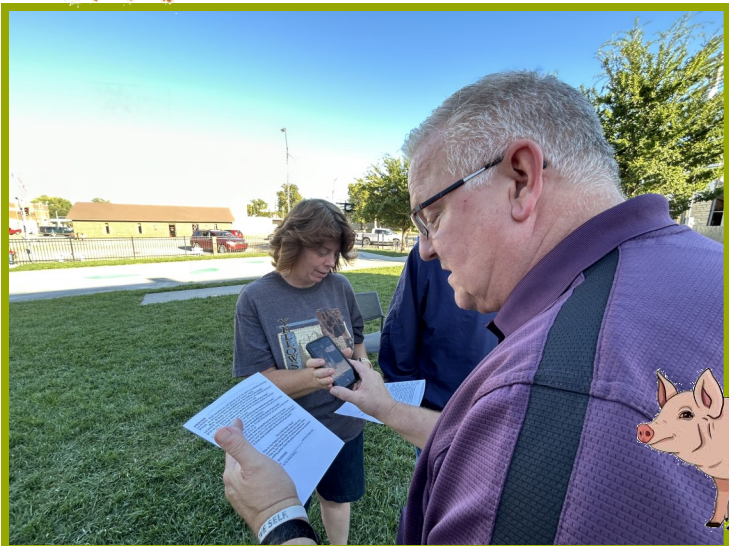
Work has been completed in the Fellowship Hall! All walls were re-painted, repair work and refinishing was done on the beams, windows were washed, and window shades were repair. The light fixtures were also updated to use energy efficient LED bulbs and were cleaned. Thanks to all who helped complete this project – be sure to check it out the next time you are at the church!







# BLESSING OF THE ANIMALS









# POTLUCK Dinner

OCTOBER 8, 2023

FOLLOWING WORSHIP SERVICES

PLAN TO BRING  
YOUR FAVORITE DISH



## YOGA CLASSES FOR ALL AGES!

In the Choir Room

5:30pm

every Sunday evening

All are Welcome! Contact Angie Gabel McConkey  
or Mary Thoman for more details!



## HAY RACK RIDE

OCTOBER 15, 2023

MEET AT THE CHURCH AT 3:30

OR MEET AT LOREN SWENSON'S AT 4:00PM

YOUTH WILL BRING ITEMS FOR SMORES.  
CHURCH WILL SUPPLY THE HOTDOGS AND BUNS.  
BRING YOUR FAVORITE SIDE DISH.



CHURCH CONFERENCE

SUNDAY

OCTOBER 29, 2023

2:00 TO 3:30PM

COURTLAND, KS.

CONCERT BY  
RECORDING ARTIST  
JARON BELL



Ice Cream Social  
to Follow





# Sunday Morning Volunteers



October	1	8	15	26	29
Worship Leader	Angie Gabel-McConkey				
Sound	Monte Wentz				
Media	Nancy Wentz	Janice Swenson		Janice Swenson	
Greeters					
Nursery Helpers					
Children's Moment	Angie Gabel-McConkey				
Scripture Reader					
Ushers					
Acolytes	Gannon & Amanda	Gannon & Amanda			
Coffee Bar		Marsha Wentz	Marsha Wentz	Marsha Wentz	Marsha Wentz
Alter Flowers					

Sunday Morning Volunteers Please gather for prayer with  
Pastor Mark in the Chapel at 10:20am.

Please Contact the Church Office If you can help with any of the Volunteer Opportunities!

# OCTOBER 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> 9:30 Crusaders Searchers 10:30 Worship 5:30 Yoga	<b>2</b>	<b>3</b>	<b>4</b> 5:00 Sitting With Jesus 5:30 Choir Practice 6:00 Table Talk Meal 6:30 Classes Begin	<b>5</b> 5:00 Girl Scouts	<b>6</b>	<b>7</b>
<b>8</b> 9:30 Crusaders Searchers 10:30 Worship 11:30 Potluck 5:30 Yoga	<b>9</b> 5:30pm FUMC Council	<b>10</b>	<b>11</b> 5:00 Sitting With Jesus 5:30 Choir Practice 6:00 Table Talk Meal 6:30 Classes Begin	<b>12</b> 10:00 Coffee Office 5:00 Girl Scouts	<b>13</b>	<b>14</b>
<b>15</b> 9:00 Choir Practice 9:30 Crusaders Searchers 10:30 Worship 3:30 Hay Rack Ride 5:30 Yoga	<b>16</b> 5:30 M&M's (Missions & Ministry)	<b>17</b>	<b>18</b> 5:00 Sitting with Jesus 5:30 Choir Practice No Table Talk	<b>19</b> 10:00 Coffee Office 5:00 Girl Scouts	<b>20</b>	<b>21</b> 9:00 Ladies Coffee @ Jitters
<b>22</b> 9:30 Crusaders Searchers 10:30 Worship 2:00pm Community Baby Shower	<b>23</b>	<b>24</b>	<b>25</b> 5:00 Sitting With Jesus 5:30 Choir Practice 6:00 Table Talk Meal	<b>26</b> 10:00 Coffee Office 5:00 Girl Scouts	<b>27</b>	<b>28</b>
<b>29</b> 9:00 Choir Practice 9:30 Crusader Searchers 10:30 Youth Sunday 2:00 Church Conference Courtland UMC	<b>30</b>	<b>31</b>				





# Concordia First United Methodist Church

Belong | Believe | Become

**Pastor: Rev. Mark Crist**

Administrative Assistant: Lisa Valcoure

Christian Ed. Director Angie Gabel-McConkey

Choir Director: Renata Knox

Organist: Pam Campbell

Contact Information:

Email: [concordia1umc@gmail.com](mailto:concordia1umc@gmail.com)

Website: [www.concordiafumc.com](http://www.concordiafumc.com)

Pastor's Email: [rev.mark.crist74@gmail.com](mailto:rev.mark.crist74@gmail.com)

Facebook: Concordia First United Methodist Church

Church Phone: 785-243-4560

**Sunday Services:**

Crusaders: 9:30am

Searchers: 9:30am

Worship: 10:30am

**Wednesday Night Services:**

Sittin' with Jesus 5:00pm

Choir Practice 5:30pm

Table Talk 6:00pm