

APRIL  
2024



First United Methodist Church

# Revelation

## Pastor's Peddling's,

Since about 2007, I have written what's called Morning Pages. In the early days, Morning Pages was a tool I used to emotionally barf initially on the written page and later on the electronic page. Emotional barfing was helpful for me when I was wrestling with things, I would find myself challenged to understand.

Since then, my morning writings have expanded to include a written reflection that responds to a reflection I read on the Kindle app on my phone, and most days a written daily prayer.

In recent years, morning page writing has taken a new direction. Instead of writing to emotionally barf on the electronic page, I now write to apply things I've learned about human behaviors as they relate with my personal behaviors because often, I will interact with people based upon what I learned emotionally in my family growing up.

A family system is like a roadmap of how families interact emotionally for about four or five generations. On occasion, I will share my family tree with others to show where I have identified emotional connections and disconnections, cutoffs, patterns, triangles, enmeshments, fusions, and even family secrets with others as a teaching tool. Family systems was discovered by social scientist Murray Bowen in the 1950s, who found that our family of origin is the single-most influential force in our lives. My studies of family systems stem from Edwin Friedman's research in the 1980s and 1990s; Friedman was a student of Bowen's.

Through the years, families exhibit traits that get passed on from generation to generation, unless younger family members identify patterns and then intervene to stop history from repeating itself. Family systems are applicable regardless of what background or ethnicity the family represents. Family system work is also represented in Emotionally Healthy Spirituality classes like the two that have been offered in First Church since last September.

So, getting back to my family system and to my morning page writings. After practicing morning pages and family systems for 17 years now, I've noticed something recently that has pleasantly surprised me. Where I once used them as part of my faith that always seeks understanding, lately I have felt like the writings are starting to keep me.

It's been a dramatic shift and after all that has happened within my family in the last four months, the last 20 months in particular, and after all that has happened in my life in the last five years, I'm glad my morning pages are starting to keep me. For me, it almost feels like a resurrection within the resurrection or an Easter within Easter that makes me willing to wait in the darkness for the risen Christ to appear. God works best in the darkness, I think, so this has been like a light dawning on the horizon of my soul.

I don't share this story as anything that represents some personal privilege or because my ego needed to get it out there. I share it from a place of vulnerability because from vulnerability comes courage, and I like to think courage is one of the primary roots of hope. Besides, who knows if there may be one person out there who reads this who holds onto hope because of this true-to-life story, of sorts.

So, I share what I've shared this month with a question: *What story do you have to share?* Please feel free to let me know because I'd like to hear it and you never know who else needs to hear it. Just as we are blessed to have this newsletter at our disposal to share stories like this, we have other ways to share, such as our Facebook platform and the devotional videos I post each week.

If there is one thing I believe, it's that every one of us makes a difference but the biggest difference happens when we share our story with others because you never know who might need to see it, read it, hear it or see it. Please feel free to email the church office or my personal email [rev.mark.crist74@gmail.com](mailto:rev.mark.crist74@gmail.com) if you have a story you'd like to share. You never know the difference it will make in someone's life – including your own.

Until next time, just keep pedaling!

## 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.

## 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 and Tuesday/Thursday from 1:00 – 5:00 pm.** Starting on March 1<sup>st</sup>, the Food Bank can be utilized one each month; an appointment must be made 24 hours in advance to pick up food at the Food Bank.



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

## Community Baby Shower



We will be helping the Cloud County Health Department sponsor a Community Baby Shower on the afternoon of **Sunday, April 7<sup>th</sup> from 2:00 – 4:00 pm!** All expecting families are invited to attend – there will be lots of free give-away item 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.

## Little Free Pantry

Thanks for your additional donations of food and household items for the Tackle Hunger Food Event – we collected 98 pounds of food in February! All food donations will help to stock our Little Free Pantry.

Keep in mind that the weather is still cold – please do not leave items in the pantry that could freeze when the weather is predicted to be extremely cold. If you prefer, you can also make a monetary donation to help purchase food for the pantry. This helps us to provide a variety of food on a daily basis. Thanks to Pam Campbell and Lisa Valcoure for helping to place food from our store in the pantry daily!



## Missions and Outreach

Don't forget to return your **Lenten box**! All money collected will go to Mission Agency Support in the Great Plains Conference. For a list of missions agencies who receive support through this giving, go to [www.greatplainsumc.org/missionagencysupport](http://www.greatplainsumc.org/missionagencysupport).



We collected \$46.24 in Missions Buckets in March for the UMCOR Sunday special offering. Visit [https://umcmision.org/umcor\\_sunday/](https://umcmision.org/umcor_sunday/) for more details.

Missions Buckets will be passed on April 14<sup>th</sup> and 21<sup>st</sup> for Change the World Food and Supplies.

## Commodities Distribution

21 volunteers came out to help distribute Commodities to the community on Wednesday March 20, 2024, Thank you for your dedication to this program!

We had a total of 107 boxes picked up! 29 Families, 13 Couples and 78 Singles. For a total of 203 individuals served.





## Safety Update

The FUMC Safety Team is working to ensure everyone is safe when in the church building. Please review policies below on Fire and Tornado Emergencies.

### **FIRE**

Call 911 and provide the location of the fire, your name, and phone number you are calling from.

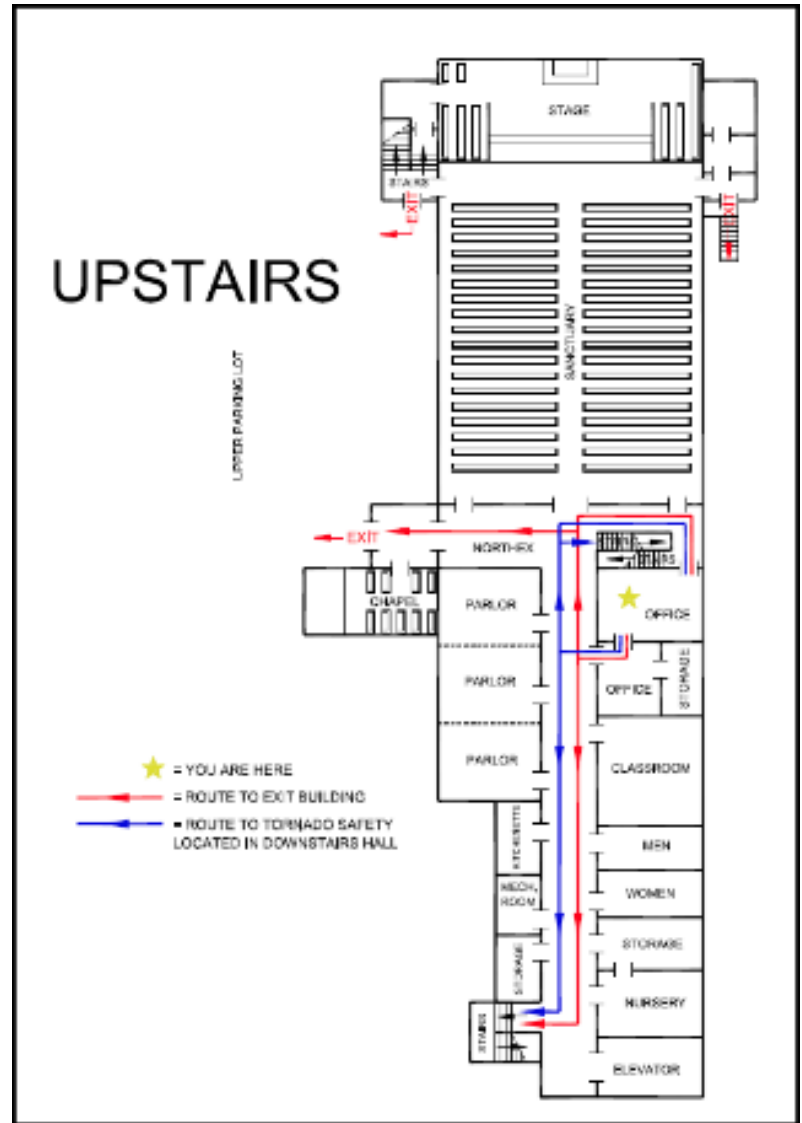
Notify others in the building of the fire emergency.

All occupants must evacuate the building using designated evacuation routes.

Evacuation routes have been posted in each room that mark the emergency exits and evacuation routes. All should congregate in the upper parking lot (near the Little Free Pantry) and remain outside until notification from church leadership or the fire department that it is safe to re-enter the building.

When emergency personnel arrive, notify them of anyone you know, or suspect is still in the building.

Fight the fire only after calling 911, if the fire is small and not spreading to other areas, and escaping the area is possible by backing up to the nearest exit, and the fire extinguisher is available for use.



### **TORNADO**

When the warning is issued by siren or other means, seek inside shelter. The designated shelter is in the lower cross-hallway underneath the sanctuary.

Signage in the lower-level hallway marks this shelter area.

Stay away from all outside walls and windows. Use arms to protect your head and neck.

Remain sheltered until given the "all-clear" by church leadership or group leader.



# Change the World Sunday 2024

Our 13<sup>th</sup> Annual Change the World Sunday is coming on **May 5th!** This year the event will take place at Concordia FUMC.

## Event Schedule

8:30 – 9:00 am	Breakfast
9:00—9:30 am	Church Service
9:30 am—Noon	Projects & Random Acts of Kindness
Noon—1:00 pm	Lunch
12:30 pm	Sharing Projects
1:00 – 1:30 pm	Cleanup



## Projects Planned

- Painting Project at City Park
- Planting Project at City Park
- Planting Flowers in the Downtown Planters
- Preparation and Delivery of May Baskets
- Random Acts of Kindness
- Other Activities – Trash Pickup, etc.

**Please invite your friends and family to join us for this event.** We also need volunteers who are willing to help serve breakfast, serve lunch, and donate food items. **Sign-up sheets will be posted on the Missions Bulletin Board starting on April 14<sup>th</sup>!**

Plan to wear sturdy shoes, sunglasses, a hat, a jacket, clothes that can get dirty, and sunscreen! Bring your work gloves and any tools that might be helpful. Supplies like trash bags will be provided. If you plan to help with May Baskets bring you favorite pair of garden shears or scissors.



**Plan to wear one of your  
Concordia FUMC T-Shirts!**


T-shirts are available for a suggested donation of \$5 each.



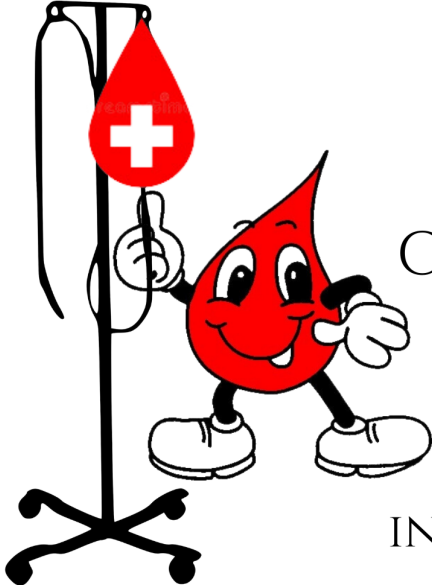
LADIES *Coffee*  
APRIL 20, 2024

9:00AM

④ JITTERS



**UNITED WOMEN  
IN FAITH**  
(FORMALLY UMW)  
APRIL 13  
9:30AM  
IN THE CRUSADERS ROOM!



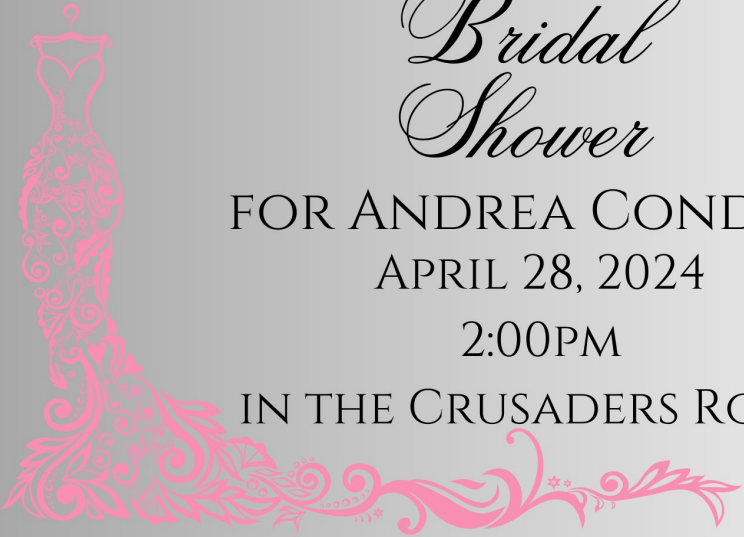
**RED CROSS  
BLOOD MOBILE  
CONCORDIA 1 UMC  
DONATE:  
APRIL 23, 2024  
12:00PM TO 6:00PM  
IN THE FELLOWSHIP HALL**





# Bridal Shower

FOR ANDREA CONDRAY  
APRIL 28, 2024  
2:00PM  
IN THE CRUSADERS ROOM



DO YOU HAVE A SPECIAL GIFT...



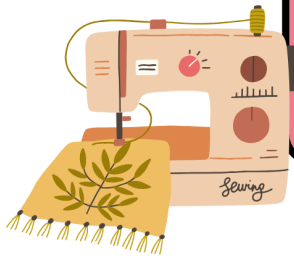
CONSIDER THE  
TIME AND TALENT AUCTION

GARDENING      SEWING  
COOKING        CRAFTS  
BAKING         FLOWERS



THE IDEAS ARE UNLIMITED!

MORE DETAILS COMING SOON!



WE ARE LOOKING FOR A FEW  
PEOPLE TO LEAD AND  
COORDINATE  
VOLUNTEERS FOR  
FUNERAL DINNERS  
IF YOU ARE ABLE LET THE  
CHURCH OFFICE KNOW



**WEDNESDAY NIGHT  
TABLE TALK  
BIBLE STUDY**

**6:00PM~MEAL  
6:30PM~CLASSES BEGIN**

**JAM~4 YEAR OLDS~4TH GRADE  
THE ROCK~5TH~7TH GRADE  
IMPACT~8TH~12TH GRADE**



**THE LAST DAY FOR  
TABLE TALK  
WILL BE ON MAY 1, 2024  
HAVE A GREAT SUMMER  
AND WE WILL SEE  
YOU ON WEDNESDAY  
NIGHTS IN THE FALL!**

**Coffee OFFICE  
JITTERS**

**THURSDAY MORNINGS**

**10:00AM**

**WITH PASTOR MARK**





# Christian Education News

## Table Talk

**\*\*The last week of Table Talk will be May 1st\*\***

JAM enjoyed their lesson on the Easter Story and Easter games on March 27th. They will continue with Parables from the Bible on Grace, Parable of the Warmest Welcome, and Faithfulness, Parable of the Master's Money, in the upcoming weeks.

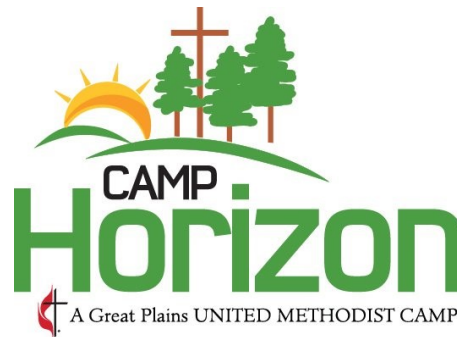
The Rock joined the IMPACT group for their study of The Passion. April will find them back together with Big Bold lessons with Cindy.

IMPACT has finished their Passion study. The word in the hallway was that they all enjoyed the Seder meal they all shared on March 20th.

A BIG Thank You to the Youth for helping run Sunday Worship on Palm Sunday.

## Bell Choir

JAM, Jesus and Me, will be presenting on Sunday, April 28th.



**\*\*\*** The Camp Horizon Volunteer workday on April 13th has been canceled due to schedule conflicts.

**\*\*\*** Calling all potential Church Camp children and youth! We would like all those wanting to attend Camp Horizon this summer get in touch with Angie- 785-275-1232 or [con1umcchristianed@gmail.com](mailto:con1umcchristianed@gmail.com). There are camps available all summer for those going into grades 1-college freshman. FUMC and the Christian Education team will be offering scholarships to those in need to offset the cost to attend camp.



## Women in Faith

We will begin our Women in Faith meeting on Saturday, April 13th at 9:30 here at the church in the Crusaders room. We will begin with studies on Psalm 77 and how the issue of Climate Change is affecting indigenous people. At our first session we will discuss how the American Indians have had to adapt to their surroundings.

At this meeting, we will decide on where to meet in future months. I have already had a couple women offer to host a meeting in their home.



Several members of our church have formed a Walk Kansas Group called the Chit Chatters. Our team consists of Pastor Mark, Lisa, Donna, Christy, Angie, and Patty. Be sure to cheer us on in an effort to walk Route 56 across Kansas for a total of 3.3 miles per person per week. We start March 31 and walk till May 25th to get to our destination.

If you have not joined a Walk Kansas team, you have till April 5th. All you need is a team of walkers, someone to be your "Team Leader" and the drive to get healthy! <https://www.walkkansasonline.org/login>

## Adult Camp Retreat

If you are up to an adventure, mark your calendar for October 3-5, 2024. The adults of our church will have the opportunity to get away for a short retreat to CAMP Horizon in their Renewal Lodge. Never fear, this lodge has queen, full and twin bed options and you will only need to share a room with one other person! If needed, there is air conditioning and heating. There are several hiking trails, campfire pits, a pickleball court, 18 hole frisbee golf course, a hammock village, canoeing and challenge rope courses and rock climbing walls as well as a prayer labyrinth and garden.

After dinner each evening, we will have a short reflection and prayer time.

If you think this is an opportunity you would like to participate in, please let Angie know as soon as you can and leave a \$25 deposit with Angie or in the Church Office towards your stay. A rough estimate for the weekend will be around \$175 including your accommodations, meals and activities.



# Sunday Morning Volunteers

April	7	14	21	28	May 5
Worship Leader					Nancy
Sound	Monte				
Media	Nancy		Janice	Janice	
Greeters	Deb		Deb		Deb
Nursery Helpers	Patty Mosher	Patty Mosher	Patty Mosher	Patty Mosher	Patty Mosher
Children's Moment	Cindy	Nancy	Nevaeh	Angie	xxxxxxx
Scripture Reader					
Ushers	Lyle Pounds	Lyle Pounds	Lyle Pounds	Lyle Pounds	Lyle Pounds
Acolytes					
Coffee Bar	Marsha Wentz	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!





- 1~PAM CAMPBELL  
3~VICTOR EMMEL  
6~EMILY BROWN  
7~SADIE MOSHER  
11~STEVEN PALMQUIST  
12~HADRIAN CURRIER  
13~SYDNEY CONNER  
14~ARTINA HUFF  
14~RACHEL NUTTER  
14~MARY BUHL  
16~DAKOTA VALCOURE  
17~NEIL LOSH  
17~BILL MARTIN  
19~TINA COLLINS  
21~MARSHA WENTZ  
22~FRANCINE JONES  
25~LISA VALCOURE  
27~HAYDEN LOSH  
27~DUANA TATRO  
27~DAVIN STRAIT  
27~DUSTIN THOMAS  
28~PATTY MOSHER  
29~CHAD ANDERSEN  
30~LOREN SWENSON  
30~NANCY WENTZ

# APRIL 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 	2	3 5:00 Sitting With Jesus 5:30 Choir Practice 6:00 Table Talk Meal 6:30 Classes Begin	4	5	6
7 9:00 Choir Practice 9:30 Crusaders Searchers 10:30 Worship 5:30 Yoga	8 5:30pm FUMC Council	9	10 5:00 Sitting With Jesus 5:30 Choir Practice No Table Talk	11	12	13 9:30 Women in Faith (formerly UMW)
14 9:00 Choir Practice 9:30 Crusaders Searchers 10:30 Worship 11:30 Missions meeting 5:30 Yoga	15 5:30 M&M's (Missions & Ministry)	16	17 5:00 Sitting With Jesus 5:30 Choir Practice 6:00 Table Tal 6:30 Classes Begin	18	19	20 9:00 Ladies Coffee @ Jitters
21 9:00 Choir Practice 9:30 Crusaders Searchers 10:30 Worship 5:30 Yoga	22	23	24 5:00 Sitting With Jesus 5:30 Choir Practice 6:00 Table Talk Meal 6:30 Classes Begin	25	26	27 3:00 Adult Trip to Strataca Mine
28 9:00 Choir Practice 9:30 Crusaders Searchers 10:30 Worship 2:00 Bridal Shower Andrea Condray 5:30 Yoga	29	30				



# 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