

# Mendenhall Messenger

JANUARY 2016

Mendenhall Presbyterian Church

## STAFF

Kevin Kaufmann  
Interim Pastor

Dawn Anderson  
Office Administrator

Cindy Hagel  
Organist

Jace Erickson  
Choir Director

Allen Osmundson  
Custodian

Gloria Bancroft  
Youth Director

## Mendenhall Presbyterian Church

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## A Note From Our Pastor

*And we know that in all things  
God works for the good of those  
who love him, who have been  
called according to his pur-  
pose.* Romans 8:28

On a recent retreat, as I walked through a wooded area on the retreat center grounds, I looked up and found myself about 30 feet from a deer that was feasting on left over corn on the cob which had been put out by the retreat center staff. I was startled by how suddenly the animal seemed to appear in front of me and by how I had stumbled upon it without scaring it off. I was amazed by the deer's beauty and by how we had so quietly encountered one another in that small clearing in the woods. Both of us stood spellbound, observing each other in silence. The deer's unexpected appearance made me realize that God is always nearby, watching over me.

As we face a new year, we do not know all that we may encounter. There will be joy, new beginnings, growth and opportunity in our personal lives and in our life as a church. We may also experience anxiety, fear and doubt. We don't know exactly what God's plan is for us, and sometimes we may not understand it when God seems to not be responding to our prayers. When that happens, we need to stop, and think about what Romans 8:28 tells us. God is working, moving, shaping and using everything in our lives for ultimate good.

God is not bound by our inability to see ahead, or to trust, nor by our fears, doubts and flaws. Instead, God quietly invites us to draw near. Because God loves us, God is with us.

Kevin Kaufmann  
Interim Pastor

## Report From Session

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- The newly elected elders were examined and installation was set for December 13.
- The Session Committee Chairs were assigned as follows: Christian Care & Outreach: Gail Schrage, Christian Education: Cindy Barrett, Nominating: Bev Bredemeier, Property: Doug Twite & Mel Clark, Stewardship & Finance: Paul Stadem & Kathie Wirkus, Worship: Shannon Vacura & Hazel Merdeink
- It was approved to ratify the email vote approving the interim contract for Pastor Kevin Kaufmann.
- It was approved to add a photo release form to the permission form.
- The Youth Director will attend a meeting in February regarding Triennium.
- It was approved for the youth to raise money for the Triennium by selling free trade coffee and tea. It will go into the youth fund.
- It was approved to have a silent auction at Family Day.
- The following dates for communion were approved: January 3, February 7, February 10 (Ash Wednesday), March 6, March 24 (Maundy Thursday), March 27 (Easter), April 3, May 1, June 5, July 3, August 7, September 4, October 2, November 6, December 4, and December 24, (Christmas Eve).
- It was approved to sell cookbooks for Bdecan with proceeds going to assist with Joe's salary.

### December Financial Report As of December 21

Year to Date	Actual	Budgeted	Variance
General Offering	\$137,549.26	\$163,777.83	(\$ 26,228.57)
Expenditures	\$137,956.75	\$163,777.83	\$ 25,821.08
Surplus or (Shortfall)	(\$ 407.49)		(\$ 407.49)

## Memorials

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### General Fund

In memory of Ted Pond from Margaret Sullivan, Ray & Pat Twedell, Helen Brodin, Gene & Raanne Wavra

In memory of Dave Bring from Bryan & Ann Enright

In memory of Fred R. Barrett from Marie Barrett

### Undesignated

In memory of Ted Pond from Bob & Ginny

Eelkema, Robert Raymond

In memory of Pat Twite from Don & Bev Casmeay

### Merry Christmas Mendenhall

In memory of John & Mary Cumming, Robert Cumming, Gabriel & Ruth Chalmers, William & Nettie Cumming, Oswald & Mildred Widness, and Janet Cumming from Kathy Cumming



Notes From  
The Parish Nurse

## Mary Barrett, RN, PN

### Learn the ABC's About Correct Antibiotic Use

Antibiotics are prescribed medicine used to treat bacterial infections. However, using antibiotics incorrectly can lead to antibiotic-resistant infections. These infections are caused by bacteria that have become resistant to antibiotics to the extent that the antibiotics will not work as well or will not work at all to fight the infections.

The Centers for Disease Control and Prevention (CDC) reports that each year in the United States at least 2 million people become infected with bacteria that are resistant to antibiotics, and at least 23,000 people die each year as a direct result of these infections

It is important not to pressure your health care provider to give you antibiotics when you don't need them, just as it is important for providers to avoid prescribing antibiotics when they will not be effective. People expect antibiotics to work for all illnesses, but they do not. Antibiotics do not work against viruses, which cause most cough and cold illness.

Ways the public can help prevent antibiotic resistance are:

- Take the antibiotic exactly as the doctor prescribes. Do not skip doses. Complete the prescribed course of treatment, even when you start feeling better.
- Take only antibiotics prescribed for you; **do not** share or use leftover antibiotics. Antibiotics treat specific types of infections. Taking the wrong medicine may delay correct treatment and allow bacteria to multiply.
- Do not save antibiotics for the next illness. Discard any leftover medication once the prescribed course of treatment is completed.

- Do not ask for antibiotics when your doctor tells you they are not needed. Remember that antibiotics have side effects. When your doctor says you don't need an antibiotic, taking one may do more harm than good.

Learn and practice the **ABC's** of Antibiotics:

- Ask – Are these antibiotics necessary, and what can I do to feel better?
- Bacteria – Antibiotics only kill bacteria; they do **NOT** kill viruses.
- Complete the course – Take all of your antibiotics exactly as prescribed. **EVEN** if you are feeling better.

### 10 Tips to Stay Active This Winter

When cold winter temperature keep us indoors, what can we do to stay fit? All adults should aim for at least 2 ½ hours or 150 minutes, of physical activity each week. Every little bit of fitness adds to the goal. Remember, doing something is better than doing nothing?

1. Start a physical activity tradition – Instead of “cozying up” by the TV, bundle up and take a walking tour outside after dinner.
2. Think differently about seasonal chores – Turn tasks, such as shoveling and house cleaning to prepare for guests, into fun activities. Set a timer for 10 minutes and see how much you can get done as a team.
3. Be a kid again – Go sledding, snowshoeing or cross-country skiing. Make a snowman, a snow fort or snow angels
4. Take 10 – Do at least 10 minutes of activity at a time. Take a 10-minute walk at

*(Continued on page 4)*

*(Continued from page 3)*

- lunchtime or after school or work.
5. Turn off the TV – Set a rule that no one can spend longer than two hours per day playing video games, watching TV and using the computer (except for school work).
  6. Play indoor physical activity games – Go on scavenger hunts or play charades. For example, be an Olympic skater or a star basketball player.
  7. Find an indoor place to walk – Check if a local school gym is open to the public for walking. Walk at a mall. The average supercenter is 179,000 square feet (a mile is 5,280 feet). Be cautious when walking at malls, though – Don't be enticed to overspend your budget or have high-calorie snacks along your route. Bring a bottle of water.
  8. Turn your kitchen into a gym – Use your countertop for balance and stretching exercises. Try doing “toe stands.” Stand with legs shoulder-width apart. Stand on your tiptoes for a minute. March or jog in place. Use cans of vegetables as weights; do sets of 10 arm raises or as many as you can. Take a break to dance with your cooking partner.
  9. Help others while building your fitness minutes – Volunteer at a senior center or help assemble food or gift baskets.
  10. Set a physical activity goal – Write it down and chart your progress on a calendar. Invest in pedometers (step counter) for the family. Write down your steps every day. Build to 10,000 steps a day.

## What is “PER CAPITA”?

Per capita is an amount of money per member (\$43.50 for 2016) that our congregation pays to our larger Presbyterian Church (U.S.A.). This money goes to our Presbytery (\$31.13), Synod (\$5.25), and National Church (\$7.12). It is part of the glue that holds Presbyterians together. It is the money that enables us to work with other Presbyterian churches in our presbytery and across the country. It is also the money that allows us to work with other churches to further the mission of Jesus Christ around the world. It pays for programs, training, and resources that help us work together and discern the mind of Christ for the PC(USA).

In 2016 Mendenhall will pay \$8,047.50 (185 members x \$43.50) in Per Capita. Members may choose to give an additional \$43.50 to the church sometime during the year, to cover their Per Capita. If not enough funds are received to pay Mendenhall's assessed Per Capita, the remaining amount comes out of the General Fund (regular budget.) By paying your Per Capita, you are freeing up dollars in our regular budget for the work of our congregation in our community.





- |                    |                      |
|--------------------|----------------------|
|                    | 21- Edmun Rutherford |
|                    | 22- Nicole Barrett   |
|                    | 23- Kim Osmundson    |
|                    | 24- Jenna Larson     |
|                    | 25- Thomas Barrett   |
| 5- Joyce Piker     | 25- Eva Love         |
| 6- Gerald Ochs     | 26- Pat Leonard      |
| 16- Willem Schrage | 29- Madison Twite    |
| 17- Zane Hemsing   | 30- Sheila Swanberg  |
| 21- Cindy Hagel    |                      |

### January/February Service Group

- Mary & Fred Barrett
- Cindy & Tom Barrett
- Gloria & Vern Bancroft
- Marie Barrett
- Thomas Barrett
- Karen Bohnsack
- Mary & Dustin Casmey
- Gail Colwell
- Linda & Gary Driscoll
- Pat & Don Leonard
- Terri & Craig Marston
- Jamie McWalter
- Barbara & Brian Milling
- Margaret Sorensen



### Fellowship Schedule

- |                   |                  |
|-------------------|------------------|
| <b>January 3</b>  | Bancrofts        |
| <b>January 10</b> | Volunteer Needed |
| <b>January 17</b> | Volunteer Needed |
| <b>January 24</b> | Liane Johnston   |
| <b>January 31</b> | Volunteer Needed |

### Worship Assistants

#### January 3

- |                   |                       |
|-------------------|-----------------------|
| Communion Leader  | Mary Barrett          |
| Liturgist/Counter | Bev Bredemeier        |
| Usher             | Willem & Gail Schrage |
| Greeter           | Terri & Craig Marston |

#### January 10

- |                   |                       |
|-------------------|-----------------------|
| Liturgist/Counter | Renae Hillestad       |
| Usher             | Volunteer Needed      |
| Greeter           | Linda & Gary Driscoll |

#### January 17

- |                   |                  |
|-------------------|------------------|
| Liturgist/Counter | Doug Twite       |
| Usher             | Volunteer Needed |
| Greeter           | Mary Barrett     |

#### January 24

- |                   |                  |
|-------------------|------------------|
| Liturgist/Counter | Volunteer Needed |
| Usher             | Volunteer Needed |
| Greeter           | Jamie McWalter   |

#### January 31

- |                   |                       |
|-------------------|-----------------------|
| Liturgist/Counter | Volunteer Needed      |
| Usher             | Volunteer Needed      |
| Greeter           | Terri & Craig Marston |

### A Good Start

He who fritters away the early morning, its opportunity and freshness, in other pursuits than seeking God will make poor headway seeking him the rest of the day. If God is not first in our thoughts and efforts in the morning, he will be in the last place the remainder of the day.

-E.M. Bounds

**ANNUAL CORPORATE AND  
CONGEGATIONAL MEETING  
SUNDAY, JANUARY 24, 2016  
AT 12:00 P.M.**



# January 2016

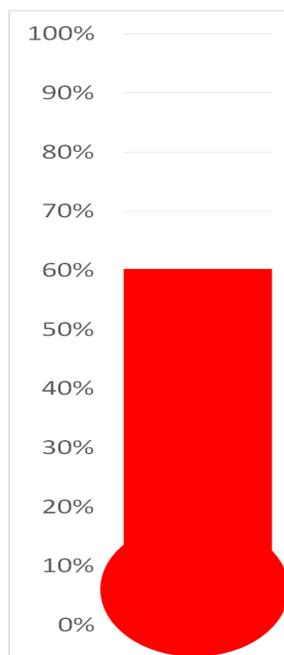
Sun	Mon	Tue	Wed	Thu	Fri	Sat
3 9:30 Sunday School 10:30 Fellowship 11:00 Worship/ Communion	4 9:30 Forks Co-op 9:30 Quilting 4:00 Crafts 5:15 Stewardship & Finance Mtg. 6:00 Committee Mtg 7:00 Session	5	6 9:30 Forks Co-op 5:30 PNC Meeting 7:00 Choir Practice	7 7:00 PWCT	8 1 <b>HAPPY NEW YEAR!</b>	2
10 9:30 Sunday School 10:30 Fellowship 11:00 Worship	11 9:30 Forks Co-op 9:30 Quilting 4:00 Crafts	12	13 9:30 Forks Co-op 7:00 Choir Practice	14 7:00 Shawl Mimistry	15	16
17 9:30 Sunday School 10:30 Fellowship 11:00 Worship	18 <b>Office Closed</b> 9:30 Forks Co-op 9:30 Quilting 4:00 Crafts	19	20 9:30 Forks Co-op 5:30 PNC Meeting 7:00 Choir Practice	21	22	23
24 9:30 Sunday School 10:30 Fellowship 11:00 Worship 12:00 Congregational & Corporate Meeting	25 9:30 Forks Co-op 9:30 Quilting 4:00 Crafts Pastor Kevin gone for COM training	26 Pastor Kevin gone for COM training	27 9:30 Forks Co-op 2:00 Circle @ Town Square 7:00 Choir Practice Pastor Kevin gone for COM training	28 7:00 Shawl Mimistry Pastor Kevin gone for COM training	29	30
31 9:30 Sunday School 10:30 Fellowship 11:00 Worship/Noisy Offering/Youth sing						

Mendenhall Presbyterian Church  
528 10th St NW  
East Grand Forks, MN 56721

**Return Service Requested**

### Merry Christmas Mendenhall

We are over half way  
to our goal of  
\$12,000.00



Circle will be meeting on January 27 at 2:00 p.m. at Town Square. The lesson for this month will be Lesson 5.

