



January 2017 Parish Postings Jamestown Regional Parish



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Happy New Year, Friends,

Ron and I would like to thank all of you for your kind words, support and encouragement all through the year but especially during the Christmas season. We enjoyed your many cards and gifts. Thank you all for your thoughtfulness, kindness and generosity. The warmth of your friendship and care drive away the cold, snow and winds we find ourselves experiencing this winter. We truly do enjoy being in ministry with all of you.

The Wimbleton and Kensal United Methodist Churches wrapped up the Advent series, "A Different Kind of Christmas" by Pastor Mike Slaughter last week, January 1. And if the weather cooperates the Edgeley and Ashley Churches will conclude the series with week 5 this Sunday, January 8th. Throughout all five sessions Pastor Mike challenged us to keep our focus on Jesus not only during the Christmas season but all year long and to be open to how that might transform our actions each day.

Throughout the long, difficult election process over the past year I have found myself unsettled and upset, angry, fearful, disappointed, unwilling to trust and even cynical. It has been an emotional roller coaster, to say the least, and my sense is many of you have been riding that same roller coaster with me. The election may be over but, unfortunately, many of those emotions and uncertainly still lingers.

I have wrestled long and hard with what to do with my feelings, how I address them myself and do I address them with you. I am not proud of some of my feelings and some of the things I have said in private to my dear husband. And yet, I must own those emotions and feelings. Our emotions and feelings are a gift from God. A gift that can be helpful if we acknowledge our feelings and take the time to try to understand what is triggering them. And yet it is a gift that can be detrimental if we get stuck in our emotions and let them over power us without an understanding of what is driving them and what we might do with them.

I listened to each of our Advent videos several times as I prepared for Advent and then as we have watched them together on Sunday mornings. During that time Pastor Mike convicted me that it is time for me to address our emotions and some of my observations about our election. If I truly intend to keep my focus all year long on the gift of love that God sent to us in his only Son Jesus Christ then I need to be willing to address and act upon this love in the midst of strong emotions and the uncertainty we find ourselves living.

Please join me on January 15 at Wimbleton and Kensal and on January 29th in Edgeley and Ashley (weather permitting Ron and I plan to be in Iowa for a family wedding on January 22) when I begin to unpack some of the strong emotions and observations about this past election season and some of the uncertainly we find swirling around us. And then, more importantly, we will begin to look at how keeping our focus on Jesus, the gift of love, can help us formulate some new ideas on how we might respond and make a difference in our own corner of the world that we call home.

I look forward to seeing you in church and continuing to serve with you,

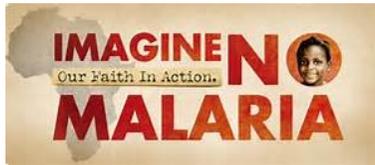
Pastor Becky

Online Camp Registration for 2017 Opened January 4th!

The Dakotas Camping Ministry offers a variety of camps for all ages from kindergarten through senior citizens to families. Swimming, tubing, zip lines and high ropes, hiking in the Black Hills or enjoying a water park! There is something for everyone along with great fellowship around the campfire, making life long friends and time alone with God. The camping books will be arriving soon. In the meantime, go to www.dakcamps.org to see all the options and register.



JAMESTOWN REGIONAL PARISH MISSION CENTRAL



Christmas and Advent Offerings for Our Four Parishes Were Distributed Both Locally and Internationally

After having their interest piqued in the Advent Video Series, *a Different Kind of Christmas*, and learning that one child dies every 60 seconds in Africa from Malaria, **Kensal United Methodist Church and Wimbledon St. John's UMC**

offered their Christmas and Advent offering to Nothing But Nets to help reduce Malaria deaths.

Wesley United Methodist Church in Edgeley learned that the **Senior Citizens in Edgeley** are responsible for paying the taxes, maintenance, utilities and supplies for the building that houses that ministry. The Edgeley Christmas and Advent Offering was given to the Edgeley Senior Citizens.

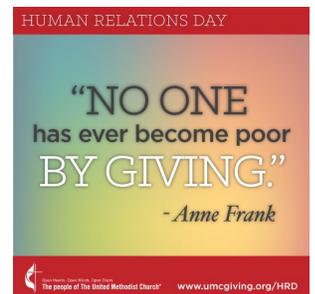
In Ashley the Public Library meets a real need, especially for elderly, visually impaired and those looking for books in other languages. Many individuals also depend on the library as their only connection to the internet. Recently staff and library hours were cut as the library's only source of income to meet all their expenses is a rapidly shrinking fund that was given them when a local women's group disbanded. **The Ashley Public Library is the recipient of Immanuel's Advent and Christmas offering.** Thank you, everyone, for thinking of others during this Christmas Season.

Prescription Medicines and Heating Assistance Dispersed by Wesley United Methodist Women (UMW).

As you may recall from the December issue of Parish Postings, the mission of UMW is to be in ministry with women and children. At the end of the year each local UMW unit empties its treasury to help others and then begins the new year planning how to be in ministry and fund their ministry for the next year. At their December meeting the Edgeley UMW elected to send \$500 each to the local pharmacy and to Allied Energy to help those in need of prescriptions or heating assistance. The pharmacy and Allied Energy will decide who receives the funds without the UMW members knowing.

United Methodist Human Relations Day to Be Celebrated January 15.

God calls us to do justice wherever we are. Sometimes justice comes in the form of mental, emotional, physical and spiritual healing through outreach programs, especially for individuals grappling with addiction. Your generous gift on Sunday, January 15th "Gives Voice to the Voiceless". 100% of your gift goes directly to the marginalized, the disenfranchised and the ones at risk. 57% of our gifts are shared with Community Developers programs, 33% are allotted to United Methodist Voluntary Services Programs which promote and provide relationships with local community organizations and 10% to Youth Offender Rehabilitation programs. Please prayerfully consider a generous gift on January 15 for United Methodist Human Relations Day.



Wondering What to Do with Your Christmas Cards?

Ever think to yourself that the greeting cards you receive are too pretty to throw away and yet you know you won't look at them again? Jamestown St. Paul's United Methodist Church collects the fronts of used greeting cards as well as any unused greeting cards you may have. Bring them to church and give them to me. I pass through Jamestown often and will be sure to drop them off at Jamestown St. Paul's. It's just one more way we can reduce our footprint here on earth and help care for God's creation.

January Worship Leadership

Date	Edgeley/Ashley	Wimbledon/Kensal
January 1	Rick Gutschmidt Edgeley; Mary Baumann, Ashley	Pastor Becky with Sacrament of Holy Communion
January 8	Pastor Becky with Sacrament of Holy Communion	Pastor Mike Flowers, Spirit Lake Ministry
January 15	Travis Voeltz, Jamestown First UMC	Pastor Becky
January 22	Pastor Chet Cataldo, Lehr, ND Pastor Becky at family wedding in Iowa	Jeanne Sortland, Jamestown First UMC Pastor Becky at family wedding in Iowa
January 29	Pastor Becky	TBD

Ever Wonder How You Will Pay for Long Term Care if the Need Arises?

Many families do not realize the probability of needing some form of long-term care in their lifetime," said Carrie Johnson, personal and family finance specialist for the North Dakota State University Extension Service. "The reality is that one in two Americans over the age of 65 will have an extended nursing home stay." Without a long-term health care plan, families are facing potentially huge financial risk according to Johnson. Long-term health care costs have skyrocketed. In North Dakota, the cost for a nursing home stay may be more than \$99,000 per year. Unfortunately, there are many misconceptions about who will pay for those costs and how business and family assets can be protected from long-term care costs. "Having a long-term health care plan is an essential part of any succession or estate plan," said Johnson. To assist families, especially farm and ranch families, in planning for long-term care expenses, NDSU Extension Service in cooperation with the University of Minnesota Extension, will hold workshops around the area in February. These workshops will provide a definition of long-term care, some of the terms involved, an explanation of the federal Medicare and Medicaid program qualification guidelines and methods for paying for long-term care. This workshop is a good place to start," Johnson said.

Workshops will be held in Fargo on Feb. 13, in Bismarck on Feb. 14 and in Grand Forks on Feb. 15. All workshops begin at 1:30 and conclude by 4:00 PM. The Fargo workshop will be recorded and streamed via video across the state. Locations for the livestreaming near our parishes include Ashley, Carrington and Linton. Cost to attend the workshop is \$20 per person or \$25 per couple. For more info and to register go to: <https://goo.gl/CjNBUJ>.

Service in the Local Church

The Schoeler Family of St. John's UMC will serve as ushers for the month of January in Wimbledon. January ushers at Wesley UMC in Edgeley will be Mark and Gloria Larsen. Thanks for your service.

Pastor Becky's January Schedule

Jan 3 - 6: Wimbledon/Kensal area; Confirmation in Wimbledon on Jan. 4; January monthly supper and study of Adam Hamilton's *Half Truth* in Wimbledon on Jan. 4.

Jan. 7 - 8: Edgeley/Ashley area; Worship at Edgeley/Ashley on Jan. 8 with the Sacrament of Holy Communion.

Jan. 9 -19: Wimbledon/Kensal area; Confirmation in Wimbledon on January 11; Worship at Wimbledon/Kensal, January 15; Jamestown Ministry Team meeting in Jamestown on Jan. 17; Confirmation in Wimbledon on Dec. 18.

Jan. 20-22: Weather permitting, Ron and I will travel to Iowa to attend a family wedding on the 21st.

Jan. 23-Jan. 27: Confirmation in Wimbledon on Jan. 25.

Jan. 29-31: Worship Services in Edgeley and Ashley on Jan. 29.

I've Heard that Word "Apportionments" . . . But What's It All About?

(Information shared by Jeff Pospisil, Treasurer for the Dakotas Conference of The United Methodist Church)

Apportionments are an act of faith ...that the Lord is working in and through the Conference ... that the Lord will provide for the work of the church even when we give so much away. Each church pays "A Portion" for Mission and Ministry. A church's apportionment is equal to 16% of their current operating income. This is very similar to tithing except the percentage is higher than 10%. Each month, churches will look at their operating income and will give 16% of that income to the Dakotas Conference. Primarily the operating income subject to the apportionment is Sunday morning offerings given directly to support the general fund or operating budget. This apportionment applies to all Dakotas United Methodist churches.

And exactly where do apportionments go and what are they used for?

- ◇ 11.4% to YOUNG PEOPLE—Camping is the biggest part but apportionments also support Dakota Wesleyan University, Ministry for Young Adults and Youth Ministry
- ◇ 17.1% to our DISTRICT SUPERINTENDENTS—These dollars support the ministry and work of our four district superintendents as well as moving pastors for appointment changes.
- ◇ 7.6% to NEW CHURCHES AND REVITALIZATION—Christ gave us the "Great Commission" to go therefore into all the world and make disciples of Jesus Christ. The "world" includes individuals right in our own back yards. The Dakotas Conference is reaching out to unchurched and de-churched people through mentoring its pastors to better be able to do this as well as help revitalize our existing churches and start new churches. Monies given towards the THRIVE Campaign are not included in this 7.6%.
- ◇ 21.3 % to the GENERAL CHURCH—These dollars support the work of our Bishops, seminaries, missionaries and general agencies and staff as they provide resources to local churches and individuals and individuals and agencies in mission.
- ◇ 7.8% to DAKOTAS CONFERENCE MISSIONARIES—Gifts from individuals and local churches combine with these dollars to support the missionary work at Tree of Life in South Dakota, Bakken Oil Rush Outreach, Solar Oven Ministries, Spirit Lake Ministry and more.
- ◇ 34.8% to STAFFING, PROPERTIES AND MISC.—All of the above ministries require staff to administer and support them. In addition, the Dakotas Conference has property to be cared for, insurance and other administrative costs. These dollars also support training for Lay and Clergy leaders and other programs such as Archives and History and the Video Conference System.

Each church typically forwards apportionments to Conference but they also pay what is called a Direct Bill to the Conference to help provide health insurance and pension for the active and retired clergy. Pastors also pay a portion of their health insurance and pension through salary withholdings. More on these Conference payments next month. If you have questions please feel free to touch base with Pastor Becky or contact our Conference Treasurer Jeff Pospisil at jeff.pospisil@dakotasumc.org or 605-996-6552.

Thoughts for New Year Love and Happiness

Happiness and laughter are contagious, make us feel good, and even protect our hearts. We all know what happens when someone gets the giggles, those around start laughing as well. Laughter emanates from happy people. Start the New Year with joy and laughter and let gratitude resonate throughout 2017. Here are several ideas to consider to enhance your life and promote a healthy heart.

1. **Listen thoughtfully, listen with sensitivity.** Sometimes in our lives we need to step back and slow down. When others express a need, rather than getting huffy about it, look at it from their perspective.
2. **Let go of an angry heart.** Send good wishes to someone who has hurt you. A consistent message regarding heart health recently voiced on ABC News is the same as expressed in an interview more than 10 years ago by Redford B. Williams, MD. "Eschew anger. It will do a world of good for your heart."
3. **Express gratitude often.** Robert A. Emmons, Ph.D., a professor of psychology at University of California at Davis says, "Gratitude is an attitude, not a feeling that can be easily willed." Even if you are not satisfied with your life as it is today, he pointed out, "if you go through grateful motions, the emotion of gratitude should be triggered. It is like improving your posture and as a result becoming more energetic and self-confident." Dr. Emmons added: "Attitude change often follows behavior change. By living the gratitude that we do not necessarily feel, we can begin to feel that gratitude that we live."