

Our Savior's & Gilmanton United Methodist Churches



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Mondovi, WI 54755

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Return Service Requested



Wednesday's, March 1, 8, 15, 22, & 29
12-1pm at Our Savior's UMC

WANTED!

Persons to make soup for Wednesday Soup and Sermon. There is a sign-up sheet on bulletin board at back of sanctuary. This includes crackers, cheese, whatever. Gloria Williams is arranging for bars from people. Everyone is welcome to share a meal and some wisdom from Pastor Kim at 12 noon.

ALSO: We always need cooks for F3 on Wednesday nights. There's a sign-up sheet on the bulletin board for this too.

Thank you!

Coming Soon!
Training & practice for CPR,
hands-on and
defibrillator,
to save a life!

Elaine Rud will be the
instructor.

Watch future bulletins for
more information!



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Outreach

Pastor's Corner

March 2023

I made a sudden visit to Korea and stayed there from January 10 through February 6 because my mother's illness suddenly worsened. She spent a month in the hospital and passed away peacefully. Perhaps because she knew that we were leaving on February 6, she went to the Lord a week before our departure date. We were able to attend the three-day funeral and share comfort with our relatives before returning home in time.

At her request, my mother was dressed in a wedding garment instead of a traditional shroud at the funeral. It showed that she had lived a life of preparation as the bride of Jesus, pointing to how we should strive to live. We were saddened and disappointed to let her go, but a sense of peace enveloped us as we knew by faith that she had entered heaven.

I spent fifteen days with my mother when she was moved from the intensive care unit to the hospice ward. She slept most of the day and was barely able to converse, but I was able to touch her hands and face every day, pray for her, and spend her last hours with her, which I believe was a gift from God.

Staying in the hospice ward was like living in a monastery because the guardians were not allowed to go out. I was able to have a special experience during my stay there. The hospice ward is not a place to treat patients, but to help them spend their last hours painlessly. I met several patients and their guardians there. I had the opportunity to pray for them and share the gospel with them. One female patient was afraid that she would go to hell after death as her disease worsened. I explained heaven to her, told her that she could go there through faith in Jesus, and helped her to pray a prayer of accepting Jesus. Another male patient worshiped with his wife and me and passed away the next early morning.

There I saw the most deaths in the shortest period of my life. The reality that I could no longer see the person I had talked to and prayed with just a day or two earlier let me experience that God is the author of all life.

It was Ash Wednesday, the start of Lent, a couple of weeks after I returned from Korea. Ash Wednesday is a day to rethink our existence and reflect on our lives. It is a truly meaningful day to confess our frailty and inadequacy to live without God, not to be tempted by the glory and material goods of the world, because one day we will return to the dust.

As we meditate on the suffering and death of Jesus during Lent, we acknowledge that we died on the cross with him. "Precious in the sight of the Lord is the death of his faithful ones" (Psalm 116:15, NRSV), whether we die physically like my mother did or, as Paul confessed, our sinful nature dies day by day (1 Corinthians 15:31). We who live with him as new creatures after we have died with him can look forward to the consummation of our salvation that will someday come.

The writer of Ecclesiastes says, "It is better to go to the house of mourning than to go to the house of feasting" (Ecc 7:2a, NRSV). This is because looking back on life gives us the wisdom to prepare for death.

Remembering the life of returning to dust and ashes, I hope you will pray so that you can live each day meaningfully seeking the will of God's kingdom. During Lent, I bless you to meditate more deeply on the meaning of the Lord's cross and his shed blood, and have your sinful nature die and experience the power of holiness.

In Christ,
Rev. Dr. Hyuntae Kim



CHURCH CONTACT INFORMATION

Pastor Hyuntae Kim

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Church Office

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March Birthdays



- 1 Marvin Moy
- 1 Tyler Fillmore (G)
- 3 Dale Snyder (G)
- 4 Brandon Saxe
- 6 Eli Sandberg
- 6 Anna Kent (G)
- 7 Jim Hesselman
- 10 Kelly Welke
- 13 Pastor Hyuntae Kim
- 14 Jerry Johnston
- 14 Dannica Zingshiem
- 17 Maddy Marten
- 20 JT Parr
- 22 Molly Marten
- 22 Gina Norling
- 25 Jim Dieckman (G)
- 25 Alana Bishopp
- 26 Jon Seipel
- 28 Weston Sandberg
- 28 Jason Marten

Anniversaries

- March 8
Cody & Tonya Dziekan
- March 25
Randy & Jill Poeschel
- March 29
Jon & Amanda Seipel

HELP WANTED: We are looking to hire a Church Secretary to start in April. 12-15 hours/week, Tues/Wed/Thurs, salary negotiable. This position serves both Gilmanton and Our Savior's Churches. If you are interested, or know someone who may be interested, please call the office, 715-926-5354, or stop in.

Please Pray for...

Members who are in long-term care facilities
 Military Veterans
 Mondovi Firefighters, EMTs & Police Department
 Military Personnel
Our brothers and sisters in Christ around the world.



*Blessings upon the memory of
 Pastor Kim's mother, Youngja Kwon*

Mondovi Sharing Table
 Every Second Wednesday of the Month
 4:30-6:00pm
 Meal is Free, Everyone Welcome!
March 8, Zion Lutheran Church

OS WORSHIP SERVICE HELPERS

March 5
 Greeters/Ushers: Ann Yelle & Rita McDonnell
 Worship Leader: Katie Sandberg
 Money Counters: Kolleen Branger & Deb Bruning

March 12
 Greeters/Ushers: Mary Beth Pichler & Jan Bechel
 Worship Leader: David Boley
 Money Counters: Jan Bechel & Mary Beth Pichler

March 19
 Greeters/Ushers: Randy & Dora Johnston
 Worship Leader: Ann Yelle
 Money Counters: Linda Johnston & Donna Moy

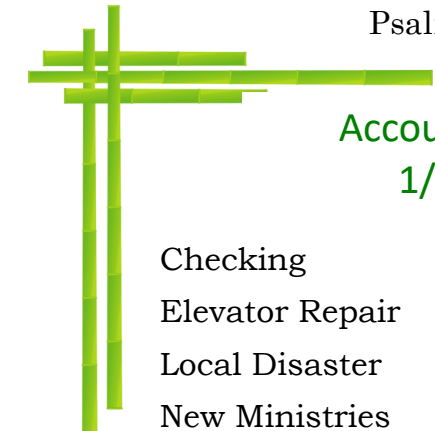
March 26
 Greeters/Ushers: Bill & Karen Lier
 Worship Leader: Jon Seipel
 Money Counters: Jay Branger & Bill Lier

Camera Operators: Saul Ness & Lori Boley

has been completed. Julie reported the Wisconsin Conference has partnered with Vanco, thus there will be less fees and no monthly charge. The electricity and gas costs for the church and parsonage are increasing. Julie reported she will be using Christmas Walk funds for bills. Memorial Report (Ann Yelle, Chair) Balance as of November 30, 2022, \$18,463.76 with credits of \$270.08 and no debits with ending balance of \$18,733.84. Designated memorial accounts for Lois Kramschuster and Judith Ede were closed. Designated memorial was created for Norma Ward and monies were added to the Walter and Vilas Lieberman, Mike and Erna Loomis, Vernie Hill account. Julie Brunsch inquired about payment for Pastor Jim Clausen while covering for Pastor Kim. Jim Williams will discuss with Pastor Clausen. Dave Boley made a motion to use money from memorials for coverage if necessary. Debbie Duncanson seconded. Motion carried. Motion made by Debbie Duncanson and seconded by Linda Johnston to accept the December 2022 Executive Summary and Memorial Report. Motion carried.

United Women in Faith Report (Linda Johnston, Chair) Linda reported there was no meeting in January. Becky Davis and Linda met with Kathy Smith and presented her with a check and a quilt. SPRC (Jim Williams, Chair) Jim reported that Joanne will be running an ad for her replacement soon in the papers and on the website. Sunday School/VBS Report (Dora and Randy Johnston) Dora reported she and Randy will be looking for cupboards for the F3 kitchen supplies. The children will be singing Palm Sunday. The last day of F3 is April 26, 2023. Randy reported they will do the F3 kickoff the first day of F3 in the fall at the church. Dora reported that more and

more children are coming. New Business Jan Bechel reported the profit for the Christmas Bazaar, spring thrift sale and pickle sales was \$6274.59. Decision was made to donate 10% to the community. Julie Brunsch suggested we donate the 10% to the Mondovi library building fund. Debbie Duncanson made a motion to give \$628.00 to the Mondovi library building fund. Randy Johnston seconded. Motion carried. Lay Member to Annual Conference (Ann Yelle) Ann reported she has the dates for Annual Conference in June, and she will be attending in person this year. Motion to adjourn made by Dave Boley, seconded by Julie Brunsch. Motion carried. Dave closed the meeting with Psalms 121.



Account Balances 1/31/2023

Checking	\$	257.21
Elevator Repair	\$	524.00
Local Disaster	\$	390.00
New Ministries	\$	2,019.80
Christmas Walk	\$	13,146.59
Scholarships/ Youth Awards	\$	260.00
<u>Sunday School</u>	\$	1,043.18
Total	\$	17,640.78



Council Meeting Minutes Highlights 1/19/2023

Council members present:

Dave Boley, Jim Williams, Julie Brunsch, Jan Bechel, Debbie Duncanson, Kolleen Branger, Linda Johnston, Dorra and Randy Johnston, and Ann Yelle via cell phone.

Meeting called to order by Chairperson Dave Boley.

Dave opened with readings from Psalms 51, verses 1-12, and Psalms 119, verses 137-144.

Next Meeting: February 16, 2023, at 6:00 p.m. Dave made a motion to start meetings at 6:00 p.m. in the future. Seconded by Debbie Duncanson. Motion carried. Debbie Duncanson will check on a possible Bible Study conflict with starting time of Council meeting.

United Methodist Church Calendar

Women's History Month, March 2023.

Sundays in Lent, February 26, March 5, 12, 19, 26, 2023.

World Day of Prayer, March 3, 2023.

Scouting Ministries Sunday (alternate), March 12, 2023.

UMCOR Sunday, March 19, 2023.

Our Savior's United Methodist Church Calendar

Weekly Sunday Schedule – 10:30 a.m. Worship, in-person and online, Com-

munion 1st Sunday; coffee/sweets 2nd and 4th Sundays.

Wednesdays – F3, 5:30 to 7:00 p.m.

Thursdays – Bible Study, 5:30 p.m.

Activities on the Calendar

Wednesday, February 8, 2023 – United Women in Faith, 2:00 p.m.

Thursday, February 16, 2023 – Council meeting, 6:00 p.m.

Wednesday, February 22, 2023 – Ash Wednesday Service, 6:30 p.m.

Secretary's Report

Motion to accept December 2022 Secretary's Report made by Kolleen Branger and seconded by Julie Brunsch. Motion carried.

Finance Committee (Kolleen Branger, Chair) Discussion ensued regarding Financial Secretary position. Presently, the Administrative Assistant is fulfilling the duties of Financial Secretary. Will be further discussed at future meetings. Job descriptions will be obtained.

Kolleen reported that she received an email that as of February 20, 2023, Amazon Smile will be discontinued.

Regarding the "Do Something" letter that Kolleen had prepared and presented

at the December meeting, Kolleen will have Joanne send a mailing of this letter to church members with one letter per family.

Executive Summary (Julie Brunsch, Treasurer) Checking account totals are as follows: Beginning balance of \$16,103.58; deposits of \$11,237.96; interest of \$8.45; expenditures of \$13,527.41; uncleared transactions of \$625.50 with an ending balance as of December 31, 2022, of \$13,197.08.

Checking account reconciled with bank statement. Internal account balances are Checking \$-39.90; Elevator Repair \$524.00; Local Disaster \$390.00; New Ministries \$2019.80; Christmas Walk \$9000.00; Scholarships/ Youth Awards \$260.00; Senior Ministry \$0.00; Sunday School \$1043.18 for balance of \$13,197.08. Other accounts: Building/ Restoration \$1964.63; Youth Fellowship Account \$4234.22.

Julie reported that giving is down \$10,000.00 from 2021. The Senior Ministry account has been closed out.

Current checking account balance is \$118.08 with \$5652.01 in bills to be paid by the end of the month.

All yearend tax paperwork

LENT SPECIALS

Fasting in the Wesleyan Way

What is fasting?

Fasting is a spiritual practice observed in both the Hebrew Scriptures and the New Testament, as well as many other world religions. The person choosing to fast is taking time away from the needs of the body in order to give intentional time and attention to God.

Fasting can mean a number of things:

1. It can mean abstaining from food and drink, abstaining from food only, or abstaining from certain foods for a limited period of time.
2. It can also mean simplifying the time needed to prepare and consume food in order to free time for communion and communication with God. John and Charles Wesley would have a simple meal of milk and bread, freeing the time normally required to prepare the meal and clean up afterward for devotion and prayer.
3. Fasting normally means abstaining from food as a spiritual discipline. However, fasting can also mean abstaining from other activities that require time, instead investing this same time and attention in the divine-human relationship available to us in Jesus Christ. Some Christian friends abstain from television, the internet, or other forms of electronic media for a day or a part of the day in order to give more time to God and to their families.

Most Christians accompany fasting with prayer. Many Christians view fasting as a way to intensify prayer and increase its effectiveness. Some believe that, by denying our physical hunger for a time, our spiritual sensitivity is heightened or enhanced. Fasting adds power to prayer and it helps us hear the voice of God more clearly.



What Is the Wesleyan Way to Fast?

During their days at university, John and Charles Wesley were convinced that the earliest Christians fasted and prayed on Wednesdays and Fridays, so they began to observe this same practice. As time passed and they began their mission to North America, they fasted mostly on Fridays, which was the Anglican norm. (See John Wesley's journal for August 1739.)

The Wesley brothers usually began a Friday fast at sundown on Thursday. This was in continuity with Jewish and early Christian tradition, which both marked the beginning of the day at sundown, not midnight. They typically ended their fast at 3:00 p.m. on Friday.

In every expression of the means of grace, John and Charles Wesley included fasting or abstinence as one of the ordinary means set forth in the Bible. Jesus gave his disciples clear instructions about how to fast (see Matt. 6:16-18) and the early Methodist were convinced of the importance of this practice in their time. They believed it to be an excellent "means of confirming and increasing seriousness of spirit, earnestness, sensibility and tenderness of conscience; deadness to the world, and consequently the love of God and every holy and heavenly affection." [(Henry H. Knight III, *The Presence of God in the Christian Life: John Wesley and the Means of Grace* (Oxford, UK: Scarecrow Press, 1992), 120-121.)]

Today in the ordination service, the bishop asks every United Methodist pastor: "Will you recommend fasting or abstinence, by both precept and example?" And the ordinands respond: *I will so recommend.*

Guidelines for Observing the Wesley Fast

1. Learn from an experienced teacher. If you have little or no experience with fasting in the Wesleyan way, seek the guidance of a Spiritual Director, pastor, or Christian friend who has this experience.



2. Prepare physically for the fast. If you are taking any form of medication on a daily basis, consult with your physician to choose a means of fasting that is not in conflict with your daily health practices.
3. Prepare spiritually for the fast. Ask the Holy Spirit to help guide you and listen to the response. Do not get so focused on the act of fasting that you forget the purpose of fasting—it is to take time from earthly things to make time for spiritual things. You are going to meet God.
4. Prepare nutritionally for the fast. Decide whether you're going to do a complete fast (water only), a no-solid-food fast (allows milk, juice, coffee and tea), a no-meat fast, or some other fast. There are no fixed rules. Simply prepare yourself to meet God. Keep it simple and keep the fast you set out to do. Some forms of fasting are more difficult than others. In time, the Spirit will lead you to try different types of fast.
5. Determine the length of your fast. The Wesleyan fast was normally on Friday; it was observed from sundown Thursday till 3:00 Friday afternoon. Some Christians fast from sundown Thursday till sundown on Friday. There is nothing special about Friday. It's simply a historical day for fasting in many Christian traditions because Jesus was crucified on a Friday. If another day of the week is better for you, fast on that day.
6. Stay hydrated. Drink plenty of water while fasting, no matter what kind of fast you choose.
7. Be mindful of your health. Fasting for multiple days is more complex than a twenty-four-hour fast. Make certain your doctor is aware of your intention for a longer fast and that you have an agreed plan that is not harmful to your health.
8. Let love be your aim and your guide. There will be times when you will want or need to change your fast day to another day of the week. For example, if you have an opportunity to share a meal with someone on your fast day, change it to a different day that week. Love is not arrogant or boastful or rude. (See 1 Cor. 13:4.)
9. Make God the sole focus of your fast. Do not use fasting as a means to gain the attention or admiration of others. (See Matt. 6:16-18.)
10. Expect something supernatural and spiritual to happen. Jesus fasted for forty days before he began his earthly ministry. He fasted and prayed all night before he called the twelve disciples to follow him more closely. There were some miracles of spiritual deliverance that only came about by prayer and fasting. As you follow Jesus' teaching and example in faith and obedience, expect something real to happen.



Simon had given up chocolate for Lent

From The Church of England Newspaper 4 Nov 2003
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Additional Resources for Fasting and the Wesley Fast

1. See The United Methodist Book of Worship service for ordination and the instructions for the observance of Lent.
2. Read John Wesley's sermon on Matthew 6:16-18, the seventh discourse in the series "Upon Our Lord's Sermon on the Mount" (1747). It contains an extended discussion of the spiritual benefits of fasting.
3. Consult Henry H. Knight III, *The Presence of God in the Christian Life: John Wesley and the Means of Grace*, Scarecrow Press, 1992.
4. Participate in the World Methodist Evangelism Friday Fast. (Click here [<https://worldmethodist.org/resources/prayer-and-fasting/>] to receive the email reminder).
5. See also the Methodist Prayer website. [<https://methodistprayer.org/>]



(by Tom Albin, June 1, 2018, excerpted from a news article on the West Ohio Conference webpage: <https://www.westohioumc.org/pdf/news-item>)

MARCH 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 12-1 Soup & Sermon 5:30-7 F3 6:30 OS choir practice	2 5:30 Bible Study	3	4
5 <i>Holy Communion</i> 9:00 Gilmanton worship SS after church 10:30 Our Savior's worship, Choir sings	6 7:00 Dartball Banquet	7	8 12-1 Soup & Sermon TBD Membership Committee 2:00 United Women in Faith — Prayer & Self- Denial Service 5:30-7 F3	9 5:30 Bible Study	10	11
12 9:00 Gilmanton worship SS after church 10:30 Our Savior's worship  <i>Daylight Savings Begins</i>	13	14	15 12-1 Soup & Sermon 5:30-7 F3	16 6:00 Council meeting	17  <i>St. Patrick's Day</i>	18
19 9:00 Gilmanton worship SS after church 10:30 Our Savior's worship <i>UMCOR Sunday (offering)</i>	20  <i>Spring Begins</i>	21	22 12-1 Soup & Sermon Spring Break week - No F3	23 5:30 Bible Study	24	25
26 8:30 Gilmanton choir prac- tice, sing in church 9:00 Gilmanton worship SS after church 10:30 Our Savior's worship	27	28 April Newsletter Deadline	29 12-1 Soup & Sermon 5:30-7 F3 6:30 OS Choir practice	30 5:30 Bible Study	31	