

# Sumner Center UMC Newsletter

## December 2022



### Pastors' notes...

The seasons have changed and winter with all its magic is here to enjoy. For some, this is exciting news. For others, it's time to bundle up, hunker down and count the days until spring. But winter has a lot to offer in all its wonder.

Many view it as a time for comfort foods, reading good books under a blanket, and reflecting over a big mug of hot chocolate. A time to slow the pace a bit. Which is easier said than done. So, we need to practice! My Christmas prayer for each of you is that you find the gift of peace which come from taking a moment or two throughout the day to release the constant thoughts of that "to do list" that is replaying in your mind like a movie on a loop. It is surprising what a few minutes of "time out" can do to replenish your soul. If you are up for a challenge, I have below a great start to finding solace in your day. Here is a meditation exercise that teaches basic mindfulness meditation.

Give it a try for a week. You have nothing to lose and a whole lot of centering peaceful strength to gain.

1. Sit on a straight-backed chair or cross-legged on the floor.
2. Focus on an aspect of your breathing, such as the sensations of air flowing into your nostrils and out of your mouth, or your belly rising and falling as you inhale and exhale.
3. Once you've narrowed your concentration in this way, begin to widen your focus. Become aware of sounds, sensations, and ideas.
4. Embrace and consider each thought or sensation without judging it good or bad. If your mind starts to race, re-turn your focus to your breathing. Then expand your awareness again.

The benefits of mindfulness meditation tend to be related to the duration and frequency of your practice—the more you do, the greater the effect it usually has. Most people find that it takes at least 20 minutes for the mind to begin to settle.



**Worship:  
Sundays  
In Sanctuary at 11:00am  
&  
Sumner Center UMC Facebook  
Page**

**Pastor Bridget Sheely  
Cell: 507-923-6247**

[bridget@countrywidecarriers.com](mailto:bridget@countrywidecarriers.com)

Visit our Church Website at:  
<http://www.sumnercenter.com>

**Donations may be sent to our mailing  
address:  
25378 151st Ave**

### Grace and Peace in the name of Jesus Christ:

*If you have items you would like to be published in the newsletter, please contact Pastor Bridget, by the 3<sup>rd</sup> Thursday of the preceding month by emailing your information to (bridget@countrywidecarriers.com) Or by bringing your information to Worship on Sunday mornings)*



**The light of God remains  
to shine bright in the  
community of Sumner Center  
UMC, only by your generous  
giving heart!**

**Thank you for your dedication  
and love!**

# Calendar of Events

(Subject to change and/or be added to as the need arises)

## December 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4  2ND SUNDAY OF ADVENT Worship 11 am communion sunday	5	6  St. Nicholas Day!	7  National Pearl Harbor Remembrance Day 7th of December	8	9  THE POLAR EXPRESS All Aboard! Movie Night @ Wykoff UMC 6:30pm	10
11  THIRD SUNDAY Advent 10:30 am Kids Story time Worship 11 am	12	13  National Cocoa Day! December 13	14	15	16	17
18  FOURTH SUNDAY Advent Worship 11 am	19	20	21  Winter Solstice	22	23	24  Christmas Eve Worship service opportunities  Wykoff – 4:00pm Racine – 5:30 pm Summer Center – 7pm
25  Merry Christmas NO IN PERSON WORSHIP TODAY ONLINE IS AVAILABLE	26	27	28	29	30	31  Bring on the NEW YEAR!



*There will be an online Christmas day worship service available through our Facebook page and a YouTube link which will be emailed to all members.*

# DECEMBER HIGHLIGHTED EVENTS

Advent book study ..... "Because of Bethlehem" by Max Lucado



**12/4 Communion Sunday & Bake Sale @ Sumner Center UMC**  
(Money to be donated to area Care Center's for their monthly programs)  
*Come get your holiday treats for the season. Sale will be offered before and after worship service*

**Friday -12/9 Free Family Movie Night @ Wykoff UMC.....6:30pm.....Polar Express**

(Popcorn & drinks)

The Polar Express is a 2004 American computer-animated adventure film that tells the story of a young boy who, on Christmas Eve, sees a mysterious train bound for the North Pole stop outside his window and is invited aboard by its conductor. The boy joins several other children as they embark on a journey to visit Santa Claus preparing for Christmas. The film stars Tom Hanks. 1 hour, 40 minutes in length



**Christmas – "Celebration of His birth" services to be held:**  
**Saturday - Christmas Eve Worship service opportunities**

Wykoff – 4:00pm

Racine 5:30pm

Sumner Center 7:00pm

**Sunday (12/25) there will be no in person worship.**

Worship Services will be offered online only.



**Start a New Christmas Tradition!**

**Beginning December 1<sup>st</sup> read one Chapter of the book of Luke in the Bible each evening.**

**There are 24 Chapters.**

**One Christmas Eve you will have read an entire account of Jesus's Life and wake up Christmas morning knowing WHO and WHY we celebrate!!**



**“Gathering at His Table First Sunday of the month- @10 am”**



**ALL GOD'S CHILDREN ARE WELCOME**

**Sunday, January 1, 2023**

Racine, Wykoff and Sumner Center UMC's  
Will consolidate all 3 worship services into:

**One Worship Service at Sumner Center UMC @10am**

**Epiphany Service of Lessons and Carols**

**Communion**

**Mission focus - HYGIENE KIT INSTRUCTIONS**

**A MEAL WILL FOLLOW WORSHIP**

**Mulligan Stew and Bean & Ham Soup,  
garlic toast and angel food cake with strawberries**

**So, mark your calendars for Sunday January 1, 2023**



**WE need your help to collect items that are listed below for the  
assembly of the hygiene kits for UMCOR.**

**Assembly of these kits will take place Sunday, January 1<sup>st</sup> after our combined  
worship service at Sumner Center UMC**

**One hand towel (15 x 25 –17 x 27 inches)** - No kitchen, cleaning, or microfiber towels

**One washcloth** -No kitchen, cleaning, or microfiber towels

**One comb** - Must be sturdy with at least 6 inches of teeth. No pocket combs or picks  
Rattail and combs without handles are acceptable but must have at least 6 inches of teeth

**One toenail or fingernail clipper** - No emery boards or metal nail files

**Bath-size soap (3 oz. bar or larger)** - No Ivory or Jergen's soap - Do not remove from packaging

**One adult toothbrush** - Do not remove from packaging

**Personal advertising not acceptable**

**10 adhesive bandages (¾ by 3 inches)** - Common household bandages acceptable

**One one-gallon size re-sealable bag**

**\*Do not add toothpaste when assembling kits**

**You may bring your donations to church by December 24<sup>th</sup> or bring them with you to worship service on January 1<sup>st</sup> at  
Sumner Center UMC**

# REVERSE ADVENT CALENDAR

EACH DAY ADD AN ITEM TO A BOX.  
ON CHRISTMAS EVE DONATE THE CONTENTS TO A  
FOOD BANK.

- December 1 - box of cereal
- December 2 - peanut butter
- December 3 - stuffing mix
- December 4 - boxed potatoes
- December 5 - macaroni and cheese
- December 6 - canned fruit
- December 7 - canned tomatoes
- December 8 - canned tuna
- December 9 - dessert mix
- December 10 - jar of applesauce
- December 11 - canned sweet potatoes
- December 12 - cranberry sauce
- December 13 - canned beans
- December 14 - box of crackers
- December 15 - package of rice
- December 16 - package of oatmeal
- December 17 - package pasta
- December 18 - spaghetti sauce
- December 19 - chicken noodle soup
- December 20 - tomato soup
- December 21 - can corn
- December 22 - can mixed vegetables
- December 23 - can carrots
- December 24 - can green beans

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Collect these food items at home in a basket then each week or by Christmas Eve worship bring items to church and place them at the altar to be blessed before they are distributed to our area food shelves.

This is a fantastic Advent mission that will help area food banks re-stock  
Their shelves after the holiday depletion of items.

The church leadership will determine where to distribute the bounty of gifts donated

Looking for that special Christmas gift for your loved ones?

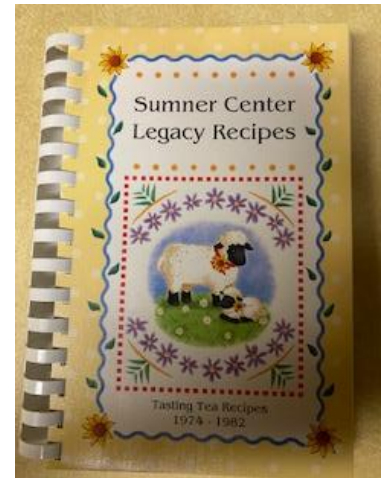
How about a cookbook!

Sumner Center is selling Legacy Cookbooks

All those amazing recipes your grandmother and great  
grandmother

made are ready to be enjoyed.

Cost is \$20.00 per book. You may pick one up at church  
Contact Jean McNamara/Karen Hamm/Kathy Hawkins



or

For your copy today.

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## Christmas traditions fundraiser for Sumner Center UMC

The Church is offering a fundraiser for our general needs.

As, you know we are a very small congregation with a very large generous heart. To keep the mission of our church going we need your help to raise funds that help support the churches general needs. This year we are offering you a chance to purchase a beautiful Christmas ornament for only \$15.00 per ball. We will customize your ornament with the name of your choice:

A loved one who has passed

One for each of your family members

A great personalized gift for a friend

The Ornaments will be displayed this year on the Church Christmas tree then after the season you will receive this special keepsake to display each year at your own home.



Ornaments may be purchased at Church or by contacting:

Kathy Hawkins/Pastor Bridget/Karen Hamm/Jean McNamara



# Bishop Lanette Plambeck Assigned to Dakotas-Minnesota Area



**By:** Rev. Cindy Gregorson

Bishop Lanette Plambeck has been assigned as the resident bishop for the Dakotas-Minnesota Area effective Jan. 1, 2023. She was elected to the episcopacy at the 2022 North Central Jurisdictional Conference. Before her election, she served as the assistant to the bishop and director of clergy and leadership Excellence in the Iowa Annual Conference.

Bishop Plambeck, in her pastoral service, has served as a local church pastor in four different pastoral settings including urban, county seat, town, and country. She has experience as a college chaplain and a licensed counselor in family systems and chemical and substance abuse. She is a veteran of the U.S. Army and was deployed to Desert Storm/Desert Shield.

She says the measure of her leadership is three questions she asks herself at the end of each day: Did I glorify God? Did I point people to Christ? Did I love? She describes herself as “unapologetically Wesleyan and so in love with Jesus and his ministry marked by compassion, grace and justice.” A gift she brings as a leader is “to inspire others to live lives of significance as we work for ‘kingdom on earth as it is in heaven’ through active discipleship as we respond to the suffering in the world. I am committed to developing leaders (clergy and laity) to grow into the very best versions of themselves so that they can be at their very best for God.”

Bishop Plambeck has one adult daughter who lives in the Washington, D.C. area.

The North Central Jurisdiction’s Episcopacy Committee is responsible for assigning bishops—a process that begins immediately after all bishops are elected. The committee includes two people from each annual conference. The announcement of the assignments of all nine bishops was made on Saturday morning at the end of the consecration service for the three new bishops. Their assignments take effect on Jan. 1, 2023. Bishops are normally assigned for a four-year term, but this will be a shortened assignment, as the Jurisdictional Conference is scheduled to meet in its regular sequence following the General Conference in July 2024 to elect and assign bishops for the 2024-2028 quadrennium.

Rev. Carol Zaagsma and Dave Nuckols represented the Minnesota Annual Conference on the committee. Rev. Zaagsma said of the process, “This was my first experience serving on the NCJ Committee of Episcopacy. The process of assigning bishops to their episcopal areas was difficult work, and yet the committee did this work thoughtfully and with prayer. Surveys were distributed in each area, with results compiled to highlight key initiatives and prioritize leadership characteristics most needed right now. Interview notes were also reviewed to understand strengths and passions each bishop brings to this season of ministry. All these steps lead to the careful discernment around where to assign our bishops. I am very excited about the bishop assigned to the DAK-MN area and look forward to joining together in ministry.”

Bishop Sally Dyck, in her sermon at the consecration service, charged the new bishops and the body to remember first and foremost their primary identity as a child of God. Everything else we have received, our certificates, ordinations, and consecrations are only tools to build up the body of Christ. Don’t dare let it be your identity.

“You were not elected to save the church,” she told the new bishops. “But what did Jesus do? He taught people to live and to love and to forgive and to share what had happened to them—how they had been healed, how they had been transformed through the power of God through him. And he built up his people. We get confused sometimes.” Dyck then recounted the story of St. Francis who heard God say “repair my church,” and went off to start putting rocks on top of one another. Then he realized what God was calling him to do was to bring new life to the church.

Dyck concluded, “yes, you are called to help inspire, and equip, and bring new life into our beloved United Methodist Church!”

Each bishop upon their consecration received a stole as a symbol of their servant ministry and a crosier as a symbol of their call to shepherd God’s people.

**Here is the complete list of assignments for Jan. 1, 2023 to Aug. 31, 2024.**

Dakotas-Minnesota Conferences: Bishop Lanette Plambeck

East Ohio Conference: Bishop Tracy Smith Malone

Illinois-Great Rivers Conference: Bishop Frank Beard

Indiana Conference: Bishop Julius C. Trimble

Iowa Conference: Bishop Kennetha Bigham-Tsai

Michigan Conference: Bishop David Bard

Northern Illinois Conference: Bishop Dan Schwerin

West Ohio Conference: Bishop Gregory Vaughn Palmer

Wisconsin Conference: Bishop Hee-Soo Jung



avalanche  
blanket  
blizzard  
chimney  
Christmas  
coat  
cold  
December  
earmuffs  
February  
fireplace  
freeze  
freezing rain  
frigid

gloves  
hail  
Hanukkah  
heater  
hibernate  
hockey  
holidays  
hot chocolate  
ice fishing  
ice skates  
icicles  
igloo  
Jack Frost  
jacket

January  
Kwanzaa  
lunar new year  
melt  
migrate  
mittens  
New Year's Day  
quilt  
scarf  
shovel  
skiing  
sled  
sleet  
sleigh

slippery  
slush  
snowball  
snowboard  
snowdrift  
snowflake  
snowman  
snowmobile  
snowplow  
snowstorm  
sweater  
vacation  
Valentine's Day