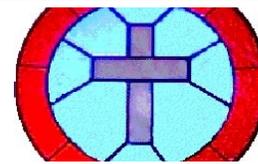


# OUTREACH



Volume 29 Issue 1

First United Methodist Church

January 22, 2017

Greetings in the Name of Christ!

## Perspective

I love reading the Book of Isaiah, but especially the 43rd Chapter of Isaiah. You see, long ago, the Prophet Isaiah wrote these words from God: "Do not remember the former things, or consider the things of old. I am about to do a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert." Isaiah 43:18-19

As we begin a new year together, it is important that we celebrate the dichotomous juxtaposition of a God who is both a "never changing constant" and a "God of change". Confused? Let me try to explain. As we lay these two seemingly incompatible statements down side by side to compare them, we find a God who is both unchangeable and ever-changing, and it's for the benefit of humanity. You see, the covenants that God makes with us-God keeps- is the never changing constant part. It is woven together with an unyielding love that is impossible for us mere mortals to fully comprehend or appreciate... try as we might. In fact, that's the main part of the problem: While God constantly keeps the covenant, we too often fail to understand or appreciate our part of the covenant, because we keep breaking it. But because of the unyielding love of God, the God of the "never changing constant" for our sake, chooses to become the God of change.... Not because God breaks the covenant made with God's people, but because God's people keep breaking the covenant...so God becomes a God of change...for us. "Why?" you might ask. We need only look to the fourth verse for the answer, as God declares: "Because you are precious in my sight, and honored, and I love you." In fact, the first verse of the 43rd Chapter of Isaiah begins with God proclaiming... "Do not fear, for I have redeemed you; I have called you by name, you are mine." Isaiah 43:1b. This was originally written to a people who had been in a covenant relationship with God and were in exile in a foreign land, trying to figure out if God was still there honoring the covenant with them... I think that some of them figured out that they'd messed up, and were aware of breaking the covenant, and so God spoke again to them through Isaiah, especially poignantly throughout the 43rd chapter.

Our Creator knows us only too well, for God gives us the assurance that, through thick and thin, we belong to God, and even knows us so well that we each are called by our name. Imagine, the same God that created the universe and all that is in it, has not only the capacity to know each of us by name, but also the desire to call us by name, as well. "Why? Why would God do that, because we humans are not always the most faithful part of God's creation?" you might ask once again. And here is the really cool part, the part that we too often miss in our covenant relationship, as we revel in our own salvation and relation with and through God: the new covenant- the one offered by God's Son Jesus- echos what Isaiah prophesied about in what we know as Isaiah 43:8-10, saying, "Bring forth the people who are blind, yet have eyes, who are deaf, yet have ears. Let the nations gather together, and let the peoples assemble. Who among them declared this, and foretold of the former things? Let them bring their witnesses to justify them, and let them hear and say, 'It is true.' You are my witnesses, says the Lord, and my servant whom I have chosen, so that you may know and believe me and understand that I AM he." We call that GRACE! It's pretty amazing, isn't it? The Creator of the Universe has put faith in us to share it! God's love, God's hope, God's promise. But God doesn't stop there. God precedes that with this command: "DO NOT FEAR". We no longer have to live our lives in fear, for God is with us! We can spread God's love, hope, and promise to a world that is living in fear as the changes of this world rage around us... it is the benefit of the covenant, and the coolest part of it is that we are part of it. I love the Book of Isaiah. I hope you'll take some time to read and reflect on it.... and especially on the 43rd chapter. I love the 43rd Chapter...

Grace and Peace,

Pastor Mike

Please email your OUTREACH item to [haysumc@hotmail.com](mailto:haysumc@hotmail.com) before Sunday, February 19, 2017  
Please place the name "Outreach" in the subject line...or place your item, clearly labeled **for the Outreach**, in the office by **Sunday, February 19, 2017**. The next Outreach should be received by Feb. 23rd.

## Thank You

Dear Youth,  
Thanks for the final's bag. It was a great surprise. I got it when I was done with finals, but it will start my semester right. Thanks again!! If you guys ever need something, let me know.  
Denton Rathke

*Thank you for the package from my church family. It was very much appreciated!*  
Synnamon Gottschalk

I can't thank my church family enough for the outpouring of gifts, cards, food and plants. Mom was a very special person. Thank you,  
Shaun, Heather,  
Brandon, Corey, & Meghan Musil

*Thank you Prayer Shawl Ministry, for the lovely prayer shawl. It was comforting during some difficult moments. Thanks to Pastor Mike for his early morning hospital prayers. And thanks to all for the beautiful cards and encouraging notes. I feel blessed to be a member of a truly caring congregation.*

Barbara Jones

## INTRODUCING OUR STAFF

### PROGRAM STAFF

Pastor: Pastor Mike Rose  
Associate Pastor, Youth Pastor: Alice Koech  
Director of Music: Johnny Matlock  
Special Music Coordinator: Meredith Cory  
Organist: Charlotte Rathke  
Pianist: Alexis Robinson  
Handbell Choir Director: Shawn Henderson  
Children's Ministry Director: Jo Swayne  
Asst. Children's Director: Rebecca Kuehl  
Outreach Editor: Wendy Beougher

### SUPPORT STAFF:

Administrative Secretary: Beverly Bearley  
Administrative Assistant: Wendy Beougher  
Financial Secretary: Don Forssberg  
Childcare Director: Sandy Henningsen  
Building Supervisor: Ron Herrman

## Sympathy

*Our sincere sympathy is extended to the family & friends of*

*John Kruse, on the death of his wife Maggie, on 12-12.*

*Jane Ellis died 12-29.*

*Shaun, Heather, Brandon, Corey & Meghan Musil on the death of Shaun's mother, Dorothy, on 1-1.*

*Joyce Waldschmidt died on 1-7.*

*Evelyn Engleman, on the death of her husband, Bob, on 1-8. Condolences to Julie & Steve Paul & family.*

## Congratulations

*To Adrian Lee and Iley Tige Arnold who were baptized on January 1. Iley's parents are Adrian & Karissa Arnold.*

*To Virginia & Arris Johnson who will celebrate their 70th wedding anniversary on January 24th.*

Debra McDonald, assisted by Nancy Jones, hosted **Naomi Circle** on Dec. 12 and served 14 members. Ruth Briney conducted the meeting. Sharon Carlson presented devotions. Naomi Circle will present "The Spirit of Christmas" to a family in our church. Traci Kennemer was presented a Special Recognition pin from UMW. Two gift baskets were given to CAA. A thank you gift was presented to Ruth Briney.

**Naomi Circle** met 1-11 with Linda Stahlman & Melody Davidson hosting 16 members. Debra McDonald conducted the meeting, Linda Palmberg presented devotions and Sheryl Blair presented the pledge service.

## Circle News

**Shalom Circle** met Dec. 12 at the church. President Linda Beech thanked all circle members for everything done in the last 2 1/2 weeks-2 funeral dinners, the Advent Supper and cookies for the shut-ins.

Thirteen members answered roll call in honor of Glenda Tholen. What random act of kindness could we perform? Riley Barrett will present the Feb. 20th program on her Met tour experience. Virginia Johnson presented the "Messiah" performed by the Mormon Tabernacle Choir and Orchestra with commentary on George Frederick Handel. Circle members made cookie plates to deliver to shut-ins.

**Shalom Circle** met January 9, 2017 at 7:00 p.m. at the church. Shirley Green and Lexi Robinson were co-hostesses. President Linda Beech called the meeting to order. The roll call "What do you feel called to do?" was answered by 9 members. Marguerite and helpers served a luncheon for 25 pastors. Another meal will be needed on Jan. 28th. Shirley Green presented the Pledge Service "A Community United by Giving". Members shared a time of need they had experienced when someone stepped in to help.

**Rebekah Circle** met at the Church with 12 members present. Hostesses were Rita Barker and Wendy Beougher. Carol Purdy gave the program on the Pledge Service. Members filled out their pledge cards and turned them in. Members were reminded to attend the General Meeting on January 18th.

## KIDS CORNER

Ready or not, 2017 is here and in full swing!!

WOW kicked off January 11 so if you haven't been, now's the time! We have a church meal any time between 5-6, worship in the Sanctuary with Shawn Henderson and the Youth Praise Band 5:50-6:10 and Kids Club, Youth and various class options for adults from 6:15-7:15. It's fun for the whole family!!

In Kids Club we are following Jesus' ministry. We just had an awesome lesson about when Mary and Joseph thought Jesus was lost, but he was in his Father's house the whole time! Last week we explored Jesus' baptism in the River Jordan. Come this Wednesday to find out what Jesus does next!!

Regular Sunday School lessons have commenced after a fun holiday break where all the kids met together. Our 4/5 Graders are currently working through a curriculum on "Honesty" while our other kiddos are following the Deep Blue Curriculum of Jesus' ministry.

Kids Praise is back in business with Shawn, Marie and Nate Henderson so be sure to join us every Sunday morning in the gym from 9:30-9:45 then head upstairs with your class for Sunday School.

Upcoming dates that will be here before we know it:

- \* Ash Wednesday kicks off the season of Lent on March 1
- \* Palm Sunday is April 9
- \* Easter Sunday is April 16



Thank you for caring about the children of our church. If you ever have questions or concerns, don't hesitate to contact either Rebecca Kuehl (rebeccarg@hotmail.com) or Jo Swayne (jswayne33@gmail.com).

## Youth Ministry



Youth Ministry is off to a good start! Here are a few things planned for the next few months:

### **Sunday School**

Sunday school at 9:30-10:30 a.m. at the youth center. Breakfast provided. We began a new study; Bible Lessons for Youth which is a 6-year Bible to life curriculum that helps teens to apply the Bible to their lives.

**Youth group** (grades 6-12th) meet on Wednesdays after WOW meal from 6:15-7:15.

**Confirmation Class** – (for youth grades 7th and up) will begin on February 12th. Parent meeting on January 29th @ 3:00 p.m. in the church Dining room.

If you would like to help Pastor Alice with Confirmation class either as a mentor, prayer partner, or teacher, email or call her at haysumyf@gmail.com, 785-625-3408.

### **Fundraising to support Youth ministry**

\* **Souper Bowl luncheon** on February 5th at noon (following the 2nd service). Youth and parents will serve; Taco soup/ Chicken and Noodle/ Potato soup as well as vegetables and desserts. Come and enjoy and support youth ministry.

\* **Valentines Dinner**- Tickets are on sale for \$15/a piece. Youth and membership committee will be serving delicious meal. There will be music, photo booth, and a fun evening. If you need tickets, call the church office or purchase them on Sunday between 9:30-10:30 a.m. or after worship service.

God Bless you! Pastor Alice Koech

## Health and Wellness in Hays

(as of December 2016 – for current information, including specials, classes and fees, please visit the websites listed below).

**AWAKEN YOGA** – Fitness and boutique. Phone #: 785-621-4632 Address: 3003 Hall Street Website: [www.awakenyogafitness.com](http://www.awakenyogafitness.com) Class Days & Times: Vary, see website

**CENTER FOR HEALTH IMPROVEMENT (CHI)** - Wellness Center with lap pool/warm pool/hot tub. Affiliated with Hays Medical Center. Phone #: 785-623-5900 Address: 2500 Canterbury Drive Website: [www.thecenter.haysmed.com](http://www.thecenter.haysmed.com) Monday – Thursday 5am-10pm, Friday 5am-8pm, Saturday 6am-6pm and Sunday 10am-5pm Fees: Enrollment (\$150 Primary, \$100 Spouse, \$50 Child) and Monthly Dues (Primary \$60.50 and Spouse \$50) (If a Senior 65 & over \$58.25 and \$48 Senior Spouse each per month). ALL classes are included in the monthly fee, including aquatic classes.

**HAYS RECREATION COMMISSION (HRC)** – Gym facilities, classes, organized sports and leisure activities for all ages. Phone #: 785-623-2658 address: 1105 Canterbury Drive Website: [www.haysrec.org](http://www.haysrec.org) Days/Times Fitness Center: Monday-Thursday 5am-10pm, Friday 5am-8pm, Saturday 6am-6pm and Sunday 12pm – 6pm Fees: (can drop in, 3 months, 6 months and yearly) Monthly Fees: Adults – Single \$32; Students (14 & up) \$25; Seniors (55 & older) \$25; and Families (up to 4 members) \$53

Classes: require punch card; punch card 12 punches for \$20 punches (with membership, punch card costs 11 punches for \$10) Senior cost is \$1 per class (see website for classes).

**JUMP START HEALTH & FITNESS** - Health and fitness classes, Meal Planning and Personal Training. Phone #: 785-259-1310 Website: [www.jumpstarthealthandfitness.com](http://www.jumpstarthealthandfitness.com) Address: 1301 Main Street Enrollment Fee: \$50. Member: \$5 per group fitness class. Nonmembers: \$10 per group fitness class.

**MAIN STREET FITNESS** – 24 hour gym, tanning and sauna. Phone #: 785-625-9404 Address: 806 Main Street Website: [www.haysgym.com](http://www.haysgym.com) Lobby Hours: Monday and Wednesday 8am-9pm; Tuesday and Thursday 10am-9pm; Friday 8am-5pm; Saturday 10am-1pm; Sunday- lobby closed/gym open 24 hours. Seniors \$20 per month. Call for details on fees and classes.

**MUNSCH FITNESS**– 24 hour gym, tanning and sauna. Phone #: 785-621-8833 Address: 1104 E 22nd Street Fee: \$34.95. Lobby Hours: Monday – Friday 10am-7pm; Saturday 10am-1pm; Sunday – Lobby closed/gym open 24 hours

**SOUTHWIND CROSSFIT** – An elite strength and conditioning facility focused on group training that meets ANY-ONE'S needs. Phone #: 785-432-1088 Website: [www.southwindcrossfit.com](http://www.southwindcrossfit.com) Address: Northeast side of Big Dillons, General Custer entrance. Fees: \$120 per month unlimited classes. Class Hours: see website or call for details. FREE class on Saturdays at 10:00 am!

^ Cold Weather? Walkers are welcome to stay warm and get fit by walking the perimeter at:

Hays Recreation Center - 1105 Canterbury Drive

Big Creek Crossing Mall - 2918 Vine Street

Please let us know if we accidentally left any resources off of this list – we want to share all of the opportunities that are available to be fit in Hays.

## Jesus Taught us how to Serve Others

Thanks to these members who have given of their time to serve on committees and work areas this past year. Many are retiring from one committee to serve on another. Your church family thanks you:

Marcia Bannister, Mike Leas, Denton Rathke, Kari Schultz, Heather Musil, Tim Markus, Darci Cain, Scott McGrath, Ken Griffin, Lorena Kellogg, Ken Johnson, Harvey Davidson, Charlotte Rathke, Terry & Lisa Blide, Lester Look, Eric Rathke, Rick Robinson, Ashley Robinson, Lynn Fisher, Pam Gillen and Patti Nicholas.

# Life Screening

Life Line Screening, recognized with an A+ rating by the Better Business Bureau, offers a 5-test package to thoroughly check you for risk of stroke, cardiovascular disease and other chronic conditions. The combination of these tests helps detect problems-**before you have symptoms** and while you and your doctor can still take action.. So you can keep doing the things you love.

Five screenings will be offered that scan for potential health problems related to: blocked arteries which is a leading cause of stroke; abdominal aortic aneurysms which can lead to a ruptured aorta; hardening of the arteries in the legs which is closely tied to stroke risk; and a bone density screening, for men and women, used to assess the risk of osteoporosis. All five screenings take 60-90 minutes to complete.

Where: First United Methodist Church

When: Thursday, February 16, 2017

Please call toll-free **888-814-0416** to register for your screening and to receive a \$10 discount or visit [www.LifeLineScreening.com/community-partners](http://www.LifeLineScreening.com/community-partners)

Healthy Congregations invites you to "Walk to Jerusalem", January 1-Easter. Log your miles/minutes/week or month and together we will seek better health to honor God with our bodies. Watch progress on the map in the parlor.



## Staff/Pastor Parish Relations Committee Updates

In September and October of 2016, the Staff/Pastor Parish Relations Committee appointed a special taskforce to strategically and prayerfully consider staffing needs at the Hays First United Methodist Church. The taskforce spent time reviewing the church budget, previous survey results, and needs of the church as we continue to grow. The taskforce recommended to eliminate the Associate Pastor position after June 30, 2017 and hire a full time youth and marketing/technology director. This recommendation was approved by the full Staff/Pastor Parish Relations Committee, Finance Committee, Administrative Board, and has been communicated to the District Superintendent. This decision was not an easy one; however, the committee felt that it was best as we consider the 2016/2017 budgets, church growth, and the desire for consistent leadership over multiple years in youth programming. Please contact Shaun Musil or any other member of the Staff/Pastor Parish Relations Committee know if you have any questions about staffing in the church for 2017.

## **COMING SOON!!!....A HEALTH FAIR....watch in bulletin/mail/newsletter**

Lent is a time of examining where we are at in our lives. Healthy Congregations committee hopes to encourage you to take this opportunity to transform your life as a disciple of Jesus Christ through physical, emotional, spiritual, and social growth.

**TO REDUCE THE RISK OF FALLS:** Talks by a registered pharmacist & physical therapist

**HEALTHY EATING:** Talk by registered dietician & a coffee bar & healthy snacks

**HEALTHY WAYS TO DE-STRESS:** Talk, blood pressure check available, pedometers to first 50, prayer support station

**Monthly:** One Sunday of the month we will have blood pressure checks in the parlor 9:30-10:30am. (If you would like to volunteer with this, please contact Deb. We will provide the cuffs & you can bring your own stethoscope.)

Needing motivation to get healthier? We would love to have you join the Walk to Jerusalem, now thru Easter. Fill out one of our slips near the map in the parlor, or write on a slip of paper: your name, number of miles or steps you exercised or the number of minutes of any kind of exercise. We will convert it all to miles & post it on the map. Turn in weekly or as you can in the box by map in parlor. If you already exercise a lot, please join us on the Walk to Jerusalem. We need each other to make a transforming difference in our struggling world.

If you would like to help us in some way, please let us know: Healthy Congregation Committee Members: Dr. Lynn Fisher 785-259-6259, Mary Akins 620-404-9594, Deb Gross 620-617-1312, Sam Gross 620-617-8247, Sandy Aldrich 785-639-4179, Nancy Jackson 316-670-7826, Carl Miller, Megan Askins.

## **Taize style worship service**

You are invited to experience a Taize style worship service, Sunday, February 19th at 5:00 p.m. in the sanctuary. In 1940, a man from Switzerland later known as 'Brother Roger', had a desire to live in deeper Christian community. He chose an area near Taize, France to provide sanctuary to war refugees around the world who are committed to a Christian lifestyle of simplicity, service, and community. This monastic community now has over 100 brothers from over 30 countries.

The Taize worship services in France draw thousands of people every year to experience this beautiful and simple ecumenical worship. Those seeking community in worship, in silence, in meditation, in a different way to pray may find this worship healing, restorative and helpful.

## **UMW News**

The United Methodist Women met January 18th at noon for the General Luncheon with 29 members in attendance. Naomi Circle hosted the meeting and the devotions were led by Mary Akins. Mary also presented an excellent program entitled, "A Healthy Lifestyle", suggesting tools to use to decrease the stress in our lives. The business meeting was conducted by Marsha Swanson.

The UMW of Hays hosted members of the Great Plains Conference UMW for their two-day Winter Leadership Team meeting on January 20th & 21st. A Friday evening meal and a Saturday lunch were served to over 50 women from across Kansas and Nebraska. The women were here in part to plan the UMW Conference meeting which will be held in York, NE on September 29-30.

Rylea Barrett will share her experiences on the 2016 METour with Shalom Circle on February 20 at 7:00 p.m. in the church dining alcove. Anyone interested may join this program. The UMW sponsored Rylea's trip last summer by providing 75% of her tuition fee. She is excited to share her experiences.

## Did you know?

The Hays UMW served 7 groups in January: 2 funeral dinners, Hays District Pastors, Great Plains Conference UMW Leadership team, and Hays District UMW Leadership team, a total of over 250 people. No wonder our church is known for its wonderful hospitality!



Take your Valentine to dinner on February 18 from 5:30-8:30 p.m. at the FUMC basement. The menu is smoked pork chops, twice baked potatoes, mixed veggies, cherry cheesecake, salad & rolls. Tickets are \$15 per person and includes heartfull trail tunes, punch & cookies and photo booth. Deadline for ticket purchase is February 15th.

Call the church office (625-3408) if you could bring a salad or dessert to the United Methodist Campus Ministry on Thursdays this semester.

## Let Hope Light Your Way (excerpts) by Dr. Norman Vincent Peale

A timeless New Year's message from 1987 Printed in *Guideposts*, January 2017

Hope. As a new year comes to all of us, what better companion could we have? Hope is a dynamic force, a concept full of power. It can bring the weak back to strength. It can bring the sick back to health. It can turn failure into success. No wonder Saint Paul included it as one of three great principles of Christianity: faith, hope and love.

What's the condition of hope in your life at this very moment? Does it get up with you every morning? Does it carry you confidently through the day? Is it still there, soothing and sustaining you, as you fall asleep? That's what God intended when he created this shining quality and poured it into us at birth. If cares and worries and fears and discouragement have gained ascendancy in your mind, then you need to open the windows of your soul and let a strong, fresh current of hope come surging through.

Ah, you may say, it's all very well to talk like that, but I have very real health problems and money problems and problems with my children or my marriage. Just wishing won't make them go away, will it?

I'm not talking about wishing. Wishing is weak. It's even faintly negative, because when you say "I wish", it usually means you don't believe the wish will come true. But when you hope-really hope-then a magic ingredient comes into play. That ingredient is expectancy. Expectancy says, "This desired outcome can happen. It think it's going to happen. Right now it may be just a dream, but it's a realizable dream."

When you start hoping instead of just wishing, then expectation is stirring in you.

We've all heard of people who have suffered near-fatal accidents whose will to live, whose hope of recovery, was so strong that they did in fact recover. The records of prisoners of war, even those in the most dreadful concentration camps, clearly show that the captives who survive best are the ones who never give up. They never stop hoping and the power of hope brings them through.

Saint Paul sums it up in just six words: "For we are saved by hope..." (Romans 8:24). If you can reach the point-and you *can* reach it-where hope and expectation blend into faith and conviction, nothing can defeat you.

I maintain the nearer a person comes to the Savior, the more hope he or she has. You just cannot live with Jesus Christ and be defeated. You cannot live with him and say, "Tomorrow is not going to be any good." Because he is the Lord of the tomorrows.

So as you move into the New Year, *hope* that difficulties will pass. *Hope* that storms will cease. *Hope* that pain will end. *Hope* that weakness will be overcome.

# January OUTREACH

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Hays, Kansas 67601*

(785) 625-3408  
haysumc@hotmail.com  
www.kaysradio.com  
www.HaysFirstUnitedMethodistChurch.com

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## Upcoming Events



<b>Saturday, January 28</b>	<b>Hays Dist. UMW Executive Meeting</b>
<b>Thursday, February 9</b>	<b>Crafters</b>
<b>Sunday, February 12</b>	<b>New Member joining Sunday</b>
<b>Thursday, February 16</b>	<b>Lifeline Screening</b>
<b>Saturday, February 18</b>	<b>Valentines Dinner</b>