

“The CHIMES” – August

Volume 56, No. 8

2021

Continuing the Conversation...

“Grace to you and peace from God our Father and the Lord Jesus Christ. I thank my God always for you, because of God’s grace that was given to you in Christ Jesus. That is, you were made rich through him in everything: in all your communication and every kind of knowledge, in the same way that the testimony about Christ was confirmed with you. The result is that you aren’t missing any spiritual gift while you wait for our Lord Jesus Christ to be revealed.”

—1 Corinthians 1:3-7 CEB

“Now the eleven disciples went to Galilee, to the mountain where Jesus told them to go. When they saw him, they worshipped him, but some doubted. Jesus came near and spoke to them, ‘I’ve received all authority in heaven and on earth. Therefore, go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to obey everything that I’ve commanded you. Look, I myself will be with you every day until the end of this present age.’”

—Matthew 28:16-20 CEB

Last month I mentioned that over the summer our Servant Leadership Board will be looking at demographic information for our neighborhood as well as paying attention to what they see as they are out and about. You are invited to be involved in this important work as well as we work to discern in this time who we are as a distinct church in the Court Street neighborhood of Sparta. Part of this work involves discerning the specific ways we are to be making disciples of Jesus Christ. This is important work for all of us; as theologian Ken Nash reminds us, “the two most important days in each person’s life are: The day they are born (or biblically speaking, born again) and the day they figure out why they were born (their calling in life—and we all have one).



One of the things we are all called to as followers of Jesus is to “go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to obey everything I’ve commanded you.” If we are called to make disciples, we better be sure just what a disciple is. A disciple is a follower of Jesus Christ who is committed to: being part of the Body of Christ, becoming more like Jesus, and joining Jesus in ministry. This comes from Jesus himself when he said, “Follow me” (being part of the Body of Christ) “I will make you” (becoming more like Jesus) “fishers of men (joining Jesus in ministry). See Matthew 4:19.

Another thing I want you to understand from Jesus’ Great Commission is that when he says “go” he is not necessarily referring to heading out on a mission trip. In the original Greek the real meaning of what he is saying is: wherever you are going in your day-to-day life, make disciples. If we want our everyday life to matter, we have to be real, authentic people that have come to know the love of God through Jesus Christ and share that love with others. We have to learn to live in community with others who are living out their authentic everyday lives in relationship with God just as imperfectly as we are. Read James 5:12-20 for an example of what this might look like and then live in a way that you won’t have regrets as you get closer to the end of your life here on earth.

To be authentic followers of Jesus we have to own our life stories—good, bad, and ugly. When you look at your life so far, you have been through things that no one else has experienced and in ways that no one else has experienced. Where are the places you failed, have been broken, etc. and where and how has the Lord entered into your story and brought healing and wholeness? Read 2 Corinthians 1:3-7 as an example of what this looks like.

Part of owning your story means embracing your holy disturbance. In other words, what makes your heart burn with passion—your God-given holy disturbance. Think here of the two men on their way home to Emmaus after the crucifixion of Jesus and the news from the women that his tomb was empty.

Unrecognized to them, Jesus walked with them, “he interpreted for them the things written about himself in all the scriptures, starting with Moses and going through all the Prophets” and finally when they stopped for supper, “he took bread, blessed and broke it, and gave it to them. Their eyes were opened and they recognized him.” They asked each other, weren’t our hearts burning within us when he opened the scriptures us us, and then they immediately went back to tell the other disciples what they had learned. You can find this story in its entirety in Luke 24:13-35. Another person whose life was strongly and positively affected by a “heart-warming” experience was John Wesley, the father of Methodism.

As we live our authentic, heart-burning life, we also must invest in people who do not have a relationship with the Lord. We are not meant to live in a holy bubble separating ourselves from non-Christians. For context on this, read what God had to say through the prophet Jeremiah to his people who had been carried into exile in Jeremiah 29. God was basically telling the Jewish people to settle down in Babylon, “Promote the welfare of the city where I have sent you into exile. Pray to the Lord for it, because your future depends on its welfare” (v. 7). Of course we remain involved in the church, but we also get out and live among the unchurched.

Here I would remind you that in the past I have said we all have a gift that God desires us to use for the benefit of the church. Our gifts are as unique as we are, and all are needed for the healthy life of the church. I would ask each of you to find your one thing to do for the life of the church and do it with excellence, but then get out and live your life involved in the larger community.

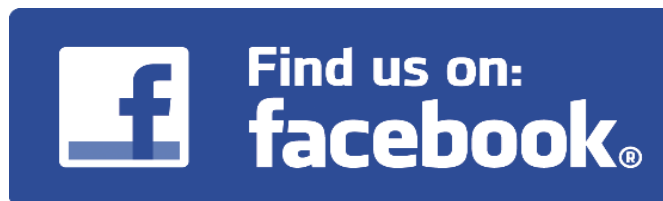
As you broaden your scope of influence by meeting unchurched people in the community and building relationships with them, there will come a time when a natural opportunity arises to share what it means for you to have faith in a loving, creating, transforming God. This may also provide an opportunity to invite them to experience the God that we worship in a community of faith that is welcoming. We are not all gifted as evangelists, but sometimes we just need to do the work of the evangelist and trust God for the results. As Paul

told his young protégé Timothy: “you must keep control of yourself in all circumstances. Endure suffering, do the work of an evangelist, and carry out your service fully” (2 Timothy 4:5).

Finally, when you sense God urging you forward, to go or to say, respond with an obedient “yes” right away. If you don’t say yes in the first 10 seconds, you will find every excuse not to follow through. Make this your 10 second rule. I understand some reading this may struggle with questions like, “Is this really from God?” But I would remind you from scripture that as faithful followers of Jesus, “you have the mind of Christ” (1 Corinthians 2:11) at work within you.

I have given you much to consider in this letter, if you have any questions please give me a call, email, text, or better yet let’s have a face-to-face conversation. I am always happy to hear from you.

Serving and leading in Christ’s love!
Pastor L



Church Facebook Page

Have you checked out the church’s Facebook page? It’s a good place to keep up with what is going on in the church and easily access the online worship services.

You can find that site at:

www.facebook.com/UMCsparta/. Once you are there just “like” the site and you will receive updates when new information is posted.



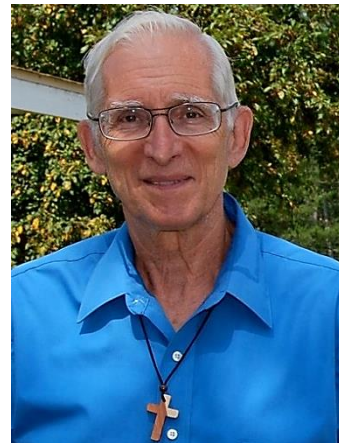
Leadership Change for SUMC

Scott Naeseth has agreed to step into the role of trustee chair and trustee representative on the Servant Leadership Board to fill the position vacated by Dave Kemp. I'm very grateful to Scott for stepping up on short notice. Scott will bring his own brand of leadership to a great trustee ministry team. Scott and the team have met once to begin working on a plan as we continue opening up more after the pandemic. Welcome to this new leadership position Scott and thank you for committing to this role for at least a year.



Special Guest and Book Signing

On **August 8** Pastor Loretta is excited to welcome pastor, mentor, friend, and author **Jim Verkest** to join us in worship. Jim will share how the grace of God has touched his life. He will have books available for purchase and signing if you are interested.



His first book is entitled, *"In the Palm of His Hand—A Life Lived in God's Grace."* It is the story about his journey into the heart of God as an ordinary human seeking his destiny. This is a story about God's grace and forgiveness, a story of accomplishment and failure. Most of all it is a story about learning to listen to God and letting God's voice lead you into the truth. When you place your faith in God's love and grace, you will surely find yourself in the palm of God's hand. Pastor Loretta has a copy of this book if you would like to preview it.

His most recent book (hot off the presses) is entitled, *"Papa What Do You Believe—Christian Truths for Faith and Life."* This book came about as the result of his grandchildren asking him questions about their Christian faith as they entered into young adulthood. The book shares his dialogue with them on many important aspects of faith and life.

Make sure you don't miss this opportunity to not only worship God, but to meet an inspirational man and hear how God's grace has been active in his life.



A Convenient Way to Give

Dick and I signed up for *myEoffering* three years ago. It is easy and convenient and eliminates writing out a check every Sunday and our pledge goes to the church even if we are not in church. We are glad we signed up for *myEoffering*. It is important for Dick and I to have our pledge paid each Sunday to help carry out the ministries of our church.

If you have access to a computer, we would encourage everyone to sign up for *myEoffering*. If you have any questions regarding the setup, Pastor Loretta is a good reference person to contact.

Dick and Eileen Gajewsky

Records and History

Records and History Committee Members will hold their next meeting on **Wednesday, September 8, at 9 a.m.**, in the Church Library. If you are unable to attend the meeting please let Margie know by calling 269-5532. Thank you for your dedicated service to this Committee.



Margie Lakowske

Summer—God is not on Vacation!

“Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.”—Matthew 6:34

The pace of August is often hectic and life (yours, your children’s, your family’s) takes you in many directions. But let us remember, God does not take a summer vacation! God is always here for us, so should we not make time for God this summer?

The church is not closed during the summer, we are still open! We still worship on Sundays! The pastor continues to preach sermons and the secretary still writes and prints the bulletin. The pianists prepare and practice each week to lead music in worship. The ushers and greeters show up each Sunday and the communion stewards set up communion. The church is open for worship!

So, I invite you to make church part of your summer plans. When you are in town, I invite you to come to worship. (Though sleeping in may sound fun, remember, God doesn’t sleep in.) When you are out of town, I encourage you to find a church wherever you may be. If you cannot find a church, try to worship as a family. Sing hymns, read scriptures, and ask one another where they see God present.

Church is an important part of Christian discipleship. It is good for you to be with other Christians and with God. It is good for you to give of your time, talents, and treasures. It is good for you to recharge and re-center.

It may be nice outside, but don’t forget you also need Son-shine!

What are your summer plans? School may be out, but church is not. Summer is here. Enjoy the Son-shine!

Rev. Krystal Goodger, Wisconsin United Methodist Foundation, www.wumf.org or Facebook/wumf.org
Or call 1-888-903-9863

2021 Stewardship Retreat

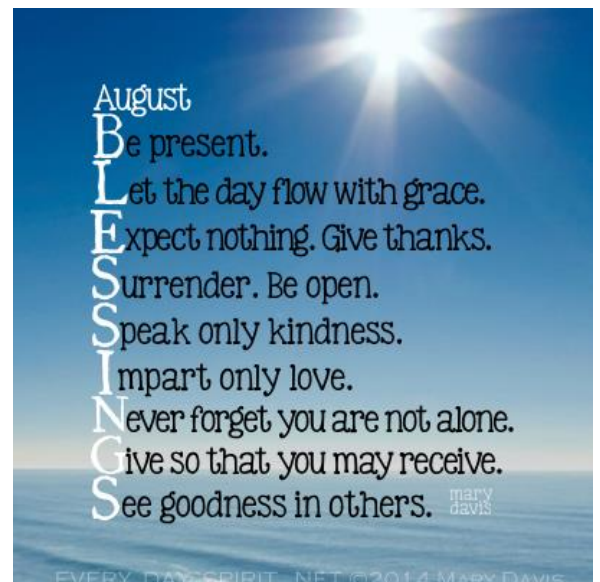
The Foundation’s 2021 Stewardship Retreat will focus on 3-5 year planning with an emphasis on telling your church’s story, how to thank and recognize your donors, developing your extended stewardship plan, and more.

The event will be in-person this year, with proper social distancing precautions in place. We’ll be back at **Pine Lake Camp Aug. 13-14**, with the full retreat occurring from 10 a.m. Friday to 1:30 p.m. Saturday and a special drive-in session from 10 a.m. to 5 p.m. Friday.

Registration is open, you can register on the foundation web site at: www.wumf.org. (Note: You will need to open a new user or sign-in to an existing account to view the camp information.)

We will begin the retreat focusing on preparation of 3-5 year stewardship plan for your church. Afterwards, Church Stewardship Teams may schedule a consultation of 60-90 minutes with a member of the Wisconsin United Methodist Foundation’s staff. The consultant will review the church’s plan, providing feedback and ideas, and answer questions.

What does the retreat cost? Full Retreat – Friday & Saturday, August 13-14 Double Occupancy (Rader Retreat Center) \$65. Single Occupancy (Rader Retreat Center) \$100. Drive-In Day – Friday August 13, 10 am – 4 pm \$ 20. If you have questions or want to learn more, contact: Jason Mahnke – Director of Programing & Campaigns, Wisconsin United Methodist Foundation at Wisconsin United Methodist Foundation at 608-837-9582 or jmahnke@wumf.org



Thank you to all who have donated to Soles4Souls!

We have collected 1109 pair of shoes through July!

CHANGING THE WORLD
ONE PAIR AT A TIME

From the Parish Nurse...

God's richest blessings to all of you. I hope you are enjoying your summer—which seems to be going by quickly.

Ever since the beginning of time, people have been struggling with diets and weight control/concerns and it seems to be a never ending battle. I know because I have been one that has had weight issues most of my life.



Obesity is one of the biggest health problems in the world.

It's associated with several related conditions. These include high blood pressure, elevated blood sugar, a poor blood lipid profile, and so many other conditions.

People are at a much higher risk of heart disease and type 2 diabetes, compared to those whose weight is in a normal range.

Over the past decades, much research has focused on the causes of obesity and how it could be prevented or treated.

Heavily processed foods are often little more than refined ingredients mixed with additives.

These products are designed to be cheap, last long on the shelf and taste so incredibly good that they are hard to resist.

By making foods as tasty as possible, food manufacturers are trying to increase sales. But they also promote overeating.

Most processed foods today don't resemble whole foods at all. These are highly engineered products, designed to get people hooked.

Many sugar-sweetened, high-fat, junk foods stimulate the reward centers in your brain.

Junk foods, fast food, coffees with caramel and chocolate can cause addiction in susceptible individuals. These people lose control over their eating behavior, similar to people struggling with commonly abused drugs like alcohol, cocaine, nicotine and cannabis.

In today's world, children are becoming obese, diabetic and addicted to junk foods long before they're old enough to make informed decisions about these foods, especially junk food, it is everywhere. Shops display tempting foods where they are most likely to gain your attention.

Another problem is that junk food is often cheaper than healthy, whole foods, especially in America. Some people don't even have the option of purchasing real foods, like fresh fruit and vegetables.

Unless there is some medical condition getting in your way, it is within your power to control your weight.

It often takes hard work and a drastic lifestyle change, but many people do succeed in the long run despite having the odds stacked against them.

The point of this article is to open people's minds to the fact that something other than individual responsibility plays a role in the obesity epidemic.

The fact is that modern eating habits and food culture must be changed to be able to reverse this problem on a global scale. The idea that it is all caused by a lack of willpower is exactly what food producers want you to believe, so they can continue their marketing in peace.

Diets aren't the way to go when it comes to losing weight. That's because they create temporary eating patterns and, therefore, temporary results. Most dieters gain back any lost weight when they go back to their old eating habits.

So what's the best way to drop excess weight? There are millions of diets and medications "that are miracle drugs" for this please be very careful of taking any drugs for this. Remember, if they worked we would not have overweight problems.

Always visit with your doctor before starting any weight loss program. Walking has always helped me in weight loss and maintaining my weight. Also daily prayer, for motivation in making the right decisions and exercising. Here is a prayer that may be of help.

Faithful and True God, I ask for your help in successfully and safely losing this extra weight that is harming my health. I also need your aid in maintaining a healthy weight once I reach my goal. Help me to make the permanent changes in my lifestyle and in my health habits to achieve and keep a healthy body. Help me make this commitment to a sustainable plan that I can follow throughout my life. Amen.

With God's Love, Priscilla





Thank you!



I want to take this opportunity to thank Dave Kemp for his many years of dedicated service to the church (especially in his role as trustee chair). Dave has given many hours, along with much sweat equity, (and even the occasional night-time call from the fire department when

alarms were going off at the church). He has always been very helpful and encouraging as I transitioned to serving a larger congregation with a much larger building.

Dave and Sara recently let me know that Dave will be stepping out of active leadership in the church as trustee chair and trustee representative on the Servant Leadership Board because of some serious health issues that he is dealing with. He will be missed in his leadership roles, but will still be around the neighborhood and worshipping with us once things settle down for them. In the meantime let's keep Dave and Sara in our prayers. Thanks again Dave for all you have done for this congregation and for this pastor.

In Christ's love,
Pastor Loretta

Sparta UMC Web Page Update

Our church Web site is updated with a new page that has direct links to our worship services starting with 2020 through current services. You will also find our *Chimes* newsletters archived there starting with 2020. You can find it at: lewaughtal.wixsite.com/spartaumc

Once you are at our Web site, click on the "Stay Connected" link and it will give you options to go to the worship or *Chimes* newsletter sites.

We hope you find this new feature helpful.

THANK YOU! Kevin and I would like to thank Wesleyan Circle, UMW and all of our church family for our 40th anniversary well wishes. It is hard to believe that we have been married that long—especially since we are so young—NOT! Kevin and Margie Lakowski

Thanks for all the get well wishes, cards and prayers. My prayers have been answered. I'm hearing better every day.

Dana Kemp



Thank you for your generous Lenten gift to St. Clare Health Mission. You are a cherished partner in our work to improve the lives of uninsured and medically underserved community

members. Each week at St. Clare Health Mission our volunteers, committed donors, health partners, and staff reduce health disparities, one patient at a time.

As we work together to create healthier communities, we not only provide free healthcare, continuity care, and prescription medications. More and more, we work outside of our clinic walls, to create a more equitable community, through our community health worker program. It can be as simple as giving parents and children rides to medical appointments, or as complicated as working with a parent struggling with depression and chronic disease management, all while raising a family as a single parent.

"I'm so glad you're open through all this, I didn't know if anyone would be here."—a diabetic patient in need of clinical consult and medication during the current COVID-19 pandemic

This unique program was organized in 1993 as a tremendous collaboration involving the La Crosse County Health Department, our local healthcare institutions, and many committed individuals from across the community. St. Clare Health Mission served over 18,000 total clients and will remain open to ensure everyone has access to traditional healthcare. Thank you again for being a vital part of this mission.



Shop with scrip...support your church



Thank you to everyone who continues to support the church through the shop with scrip program.

The next scrip order will be going in on **August 8**. You can mail your order directly to Cheryl Isensee at: 9262 Festival Avenue, Sparta, WI 54656. If you have questions or need an order form contact Pastor Loretta at the church (269-6949) or on her cell phone at (608-386-1862).

If you find yourself in need of a card before the next order goes in give Cheryl a call and ask if she has the card you need. She sometimes has a few extra scrip cards for local businesses on hand.

FUNDRAISER

The Big Creek Church is holding a fundraiser event August 8, 2021, from 10 a.m. to 3p.m.

There will be UTV/ATV historical rides from 10 to 12 for a cost of \$5 and hay wagon rides from noon to 1 p.m., for a donation. There will be a wedding display in the church honoring the Davis and Arndt families at 1 p.m. and arts and craft venders including candles, slime, woodwork and more from 10 a.m. to 3 p.m.

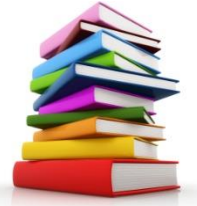
Monkey Business food truck will be serving starting at 11 a.m.

Music will be provided by Strawberry Jam

Funds will be used for an updated bathroom so the church can be rented out for functions. Thank you for your support.

Little Free Library

Wanted: Our Little Free Library is in need of young children's and young adult books. We have been going through a lot of books the last few months. If you are cleaning out your book shelves please consider donating them to us. If you need them picked up please contact me and I will pick them up. If you are able, please bring them to the church during regular business hours. The office will contact me and I will put them away. Thank you for sharing your books with others.



Margie Lakowske, Little Free Library Steward

Nurture Committee



Our long-standing (21 years) Tuesday evening Soup Supper is beginning again on Tuesday, August 3 from 5 to 6 p.m. Gratefully, many of our faithful crew members are returning and a few new ones are coming on board, but there is always a need for more volunteers.

A new crew is needed for the third Tuesday of every other month, beginning September third. St. John's Episcopal Church had to decline serving after many, many years because of health reasons. We have truly appreciated their friendship and support of this mission. Soup Supper mission statement: "Serve a good, home cooked meal with a warm smile and generous heart to those who come to eat."

There will be a Nurture meeting, Thursday, August 5 at 6 p.m.

Cyndi Wise

Light a Fire in My Soul... Wildfire Adventures

July 18 through 23, Pastor Loretta, her granddaughter, Janae, and two confirmation students, Aubrey Ebert and Hailee Scheurich, were in Superior, Wisconsin for the Wildfire Youth Mission event. It was a new experience for all of us. We did a lot of good work and enjoyed some fun times throughout the week. Here are a few pictures to give you an idea of what the week looked like.



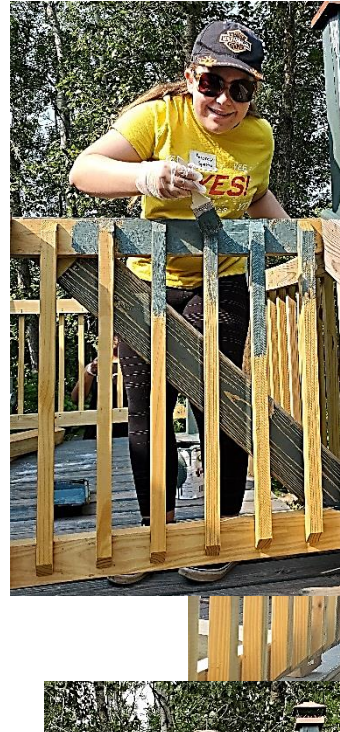
The adventure begins...



Introductions being with a cupcake toss...



Starting the day with worship and learning about our Methodist heritage...



We did painting and staining on several days. This wasn't a favorite job, but seeing the appreciation on people's faces made it all worthwhile...

Getting our instructions for packing food boxes and then packing boxes for next week's food pantry...



BASH Update

Summer is flying by, school supplies are out on the store shelves, and it is time to start planning for BASH. We are looking for volunteers to help teach and to cover if one of the other teachers or helpers has to miss.

We will be having a teacher/helper meeting on Wednesday August 4 at 6 pm at the church in one of the BASH classrooms. Some of the things we will be discussing are:

- when do we want to start?
- curriculum for next year
- if we would continue Wednesday nights or look at maybe changing to Sunday's before or after the church service

Everyone is welcome at this meeting even if you cannot help, your input would be welcome.

Thank you,
Lynn Humphrey
BASH Coordinator



Chill time at Wisconsin Point on Lake Superior. It is at the extreme west end of Lake Superior, one of the largest freshwater sandbars (3.5 miles along with Minnesota Point) in the world.



Family Promise Update

Currently we do not have a Family Promise family. Our next week to serve will be November 28 through December 4, 2021.

I would like to thank Margie, Marta, Cyndi, and Pricilla for their help in suppling meals for the family we hosted in May. Please keep praying for the Family Promise Program.

Family Promise Coordinator
Lynn Humphrey

August Anniversaries

- 01 Tom & Ellen Hemstock
- 03 Brenda & Scott Herrman
- 07 Jackie & James Davis
- 15 Kurt & Amy Kiefer
- 16 Sara & Chris Angle
- 17 Shirley & Marvin Fokema
- 26 Dean & Ann Olson
- 27 Pete & Deb Foss
- 28 Dani & Matt Glut
- 29 Tom & Jeanine Houtavelde

August Birthdays

- 01 Lynn Humphrey
- 01 McKenzie McDonald
- 02 Alexis Moore
- 03 Dwain Jones
- 04 Beverly Gamble
- 04 Eloda Miller
- 05 Mia Button
- 06 Sara Blackdeer
- 08 Cody Flury
- 08 Kenneth Snow
- 09 Margaret Chenoweth
- 09 Jeanine Houtavelde
- 11 Jerry Hesselberg
- 11 Ruth Jerome
- 12 Charlene Nowak
- 14 Aubrianah McCarter
- 14 Ashley Weibel
- 15 Areanna Lakowske
- 17 Pat Eggers
- 17 Cindy Isensee
- 18 Gabrielle Kozelka
- 21 Dana Kemp
- 23 Karen Joos
- 24 Ron Ebert Jr.
- 25 Mike Donahue
- 27 Dan Davis
- 27 Kiyah Peth-Schaffer
- 27 Cody White



August Schedules

Bakery pick-up

- 1 Paul Foulke
- 8 Pat & Gail Clark
- 15 Donna Burnham
- 22 Cyndi Wise
- 29 Margie Lakowske

Tech Team

- 1 Ben & Hailee
- 8 Ron & Kristine
- 15 Ben & Hailee
- 22 Cheryl & Cindy
- 29 Cheryl & Cindy

Liturgist

- 1 Eileen Gajewsky
- 8 Paul Foulke
- 15 Amy Kiefer
- 22 Pricilla Hemmersbach
- 29 Toni Burrows

Ushers

- 1 Bob & Cathy Nichols
- 8 Kurt & Amy Kiefer
- 15 Peggy Wright
- 22 Dick & Eileen Gajewsky
- 29 Peggy Wright



FAITHFUL WORD SEARCH

B U P U J A P O S T L E D S M U N W G M
 T M J N U D H S A L V A T I O N C T S U
 V S Y L O H H T I A F W A I O D H I B Y
 M J I Y I Y S U O I G I L E R C E Q B T
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 C I L O H T A C O J B U D D H I S T G W
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WORDS

ALTAR
 ANOINT
 APOSTLE
 BELIEVE
 BUDDHIST
 CANON
 CATHOLIC
 CHRISTIAN
 CHURCH
 CLERGY
 CONGREGATION
 ENLIGHTENED
 FAITH
 FESTIVAL
 GNOSTIC
 GOD
 GUIDELINES
 HINDU
 HOLY
 ISLAMIC
 JEWISH
 MEDITATE
 MINISTRY
 MONOTHEISM
 MOSQUE
 PEACE
 PHILOSOPHY
 RELIGIOUS
 SACRIFICE
 SALVATION
 SCIENTOLOGIST
 SCRIPTURE
 SECULAR
 SIKH
 SIN
 TEMPLE

Find the words hidden vertically, horizontally & diagonally throughout the puzzle.

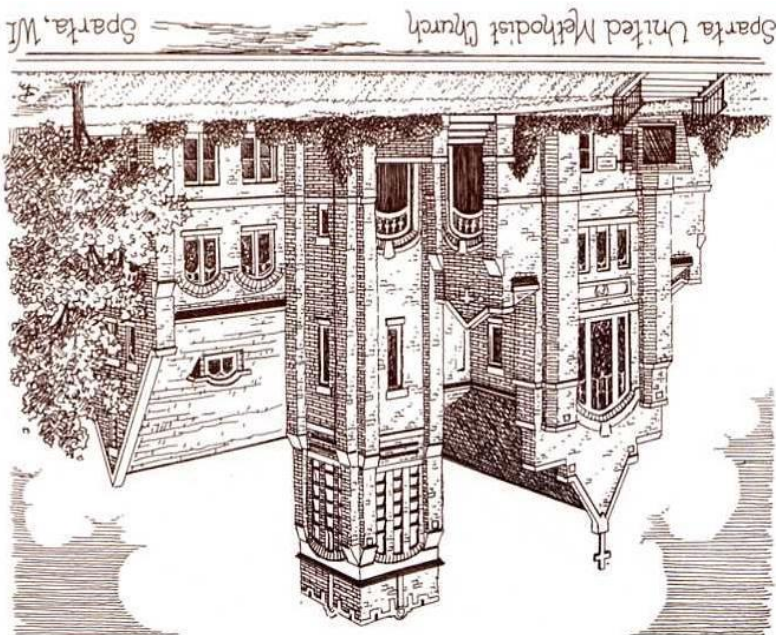
The Chimes

Sparta United Methodist Church
210 N Court Street
Sparta, WI 54656

ADDRESS SERVICE REQUESTED



Prepared Especially For:



Pastor: Rev. Loretta Waughal
Pastor's Cell Phone: (608) 386-1862

Phone: (608)269-6949

Fax: (608)269-6940

Email: office@spartamethodist.com

Website: lewaughal.wixsite.com/spartaumc

SUMC Worship Schedule

In-house Service

9:00 a.m. Sunday mornings

Online Service

YouTube: Sparta UMC month day year