



METHODIST MESSAGES

Coon Rapids United Methodist Church

October 2019

Believe

I lost my sense of smell and taste at the beginning of the year. I had a cold that never fully developed, and I figured that accounted for it. I thought my senses would come back but they never did. So I went to my doc and she sent me to an ear, nose and throat specialist. He did a few tests and let me know that I hadn't lost my sense of smell altogether.

He told me about a therapy that they are using at Mayo Clinic and at John's Hopkins. It involves using a netty pot (or like device) to clean out the sinuses. Then you take four essential oils – rose, eucalyptus, clove, and lemon. You open one bottle and put it under your nose and smell. Now, even if you don't smell anything, you are to remember what that particular thing smells like. Imagine a fragrant rose bouquet centerpiece. Imagine putting that Vicks Vapo Rub on when you had a cold as a kid. Remember putting the cloves on the ham. Remember the lemons you cut to make fresh lemonade. You smell each one for 1-2 minutes and concentrate on it. They must be smelled in that order – rose, eucalyptus, clove, and lemon. The doctor told me that **every** person who has done this has been helped to some degree. You are retraining your brain. It takes 3-6 months.

I'm two months into it now and I have regained some of my taste, but not all yet. Smell is another thing. When I began this therapy, I could only smell the eucalyptus because it is so strong. I couldn't smell the rose at all. Now I'm able to smell the rose, clove & lemon a little. I still have a way to go. Some smells get "stuck" in my nose, especially things like smoke from the neighbor's bonfire, or the mesquite we marinated the chicken in before grilling. Now these smells are not offensive to me at all ... until I smell them 24/7. Why can't it be the rose or the lemon that gets "stuck"?

I am so thankful for the researchers who come up with new therapies when we have medical difficulties. God provided His own therapy for us years ago – His Son! Just like the doctor telling me that **every** person who has tried this aroma therapy has been helped to some degree, **every** person who believes that Jesus died on the cross and rose from the grave will be helped, too, not only to some degree, but for eternity! Praise be to God!

Nancy Mahowald, Lay Leader

SUNDAY, NOVEMBER 17 10:00 am

We are so very honored to announce that Bishop Bruce Ough is coming to preach at Coon Rapids UMC.

Bishop Ough is the current resident Bishop of the Dakotas-Minnesota Areas of the United Methodist Church, and has recently been the President of the Council of Bishops for our global denomination. However, despite his position and credentials, you will find Bishop Ough to be very warm, inviting, and most of all, genuine. In fact, did you know that he started out as a youth director?

This is a wonderful opportunity in every way. Be sure to circle Sunday, November 17 on your calendar, and plan to be here as we extend a warm Coon Rapids welcome to Bishop Ough!





Would you like to know more about how to love and care for others?

Come to the “Caring for Others” class on October 6 from noon to 4 PM. A light meal will be provided. Sign up in advance by contacting Tammy Gallagher, 763-755-6990, ext 14.



Got News?

If you have news, announcements, or any other church related information that you would like to share with the Coon Rapids United Methodist Church community:

- Articles for the “Methodist Messages” are due to Cathi in the Church Office by the 15th of the month.
- Sunday Bulletin announcement deadline is Thursday at 8:00 am.
- Website and Facebook notices as needed.

Email submissions are preferred, but paper submissions are also accepted. Thanks!
cathi@coonrapidsumc.org.

DO YOU LOVE AND ACCEPT CHILDREN JUST AS THEY ARE?

Are you motivated, excited, and enthusiastic about being with and learning from special children? • Do you desire one-to-one relationships with children who allow us to be part of their faith journey? • Do you display high energy, creativity, and patience? • Do you long to share God’s heart? Then come join our special needs ministry team and learn how to bring hope and healing to families who may feel left out at church!

Our program currently is staffed with leaders who will oversee both the Sunday education hour at 9:00 AM and the Sunday worship hour at 10:00 AM. We are looking for volunteers to come side-by-side with these leaders and special children during those times. We will provide the training you need to be effective and comfortable in this ministry. You provide the love!

Come and help this ministry grow! For more information or to sign-up to be a part of this ministry, please contact our Special Needs Ministry Director, Ann McMahon at 612-270-2190 or Ann@CoonRapidsUMC.org Thank you!

YOUTH ACTIVITIES

New Times!

Sunday:

- 6-7 pm: Middle School Confirmation
- High School Life Groups
- 7-8 pm Solid Rock Rehearsal

Wednesday:

- 6:45—8:00 pm Youth Group

In Layman's Terms: The Thoughts and Musings of a Certified Lay Minister

"A Little Help from My Friends"

It never fails. No matter how much planning and preparation I do ahead of time, something always happens. Something gets screwed up. Always.

Take the sermon that I preached at church, Sunday, September 1st, 2019. It was the first sermon that I had preached in a while and it was the first sermon that would incorporate images from a couple of different websites. I was able to download the images and put them on my computer...only to learn that the type of images were either... watermarked (copyrighted) or their format was not compatible. Nice to find that out the day before my sermon, huh?

So, I spent a few hours locating different images and learning how to put them into a folder on my flash drive so the A/V person at church could load them into the computer. The next morning, I arrive at church and spoke with Don Anderson, who was working in the A/V booth. Don went to the file that I had set up for the sermon images on my flash drive only to find the file empty. There were no images to be found. None. Nada. Zip.

Story of my life, I muttered to myself. Here I thought I was doing things the right way and I still screwed them up. Oh well, perhaps I will just preach my sermon without images. That's how I preached my very first sermon back in 2008, and I felt the congregation would understand if there were no images up on the screens when it came time for my sermon. Then, Jeff Comfort took a look at my flash drive and realized that I had set up 2 folders on my flash drive: one was indeed empty, but I had put my images into the other folder. There they were, safe and sound...except that Jeff had to enlarge all 22 images to make them visible...and did I mention that the worship service was due to start in 10 minutes? While Jeff was busy working his magic, Pastor Dianna spoke to the praise team members about delaying the start of the worship service. By 9:02 am, Jeff had finished his work on the images and our church service began.

Why am I telling you all this? Because there is a lot of work that goes into a worship service on Sunday mornings. There is praise team

practice, as the vocalists and musicians learn the music and lyrics of the celebration songs each Sunday. The A/V staff spend time preparing visual slides with the song lyrics, hymn lyrics, announcements, and other visual aids for us to read. The pastor, lay minister, or lay leader spend many hours researching Bible scripture while writing their sermons each week. The church office puts together the weekly bulletin compiled with all of the dates and information for upcoming events. Our custodians, Jerry and Joyce Bartlett, work tirelessly to keep our church clean for all to see. Not to mention the lawn care, snowplowing and shoveling in the winter, and other tasks overseen by the church trustees...and I know I'm probably leaving out a lot of other things as well.

Sunday mornings look so easy at first glance, but it takes a lot of work by a lot of people for Coon Rapids United Methodist Church to hold just one worship service, and, in the example about my sermon that I spoke about earlier, it takes the work of a lot of different people just to get me through one sermon. It takes the love and encouragement of my wife, Bev, and the help at times of my two children. It requires the technical expertise of people like Don Anderson, Jeff Comfort, Tammy Gallagher, and many, many others. Most of all, it takes God, who continually encourages me and others to step out in faith in order to reach people with the good news of Jesus Christ.

It's like a picture I saw on Facebook of an iceberg. The portion of the iceberg that shows above the water (that's visible by everyone) is the sermon. The huge submerged portion of the iceberg (hidden in the water) is all the work that it took to make that sermon possible. We don't do it on our own. We have help, and, in my case, it takes a LOT of help to get me through. It takes a loving God and faith in Jesus Christ. It takes faith. It takes a lot of time preparing, studying, and praying. It also requires help, sometimes lots of help, and I am a living example of someone who is getting by (in my faith journey) with a little help from my friends! To all of my friends, who have helped and continue to help me on my daily walk with Christ, I thank you with all my heart. I am blessed because of you! Amen.

John Lloyd

Mission Opportunities

FEED MY STARVING CHILDREN Two Opportunities

There are jobs for everyone. If you have trouble standing for long periods of time, come put on labels. Together we can help stamp out childhood hunger. Children who have one good meal a day have hope. Hope to survive. Hope for a future.

Thursday, October 17, from 6-7:30 p.m. Sign up on the bulletin board in the hallway. Questions? Call Gail Chalbi at 763-755-3365 or email at gchalbi1146@q.com.

Wednesday, October 23 12:00-2:00pm. Come join the Adult Fellowship Friends. Join us for lunch at Baker's Square afterward. Sign up on the bulletin board in the hallway by the office. ALL are welcome. Contact Pam Klemz for questions at 763-784-3988.



Matthew 25

Food Distribution

Saturday, October 26
8:55 AM to 12 noon

Help us partner with the Spirit River Community to provide food to those in need.

Volunteer opportunities available to people of all abilities... from unloading the truck to handing out tokens.

People from age 12 to 92 have successfully volunteered, so don't count yourself out. God needs you!

Isanti Middle School; 201 Centennial Dr; Isanti, MN 55040

Our Medical Equipment Lending Program

Need crutches, cane, walker or wheelchair? These items have been donated, and are intended for the use of those in need. Contact the church office to sign out the item and return it to Coon Rapids UMC when the need has ended. Contact Kathy Facer if you need help.

Trunk or Treat

Thursday, October 31

5:00-8:00 pm

Be a Spark in the Dark
for Jesus!

Bring your vehicle and candy,
dress up and bless the neighborhood children!

Candy donations graciously
accepted.

See Kayla for details!

United Methodist Women



Saturday, October 12, Dare to Act/Live Boldly: Minnesota United Methodist Women's Annual Gathering, 8:45 am at Centennial UMC in Roseville. Bishop Ough will be the guest speaker. \$15.00 per person. Registration is due by October 1. Online registration at mnconfumw.com is preferred. Registration forms are also available on the bulletin board in the hallway. Contact Myrna Kuehl at 763-784-2588 if you have any questions.

Thursday, October 24, from 7-8:30 p.m. Join the United Methodist Women and Coon Rapids Men's group as we journey to Israel and Palestine. Gail Chalbi will be sharing pictures of her 2018 trip to the Holy Land on All are welcome to attend. You do not need to be a member of United Methodist Women or the Men's group.

Sunday, November 24, The United Methodist Women Fall Bazaar with setup on Saturday the 23rd. Your contributions of handcrafted items, baked goods, and gently used treasures for Granny's Attic are greatly appreciated. Thank you for helping to support missions benefiting women, youth, and children.

Thursday, December 5, 7:30 p.m. Join us for a fun evening at the Lyric Arts Theater. The show is A 1940's Radio Christmas Carol. Reserve your ticket by putting a check for \$27.20 made out to Coon Rapids United Methodist Women in an envelope and either placing it in the UMW box in the office or handing it to Gail Chalbi by Sunday, Nov. 3. We need to have the money turned into the theater office that week. I have reserved a few seats in the handicap accessible row. Let me know if you need to be in that row. For those who are able, we will be meeting at the Panera in Riverdale for dinner beforehand.

Adult Fellowship Friends

Come join us on Friday, October 18 at 11:30 am—Location TBD. Watch the bulletin or bulletin board for details. We would love to have you join us whether for your first time, second or fiftieth! Please sign up in the hallway by the church office so we know how many are joining us. Any questions contact Clarice 763-755-1514, AuraLee 763-421-7788 or Pam 763-784-3988. We look forward to seeing you.

“Called”

Discover how to hear and respond to the unique call God is placing on your life.

Nancy is starting a new Bible Study - “Called” by Susan Robb. Throughout the Bible, God interrupts the lives of ordinary men and women, calling and empowering them to lives of service they never could have imagined on their own! This 6-week study runs from Sunday, 6-8 pm, Oct 13th thru Nov 24th. Register by Oct 4th by contacting Nancy Mahowald at 763-755-1887 so we have time to order books. Cost of the book is \$13. Scholarships are available.

Staff Announcements:

Please welcome Jenny Lindner as she continues in Youth leadership. Jenny has been working with our youth through the summer alongside Cassie Larsen, who returned to college last week. We are excited that Jenny will be going forward as Youth Director!

Please welcome Ann McMahon, in a new staff role, Special Needs Ministry Director. Although this role is very part-time, we see that the need for support for our kids, youth and families is very great. Ann brings a wealth of experience and education, and a sold-out heart for God. We are so thankful that God has provided a way for Ann to live into her call and to serve God through the ministries of our church. Please reach out to Ann to welcome her to the team!

Children, Youth & Adults—October 2019

Music, Education, Worship & More!

Sunday Mornings

9 a.m.

The **Nursery** is open for birth through 2 year olds.

Kids Praise & Grow for 3 year olds through 5th grade.

We start with praise music in a large group then break out into small groups by age/grade for a small group Bible lesson.

The Den (Room 7) Staffed and open to all on Sunday mornings from 9 to 11a.m. This new addition is a safe place for kids to go with a calming environment and various types of sensory activities.

Coffee & Conversation is an opportunity for adults to gather, read and discover Bible passages together. Discussion topics will be coordinated with kids classes. And always coffee to go along with the conversations!

10 a.m.

Worship! All are welcome!

The **Nursery** will be open for birth through 2 year olds.

Child Care will be provided for 3 years through 3rd Grade during Worship in the gym. Additional support is provided for those with or without identified needs.

After Worship – coffee and doughnuts!

Sunday Evenings

Youth ministries

6-7 p.m.

Middle School Confirmation for 6th-8th grade
High School Life Groups for 9th-12th grade

7-8 p.m.

Solid Rock Singers choir rehearsal for 6th-12th grade

Wednesday Evenings

Children & Youth

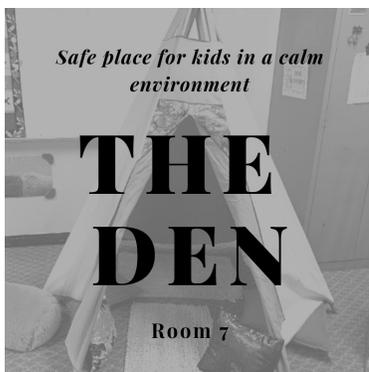
6:45-8 p.m.

Pathfinders for Kindergarten through 5th Grade

6:45-8:15 p.m.

Youth Group for Middle School and High School

Sensory Items Available



You will find child size noise cancelling head phones for sound reduction at the Welcome Counter and in The Den (Room 7). Sensory items have been added to the Busy Bags that can also

be picked up at the Welcome Counter. Other items can be found in the Den and brought to the sanctuary if desired. Items available include fidget devices, manual manipulation devices, wiggle cushions, and more. Please return to the Den after use.

COON RAPIDS
UNITED METHODIST CHURCH

Trunk or Treat

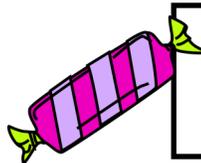


POPCORN
HOT CHOCOLATE
CANDY
PRIZES
GIFT CARD DRAWING

October 31st 5-8pm

10506 HANSON BLVD. NW
COON RAPIDS, MN 55433

Volunteers needed at Trunk or Treat with their trunk and a theme! Come and have a blast at this community outreach with all the kids! Sign up at the table in the lobby!



Now taking wrapped candy donations in the church office for handing out to the kids of our community at Trunk or Treat!

[Click here for online Calendar](#)

Coon Rapids United Methodist Church
10506 Hanson Blvd NW
Coon Rapids, MN 55433

Non-Profit Org
U.S. Postage Paid
Permit #76
Anoka MN 55303

Current Resident or

Coon Rapids UMC

(763) 755-6990

www.coonrapidsumc.org
prayerrequests@coonrapidsumc.org

Church Staff

Pastor:	Dianna Dunham Foltz	PastorDianna@CoonRapidsUMC.org
Ministry Support:	Tammy Gallagher	TammyCRUMC@gmail.com
Administrator:	Cathi Weber	Cathi@CoonRapidsUMC.org
Treasurer:	Bob Foster	Bob@CoonRapidsUMC.org
Youth:	Jenny Lindner	Jenny@CoonRapidsUMC.org
Children & Education:	Kayla Christensen	Kayla@CoonRapidsUMC.org
Special Needs Ministry	Ann McMahon	Ann@CoonRapidsUMC.org
Music Director:	Jo Franta	JoFranta@aol.com
Custodians:	Jerry & Joyce Bartlett	763-755-4155
Day Care Directors:	Linda Fruland	Daycare@CoonRapidsUMC.org
	Kim Creasey	Daycare@CoonRapidsUMC.org
Wedding Coordinator:	Kayla Christensen	Wedding@CoonRapidsUMC.org

Missed Church?

Our services are recorded and posted on YouTube. This is your chance to be blessed with the pastor's inspirational messages at home.

www.CoonRapidsUMC.org
"Sunday Message"

