



The Messenger

United Methodist Church – 2210 Sixth Avenue East, Alexandria, MN 56308

Craig Haberman – email: pastorcraig@alexumc.org

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Mission: To make disciples of Jesus Christ for the transformation of the world

Vision: To Grow and Live in the Spirit of Christ

May 2018

Editor: Kali Kaeter

A Note from Pastor Craig

Greetings! I am not bringing anything unknown to your attention when I mention how stubbornly winter is hanging on this year. Even those who are fiercely devoted to all four seasons here in west-central Minnesota are saying “C’mon already!”

- April 1 – 9 was the coldest on record in the Twin Cities.
- One year ago, April 6th Battle Lake was wide open. This year it was snow-covered and sported three feet of solid ice.
- As I write this it is 10:12 a.m. on April 18th. I just received a text message from my son in Sioux Falls passing along the cheerful news they have received 5.8 inches of snow so far; this after the blizzard that hammered them several days earlier.

The late winter is not only depressing our normally resilient spirits, but is also shortening Spring, which is typically short in Alex anyway. What may happen is Spring will explode upon us in one fell swoop, with Summer hard on its heels. In the event this is the case I want to bring the following items to your attention, lest they appear too quickly on the horizon for you to notice.

- Confirmation Sunday is May 6th during the 10:30 service. The seven confirmands will also be honored during coffee/fellowship time between services.
- There will be seven Community Pizza Evenings at our church beginning on Wednesday, May 30th, and continuing every other Wednesday through August 22nd. They will be outdoor events, with pizza cooked in our Wood-Fired Oven, and featuring musical entertainment. Watch for more details.
- Senior Sunday will be June 3rd, when we will honor our six graduating high school seniors with a reception.
- Vacation Bible School will arrive at the end of June with two Sunday evening/Monday evening sessions – June 24/25 and July 1/2.

Our staff and church members are working diligently on these events, as they have all year long. I hope you will attend and pass the word along to others.

While we are paying attention to what is happening day by day, we are also looking ahead in time to prepare for our upcoming pastoral transition this summer. Pastor Craig will move to Ely the third week of July and Pastor Gary will arrive at the beginning of August. As this transition approaches my hope and prayer is you will be as intentional and thoughtful in embracing Pastor Gary and Cheryl as you were me when I arrived at the beginning of this interim time two years ago.

I hope you have a blessed and Spring-like month of May!

Pastor Craig

**Published by Alexandria
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Administrative Assistant: Kali Kaeter

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Director of Children's Ministries:

Kayla Brunkow

email: kayla@alexumc.org

Director of Youth Ministries: Brenda Thomson

email: brenda@alexumc.org

Custodian: Denise Dropik

Organists/Pianists: Alli Prestby

Nursery: Karen Murphy and Emma Reilly

Office Hours

Pastor Craig — M-W-F (9:00-1:00)

T-Thurs (9:00-1:00)

Kali – Mon-Tue-Wed-Thurs-Fri

Office is open (9:00-1:00)

Kayla—Tuesday (9:00-3:00)

Wednesday (11:00-5:00)

Thursday (9:30-2:30)

Brenda—Wed (5:30—8:30)

Thurs (12:00-4:00)

Reminder that we are following our Safe Sanctuary Policy—the church entrance doors will remain locked unless there are two people present in the building. Please call ahead before you come to church, as there are times when we are not in the building, even though we are working. Also, most days someone is in the office before 9:00 a.m. and later than 1:00 p.m.

Worship Attendance

Service	2018		2017	
	1st	2nd	1st	2nd
Mar. 25	75	65	56	91
April 1	129	88	55	84
April 8	60	72	50	96
April 15	32	46	70	76
April 22	48	85	141	104

Finance Thank You! Finance committee would like to thank you for your faithful support of Alexandria UMC the first quarter of 2018. We ended the first quarter \$11,045 in the red, which while it is not our desired outcome, it is over \$4000 more positive than last year when we were \$15,462 behind. If we all continue our strong support we will gradually near our goal of having all commitments fulfilled at month end. Again Thank You!

Thank You: for your generous response to the March Food Shelf Drive. There are hundreds of people in our community that depends on the Food Shelf for their very next meal. Thanks to your generosity, on April 5th, we delivered 83 pounds of food along with a check in the amount of \$865.00 to Outreach Food Shelf.

Parish News

Happy Birthday to:

Dick Grengo, who will be celebrating his 85th birthday on May 17th!

Norma Nelson, who will be celebrating her 85th birthday on May 18th!

Publication Date for the next *Messenger*:

is the last week of May. Articles for the June issue need to be in the office by NOON on Monday, May 21st.



Nursery is available on Sunday morning during worship services and coffee fellowship time. Nursery is for children 5 and younger. If you have an older child and need a place to go with them during worship time, the Youth Room is available. There is a speaker in the room to listen to the sermon. Toys are available in Cart Two.

CARE TEAM VISITORS are available to provide personal support to church members in times of special need.

These may include hospitalization, rehabilitation, family crisis, or senior home visitation. The **CARE TEAM** is a compassionate, volunteer ministry of our congregation. Call the church office to request a visit (763-4624).



In your prayers, please remember all in positions of leadership, people serving in dangerous and difficult settings, returned and returning service people and their families, all who seek and await peace.

Peace with Justice Sunday is May 27th.

On May 27th your donation in the special offering envelope supports Peace with Justice ministries in your annual conference, administered by your conference Peace with Justice coordinator, and Peace with Justice work in the United States and around the world, administered by the General Board of Church and Society. When you give on this day, you encourage people to live—not just preach—a gospel of peace.

Worship/Music Coordinator: On Tuesday, March 20th the Council approved hiring a Worship/Music Coordinator. This individual will work with our Pastor, Staff and Worship Team to provide opportunities that focus on God and help all people worship through music and word. –Worship Team.

2018 Minnesota Annual Conference Love Offering

Annual Conference will be held May 20 – June 1 in St. Cloud. The theme this year is “Discover the Joy: Live Deeply.” This year’s Love Offering will be divided between three projects. 1.) The Puerto Rico Hurricane Recovery Trips program (65%) funds Volunteers in Missions trips to aid in the recovery from Hurricane Maria. Funds will be used for construction supplies, hygiene kits and cleaning bucket supplies. 2.) The Park Avenue UMC Children’s Defense Fund Freedom Schools Program (20%) is a six-week summer day camp dedicated to closing the academic achievement gap. Funds will cover expenses for reading curriculum materials and for young adult mentors. 3.) The NUMAS Haus (15%) provides emergency shelter and support services to homeless single women and their children in New Ulm and Brown County MN. Funds will be used to help families with transitional rent assistance for 6-12 months. If you wish to make a donation, make your check payable to Alexandria UMC and note “Love Offering” in the memo section of your check. All donations need to be received by May 20th.

Confirmation

Congratulations to our confirmands. The following will be confirmed on May 6th.

Noah Reid Dirkes—Son of Todd & Jena Dirkes
Gabriel Wallace Evink—Son of Darren & Tess Evink
Grace Mae Evink—Daughter of Darren & Tess Evink
Chayce Justin Meyer—Daughter of Justin & Susie Meyer
Colin Patrick Reilly—Son of Shawn & Christine Reilly
Brookelyn Mae Stender—Daughter of Chad & Kim Stender
Nicolas Daniel Witt—Son of Kevin & Kristie Brezina

Volunteer Options

It's that time of year again! We need to put together schedules for the second half of 2018. If you wish to be added to the list as an usher, liturgist and/or greeter, please complete the below and submit to the office as soon as possible. Please mark all that you wish to be included on the schedule:

_____ Usher (8:00)	_____ Usher (10:30-9:30 in summer)
_____ Substitute Usher (8:00)	_____ Substitute Usher (10:30-9:30 in summer)
_____ Liturgist (8:00)	_____ Liturgist (10:30-9:30 in summer)
_____ Substitute Liturgist (8:00)	_____ Substitute Liturgist (10:30-9:30 in summer)
_____ Greeter (8:00)	_____ Greeter (10:30-9:30 in summer)
_____ Substitute Greeter (8:00)	_____ Substitute Greeter (10:30-9:30 in summer)

YOU CAN COUNT ON ME

Funeral Hospitality

Serving a good and nutritious meal after a funeral is a valued and important ministry of the Alexandria United Methodist Church. It's been active and demanding work in recent months.

We want to be sure that we are using all the help from the congregation that is available to us, and using it in a balanced way. We need up-to-date planning information.

If you are willing and interested in being part of this ministry, please fill out this checklist and return in the offering plate. You can also talk to one of us: Beth Jansen, Betty Van Zomeren, Nancy Christenson, or Denise Dropik.

Check all that apply.

- I can bake and bring something – bars, cake, cookies, sweetbread, etc.
- I can bring food – salad, casserole, etc.
- I can work in the kitchen doing prep, serve, or clean up.
- I can be the dishwasher operator/coffee maker occasionally.
- I am willing to organize and coordinate a funeral meal occasionally, lining up food and workers.

Name: _____

Phone or text: _____

Email: _____



SUNDAY SCHOOL

It's hard to believe that the school year is coming to an end in just a few weeks. As we begin our final unit, *Change Your Hearts and Lives*, we will continue to hear about Paul, the growth of the church, and prepare for Pentecost on May 20th. Sunday, May 20th is also our last day of Sunday school and we will have a celebration and say "Thanks" to all of our teachers.



WEDNESDAY NIGHTS

We will continue with regular Wednesday night activities for children in 2nd-5th Grade through May 16th. We have supper at 5:30PM followed by small group activities until 7:30PM.

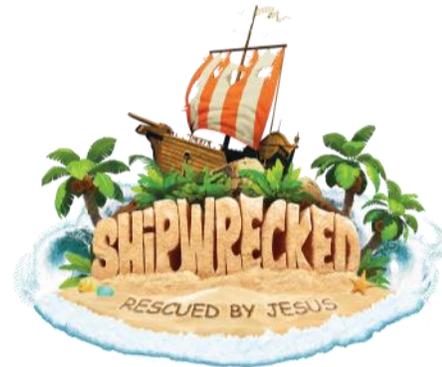
HEALTH KITS

Children, youth and their families are invited to assemble Health Kits on Wednesday, May 23rd at 5:30PM. The Mission's Team will provide supper and afterwards we will assemble the kits together. The kits will be brought to Annual Conference the end of May.

VACATION BIBLE SCHOOL

Family VBS is returning this summer! It will be held from 5:30PM to approximately 7:30PM on June 24th & 25th and July 1st & 2nd.

This year's theme is Shipwrecked: Rescued by Jesus. Families will go on an imaginary island adventure where they will discover how Jesus rescues them through life's storms. We will have incredible Bible-learning experiences through storytelling, cool Bible songs, fun games, and exciting crafts. Parents, grandparents, friends, and neighbors are invited to join us Family VBS! It is open and free to everyone.



There are several opportunities for youth and adults to get involved with Family VBS. These opportunities are posted in the Narthex. You can sign-up to serve one, two, three, or all four nights! We need help with games, crafts, and meal preparation. Please contact Kayla Brunkow, Director of Children's Ministries, if you have any questions.

May 2018 Youth Ministry Newsletter



The Spring Bake Sale is April 28th in conjunction with the UMW Rummage Sale from 7-2. Sign up sheets to bring goodies are under the youth cross in the Narthex!! The Youth are again making a special treat as part of the sale. Make sure to come and see what they are "cookin' up" this time.

Just a reminder that Confirmation Sunday is May 6th.

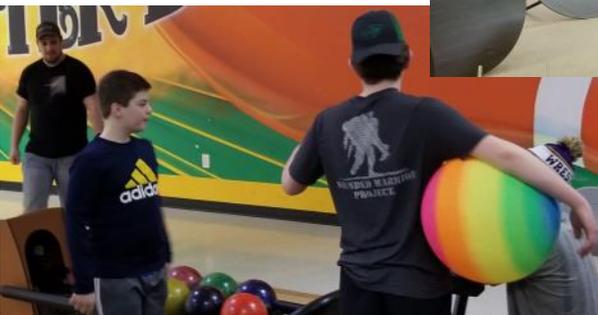


Last day of Youth Group will be May 30th. Watch for details on the fun events we have planned for our last gathering.

Thank you to everyone who helped support the Youth on their recent Pizza Fundraiser. A special thank you to Kevin, John, Vicki and Scott!! We sold 46 pizzas despite the cold temps and the crazy forecast for the evening. The money raised will go towards the summer mission trip.



The 2018 Youth Group Lock-in was a HUGE success!! We had 11 youth attend. We went Black Light Bowling at Garden Center Lanes followed by food, games, crafts, a taco piñata, church commandos and 3:00 am chocolate chip cookies!!



MAY VOLUNTEERS

Liturgists:	8:00 May 6 & 13 —Connie Good	May 20 & 27—Heidi Ryan
	10:30 May 6 & 13 —Marsha Haugen	May 20 & 27—Bruce Jordan
Ushers:	8:00 May 6 & 13—Brad Brunkow; Kayla Brunkow; Chuck Bollen	
	May 20 & 27—Aaron Bumgarner; Kelly Bumgarner; Arlana Langner	
	10:30 Chuck Holm; Helen Glade; Rolly Kortlever; Kay Kortlever	
Greeters:	May 6 8:00—Pat Vickerman	10:30—Margaret Anderson
	May 13 8:00—Darren & Tess Evink	10:30—Wes & Muriel Smith
	May 20 8:00—Scott & Vicki Johnston	10:30—Jim & Kathy Bridenstine
	May 27 8:00—Barb & Deloris Venekamp	10:30—John Jarman; Carol Windels
Acolytes:	May 6 8:00—Madalyn Gimbel; Kaitlyn Gimbel	10:30—Justin Koehn; Logan Haburn
	May 13 8:00—Gabriel Evink; Grace Evink	10:30—Gavin Olson; Carter Erlandson
	May 20 8:00—Carson Bumgarner; Cora Bumgarner	10:30—Brooke Stender; Jacob Balcome
Coffee Servers:		Organists/Pianists:
May 6	Mike & Audra Bartell; Mike & Tara Gimbel	May 6—Alli Prestby
May 13	Dave & Lynn Nelson; Duane & Lois Bonde	May 13—Kirk Landman
May 20	Tom & Linda DeWitt; Roy & Connie Good	May 20—Margaret Kalina
May 27	Memorial Day	May 27—Virginia Hegre
Nursery Workers:	May 6, 20— Karen Murphy	May 13, 27—Emma Reilly



1 Abigail Evink	13 Gavin Greengo	25 Amanda Pring
2 Cindy Schlapkohl Colleen Schutte	14 Paul Nelson	Abigail Kor
3 Duane Erlandson	15 Brenda Bollen	26 Mavis Goslinga Olivia Reilly
4 Kathy Bridenstine Marsha Haugen Lynette Primus Rod Tabor Ella Zins	16 Chuck Hardie Sue Lewis Ayla Rolin Samantha Winther	28 Kristie Brezina McKenna Meyer
5 Kayla Brunkow Connie Good Andrew Mogler	17 Duff DeReamer Larry Fimon Dick Greengo Emma Reilly	29 Walker Merten
7 Roland Kortlever Roger Strelow	18 Norma Nelson	30 Nicholas Mogler Madalyn Winger Josh Langner
11 Larry Gettel Davyn Thomson	19 Duane Bonde Tom DeWitt	31 Christine Reilly
	21 Tami Miller Judy Santjer	
	22 Bridget Mogler	
	24 Amanda Stumpf	



May is Hypertension Awareness Month

Top 5 Natural Ways to Lower Blood Pressure

1. Eat a Mediterranean-style diet

Thanks to foods such as olives and [flax seeds](#), Mediterranean diets are very high in fruits, vegetables, sea foods and healthy omega-3 rich fat oils. A grain-free or a low-grain Mediterranean diet, naturally abundant with [omega-3 foods](#), is ideal.

Some of the top foods you want in your Mediterranean diet are olive oil, flax seeds, wild-caught fish (especially [salmon](#)) and a lot of fruits and vegetables, all of which will help lower your blood pressure naturally.

2. Start taking a fish oil supplement (1,000-2,000 mg daily)

One of the main causes of high blood pressure is inflammation in the arteries over time. Study after study has shown consuming [fish oil](#), which is high in EPA and DHA forms of omega-3 fatty acids, reduces [inflammation](#) in the body. So, taking a high quality, 1,000 milligram fish oil dose every single day with your meals is one of the best natural ways to lower blood pressure.

3. Use magnesium to loosen things up (500 mg before bed)

The mineral magnesium is great because it helps relax your blood vessels and can have an immediate impact on naturally lowering blood pressure (and many people have a [magnesium deficiency](#)). So should you take [magnesium supplements](#)? Yes, and 500 milligrams daily is a great dose to start with to address your blood pressure issues.

4. Pump up your potassium

An essential element, potassium — and high-potassium foods such as avocado and melon — helps counteract the effects of sodium and guard against hypertension. Some of the [best potassium-rich foods](#) include coconut water and bananas.

Coconut water is a great choice if you want something a little bit sweet to drink throughout the day. Another delicious way to overcome potentially [low potassium](#) levels and naturally lower your blood pressure is to use coconut water as the liquid base for your [superfood smoothie](#) in the morning.

Interestingly, potassium supplements are usually not as effective as simply eating foods high in potassium. It's best not to take a potassium supplement in high doses unless otherwise directed by a doctor.

5. Maintain balance with CoQ10

Coenzyme Q10, more commonly known as [CoQ10](#), is an antioxidant critical for supporting heart health. It's crucial if you've ever been on blood pressure or, in particular, cholesterol-lowering medication. Two-to-three hundred milligrams of Coenzyme Q10 per day is a great, natural remedy for high blood pressure.

Information taken from DrAxe.com

Getting adequate sleep and exercise to obtain your ideal body weight is recommended in addition to the above suggestions. 8 Foods that reduce blood pressure: Dark chocolate, garlic, spinach, sunflower seeds, bananas, tomatoes, broccoli and melon. Foods to avoid: caffeine, alcohol, high sodium and sugar foods, trans fats and Omega 6 fats found in processed and conventional meats.

"I pray that you may enjoy good health, and all may go well with you even as your soul is getting along well. "

3 John 2

Judy Lightowler, MS, RN, CLM PN
North Star District Parish Nurse
(218)298-0786 metlight@eot.com

May 2018

Sun Mon Tue Wed Thu Fri Sat

		<p>1 11:00 Salad Luncheon</p> <p>2:00 Prayer Group 3:00 Bible Study 4:30 Book Study</p> 	<p>2 5:30 3rd-5th & Youth Supper 6:00 3rd-5th Grade Activities 6:00 Youth Group 6th-12th 7:30 Youth Advisory Meeting</p>	3	<p>4 11:00 Eleanor Mattock's Memorial Service</p> <p>12:00 Staff Meeting</p>	5
<p>6 Confirmation Sunday</p> 	7	<p>8 9:30 B&P 9:30 Coffee Group 2:00 Prayer Group 3:00 Bible Study 4:30 Book Study 6:30 Friend's Circle 6:30 SPRC</p>	<p>9 5:30 Trustees Meeting 5:30 3rd-5th & Youth Supper 6:00 3rd-5th Grade Activities 6:00 Youth Group 6th-12th</p>	<p>10 6:30 Children's Ministry Team Meeting</p>	<p>11 12:00 Staff Meeting</p>	12
13	<p>14 5:30 BHNP Pizza Party</p> <p>Pastor Craig at Bishop/Clergy Retreat</p>	<p>15 9:30 B&P 2:00 Prayer Group 3:00 Bible Study 4:30 Book Study 5:30 Missions 6:30 Church Council</p>	<p>16 5:30 3rd-5th & Youth Supper 6:00 3rd-5th Grade Activities 6:00 Youth Group 6th-12th</p>	<p>17 9:30 Joy Circle</p>	<p>18 12:00 Staff Meeting</p>	19
<p>20 Last Day of Sunday School</p>	<p>21</p> <p style="text-align: center; border: 1px solid black; padding: 5px;">Pastor vacation May 21-23</p>	<p>22 9:30 B&P 2:00 Prayer Group 3:00 Bible Study 4:30 Book Study</p>	<p>23 5:30 Youth Supper 6:00 Youth Group 6th-12th</p>	24	<p>25 12:00 Staff Meeting</p> <p style="text-align: center; border: 1px solid black; padding: 5px;">Pastor vacation May 25-29</p>	26
27	<p>28 Office Closed</p>  <p style="text-align: center; border: 1px solid black; padding: 5px;">Pastor vacation May 25-29</p>	<p>29 9:30 B&P 2:00 Prayer Group</p>	<p>30 Community Pizza Event</p> <p>5:30 Youth Group</p> <p style="text-align: center; border: 1px solid black; padding: 5px;">Annual Conference May 30 - June 1</p>	31		



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Return Service Requested