

# FAITHNOTES

January 2025

*The Newsletter for Communities of Faith/Peace  
United Parish, United Methodist*

**Clarissa - Clotho - Eagle Bend – Long Prairie**

## Thoughts from Kali . . .

Here we are 2025! Seems like the potential for a transformative year is here. We have talked about the leadership of John Wesley, founder of Methodism, and the ways Wesley led with intention. We believe it will be good to interject some of Wesley's thoughts and foundational core beliefs into our sermons and communications with each other.

John Wesley understood the importance of holistic health. In his writings, particularly "Primitive Physick", Wesley advocated for caring for the body as part of our spiritual journey. He believed physical health and spiritual well-being were interconnected; a principle deeply rooted in our Wesleyan tradition.

As we enter the new year, we can renew our commitment to holistic health...body, mind, and spirit. This renewal is not merely personal, but a profound act of stewardship. The apostle Paul reminds us in 1 Corinthians 6: 19-20: "Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your bodies." This verse invites us to see health and wellness as sacred responsibilities integral to our discipleship and leadership.

A holistic approach to health considers physical, emotional, spiritual, and community wellness. Different wellness dimensions are defined by various groups, but these four represent a comprehensive framework for nurturing health in personal and congregational life. Some examples of nurturing that you may consider:

**Physical Wellness:** Encourage regular exercise, healthy eating, routine medical check-ups, and healthy habits. I heard a heart surgeon today respond to the question, what would you tell people to do when considering their health? He responded by saying he encourages eating whole Foods, less processed and fast foods. He encourages people to move, get outside or get to a space and move. Finally, he said, people need to sleep, to recover. Three things are within our control most often.

**Emotional Wellness:** Create safe spaces for discussing mental health, reducing stigma within the church. Be intentional about talking about practices that ease stress and promote decision making and treating one another with kindness and understanding. Taking the time to think before we speak and to listen.

**Spiritual Wellness:** Foster spiritual practices such as prayer, meditation, or retreats. Mix conversations about wellness into our discipleship opportunities. How can we be

intentional about our spiritual well-being? Engage! What works for you, share the practice. What mantra can we engage in together. Tell people about your experiences.

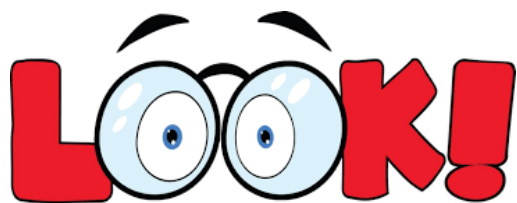
**Community Wellness:** We should encourage the use of our churches as places for wellness initiatives, new information, practices, and support groups. Partner with local organizations and people to address health needs in our communities.

By addressing these interconnected dimensions, our churches can support all people in achieving a more balanced, holistic sense of health and well-being. We are more likely to be more tolerant, more in tune, more eager to listen and collaborate with one another.

God is not served when we treat one another poorly. John Wesley encouraged us to do good, to do no harm, and to stay in love with God. That is pretty clear and aligns with Loving God and loving our Neighbor. We will all have different opinions and ways to approach a situation, but we need not argue about some or all the details. We can respectfully disagree and should be practicing attention and language that offers space, safety, and conversation, a way forward. We can try something new and explore the possibilities. We can diligently practice hospitality. Clear communication will go a long way in sustaining healthy communities. Too often, the conversations are held after the meeting or after the church service. If you have something to say, please let me know so it can be addressed. Parking lot conversations do not bear fruit. Our churches are not run by specific people. We have people in leadership positions, but all have a voice and a say, all can fill a coffee pot, or put on the lights. Everyone has ideas. If you are the first to enter, do what you would do at home...turn on the lights, address a need you see that may be important. The churches are the opportunity for all people and the responsibility of all people. Greet one another as you would greet a newcomer or a stranger, with affection and a desire to understand. Support one another in the endeavors. If a church, other than the one you attend, is offering something, do what you can to support and attend the activity. We are all in life together. The love of God is ours to share and to share it with abundance.

2025 can be a year where we extend ourselves, a year where we can be BOLD and INTENTIONAL about the love of a new Baby we just celebrated, a year we can be WELL with each other, with our souls, with our intentions and interactions. I invite you into the year of possibilities and hospitality. I look forward to being the Church with each of you. Happy New Year with Love, Kali





Look at all sections for more information.

## SPRC & Communities of Faith/Peace United Parish Council



### Laity Collaborative Training Offered:

Are you a lay person who wants to take the next step? Do you feel a calling and want to figure out what interests you and invites you into fruit in the church? The Laity Launch is set to begin in January via zoom. The cost is 50 dollars and the tuition will be covered if you sign up for the ongoing sessions. Each session is scheduled and mapped out so you can keep your plans consistent and can really zero in on some of your interests. This training is offered by our Minnesota Annual Conference, so it will be pertinent to our area. I encourage you to look at the offerings and let me know if you are interested. You would need to register...a couple clicks on your device and then let me know, so we can cut a check. This is a great way to gather info and look at what interests you. Also a great way to explore the history of the church and much more. January will cover a bit of UMC and Wesley history. February's topic will be holy gatherings and small group discussions. In March, taking a dive into sacred texts and living your strengths. Doesn't that sound interesting? In April, there will be a lesson on spiritual practices. May will focus on home missionaries and June will lead into the happenings of the annual conference.

What is the hope of the Laity Collaborative? Dave Nichols, who is part of The Laity Collaborative planning team, articulates it this way: "I hope...

- We see real value in the opportunities offered via the Laity Collaborative.
- We encounter new ideas that are exciting and relevant to us.
- We feel empowered to share ideas gained from our own experiences.
- We feel more confident and supported as we go about our work.
- We continue to learn more about ourselves and what God calls us to be.
- We forge new relationships across the conference.
- We have fun!"

The Launch takes place January 8th. The more we register the better deal we get, but the ultimate hope is

more knowledge, more input, more desire. In days past, if you wanted to take this training, you would need to purchase it yourself; however, we are desiring active laity in our churches. Please take the time to study the news posting on the website or in church where the description is available. Thanks!



### Ministerial Team...

The team will meet, January 13<sup>th</sup>, 5:15 pm, Buford's.

Coverage for January:

- 5..Erin and Kali
- 12..Pam and Kali
- 19..Marlys and Kali
- 26..Erin and Kali

### HOSPITALITY!

We talked about hospitality during our Advent Series. What are we called into as Christian people? Welcoming, adding, including, being love to one another...and how often does someone sit in our pews and leave without anyone even knowing a first name? Hospitality is key to our lifestyle. Resurrection Church in Leawood, KS studies hospitality, inviting, leading with love, and they want to share what they have learned. The Art of Hospitality will be offered on Thursday, January 23<sup>rd</sup>, 10 a.m. to 3 p.m. Here is what you will gain: The why and how of hospitality and 2 types of churches; principles of hospitality; providing great experiences, in person and on line; and intentional follow up, as well as, a question and answer section that is interactive. Please let me know if you are interested in attending by Friday, January 10<sup>th</sup> at noon. The cost is 49 dollars per person or 445 dollars for a group of 10 or more. The cost will be covered by the Greater Good Fund. We will plan to host the gathering at Peace United so we can watch and enjoy together. Lunch will be provided. How great it would be to join together to begin to see the fruit of consistent hospitality. All are welcome...men, women, all ages. Let me know if you are interested. I hope so!



### Confirmation...

We will meet over zoom on January 8<sup>th</sup>, 15<sup>th</sup>, and 29<sup>th</sup> at 7:15 p.m. Look forward to seeing your faces!



### Four Church Lunch and Meeting:

January 5, 2024, 12 noon, Peace United Church

Join us for lunch and some fun conversation. Pulled pork sandwiches will be provided. Please bring a side dish to share. We will highlight 2024, set a tone and hope for 2025, enjoy some conversation, and be on our way by 1:45 p.m. You will be home in plenty of time to do a few things and ready for the Vikings Lions game. Please join us...the more, the merrier...it will be a fun event. Look forward to seeing you.....



**JOIN US IN CHURCH...** Would love to have you join us in church...we are missing you and look forward to connecting at worship services at any of our churches. While the opportunity for social media to keep us connected is beneficial, there is nothing like personal presence. We encourage you to think about how and when you

could worship with us. Thanks to everyone who continues to financially give as they can. Our churches are operating and have a desire to extend our presence in the communities. Your gifts support the mission and operation of our churches.

Clarissa, Clotho, Eagle Bend people, feel free to send any monetary gifts to PO Box 158, Clarissa, MN. 56440. Peace United Folks, send your offering to 524 Central Avenue, Long Prairie, MN. 56347. Hope to see you soon. Feel free to be in touch. You can reach me at 320-808-6301 or Communities of Faith UM Parish, PO Box 158, Clarissa, MN. 56440 or Peace United Church, 524 Central Avenue, Long Prairie, MN. 56347.



**Coffee to Reflect and Recharge:** Anybody want to gather for coffee at 110 Coffee Co. in Long Prairie to just chat

about loss, grief, goals, struggles, highs? We missed the second coffee session due to snow in December, so if you want to gather up and chat, join me at 110 on Thursday, January 9th, 10 a.m. for some time together.

### “Ministerial Minute”



Laity has been a part of Ministry in Methodism for years. It is not a new concept. When John Wesley would ride his from town-to-town preaching.

Lay Preachers, Servant, have served churches since its earliest days and more than ever these past years as we see, experience and feel the decline in ordained

Ministers.

We experience this effect in our congregations. In order to keep the doors open in our churches, pulpit supply has taken on the concept of laity leadership in order to meet the needs of the church.

During these past , nearly 4 years, I have been asked by a few members .. What can those who have been called, encouraged, and pursued Lay Ministry do and the requirements to serve in this capacity ? These are great questions . Knowing this, I thought it would be important to share with you the qualifications set by United Methodist conference . The following information I share with you has been take from the conference as written and updated April 2024 .

- The individual must be a member of a local church.
  - Completed courses in Lay Ministry .(Servant , Speaker and Ministry categories)
  - Recommended by their assigned pastor, LLP, and charge conference or Church Council.
  - Must maintain Certification .
  - Submit an annual report to conference demonstrating service and leadership in their local church(s) and Outreach Churches for review, acceptance and filed.
  - Complete advanced courses 1 in 3 years . These classes may be taken in person, zoom or Webinar.
  - Have a partnership with the pastor.  
" Certified Lay Speaker"
  - Be equipped and inspired to serve as a leader in various forms of ministry inside and outside the congregations .
  - Complete Connexion Retreat/ online .
  - Recommended by Clergy and Church Council or Charge Conference Recommendations.
  - Completion of required courses for Lay Speaker.
  - Interview.
  - additional opportunities for I ( not requested are)
  - Visitations, Home, hospitals, care facilities as well as communion ((provided the elements have been blessed.)
  - along with other areas approved by the pastor.
- Yes, it has been nearly 4 years. since Communities of Faith and Peace United together formed the first"Ministerial Collaborative in the MN Conference. ( Then Named North Star District) under the leadership of Pastor Kantonen, DS and assigned Pastor Kali. Since then , the district as been redistricted and now know as Headwaters ..under the leadership of Pastor Becky Jo Messenbrink.
- As a Lay Speaker, I have grown in my faith and God's word. I still have a lot to learn and do. I sent this message to each of you .. people I would have never meet or grown to love. I am Grateful for your fellowship and friendships. I thank you for your acceptance,

support and encouragement along the way . You have enriched my life. Continue to ask questions .. that's how we learn, understand and grow together in Christ . May your New Year be filled with unbelievable happenings.  
Peace to You,  
Pam Cook



Heidi Masters, treatment for breast cancer  
Klim's neighbor, Pat, just diagnosed with throat cancer.  
Christ Mueller, health issues  
Family of Laurie Spychalla  
Family of Cindy Rachuy  
People of Magdeburg Germany in the attack on a Christmas market, 5 killed and 200 injured.  
Families and individuals struggling with dementia  
Family of Bonny Marcyes  
Phyllis Krause, joy in brand new baby great granddaughter, Anabella  
Family of Pastor Jim Greene, sudden heart attack.  
Annette Sadlemyer, healing  
Bob Gustafson  
Family of Rita Decker  
Verna Toenyan  
David Ellis  
Orv Dahlen  
Family of Thomas Renner  
Family of Heidi Meyer  
Faye's brother Marshall, leukemia  
Jaida Johnson...major surgery Friday  
Gary Wolf and diagnosis of cancer...prayers for him and his extended family  
Marlys Frederiksen's grandson, Matthew  
Randi and Ernie Valencia's granddaughter, Eliana  
Shari Taber Colby, healing  
Jack Carlson, teen, dealing with heart issues  
Family of Jim Kingston  
Family of Ed Hoernke  
Family of McKayla, Wadena Bakery owner who passed away  
Delaina Bacon Gaboury  
Family of Aaron Cheadle  
Rudy Miller Heidi Masters  
Max Reining...healing from a severe burn  
Abby...currently in detox, awaiting treatment plan  
Family of Willard Decker  
Emily Tjaden...MRI and results  
Betty, Sue Boehland's ex sister-in-law, hospitalized in AZ with breathing problems  
Vic Carlson  
Bridget Butler  
Family of Rob Doig



**Meanderings of the Preacher...** Conversations,  
January 1, 8, 15, 22, 29, 7 a.m.  
Worship at Clarissa Care Center on  
Jan 1st at 9 a.m., 8th and 29th at

2:30 p.m. worship at Long Prairie Nursing Home, Jan. 8th, 9: 45 a.m. Coffee in Clotho, Jan. 3rd, 6:30-9 a.m. Cindy Rachuy's funeral, Jan. 4th, 11 a.m. January 5th, 4 Church Meeting, 12 noon, Peace United. Music Jam, Jan. 6th, Clotho, 1 p.m. Confirmation, Jan. 8th, 15th, 29th, 7:15 p.m. January 13th, Ministerial Team, 5:15 p.m., Buford's. Meetings at Hilltop Regional Kitchen, January 14th, 11-1:15 p.m. Ed Hoernke Memorial Service, January 18th, 1 p.m., Clotho UMC. Soup and Sandwich Supper, January 21st, 4:30-6:30 p.m., Eagle Bend UMC. Hospitality Training, January 23rd, 10 a.m.- 3 p.m., Peace United. Memorial Service at Care Center in Clarissa, January 24th, 2 p.m.



**PLEASE REMEMBER OUR NURSING HOME AND ASSISTED LIVING FAMILY...**

**Central Todd County Care Center & Assisted Living – Clarissa**

- Shirley Carrick - Darlene Bodle  
- Gene Bodle

**Meadow Place – Long Prairie**

- Darlene Baxter - Jan Miller - Devona Berry

**Long Prairie Memorial Nursing Home**

- Orin Baxter

Services at the Nursing Homes:

Wednesday, January 1st, Central Todd County Care Center, 9 a.m.

Wednesday, January 8th, Long Prairie Nursing Home, 9:45 a.m. and Central Todd County Care Center, 2:30 p.m.



**CONVERSATIONS...** continues Wednesday mornings, 7 am, Facebook, Kali Christensen page. Look forward to connecting!

**BIRTHDAYS**

- 1..Gloria Miller
- 3..Bridget Butler
- 3..Joe Kortuem
- 4..Adam Prather
- 4..Mike Thom
- 6..Heather Denny
- 10..Lori Heifort
- 11..Allison Scott
- 17..Linda VanValkenburg



22..Crystal Ahrens  
22..Nicolas Claseman  
27..Orvis Dahlen  
29..Fran Bokinskie  
29..Maverick Roering  
30..Alexis Woeste

Adeline Zimmer and Leander and Dorothy Seifert...given  
by John and Wanda Seifert  
Lawrence and Doris Cook and Clem and Lois  
Teigland...given by Pam and Larry Cook

Admin Board after church, January 12th. All are  
welcome.

## COMMUNITIES OF FAITH/PEACE UNITED OPPORTUNITIES-NEWS

### Clarissa Chatter. . .

Admin Board will meet after church on Sunday, January  
19th. All are welcome!

### Clotho Corner. . .

Coffee in Clotho, ready to go on Friday, January 3rd,  
6:30 - 9 a.m.

Music Jam, January 6th, 1 p.m. Come and join the  
common denominator of JOY...music! Always a fun  
time! Refreshments served!

### Eagle Bend Box. . .

Soup and Sandwich Supper: Tuesday, January 21st,  
4:30-6:30 p.m. All are WELCOME!!!! At the December  
Supper, we hit the 5,000 mark. Pastor Kali was the  
5,000th participant and received a 25 dollar Visa Gift  
Card! What a milestone for those serving these  
scrumptious meals. One more person was served that  
night, so the Crew will be ready for 5,002 on the 21st.  
Hope to see you there!

### Peace United Update...

Women of Peace potted and delivered Christmas Cactus  
plants to ten shut-ins after their December meeting. The  
Group will meet again in February.

Poinsettias donned the altar at Christmas. Those  
honored are as follows:

Charlie Kennedy and Family gone before us .....given  
by Chuck and Sue Harlow Family  
Del and Grace Eaton, Sander and Ethel Hetland...given  
by Lonnie and Roger Hetland  
Andean Christiansen...given by Pat Christiansen and  
Family  
Parents...given by Marilyn Gibson  
Erickson and Miksche Families...given by Jodi and Mark  
Miksche  
Family of Cary and Debbie Hudalla...given by Cary and  
Debbie Hudalla  
Josephine Mitchell..given by Orvis and Reta Dahlen  
Larry Eggerth...given by Beverly Eggerth  
Ronnie and Our Parents...given by Sharon Werner  
Jane Browen and Larry Ostendorf ...given by Reg  
Browen

## A little of this and a little of that...



### Ministerial Fund...

WHERE'S THE BEEF?

Our Ministerial Fund had the opportunity to  
purchase some ground beef to alleviate some  
of the food disparity in our area. Several  
families have called with few grocery items in their cupboards  
and having a hard time making ends meet. We have burger  
and a few packages of rib roasts to give out. Please reach out  
to pick some up to distribute or be in touch so we can get the  
meat to the people who will benefit from this product this  
winter. Call, text, or be in touch to arrange to pick some up.  
We have the beef in Clarissa and Long Prairie, so the access is  
easy.

Christina made some meat loaves as well. This will be helpful  
to folks who are dealing with health issues and may not be  
able to cook or having a hard time with some mental health  
or physical health problems right now as well. They just need  
to be warmed and will make for a good meal. Again, this is  
easy to access and get to people who may be in need. You are  
the best conduits to being the hands and feet of Jesus.

Thanks for being an asset to others.

Several needs have been requested for people dealing with  
chronic conditions, especially cancer treatments. The rigors of  
the treatments are preventing the same schedule people  
were engaging in and making ends meet has been difficult.  
There have been many requests for groceries and gas  
assistance, and other miscellaneous needs. Some needs were  
met through the generous Christmas giving and donations  
provided for those requests. This left the Ministerial money  
intact. All were appreciated as our churches were very  
involved in Project Joy. Besides all those giving opportunities  
there were many people in the community who reached out  
to offer assistance to others who were referred to us,  
including several adults who were experiencing medical  
issues. Thanks to all who really met some significant needs  
for people this Christmas. Contributions to the Ministerial  
Fund included: 1169 dollars from local community people,  
100 dollars given toward the cost of the hamburger, 200  
dollars from St. Joseph's Catholic Church, and 459 dollars  
from Christ the King Catholic Church and a 50 dollar gift card  
for Fleet Supply. All the donations are very much  
appreciated. Thanks!



**A thank you note** from the Meschelles family (Florida family Cooks reached out to following hurricane disaster):

"I thank you so much for your generous donation to my family , along with your kind words. The beautiful cross your husband carved for us is already on the bow of our boat. " HIGH ROLLER " . If you're ever in Florida ...we've got the best claws in town for y'all.

With Love,  
The Meschelles



A HUGE shout out to the fun Christmas programs and special Christmas offerings. All of it was fun and brought joy to our hearts. All the special music was a GREAT

TREAT! The extra readers brought light and love and change to worship! Thanks! It is good to celebrate! Thanks too, for your generosity and care for so many during the holidays...the cheer plates, the gifts, the cards sent, all the ways you showed up for people. You are APPRECIATED!



**(Mark your calendar)**

# January 2025

	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> HAPPY NEW YEAR!  Conversations on Facebook, 7:00 am  Worship at Clarissa Care Center, 9:00 am	<b>2</b>	<b>3</b> Coffee in Clotho, 6:30-9:00 am	<b>4</b>
<b>5</b> Church Services: Clotho – 8 am Eagle Bend – 9:15 am Peace United – 10 am Clarissa – 10:30 am  Four Church Lunch & Meeting, Peace United, noon	<b>6</b> Music Jam, 1:00 pm, Clotho UMC	<b>7</b>	<b>8</b> Conversations on Facebook, 7:00 am  Worship at Long Prairie Nursing Home, 9:45 am  Worship at Clarissa Care Center, 2:30 pm  Confirmation Zoom meeting, 7:15 pm	<b>9</b> Coffee to Reflect & Recharge w/Kali, 110 Coffee, Long Prairie, 10:00 am	<b>10</b>	<b>11</b>
<b>12</b> Church Services: Clotho – 8 am Eagle Bend – 9:15 am Peace United – 10 am Clarissa – 10:30 am  Admin Board, Peace United, after church service.	<b>13</b> Ministerial Team, Buford's, 5:15 pm	<b>14</b>	<b>15</b> Conversations on Facebook, 7:00 am  Confirmation Zoom meeting, 7:15 pm	<b>16</b>	<b>17</b>	<b>18</b>
<b>19</b> Church Services: Clotho – 8 am Eagle Bend – 9:15 am Peace United – 10 am Clarissa – 10:30 am  Admin Board, Clarissa UMC, after church service.	<b>20</b>	<b>21</b> Salad & Sandwich Supper, Eagle Bend UMC, 4:30-6:30 pm	<b>22</b> Conversations on Facebook, 7:00 am	<b>23</b> Hospitality Training, Peace United, 10 am – 3:00 pm	<b>24</b>	<b>25</b>
<b>26</b> Church Services: Clotho – 8 am Eagle Bend – 9:15 am Peace United – 10 am Clarissa – 10:30 am	<b>27</b>	<b>28</b>	<b>29</b> Conversations on Facebook, 7:00 am  Worship at Clarissa Care Center, 2:30 pm  Confirmation Zoom meeting, 7:15 pm	<b>30</b>	<b>31</b>	

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TO:

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