



St. Paul's United Methodist Church

"Ministry"

November 2013



Philippians 4:6-7

⁶Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

⁷And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Hello all,

By the time you read this we will have had our first prayer meeting, which was Monday October 29. Members of St. Paul's, and anyone who wants to join us, will be meeting on Monday mornings at 11:00 to start our week off with a time of prayer. We will be learning about different forms of prayer and relying on the scripture to guide us every week as we lift up the joys and concerns that are shared each Sunday. We will also have a time for any other prayer concerns that are on our heart. There will be time for private prayer, knowing that it is more comfortable for some. So please consider joining us as we start on this journey of rededication to prayer. We realize the middle of the day does not always work for everyone, however due to my current school schedule this is the best time for now.

I thought the above scripture was also pretty appropriate since Thanksgiving is right around the corner. Beth and I have a lot to be thankful for, many safe trips to KC and back for me, our jobs, our church, our friends, our family, and most of all, our savior Jesus Christ. I greatly appreciate the prayers and support that we receive from our family here at St. Paul's and look forward to another year of ministry and maybe even some new opportunities. May God bless you and keep you safe until we meet again.

Grace and Peace,
Pastor Jeff and Beth

"The mission of St. Paul's United Methodist Church is to Teach, Share, and Witness the Love of Jesus Christ"



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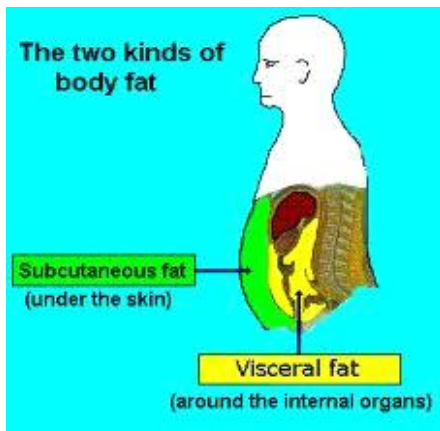
All Church ANNUAL CONFERENCE — Sunday, December 8

Mark your calendars—3:00 pm, Sunday, December 8, 2013, is St. Paul's All Church Conference at Dawson United Methodist Church, 2741 Laura St. Please plan to be there. The whole congregation is encouraged to attend this annual meeting.

From the Parish Nurse

Belly fat is nothing to joke about. Find out what causes belly fat, the health risks it poses for men, and what you can do to lose the extra pounds.

If you're carrying a few extra pounds, you're not alone. But this is one case where following the crowd isn't a good idea. Carrying extra weight — especially belly fat — can be risky. Michael D. Jensen, M.D., an endocrinology specialist at Mayo Clinic, Rochester, Minn., answers common questions about belly fat in men.



Why is belly fat a concern for both women and men?

The trouble with belly fat is that it's not limited to the extra layer of padding located just below the skin (subcutaneous fat). It also includes visceral fat — which lies deep inside your abdomen, surrounding your internal organs.

Regardless of your overall weight, having a large amount of belly fat increases your risk of:

- Cardiovascular disease
- Type 2 diabetes
- Colorectal cancer
- Sleep apnea

To learn more:

<http://www.mayoclinic.com/health/belly-fat/MC00054/rss=1>

or “4 Steps for Beating Belly Fat”

<http://www.webmd.com/diet/features/the-truth-about-belly-fat?page=2>

— Dolores E. Kinkead, St. Paul's Parish Nurse



November 2013



St. Paul's Administrative Board will be working on the 2014 budget during their meeting on Thursday, November 14. If you have not returned your commitment card for 2014 would you do so as soon as possible. Cards are available in the church office or you can make your pledge through the St. Paul's website at www.st-pauls-umc.org.

Evangelism/Spiritual Nurturing

The Spiritual Nurturing and Evangelism Ministry Team met on Monday, October 14, at 1:30 pm. Five member and Pastor Jeff were in attendance.

Pastor Jeff has requested that the "Prayer Team" become active again. It was decided that they meet every Monday from 11 am to noon to not only pray for prayer requests but also to have a small group study on prayer. The first meeting was Monday, October 28, with Pastor Jeff leading the study and discussion. Any and all are invited to join. If you only want to join the prayer study, that works, you are welcome.

Vernon Koerner talked to his daughter-in-law who will be glad to meet with those helping with Vacation Bible School on handling behavior issues. It was decided to wait until February before starting on VBS.

Mary Handkins made a report on the Card Ministry. At present she is doing OK for cards and stamps but sends a big THANK YOU to those who have made contributions.

A reminder!! We need your support for the fellowship time between the two services on Christmas Eve for cookies. We will furnish the paper products and the punch.

Please be in prayer for both congregations and their pastors. May the comfort and peace of the Holy Spirit be with you.

Diane Cruit	2
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Marsha Simpson	4
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Abby Sterner	15
Zachary Sterner	14
Norma Brown	17



Mercedes Andaya	19
April Koontz	19
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Donna Simmons	19
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Deadline for the December "Ministry" newsletter is Monday, November 18, 2013



November 2013

Cookson Hills Christmas Store

The following is a letter received from Cookson Hills Center in Cookson, Ok. Spiritual Nurturing/Evangelism Ministry Team has adopted this project for Christmas. They are asking for donations by Friday, November 29. They will be taken to Cookson Hill the weekend of November 30. Donations can be brought to the church office or left in the box in the main hallway.

““Christmas, Christmas, time is near. Time for joy and time for cheer.” This little song keeps running through my head as the weather begins to change and football has once again returned to TV. Christmas; it will be here before you know it.

The Cookson Hills Center is dedicated to making Christmas a “time for joy and a time for cheer: for every little girl and boy in our area. As you know, this tri-county area is one of the poorest in the nation and Oklahoma leads the nation in hunger. There are children here who will not look forward to a joyous Christmas without your help.

Each year we host a Christmas Store where more than 250 families, excitedly, shop for gifts to give these children. Every family also receives a food basket with everything they need for Christmas dinner. You can help! We need churches, UMW’s and individuals to collect NEW, unwrapped gift items and deliver them to the Cookson Hills Center on or before December 4, 2013.

People ask me what we need. Here are some suggestions: children toys, children’s clothing: coats, winter pajamas, boots, practical household items: pots, pans, crock-pots, coffeemakers, toasters, blankets, pillows, towels, etc., men’s gifts: tools, small air compressors, jumper cables, fishing poles, tackle, heavy clothing, radios, clocks...almost anything practical. Financial gifts can also be make.



Christmas Collection

Join us as we work to make Christmas a time for joy and time for cheer. Come and visit, come and volunteer, pray for us as we enter this very busy season and we pray that the season of our Lord’s birth is a joyous and blessed one for your and yours.”

Merry Christmas
Rev. Meri Whitaker, Director: Cookson Hills Center
Missionary GBGMCCWs
Advance #982994



Have you purchased your ticket for an opportunity to win this quilt made by the St. Paul’s Quilters?

Drawing for the quilt will take place at the annual Chicken Noodle Dinner in January.

Cost of the tickets are \$1 each or 6 tickets for \$5. They are available from the church office or from a member of the United Methodist Women. The quilt will be on display at the church. Also, those who would like to sell tickets, they will be available from the church office and also a picture of the quilt.



November 2013

St. Paul's "Ministry" Newsletter for 2014

To reduce postage costs for 2014, the newsletter will no longer be mailed to all members and friends of St. Paul's starting in January.

It will be available through the church website at www.st-pauls-umc.org, via e-mail or you can pick up a printed copy at the church. If you do not have access to internet and wish to continue receiving your newsletter by mail, please contact the church office.

Beginning in January, everyone that we have e-mail addresses for will receive the newsletter via e-mail. If you wish to be removed from the list, please call the church, e-mail us or go the website to cancel under newsletter.

Newsletter articles can be submitted by e-mailing them at newsletter@st-pauls-umc.org.

Brown Bag Mission Project Fundraiser

We continue to take donations for the Brown Bag Mission Project. With your donation of \$5 for each bag, a bag is given to someone in need of a meal. The cost of the bag is around \$2 with the remaining \$3 given to Missions and Ministry.

To date, close to 80 bags have been sponsored by members and friends of St. Paul's. Thank you for your continue support. If you have questions or would like to make a donation, please contact the church office at 316-267-3263.



Pecans



16 oz bags of Pecan Halves and Pieces are still available for purchase from the church office. This is an ongoing fund raiser for St. Paul's and the proceeds are use to pay our portion of the Mission and Ministry to the Kansas West Conference. Cost is \$9.00 each.

The Homeless overflow shelter will not be at St. Paul's this winter, although we will be feeding them an evening meal during the month of November. This winter the homeless overflow shelter will be at 841 N. Market. Jay Schaper is coordinating meals for each evening.





November 2013

I'm so grateful for your thoughtfulness, your kindness, and your generous heart. Thank you for the scholarship. Your help is greatly appreciated and really helps me afford school. Thanks again.

Thomas Nguyen



Thank you ladies for the funeral dinner for our family. We appreciate all the hard work you have done for us and for the beautiful card you have sent. It meant a lot to us. Your kind expression of sympathy is deeply appreciated and gratefully acknowledge.

The McCurdy Family and the Bowman Family

Thank You Notes

Thank you to Delilah Nitcher, Vona Owens and Donna Simmons for volunteering in the office while I was away.

Marsha

United Methodist Women

St. Paul's United Methodist Women will meet on Wednesday, November 13. General meeting is at 10:30 am and the covered dish luncheon is at 12:30 pm.

Reminder: Continue to bring personal hygiene items for Women's Crisis Center and Campbell Soup labels for McCurdy School.

Don't forget to reload your Dillons reloadable cards. St. Paul's receives 5% from all sales. Cards can be purchased from Parish Nurse, Dolores Kinkead, for \$5 and they have been preloaded with \$5. Take the card to Dillons and have any amount you wish up to \$500 loaded onto them.

Thank you to all of those who continue to reload and use their cards.



Noodles

Fresh home made noodles are for sale. Cost is \$3.50 a quart bag or 3 quart bags for \$10. They can be purchased by contacting the church office at 267-3263 during regular office hours










www.st-pauls-umc.org



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
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<p>10</p> <p>12:30 PM Dutch Treat Dinner</p>	<p>11</p> <p>2:00 PM Spiritual Nurturing</p>	<p>12</p> <div style="border: 1px solid black; padding: 2px; display: inline-block;"> <p>8:30 AM Life Line</p> </div>  <p>6:00 PM</p>	<p>13</p> <p>10:30 AM UMW 12:30 PM UMW Luncheon 6:00 PM Bell Choir 7:00 PM Choir Practice</p>	<p>14</p> <p>10:00 AM Worship Planning 6:30 PM Administrative Board</p>	<p>15</p> <p>6:00 PM Wedding Rehearsal Office Closed</p> 	<p>16</p> <p>Wedding</p>																																																																																				
<p>17</p> <p>Aldersgate UMC Youth Mission Work "Hanging of the Greens"</p>	<p>18</p>	<p>19</p>  <p>6:00 PM</p>	<p>20</p> <p>6:00 PM Bell Choir 7:00 PM Choir Practice</p>	<p>21</p> <p>10:00 AM Worship Planning</p>	<p>22</p> <p>12:00 PM Boeing Set-up Office Closed</p>	<p>23</p> <p>7:00 AM Boeing Employee Santa Shop</p>																																																																																				
<p>24</p> <p>Fellowship Dinner Hand Bell Re-dedication</p>	<p>25</p> <p>6:30 PM UMM</p>	<p>26</p>  <p>6:00 PM</p>	<p>27</p> <p>6:00 PM Bell Choir 7:00 PM Choir Practice</p>	<p>28</p> <p>Office Closed "Thanksgiving"</p> 	<p>29</p> <p>Office Closed</p>	<p>30</p>																																																																																				

**St. Paul's United
Methodist Church**

1356 North Broadway
Wichita, Kansas 67214

Phone: 316-267-3263
E-mail: stpauls@st-pauls-umc.org

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Pastor: Jeff Goetzinger
pastor@st-pauls-umc.org

Administrative Assistant: Marsha Simpson
marsha.simpson@st-pauls-umc.org

Custodian: Daniel Gilchrist
Conchita Aguilar

Parish Nurse: Dolores Kinkead
e-mail: parish.nurse@st-pauls-umc.org
Office Hours: Monday, 9 AM to 12 Noon

For prayer requests:
E-mail: prayer@st-pauls-umc.org

Sunday Worship

Sunday School 9:15 AM
Fellowship Time 10:30 AM
Morning Worship 10:45 AM

Church Office Hours

Monday, Wednesday, Thursday
8:30 a.m. to 5:00 p.m.

Tuesday
7 a.m. to 11 a.m.

Closed on Friday

Web page: www.st-pauls-umc.org
e-mail: stpauls@st-pauls-umc.org
Phone: 316-267-3263
Fax: 316-267-3264