



Dear church family,

November is the time in our year and lives for remembrance and Thanksgiving. It begins with All Saints Day (the day after Halloween) when we take time in our lives to remember the people who have died and whose lives have been a source of blessing in our lives. In some sense they are re-membered when we reconnect with that part of them that still lives within us. They continue to be members of our lives, and go before us to be welcomed into the company of heaven.

This is also the time of year when I and the membership secretary look at how church members have participated in being the church during the last year. The meaning of membership varies from person to person, and it is also changing. We have many constituents who have never joined the church. Some have been much more active than people who are "official" members. What, after all, does membership mean today?

Perhaps All Saints provides a way for us to reconsider. Our membership in being the "body of Christ" begins with baptism. It is through God's blessings through baptism that we become united with Christ, and we believe this unity is eternal. Death or circumstance may separate us, but this is only temporary. We are members of Christ as God intends. Whatever we participate in as part of the church is in *response* to how we experience God participating in our lives. For some, this involves making a covenant commitment to officially become a member of the church, pledging our prayers, presence, gifts, service, and witness. It's a covenant we make with each other in *response* to the covenant God makes with us.

Official membership is not the only way to respond to God's grace. (This seems obvious to me.) But it is a good way to live as a community in response to God's love and grace. If you are not a member of the church but would like to know more about it, please contact me for further conversation. If you are a member of the church, but no longer feel that this is the covenant community for you to grow in faith, I would also like to hear from you.

Finally, this is also the month where we give thanks for abundant blessing. We give thanks for another year of life, for the harvest, and all of God's gifts of love and sustenance. We also begin to prepare a place for new birth: to prepare for the new ways that the Spirit of Christ will be born within us.

Remembrance, covenant, thanksgiving, and blessing: This is what we hold as we are held by God at the Communion table. As we celebrate and remember, may we also be a source of grace as we include and invite others into our circle.

Pastor Rob

Sun**Mon****Tue****Wed****Thu****Fri****Sat**

| | | | | | | |
|--|--|---|---|---|--|--|
| | | | | 1 5:00 Community Table 6:15 Lotus Zen Meditation | 2 | 3 9:30 Yoga |
| 4 All Saints Sunday 9:00 Adult Sunday School 9:30 Early Family Worship 10:30 Worship 11:45 Confirmation <i>*Turn Clocks Back* at 2:00 am</i> | 5 5:30-8:30 Girl Scout Leader Meeting in the Lounge. 6:30-7:30 Girl Scouts in the Fellowship Hall | 6 5:30 Yoga 5:30 AA 5:30 Ruby Tuesday Singers Rehearsal | 7 9:45 Service at Havenwood 10:45 Service at Neilsen Place 1:00 Staff Meeting 3:30 Bible Study 5:00 Community Table 5:30 Choir 6:30 Youth Group | 8 4:00 SPRC Meeting 5:00 Community Table 6:15 Lotus Zen Meditation | 9 | 10 9:30 Yoga *5:30-8:00* Game Night |
| 11 9:00 Adult Sunday School 9:30 Early Family Worship 10:30 Worship 11:45 Confirmation | 12 6:30-7:30 Girl Scouts in the Fellowship Hall | 13 5:30 Yoga 5:30 AA 5:30 Ruby Tuesday Singers Rehearsal 6:30 Trustees Meet | 14 1:00 Staff Meeting 3:30 Bible Study 5:00 Community Table 5:30 Choir 6:30 Youth Group | 15 4:00 Nominating Committee Meeting 5:00 Community Table 6:15 Lotus Zen Meditation | 16 NEWSLETTER DEADLINE 7:30-10:00 Square Dance | 17 9:30 Yoga 10:00 Prayer Shawl Meeting |
| 18 9:00 Adult Sunday School 9:30 Early Family Worship 10:30 Worship 11:45 Confirmation | 19 6:30-7:30 Girl Scouts in the Fellowship Hall | 20 5:30 Yoga 5:30 AA 5:30 Ruby Tuesday Singers Rehearsal 5:30 Finance Meets | 21 9:15 BMW Meets 1:00 Staff Meeting 3:30 Bible Study 5:00 Community Table 5:30 Choir NO Youth Group | 22 Thanksgiving Day OFFICE CLOSED | 23 OFFICE CLOSED | 24 9:30 Yoga |
| 25 9:00 Adult Sunday School 9:30 Early Family Worship 10:30 Worship | 26 6:30-7:30 Girl Scouts in the Fellowship Hall | 27 2:00-3:30 Evergreen 5:30 Yoga 5:30 AA 5:30 Ruby Tuesday Singers Rehearsal | 28 1:00 Staff Meeting 3:30 Bible Study 5:00 Community Table 6:30 Youth Group | 29 2:00-5:30 Stamping Group in the Lounge | 30 | |

Church Office hours:

9:00am ~ 2:00pm

Monday ~ Friday

Office Phone: 218.751.3503

Pastor Rob Phone: 218.766.8744

If you wish for a pastoral home visit or hospital visit, or know someone who needs or desires a visit, please call the church office.

JUST A REMINDER....

Articles for the December Newsletter are due in the office no later than **9:00am on Friday, November 16, 2018.**

Any announcements you wish to have in the Sunday bulletin must be called in, emailed, or delivered to the office by **9:00am on Thursdays.**

THANK YOU!



Email Addresses: Church Office, Tammy: umcbji@paulbunyan.net

Pastor Rob: revrmkopp@gmail.com

Mailing Address: PO Box 607, Bemidji, MN 56619

Street Address: 924 Beltrami Avenue NW, Bemidji MN 56601

Worship Service Volunteers NOVEMBER 2018

USHERS: *Coordinators Mike & Rita Albrecht*

November 4: John Herath & Dave Sterr

November 11: Dave Dahlberg &
Mike Albrecht

November 18: Vic Mosser & Sandra Kranz

November 25: Jerry Pickett & Bunny Howe

GREETERS: *Coordinators Mike & Rita Albrecht*

November 4: Ben & Cheyenne Stowe

November 11: Tony & Carla Nicholson

November 18: Cal & Pat Rice

November 25: Jan Grimm &
Jack Spangenburg

READERS: *Coordinator Becky Lueben*

November 4: Linda Wagner

November 11: Verna Lofberg

November 18: Evan Hazard

November 25: Rita Albrecht

COFFEE SERVERS: *Coordinator Lorne Lofberg*

November 4: Larry Young

November 11: Mary Burghart &
Mary Lou Brown

November 18: Gail Brooks

BIRTHDAYS

01 Ben Stowe
04 George Stowe
06 Dawson Kimble
07 Emilie Jessen, Lois Jessen
08 Tom Dvorak, Marcia Roline
09 Kara Lee
11 Seth Knudson
14 Graig Gilbertson, Donald Leet
17 Dave Dahlberg, Evan Hazard, Shirley Simmerman
18 Joyce Holmstrom
26 Dorothy Sathre
27 Lauren Jones

ANNIVERSARIES

08 Gunard & Virginia Youndahl
27 Dorothy & Conrad Larson



If your birthday or anniversary or the birthday or anniversary of a parishioner is missed here, please call Tammy at the office so it will be included in the Sunday bulletin and future Voyageurs.

REMEMBER IN YOUR PRAYERS THOSE...

... at *Neilson Place*: Bill Britton, Marian Blehm, Nelle May
... at *Trillium*: Dick Slinkman, Lois Statton, Judy Comstock, Lorraine Sorensen
... at *Windsong*: Wag Collins, Jean Slinkman, Bert Clark, Karren Clark
... at *Baker Park*: Kathleen Magsam
... at *Havenwood Care Center*: Patty Boyer, Mary Conner, Grace Daniels, Vern Ditty, Betty Howard.
... at *Goldpine*: Laura Hays, Dorothy Sathre, Ruby Hausauer, Dorothy Baxter, Marjory Beck
... at *Tanbark Assisted Living in Lexington, KY*: Margaret Skinner
... at *May Creek in Walker, MN*: Ruth Weis,



HOSTESSES: Pat Rice & Jan Miller

PROGRAM: A Message of Faith by Sylvia Olney

DEVOTIONS: Verna Lofberg

Everyone is welcome to attend.

Please join us for refreshments and fellowship.



The Bemidji Methodist Women (BMW) are hoping to establish a new tradition, a women's **Holiday Christmas Party at the Bemidji Country Club** on Wednesday, December 19, at 9:30 am.

We cordially invite **ALL women of the church** to a time of celebration and fellowship together. This would be an opportunity to get to know some of our newer folks and also a time to visit with those we know best.

A morning Brunch will be enjoyed complete with beverages for a total cost of \$20 which includes tax and a gratuity. If you would care to car pool, we can meet at the church at 9:15 and go together. We will need a head count since the Country Club has to know how many to prepare for.

Call Deanna Nichols @ 444-8081.

We are excited about this new adventure and hope you are too.



Sunday, November 4, Journey 3 (Don Leet, Larry Young, Ken Nichols) will provide music for the 10:30 Church Service.

A special announcement will be made during that service.



Charge Conference Meeting, November 25th @ 11:45am.

This is a time to Set Pastors Compensation



Sleep is a physical and mental resting state in which a person becomes relatively inactive and unaware of the environment. Sleep is characterized by two distinct states: Non-REM sleep and REM sleep. These alternate in 90 to 110 minute cycles. Normal sleep pattern has 4-5 sleep cycles throughout the night. Sleep has been determined to be biologically necessary for life due to the healing and repair that occurs.

OSA (**Obstructive Sleep Apnea**) is a chronic condition that occurs when your muscles relax during sleep, allowing soft tissue to collapse and block the airway. This can cause you to stop breathing hundreds of times per night for anywhere from a few seconds to more than a minute. Repeated breathing pauses may result in reduced oxygen levels and disturbances in sleep.

Approximately 30 million adults in the US have OSA. It is much more common than first thought. OSA is more common in men, but it occurs in women too. Having excess body weight, a narrow airway, or misaligned jaw can increase the risk of OSA. Snoring, choking sounds while sleeping, intermittent snoring with pauses, excessive daytime sleepiness, awakenings with gasping, poor memory, irritability, and morning headaches may be signs of OSA. You should schedule a visit with your physician to discuss these symptoms.

After discussing your symptoms, your physician or a board-certified sleep medicine physician will complete a sleep evaluation and may schedule an overnight sleep study at a sleep facility or a home sleep apnea test. The physician will interpret the data from your sleep study to make a diagnosis. Treating OSA is incredibly important. When left untreated, OSA can cause excessive daytime fatigue, morning headaches, and memory loss. In addition, studies suggest that untreated OSA increases the risk of numerous health issues, such as hypertension, congestive heart failure, atrial fibrillation, coronary artery disease, stroke and type 2 diabetes.

Snoring is a major symptom of OSA, so all cases of snoring should be evaluated by a physician to determine whether or not it is OSA.

Some Possible Treatments:

An oral appliance is a custom-fit, mouth-guard-like device worn only while you sleep. It keeps your airway open and unobstructed by supporting your jaw in a forward position to keep the upper airway from collapsing and blocking the airway.

CPAP therapy involves wearing a mask that covers the nose and mouth and is connected to a tube that allows air pressure to keep the airway open during sleep.

Dentists should screen patients for OSA using questionnaires and evaluating the airway and then refer the patient to a physician for an evaluation. Since OSA is a medical condition, dentists should not diagnose sleep disorders. If oral appliance therapy is determined by the physician and patient to be the most appropriate treatment option, the physician will write a prescription for an oral appliance and refer the patient to a qualified dentist who will provide and monitor oral appliance therapy as part of a treatment team with the physician. The qualified dentist will monitor and treat potential side effects of oral appliance therapy and provide follow-up to ensure the optimal fit of the oral appliance. Medicare will cover the oral appliance and many other health insurance policies will as well but not dental insurance. (www.AADSM.org Amer. Academy of Dental Sleep Medicine)

His disciples replied, "Lord, if he sleeps, he will get better." John 11:12.

This is what the Sovereign Lord says: Look! I am going to put breath into you and make you live again!

Ezk 37:5

*Judy Lightowler, MS, RN,CLM
North Star District Parish Nurse*

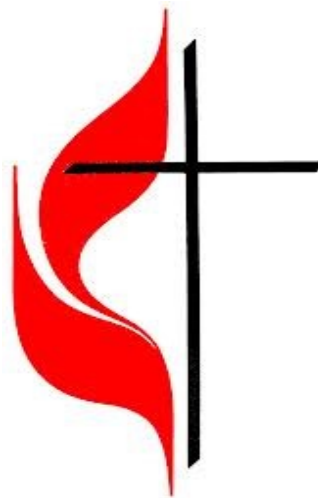
PO Box 607
Bemidji, MN 56619-0607

Office number: (218) 751-3503
Email: umcbji@paulbunyan.net
Web Site: www.bemidjiumc.com
Coordinator: Pastoorgrace@gmail.com

Return Service Requested

November 2018 VOYAGEUR
Published Monthly

open hearts
open minds
open doors



Church Staff

Reverend Rob Kopp
Pastor

Tammy Freye
Secretary/Bookkeeper

Custodian

Cynthia White
Organist

Linda Wagner
Chancel Choir Director

Grace Pastoor
Volunteer & Events Coord.