



## VOYAGEUR JULY 2019

Dear Church family,

June was a noteworthy and remarkable month in the life of your church. The sanctuary remodeling is nearly complete. We've managed to have the air conditioning up and running before there was major summer heat. We have a beautifully renovated sanctuary, thanks in great part to Mike Albrecht. It enhances the beauty of what we already had, while making it more pleasing for people who are new to the community.

We also welcome two new staff. Samantha McAllister is our new custodian and Deborah Davis is our new volunteer and events coordinator. I am looking forward to working with both of them. It does remind me a bit of my days of working as an RN where I was at times the only male member of the staff.

We will also be saying goodbye to Grace Pastoor. I feel remarkably blessed to have worked with Grace. In the relatively short time we have known her she has done much to further our ministry impact and presence in the community. She has also been a joy to spend time with in the shared life of the community. If you've not heard, Grace will begin law school at Mitchell-Hamline next fall. I believe she has great passion and commitment to social justice and will be a strong advocate for people on the margins wherever this shift in vocation takes her.

I participated in the Annual Conference for the United Methodist Church in Minnesota along with Jan Grimm, Larry Young, and Sue Young. While this has been a season of difficulty in the heart of our denomination, there was much joy and hopefulness in our gathering, worship, and work.



I hope and pray for summertime blessings for you. This season often feels short-- may it be a time of refreshment and renewal for all of us.

Blessings! Pastor Rob

# JULY

# 2019

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b>	<b>2</b> 5:30 Yoga 5:30 AA 5:30 Ruby Tuesday Singers Rehearsal	<b>3</b> 9:45 Service at Havenwood 10:45 Service at Neilsen Place	<b>4</b> <b>INDEPENDENCE DAY</b>  OFFICE CLOSED	<b>5</b> <b>OFFICE CLOSED</b>	<b>6</b> 9:30 Yoga
<b>7</b> 10:30 Worship  3:00 Memorial Carol Higgins Olson	<b>8</b>	<b>9</b> 5:30 Yoga 5:30 AA 5:30 Ruby Tuesday Singers Rehearsal 6:30 Trustees Mtg	<b>10</b> 5:00 Community Table	<b>11</b> 4:00 SPCR 5:00 Community Table 6:15 Lotus Zen Meditation	<b>12</b>	<b>13</b> 9:30 Yoga 10:00 Prayer Shawl
<b>14</b> 10:30 Worship	<b>15</b>	<b>16</b> 5:30 Yoga 5:30 AA 5:30 Ruby Tuesday Singers Rehearsal	<b>17</b> 5:00 Community Table	<b>18</b> 1:30 Finance Mtg 5:00 Community Table 6:15 Lotus Zen Meditation	<b>19</b> <b>NEWSLETTER DEADLINE</b>	<b>20</b> 9:30 Yoga
<b>21</b> 10:30 Worship	<b>22</b>	<b>23</b> 5:30 Yoga 5:30 AA 5:30 Ruby Tuesday Singers Rehearsal 5:30 Council Mtg	<b>24</b> 5:00 Community Table	<b>25</b> 2-5 Stamping Group 5:00 Community Table 6:15 Lotus Zen Meditation	<b>26</b>	<b>27</b> 9:30 Yoga
<b>28</b> 10:30 Worship	<b>29</b>	<b>30</b> 2-3:30 Evergreen Mtg 5:30 Yoga 5:30 AA 5:30 Ruby Tuesday Singers Rehearsal	<b>31</b> 12:00 Glenn Seibel Summer Recital 5:00 Community Table			

# JUNE MEMBER CELEBRATIONS

Please celebrate and pray for these people on their birthday and anniversary.

## BIRTHDAYS

- 01 McKenzie Jones
- 02 Kari Knudson
- 03 Christopher Bowman, Robert Frazey
- 05 Sandra Robinson, Teresa Thomas
- 08 Hazel Geiger, Verna Norden
- 11 Robert Rieke
- 13 Caitlin Pickett
- 15 Lorne Lofberg, Lois Statton
- 16 Susanne Cuperus
- 17 Toree Conner, Holly Sorrels
- 22 Carol Gilbertson,  
Ruby Hausauer, Linda Wagner
- 24 Nicholas D'Albani, Vera Kavanagh, Shelby Larue McRae, Kristi St. Pierre
- 27 Michael Albrecht, Vince Freborg, Mya Christine Nicholson
- 31 Aletta Anderson, Romaine Wilson



## ANNIVERSARY

- 08 Marshall & Barbara Johnston  
John & Verda Murray
- 12 Seth & Kari Knudson  
Bob & Linda Wagner
- 29 Vince & Betty Freborg
- 31 Kyle & Kara Lee  
Tom & Mary Ann Gray

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**: Jean Slinkman, Marian Blehm, Nelle May, Dotty Naramore
- ... at **Trillium**: Dick Slinkman, Lois Statton, Judy Comstock,
- ... at **Windsong**: Wag Collins, 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
- ... in **Brandon, SD**: Doris Pierce

# BEMIDJI UNITED METHODIST CHURCH

**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 April Newsletter are due in the office no later than **9:00am on Friday, June 19, 2019**. 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](mailto:umcbji@paulbunyan.net)  
Pastor Rob: [revrmkopp@gmail.com](mailto:revrmkopp@gmail.com)  
**Mailing Address:** PO Box 607, Bemidji, MN 56619  
**Street Address:** 924 Beltrami Avenue NW, Bemidji MN 56601

## Worship Team Volunteers for July 2019

LeRoy & Diane Morris  
Jan Grimm  
Tom & Mary Ann Gray  
Jack Spangenburg



*Ushers*  
*Greeters*  
*Reader*  
*Coffee Servers*



**Volunteers are needed to provide special music for the summer worship services.**  
Please consider sharing your talent. Sign-up sheet is outside the church office.



## **Glenn Seibel on Euphonium Wayne Hoff on Piano**

As part of the 2019 Summer Recital Series, Glenn Seibel and Wayne Hoff will present a 30 minute recital at our church again this season. The music begins at 12:00 noon with a luncheon to follow at 12:30. We hope you will take this time out of your day and come and enjoy the music and fellowship. The summer recitals have become a special part of the arts in Bemidji. The recitals are presented at area churches by talented musicians in our community. Hope to see you Wednesday, July 31<sup>th</sup> at the United Methodist Church.

**Luncheon Request:** We will begin requesting salads and desserts the 7<sup>th</sup> of July. Sign-up sheets will be available in the narthex beginning the first Sunday in July through July 28<sup>nd</sup>. Please consider donating either a salad or dessert or both!! You may call Verna Lofberg (759-4946), Deanna Nichols (444-8081) or Sandy Sterr (751-6178) if you have questions or wish to add your donation of food to the list





## Lydia Project is Complete!

I want to say a HUGE THANK YOU to all of the knitters and crocheters who helped complete purple scarves for the Lydia Project!

The scarves are all boxed up with name and church name tags on each scarf and they will be taken to St. Cloud for the first leg of their journey. Then they will be stored in a twin cities church until the General Methodist Conference in 2020, where they will be distributed to everyone who attends. Over 11,000 scarves were made for this huge conference.

We had 2 knitters who really spent a lot of time and effort completing scarves, Judy Comstock and Linda Wagner, who knitted 16 and 14 respectively. However, ALL the knitters and crocheters were deeply appreciated, as we had very beginning knitters, and they, and all the rest helped to contribute to the Lydia Project.

People who participated were: Judy Comstock, Linda Wagner, Kathy Berger, Angie Dahlberg, Verna Lofberg and a friend, Barb Pommerening, Victor Mosser, Charlene Anderson, Ginger Tibbetts, Mary Lou Brown, Audrey Magnuson, Pat Rice, Jan Grimm, Barb Johnston, Pam Stowe, Kathy Strycker, Skippy Larson, Larry Young, Jesse Grant, Shirley Shaw, Mary Ann Gray, Mary, Nancy, Carol, Bobbe (who, in the rush of collecting the scarves, I only got first names for, sorry), and Sue Young.

We had a total of 95 scarves made by 25 wonderful people!

Again, thanks to each and every one of you. I hope I made no errors in listing the names but if I did, I apologize.



Sue Young, Lydia Project Coordinator



## July District Health News

### Making the Most of your Doctor Visits

God calls us to be good stewards of our health and health resources (Php. 1:20). Those that are between 20-49 should have a regular health exam every 2 years. Those over 50 should have one annually.

### Why do I need to be Concerned about this?

70% of correct diagnoses depend totally on **what you tell your doctor!** Taking an active role in the doctor's office can improve your health! Remember you are **paying** for the doctor's evaluation and recommendation. Be assertive about getting the information and direction you need. You can say no to unnecessary tests and get copies of letters and lab reports for your own files. Follow through on advice that you are comfortable with. If you don't seem to trust the advice, ask him/her to explain the reasons or find a doctor you can trust. Consider getting a 2<sup>nd</sup> opinion for major procedures and surgeries.

### Doctor's Visit Checklist

Before you leave the office, make sure you fully understand what the doctor said especially as related to:

- What is my **diagnosis** and can you explain it in detail?
- What other **tests** are needed and their risks & benefits?
- What is the **treatment plan** and risks & benefits? If considering surgery, please give me a detailed description of the procedure including anesthesia and recovery. What is the likelihood of full success? How might this treatment affect other health problems? When should I start the treatment?
- Is my problem **curable or treatable**?
- Are there If considering surgery, please give me a detailed description of the procedure including anesthesia and recovery. What is the likelihood of full success? How might this treatment affect other health problems? When should I start the treatment?
- Are there **alternative ways** to treat this problem (medical and non-medical) & what are their risks and benefits?
- If I don't do anything, what is **likely to happen**?
- How much of the **cost** will my insurance cover (will also need to visit with insurance company)?
- What kind of **follow-up** is needed? What **symptoms** should I report to the doctor?
- Prevent office amnesia: Take some brief notes of what the doctor says during the visit and or take another person with you. It is reported that we forget 50% of what is said in the doctor's office. Remember, you can get some additional information about your concerns from the Parish Nurse!

(Taken from Seasons for Wholeness Volume VI by Ruth Dankanich Daumer, MSN, ARNP, CS)

*"I pray that you may enjoy good health and all may go well with your even as your soul is getting along well." (3 Jn.2)*

Judy Lightowler, MS, RN, CLM PN

North Star District Parish Nurse

[Judy.lightowler@outlook.com](mailto:Judy.lightowler@outlook.com)

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**2019-UNITED  
METHODIST CHURCH**

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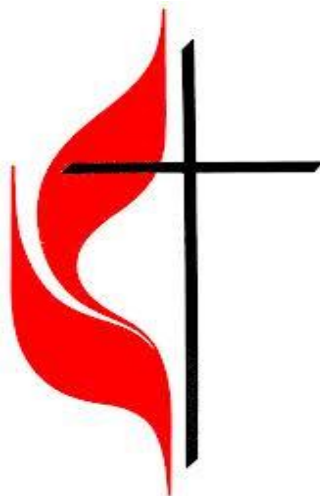
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Return Service Requested

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open hearts  
open minds  
open doors



*The People of the United Methodist Church*

**Church Staff**

Reverend Rob Kopp  
*Pastor*

Tammy Freye  
*Secretary/Bookkeeper*

Linda Wagner  
*Chancel Choir Director*

Grace Pastoor  
*Volunteer & Events Coord.*

Deborah Davis  
*Volunteer & Events Coord.*

Samantha McAllister  
**Custodian**