



## VOYAGEUR SEPTEMBER 2019

Dear Church family,

As I write this we are beginning to get the first hints of Autumn. With the change of seasons, we will again begin to see church activity ramp up. Rally Sunday is on September 22. Ordinarily I would use this space to talk about this season and church life associated with it. But I am also aware that this time of year also offers additional life challenges for people living in the northern hemisphere. Each Autumn many people begin to struggle with Seasonal Affective disorder. Many of us are prone to a shift in mood with the decreasing amount of sunlight, and for some it leads to depression... This may lead to a sense of despair. Here are some strategies which I and others have found helpful.

Of course all of us have periods of time where life is difficult, and this can have a substantial effect on mood. When depressed, one's tendency is to think that one's circumstances will not change, yet they most often do. Counseling, medication, and light box therapy can all be helpful. But there are also ways our faith journey can lead us through the season of diminishing sunlight.

There is also an element of "life in the Spirit." Often depressed thoughts are tied to situations that are beyond one's control. Yet the control one often strives for is more an illusion. Growing in faith, more often involves trusting more in God than in one's ability to control any situation. While knowing this can be helpful, it's probably more effective to live in our practices of prayer.. As I've talked about so many times before, gratitude can also be an antidote to fear, depression and anxiety. Along with celebrating harvest, perhaps this is another reason for celebrating Thanksgiving before going into winter.

As we travel through uncertain times in this season of diminishing sunlight, may we be guided by the wisdom of those who've gone before us as we pray,

"God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference."

Blessings, Pastor Rob



# SEPTEMBER 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> 10:30 Worship	<b>2</b> HAPPY LABOR DAY!	<b>3</b> 5:30 Yoga 5:30 AA 5:30 Ruby Tuesday Singers Rehearsal	<b>4</b> 5:00 Community Table 5:30 Choir	<b>5</b> 5:00 Community Table 6:15 Lotus Zen	<b>6</b> 7:30-10:00 Square Dance	<b>7</b> 9:30 Yoga
<b>8</b> 10:30 Worship	<b>9</b>	<b>10</b> 5:30 Yoga 5:30 AA 5:30 Ruby Tuesday Singers Rehearsal 6:30 Trustees Meet	<b>11</b> 9:45 Service at Havenwood 5:00 Community Table 5:30 Choir	<b>12</b> 4:00 SPRC Meets 5:00 Community Table 6:15 Lotus Zen	<b>13</b>	<b>14</b> 9:30 Yoga
<b>15</b> 10:30 Worship	<b>16</b>	<b>17</b> 5:30 Yoga 5:30 AA 5:30 Ruby Tuesday Singers Rehearsal 5:30-8:30 Girl Scouts Fellowship Hall	<b>18</b> 10:45 Service at Neilsen Place 9:15 BMW Meets 5:00 Community Table 5:30 Choir	<b>19</b> 1:30 Finance Mtg 5:00 Community Table 6:15 Lotus Zen	<b>20</b> NEWSLETTER DEADLINE 7:30-10:00 Square Dance	<b>21</b> 9:30 Yoga 10:00 Prayer Shawl meeting
<b>22</b> Rally Day 10:30 Worship & Redaction Service. Chicken Dinner following Service	<b>23</b>	<b>24</b> 2-3:30 Evergreen Mtg 5:30 Yoga 5:30 AA 5:30 Ruby Tuesday Singers Rehearsal 5:30 Council Meets	<b>25</b> 5:00 Community Table 5:30 Choir	<b>26</b> 2-5 Stamping Group 5:00 Community Table 6:15 Lotus Zen	<b>27</b>	<b>28</b> 9:30 Yoga
<b>29</b> 10:30 Worship	<b>30</b>					



# SEPTEMBER MEMBER CELEBRATIONS

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

## BIRTHDAYS

- 02 Jane Knecht
- 04 Myrna Freborg
- 04 Andrew Thompson, Laura Thompson
- 08 Donald Bowman
- 09 Anna Halverson
- 10 Gerald Phillips, De Pickett, Nancy Swenson
- 11 Betty Howard, Danielle Kimble
- 13 Pat DeChaine
- 14 Mary Ann Gray
- 17 Elaine Clark
- 18 LaVerne Olson
- 22 Alexandra Lyren
- 24 Judy Comstock, Jill Parson, Janice Lund

## ANNIVERSARIES

- 02 Merlyn and Velma Wesloh
- 08 Lowell and Barbara Pommerening
- 12 Mike & Rita Albrecht
- 12 James and Lee Ann Hess
- 27 Rod and De Pickett



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*: Marian Blehm, Nelle May, Jean Slinkman, Dotty Naramore
- ... at *Trillium*: Lois Statton, Judy Comstock,
- ... at *Windsong*: Wag Collins, Bert Clark,
- ... in *Brandon, SD*: Doris Pierce
- ... at *Baker Park*: Kathleen Magsam
- ... at *Havenwood Care Center*: Patty Boyer, Mary Conner, Betty Howard, Vern Ditty
- ... at *Goldpine*: Marjory Beck, Laura Hays, Dorothy Sathre, Ruby Hausauer, Dorothy Baxter
- ... at *Tanbark Assisted Living in Lexington, KY*: Margaret Skinner



*The Bemidji Methodist Women* will resume meeting on Wednesday, September 18 at 9:15am in the lounge with refreshments being served.

please  
**JOIN  
US**

**HOSTESSES:** Pat Rice & Joyce Holmstrom  
**PROGRAM:** Polar Bears & Churchill—Cal Rice  
**DEVOTIONS:** Ginger Tibbetts  
**BUSINESS MEETING:** President—Verna Lofberg

*Come join us for fellowship.*



Please join us on Rally Day as we celebrate a new year of our growing faith!

*Sunday, September 22th*

10:30 a.m. Worship & Re-Consecration Service.  
There will be a Chicken Dinner following service.

*Please bring a dish to share!*

**Deborah Davis, Volunteer & Events Coordinator, [msdeborahadavis@yahoo.com](mailto:msdeborahadavis@yahoo.com),  
218-214-3581,**

## This is my Father's World

Dear Friends,

Time does seem to fly, it's time again for our annual Salad Luncheon. Please join us on Wednesday, September 25, 2019 at 12:00 noon. There will be fellowship, entertainment and a salad luncheon.

We chose "This is our Father's World" for this year's theme. Our Bible verse is: In the beginning God created the heavens and the earth. Genesis 1:1

Our speaker will be Jodi Jacobson Carley. Her Bio is printed below.

If needed, childcare will be provided.

Please RSVP to Sebeka United Methodist Church, PO Box 188, Sebeka MN 56477 or phone 218-837-5840. Our E-mail address is [sumc@wcta.net](mailto:sumc@wcta.net).

A free-will offering will be taken.

Sincerely,

Sebeka UMW

I grew up on a farm west of Sebeka with my parents, Steve & Naomi Jacobson. This area will always hold a special place in my heart.

I have a degree in Bible & Business Organizational Administration from the Association Free Lutheran Bible School & Northwestern College. I have been married to Marc for 24 years & have 3 children. I currently live in Baxter, & work as a realtor. We attend Lakewood Church, where I serve on the Worship Team & Women's Ministry.

Jesus captured my heart at the age of 3 & I've been getting to know Him ever since. It is my desire to share the hope I have in Him through music & spoken word. Jodi Carley





## September Parish Health News

This month I would like to share some thoughts on **Herbal Remedies and your Health**. The Bible reminds us that God lovingly gave "...every green plant for food" (Gen. 1:30).

Today, many people seek assistance to feel better and live fuller lives with chronic illnesses. Pharmacies have many herbal products which can be taken without a Doctor's order. Many of these products are available as teas, tincture (concentrated liquid) and tablets. You need to be sure that the product you buy is the pure form of the herb. Most of the medications we take are plant based. It is best to think of medications and herbs as powerful drugs.

### How Can I Work Some Herbal Remedies into my Life?

Before trying any herbal or over the counter treatments, a word of caution is in order: I **strongly encourage** you to visit with your doctor or pharmacist. There are several strong interactions possible when we combine certain foods, herbs and medications. Studies have shown that grapefruit can make some drugs like estrogen, some hear and BP meds more potent in the body. Ginko can increase the risk of bleeding for persons on Coumadin.

Concern	Herb	Dosage	Effect
Colds & cough	echinacea	30 drops of tincture up to 3 times/day	Boosts immune system (but may aggravate illnesses like M.S.) Eases congestion
	eucalyptus	1-2 cups of tea	
depression	St. John's wort	900 mg (may take all at bedtime)	
High cholesterol	Garlic	600-900mg /day	May lower BP & cholesterol levels
Insomnia	Valerian root	500-1000mg @ bedtime	Induces relaxation, sleep
Stomach upset / nausea/bloating	Chamomile or mint tea	1-2 cups	Sooths nerves & digestion
Aching joints/muscles	Ginger tea	1-2 cups of tea/day	Anti-inflammatory
Aching joints/muscles	Turmeric (Curcumin)	500-1500mg /day	Anti-inflammatory

Judy Lightowler, MS, RN, CLM PN  
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**2019-UNITED  
METHODIST CHURCH**

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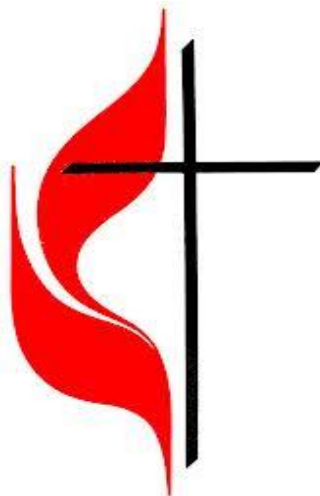
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Return Service Requested

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open hearts  
open minds  
open doors



*The People of the United Methodist Church*

**Church Staff**

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*Custodian*

Deborah Davis  
*Events Coordinator*

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