



## VOYAGEUR SEPTEMBER 2018

Dear Church family,

Summer is winding down and the school year is gearing up. We will be having Rally Sunday on September 9th this year, with worship services at 9:30 and 10:30 A.M. It's been a joyful summer in worship, especially musically. We plan to continue with this joyful energy with a change in the 10:30 Service. The choir will be singing from the front of the sanctuary. You will likely notice other changes as well. Most of these changes will be subtle, but with a clear intention.

Since we began the Healthy Church Initiative process, leaders in the church have been working towards becoming a more inviting church for new people. This work is beginning to bear fruit in many aspects of our life together. It is enlivening our worship services, enhancing our fellowship, while helping us to recognize God's presence in our lives.

After the 10:30 worship service, we will be having a potluck meal. During this fellowship time, members of the Healthy Church Initiative Steering Team will be joining you for conversation about your experience of the church and the process of revitalizing our

It is an honor and blessing to serve as your pastor. I enjoy your hopeful energy, your honesty, and your humor as we share in this journey of faith. God has blessed us abundantly as a church, and I believe we are entering into a time of more deeply living in to God's abundant grace in our lives.

Blessings,

Pastor Rob



# SEPTEMBER 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 9:30 Yoga
2 NO Early Worship 10:30 Worship	3 <b>HAPPY LABOR DAY!</b>	4 5:30 Yoga 5:30 AA 5:30 Ruby Tuesday Singers Rehearsal	5 9:45 Service at Havenwood 10:45 Service at Neilsen Place 1:00 Staff Meeting 3:30 Bike Group 5:00 Community Table	6 2:00 Grief & Loss Support Group 5:00 Community Table 6:15 Lotus Zen	7 7:30-10:00 Square Dance	8 9:30 Yoga 5:30 *Game Night in the Lounge*
9 9:30 Early Family Worship 10:30 Worship 10:30 Potluck Meal	10	11 5:30 Yoga 5:30 AA 5:30 Ruby Tuesday Singers Rehearsal 6:30 Trustees Meet	12 1:00 Staff Meeting 3:30 Bike Group 5:00 Community Table 5:30 Choir 6:30 Youth Group	13 4:00 SPRC Meets 5:00 Community Table 6:15 Lotus Zen	14	15 9:30 Yoga 10:00 Prayer Shawl meeting
16 9:30 Early Family Worship 10:30 Worship	17	18 5:30 Yoga 5:30 AA 5:30 Ruby Tuesday Singers Rehearsal 5:30 Finance Meeting	19 9:15 BMW Meets 1:00 Staff Meeting 3:30 Bike Group 5:00 Community Table 5:30 Choir 6:30 Youth Group	20 5:00 Community Table 5:30 HCI Steering Meeting 6:15 Lotus Zen	21 NEWSLETTER DEADLINE  7:30-10:00 Square Dance	22 9:30 Yoga
23 9:30 Early Family Worship 10:30 Worship	24	25 2:00 -3:30 Evergreen 5:30 Yoga 5:30 AA 5:30 Ruby Tuesday Singers Rehearsal 5:30 Council Meets	26 1:00 Staff Meeting 3:30 Bike Group 5:00 Community Table 5:30 Choir 6:30 Youth Group	27 2:00 Stamping Group 5:00 Community Table 6:15 Lotus Zen	28	29 9:30 Yoga
30 9:30 Early Family Worship 10:30 Worship						



# 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 October Newsletter are due in the office no later than 9:00am on Friday, September 21, 2018. Any announcements you wish to have in the Sunday bulletin must be 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 Service Volunteers SEPTEMBER 2018

**USHERS:** *Coordinators Mike & Rita Albrecht*

**GREETERS:** *Coordinators Mike & Rita Albrecht*

September 2: Jerry Pickett & Bunny Howe  
September 9: Dave Dahlberg & John Herath  
September 16: Mike & Rita Albrecht  
September 23: Vic Mosser & Sandra Kranz  
September 30: LeRoy & Diane Morris

**READERS:** *Coordinator Becky Lueben*

September 2: Becky Lueben  
September 9: Evan Hazard  
September 16: Sandra Kranz  
September 23: Lorne Lofberg  
September 30:

September 2: Fred & Connie Teal  
September 9: Jim & Ginger Tibbetts  
September 16: Fulton & Nancy Gallagher  
September 23: Tony & Carla Nicholson  
September 30: Lorne & Verna Lofberg

**COFFEE SERVERS:** *Coordinator Lorne Lofberg*

September 3: SPRC Committee  
September 10: SPRC Committee  
September 17: SPRC Committee  
September 24: SPRC Committee  
September 30: SPRC Committee

## THE LYDIA PROJECT

Do you knit or crochet? Have you heard about the Lydia Project? We would like your help! Lydia was a woman in the Bible who was known for her hospitality and also for the making of purple cloth. In **2020**, the Conference of the United Methodist Church in Minneapolis/St. Paul will be attended by 10,000 people from all over the world. The hosts would like to give each person attending a **PURPLE**, (think the color of Vikings Purple) **HAND KNITTED OR CROCHETED SCARF** to represent warmth and hospitality. The scarves should be **6-7 inches wide and 60 inches long** and may be the pattern of your choice. The scarves that our local church contributes will be collected before, and taken to, the **2019** Conference. Each scarf will have a tag showing the name of the crafter and our church name. If you do not knit or crochet, you may help by praying for the conference and/or donating money to help pay for yarn for the scarves. If you plan on helping, please leave your name at the Welcome Desk with an approximate number of scarves you will make. **THANK YOU FOR HELPING!**

*Thank You!*



To all the Nursery Volunteers  
that gave of their time on  
Sundays to care for our little ones.

**Melanie Hough**  
**Carla Nicholson**  
**Pam Stowe**  
**Rita Albrecht**  
**Janet Miller**  
**De Pickett**  
**Katie Friese**

I appreciate your help!  
Jan Grimm



### **Mission Market**

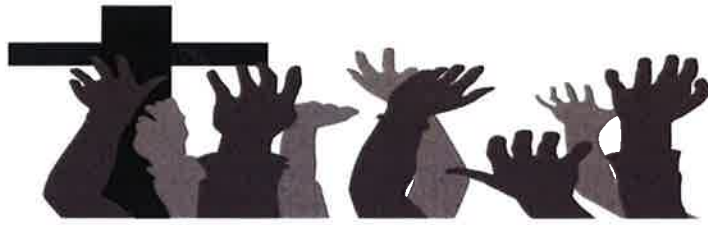
You are cordially invited and encouraged to shop the Bemidji United Methodist **Mission Market** each and every Sunday. It is located in the lounge, first door to your left after the restrooms. There you will find All Occasion Greeting cards hand made **by Faith and Fellowship (F&F)**. All cards are \$2 each. Special cards are made by request and also various holiday cards are usually available. The profits gained from the sales are all used for various church projects. F&F makes and donates all the greeting cards sent to our over 80 birthday celebrants. Also Thinking of You cards.

**Fair Trade Coffee** lets you savor that first cup every morning while improving the lives of Fair Trade farmers. All products are sold at our cost to purchase. You can choose from a variety of coffee strengths as well as ground, whole bean, and de-caf. Along with that Fair Trade sells chocolate bars, mini, baking cocoa, hot chocolate, chocolate chips, and olive oil. BUMC buys Fair Trade coffee for Sunday morning lounge coffee and other church functions.

**Thank You for supporting these two worthwhile ministries!**



## \* YOUTH GROUP NEWS! \*



**Dear youth group members and participants,**

Our Youth group will resume starting on Wednesday, September 12th at 6:30 P.M. If the weather permits, we will be having an outdoor cookout and some outdoor activities. If you have never attended YG before, this is a great opportunity to get started and be able to meet the other youth and adult leaders. YG is open to all youth from sixth grade and older. It also is open to young adults (and has young adult leadership). Please join us!

Since we have a great new leadership team, we also have extra capacity to grow, so invite a friend.

Peace,  
Pastor Rob

## \*Early Family Worship Services 9:30 am Sundays\*

The early worship service will switch to 9:30 A.M. starting with Sunday, September 9th.

The early worship service will include elements of Sunday school for children incorporated into a short, family friendly worship service. We will begin each Sunday with a story from the Bible. After hearing the story, worshipers will have the option to either participate in a discussion or an activity connected to the story. The activities will be geared towards children. However, the choice between conversation or activity will be up to those worshipping--both options are open to any generation. We will then have the opportunity to come together, sing a song, and share in prayer.

The worship service is scheduled to last for half an hour, with a time for food and fellowship before or after the service.

Please join us for either or both services, starting on Rally Sunday.

Peace,  
Pastor Rob

# 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, Dave Sterr
- 10 Gerald Phillips, De Pickett, Nancy Swenson
- 11 Betty Howard, Danielle Kimble
- 13 Pat DeChaine
- 14 Enyssa Birt, Mary Ann Gray
- 17 Elaine Clark
- 18 LaVerne Olson
- 22 Alexandra Lyren
- 24 Judy Comstock, Jill Parson, Janice Lund
- 25 Bill Britton

## ANNIVERSARIES

- 02 Merlyn and Velma Wesloh
- 05 Albert and Karen Clark
- 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*: Bill Britton, Marian Blehm, Nelle May,
- ...at *Trillium*: Dick Slinkman, Lois Statton, Judy Comstock, Lorraine Sorensen
- ...at *Windsong*: Wag Collins, Bert Clark, Karren Clark, Jean Slinkman
- ...in *Brandon, SD*: Doris Pierce
- ...at *Baker Park*: Kathleen Magsam
- ...at *Havenwood Care Center*: Patty Boyer, Mary Conner, Grace Daniels, 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
- ...at *May Creek in Walker, MN*: Ruth Weis
- ...recovering at *home*: Danny Stowe



*The Bemidji Methodist Women* will resume meeting on Wednesday, September 19 at 9:15am in the lounge with refreshments being served.

please  
**JOIN  
US**

**HOSTESSES:** De Pickett & Sue Young

**PROGRAM:** Who Do You Think They Are,  
with Larry Young as speaker

**DEVOTIONS:** Pastor Rob Kopp

**BUSINESS MEETING:** President—Verna Lofberg

*Come join us for fellowship.*



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

*Sunday, September 9th*

9:30 a.m. Early Family Worship

10:30 a.m. Worship

10:30 a.m. Potluck Meal

*Please bring a dish to share!*

# September Parish Health News

## Things to Know About Allergies

1. Nearly half of food-allergic adults developed their allergies in adulthood. Most people who develop adult-onset allergies usually do so in their twenties and thirties, though it's possible to develop them at any age...even 85.
2. A lot of people do outgrow allergies over time. According to the Mayo Clinic, about 60 to 80 percent of young children outgrow allergies to milk or eggs by the age of 16, for instance. Research has shown that allergic sensitization, or the body's reaction to allergens, is higher in younger people but all ages are susceptible to allergy development.
3. People with hay fever can suffer from pollen-food syndrome. Also known as oral allergy syndrome, it occurs when the body's immune system reacts to allergens found in pollen as well as in certain raw fruits, vegetables, or tree nuts. The following are some examples of types of pollen associated with certain foods:
  - Alder: apples, cherries, peaches, pears, celery, almonds, and hazelnuts
  - Birch: apricots, cherries, nectarines, tomatoes, carrots, and walnuts
  - Grass: melon, oranges, watermelon, potatoes, and peanuts
  - Ragweed: bananas, cantaloupe, honeydew, cucumbers, squash, and zucchini

These fruits and vegetables may not trigger an allergic reaction when they're cooked, but the best way to treat pollen-food syndrome is to avoid these foods in the first place.
4. Colds and allergies are two entirely different things. While the common cold is caused by viruses, seasonal allergies occur when the immune system overreacts to an allergen. Still, colds and allergies can share some symptoms in common, such as a runny nose, sneezing, and congestion. Other cold symptoms, such as body aches and fever, are not from allergies and itchy eyes rarely occur with colds. Other cold symptoms, such as body aches and fever, are not associated with allergies, and the itchy eyes common to an allergic reaction rarely occur with a cold. Colds and allergies also differ in terms of how long they typically last. Colds last 7 to 10 days where allergies are much longer.
5. Prevention is key when you have allergies. Whether you have seasonal, persistent, or food allergies, you should always avoid exposure to anything that triggers an allergic reaction.
6. Pet hair and fur are not allergens, but they can collect other allergens, like dust and pollen. If you're allergic to animals, the real culprits are dander (dead skin cells), saliva, and urine.
7. Allergens exist virtually everywhere, so moving probably won't do it.
8. Winter allergens are dust mites and mold spores worse around the holiday wreaths, trees and decorations.
9. Hay fever is most commonly associated with sneezing, coughing, nasal congestion, and itchy eyes. Treatment usually involves limiting exposure to triggers and taking medicines, to relieve symptoms. But hay fever can lead to more serious complications. Its symptoms can disrupt your sleep, and it can make you more susceptible to sinusitis and ear infections. It can trigger or worsen asthma symptoms.
10. Taking Allergy antigen in tiny doses via shot or sublingually can improve symptoms dramatically over time. Oral antihistamines for short periods of time are helpful for many. Avoiding the allergens is the best method of treatment—using HEPA filtered vacuums and air purifiers will help indoor allergies. Wearing a mask when mowing lawn and bathing immediately after exposure is helpful. Washing after playing with pet and bathing pet frequently. Repeated allergy attacks can lead to more serious conditions like asthma, eczema, autoimmune conditions etc. due to attack on the immune system.

*“Do you not know that you are God’s temple and that God’s Spirit dwells in you”? (1 Cor3:16)*

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



**2017-UNITED  
METHODIST CHURCH**

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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*

Dave Vick  
*Custodian*

Cynthia White  
*Organist*

Linda Wagner  
*Chancel Choir Director*