



VOYAGEUR MARCH 2019

Dear Church Family,

I'm writing to you today during the United Methodist Church's special General Conference. There will be more to talk about from this conference, but I will wait until after its completion. Please continue to be in prayer for our churches, including Bemidji UMC during this challenging times.

In the mean time, we are moving towards having worship teams assembled for worship volunteers. Some have asked for further information. **We will have an informational gathering after worship on Sunday, March 3rd after the second service.**

Pastor Rob

Here is a description of the worship team system, written by our Grace Pastoor.

We all love Sunday mornings. It's a time to come to a familiar place to be greeted by people we've known for years. We can expect a nametag and a fresh cup of coffee to share with our friends. We have the privilege of watching people we know stand in front of us and lead us in prayer. We can count on people to collect the offerings we're able to give to the church.

All of these things, of course, take work. We have a wonderful core group of dedicated volunteers who put the pieces together to create the Sunday mornings we've come to depend on.

That's where worship teams come in. We want to make everyone's lives a little bit easier by simplifying the volunteer process. Instead of having different people coordinating different jobs, we want to create six teams of church members that will take turns getting Sunday-morning jobs done.

Each team of six to eight people would spend two non-consecutive months of the year making coffee, running the welcome desk, greeting, ushering and reading. It's the same amount of work church members have always done; the format is just different.

Each team would meet before their designated month starts to determine who is responsible for what job. If you don't want to get up in front of the congregation and read, no problem. You can make coffee, or man the welcome desk. Nobody will be asked to coordinate a whole group. Instead, members of the church family will work together as a team to get the job done.

I am reaching out to people who have volunteered in the past to ask you to be part of a team. I hope you'll be open to this new idea and give it a shot. We appreciate all your hard work thus far and hope to hear from you soon. (Grace Pastoor)

MARCH 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 7:00-10:00 Square Dance	2 9:30 Yoga
3 9:00 Adult Sunday School 9:30 Early Family Worship 10:30 Worship 11:30 Worship Team Mtg 11:45 Confirmation	4 5:30 Girl Scout Leaders Mtg. 6:30 Beginning Knitting 6:30 Girl Scouts in the Fellowship Hall	5 5:30 Yoga 5:30 AA 5:30 Ruby Tuesday Singers Rehearsal	6 Ash Wednesday 9:45 Communion at Havenwood 10:45 Communion at Neilsen Place 3:30 Bible Study 5:00 Community Table 5:15 Choir 6:00 Ash Wednesday Service 6:30 Youth Group	7 2:00 Grief & Loss Support group 5:00 Community Table 6:15 Lotus Zen Meditation	8 5:30-7:30 Lutheran Social Services	9 9:30 Yoga 5:30 Game Night
10 9:00 Adult Sunday School 9:30 Early Family Worship 10:30 Worship 11:45 Confirmation Daylight Savings	11 6:30 Beginning Knitting 6:30 Girl Scouts in the Fellowship Hall	12 5:30 Yoga 5:30 AA 5:30 Ruby Tuesday Singers Rehearsal 6:30 Trustees Mtg	13 3:30 Bible Study 5:00 Community Table 5:30 Choir 6:30 Youth Group	14 4:00 SPCR 5:00 Community Table 6:15 Lotus Zen Meditation	15 NEWSLETTER DEADLINE	16 9:30 Yoga 10:00 Prayer Shawl
17 9:00 Adult Sunday School 9:30 Early Family Worship 10:30 Worship 11:45 Confirmation 2:00-4:30 Square Dance St. Patricks' Day	18 6:30 Beginning Knitting 6:30 Girl Scouts in the Fellowship Hall	19 5:30 Yoga 5:30 AA 5:30 Ruby Tuesday Singers Rehearsal 5:30 Finance Mtg	20 9:15 BMW Mtg 3:30 Bible Study 5:00 Community Table 5:30 Choir 6:30 Youth Group	21 5:00 Community Table 5:00 HCI Steering committee 6:15 Lotus Zen Meditation	22	23 9:30 Yoga
24 9:00 Adult Sunday School 9:30 Early Family Worship 10:30 Worship 11:45 Confirmation	25 6:30 Beginning Knitting 6:30 Girl Scouts in the Fellowship Hall	26 2-3:30 Evergreen Mtg 5:30 Yoga 5:30 AA 5:30 Ruby Tuesday Singers Rehearsal 5:30 Council	27 3:30 Bible Study 5:00 Community Table 6:30 Youth Group	28 2:00 Stamping Group in Lounge 5:00 Community Table 6:15 Lotus Zen Meditation	29	30 9:30 Yoga
31 9:00 Adult Sunday School 9:30 Early Family Worship 10:30 Worship 11:45 Confirmation	<p>Spring Forward! Daylight Savings Begins</p>					

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, March 15, 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
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 MARCH 2019

USHERS: *Coordinator Grace Pastoor.*

GREETERS: *Coordinator Grace Pastoor.*

March 3: Vic Mosser & Sandra Kranz

March 10: Lorne & Verna Lofberg

March 17: Sandy Sterr

March 24: Bill & Kathy Strycker

March 31: Jerry Pickett & Bunny Howe

March 3: Jim & Ginger Tibbetts

March 10: Bill & Kathy Strycker

March 17: Cheyenne Stowe & Family

March 24: LeRoy & Diane Morris

March 31: Mary Burghart & Jack Spangenburg

READERS: *Coordinator Becky Lueben*

COFFEE SERVERS: *Coordinator Grace Pastoor.*

March 3: Diane Morris

March 10: Larry Young

March 17: Glenn Seibel

March 24: Sandra Kranz

March 31: Randy Burg

March 3: Merlyn & Velma Wesloh

March 10: Elaine Clark

March 17: Mike & Rita Albrecht

March 24: Seth & Kari Knudson

March 31: Randy Burg & Carol Nielsen

MARCH MEMBER CELEBRATIONS

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

BIRTHDAYS

- 01 Jim Tibbetts
- 02 Ashley Pirkel
- 03 Adecia Dauner
- 04 Ruth Ann Howe
- 09 Tessa Richardson, Gwen Salner
- 11 Dick Slinkman
- 13 Jack Israelson
- 15 Dorothy Naramore, Dennis Noska, Cynthia White
- 18 Tom Gray, Tricia Jessen, Kody McKenna
- 19 Laura Hays, Austin McClellan
- 20 Hollie Simmerman
- 21 Merrill Thiel
- 22 Richard Morehouse
- 23 Carla Nicholson
- 27 Kaia Hess
- 28 Michael Stowe
- 29 Michael Jessen
- 30 Mylisa Cullifer, Darlene Wilson, Jonathan Leet

ANNIVERSARY

- 09 Nick & Kristin Thompson
- 25 Robert & Carol Rieke
- 29 Ben & Cheyenne Stowe



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

REMEMBER IN YOUR PRAYERS THOSE..

- ...at ***Neilson Place***: Bill Britton, Jean Slinkman, Marian Blehm, Nelle May
- ...at ***Trillium***: Dick Slinkman, Lois Statton, Judy Comstock,
- ...at ***Windsong***: Wag Collins, Bert Clark, Karren Clark, Dotty Naramore
- ...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



The Bemidji Methodist Women

will meet on Wednesday, March 20, 2019
at 9:15 in the Lounge.



Hostesses: Carolyn Ballard & Ginger Tibbetts

Devotions: Carolyn Ballard

Program: 100% Graduation Rate, John Eggars

*Please join us for fellowship and refreshments.
Everyone is welcome.*

Grief & Loss Support Group will meet on March 7 at 2:00. This is led by Pastor Rob, and anyone who needs to explore their grief is welcome to attend. The group is free to talk as they wish without judgement and everything is confidential. Please join us.

Thanks, Jan Grimm—444-0209

■ **Our Church**, along with 10 other churches in the area, make up the core of the Meals on
■ Wheels delivery program to serve nutritious meals to the home bound; meals delivered right
■ to their door, five days a week, with a special weekend bag delivered on Friday, to get them
■ through the weekend. Our delivery turn comes up every 11 weeks, and we have a team of
■ dedicated drivers, but **we always welcome more to join our team**. All that is required is a
■ passion to serve others in our community, and a vehicle to drive one of the three
■ routes. Each route takes about one hour of your time, from 11am-12noon, Monday through
■ Friday. Meals are prepared at the Senior Center in downtown Bemidji. You can travel as a
■ team of two, with one person driving, the other person the "runner" who brings the meal to
■ the door. The routes are in the city limits and Nymore. The work is very rewarding, and I
■ hope you will consider joining us.

■ I want to thank the team that delivered meals in 2018: Red Wilson, Vince Freborg, Tony &
■ Carla Nickolson, Char & Jeff Anderson, Jerry Pickett, Randy Burg & Carol Nielson, Marshall
■ and Barb Johnston, Gerry Manley & Terry Thomas.

■ Our delivery weeks in 2019 are: **3/18-22, 6/3-7, 8/19-8/23, 11/4-8, and in 2020....1/20-24.**
■ You can sign up for any number of days your schedule allows. You can try us out, come out
■ with one of our drivers one time, see if you like it.

■ If you would like to learn more about the program, you can find me at the Fair Trade coffee
■ cart before and after Church on most Sunday mornings, or call: **444-9580**.

■ Thanks for considering this worthwhile Mission project of our Church.

■ Terry Thomas, Meals on Wheels Coordinator

March Parish Health News: Brain Injury

“Jesus replied: “Love the Lord your God with all your heart and with all your soul and with all your mind.” Matthew 22:37 NIV

Your brain is one of the most important organs in your body since it coordinates all of the body's functions and thought processes. Without it you couldn't walk to the store, read your grocery list, count out your change, or hide the chocolate when you get home. It controls involuntary actions such as the beating of your heart and voluntary actions like dialing a phone. A traumatic brain injury (TBI) can happen to anyone and create many challenges for families living with TBI.

Those at highest risk are children 0-4 years old, 15-19 years old, seniors and military personnel. Although many injuries come from risk-taking activities such as sky diving or race car driving, many stem from normal actions of work and play like driving a car, playing a sport, or even falling at home. Long term effects of TBI include problems with memory, managing emotions, and risk of brain disorders in later years.

Decreasing the chance of an injury is easy with some basic safety practices. Wear seat belts to cut down on head injuries in the event of an accident. Wear helmets when riding bikes or rollerblading. Remove the clutter or throw rugs in the homes of older adults to prevent falls. A simple fall or blow to the head in any of these situations can cause severe complications requiring months or even years of rehabilitation with no guarantee of recovery.

If an injury does occur, watch the victim for signs of blurred vision, confusion, a severe headache, or repetition of questions or statements after the fall. Contact a doctor or visit the emergency room to determine the severity of the injury. Additional serious signs of a TBI might include violent vomiting, seizures or even loss of consciousness.

Never minimize a head injury. Seek medical attention immediately for proper diagnosis and treatment. If the length of recovery is extensive, provide support and care for the family of the injured as it is their journey of recovery also.

(Source: Brain Injury Association of America www.biausa.org/)

Judy Lightowler, MS, RN, CLM
North Star District Parish Nurse
Judy.lightowler@gmail.com
(218)298-0786

District Parish Health News

7-Ups for the Year

Wake-Up--Begin the day with the Lord. It is His day. Rejoice in it.

Dress-Up--Put on a smile. It improves your looks. It says something about your attitude.

Shut-Up--Watch your tongue. Don't gossip. Say nice things. Learn to listen.

Stand-Up--Take a stand for what you believe. Resist evil. Do good.

Look-Up--Open your eyes to the Lord. After all, He is your only Savior.

Reach-Up--Spend time in prayer with your adorations, confessions, thanksgivings and supplications to the Lord.

Lift-Up--Be available to help those in need - serving, supporting and sharing.

10 Ways to eat healthy at a church potluck

By Pastor Katie Gallagher



This Photo by Unknown Au-

1) Tell yourself from the very beginning, "I will not go back for seconds" and follow through on it. Do not allow anyone to talk you into going back, including the dear grandmotherly figure who makes your favorite meatballs.

2) Think one scoop, not two. One meat ball, half a square of lasagna, one piece of chicken, half a slice of ham, one spoonful of the cheesy scalloped potatoes ... everything in moderation. Remember, your eyes are bigger than your tummy.

3) Don't take a lot of something just because it has fruit or vegetables in it. It could also have tons of butter or bacon grease in it. Many fruits and salads come drenched with dressing, sour cream, whipped cream, and all sorts of wonderful, delicious fattening additions. Consider it a special treat

4) See if only one spoonful will hit the spot. If not ... avoid it.

5) Bring something healthy. A potluck can always use fresh fruit or vegetables. If you want to be creative, find a recipe in a health-conscious cookbook and show your congregation that healthy food can be delicious, too.

6) Drink water! If you must, have a cup of coffee, but avoid the juice and punch; they just add unwanted sugar.

7) If you can be strong, pick only one dessert, or try splitting two desserts.

8) Do not eat your children's leftovers (or your neighbors, for that matter).

9) Later that day, go on a long walk. Invite your family, invest in some good quality time together.

10) Thank God for the gift of great food, great fellowship, the strength to not over-indulge and the forgiveness when we do.

Judy Lightowler, MS, RN, CLM
North Star District Parish Nurse
Nsdpn2015@gmail.com

**2019-UNITED
METHODIST CHURCH**

924 Beltrami Ave
PO Box 607
Bemidji, MN 56619-0607

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

Non-Profit Organization
U.S. Postage Paid
Permit Number 8
Bemidji MN 56601

Return Service Requested

MARCH 2019 VOYAGEUR
Published Monthly

open hearts
open minds
open doors



The People of the United Methodist Church

Church Staff

Reverend Rob Kopp
Pastor

Tammy Freye
Secretary/Bookkeeper

Chris Newman
Custodian

Cynthia White
Organist

Linda Wagner
Chancel Choir Director

Grace Pastoor
Volunteer & Events Coord.