



Dear Church Family,

It is the beginning of a new year, and this is a year when most of us are more than happy to put 2020 in the rear view mirror. It has been difficult, it has been challenging in so many ways. How will this new year be different?

When online worship replaced in-person worship, we entered into an indefinite period of time before we could gather safely to be physically present with each other. At the outset, I somehow imagined being able to regroup last fall. It was wildly optimistic. Who knew? Some were even shocked at how long I thought it was going to last. Yet here we are, still gathering online when we can not gather together. Has anything changed?

Yes, of course. Much has changed. Pragmatically, we know there will be a definite ending to our season of quarantine. COVID-19 vaccinations are beginning to happen in our community. This will likely continue to accelerate into the future. At some point, many of us will be vaccinated. It's my understanding we will still need to wear masks, but it will be much safer to gather together in our church building. I believe it is going to feel awkward and strange at first, but it will also feel hopeful.

This year especially, I feel a great yearning. Part of this yearning is to experience in-person once more. But I also yearn for much more. I yearn for God's healing in our place and time. I yearn for a time when we can connect the new relationships we have been forming online with our in-person experiences of community, I yearn for a time when we can reach beyond division to include all persons as I believe God includes-- not on the basis of merit, ability, race, gender, or any other way we often identify ourselves and each other. I yearn for a time when God will shape our primary identity as beloved children of God-- children who receive God's love. I yearn for a time when this shift in identity will lead us to being at peace with one another; in our neighborhood and in our world.

It is perhaps a naive yearning. Left to our own, we have done much to create separation from one another. We've done much in participating in our own brokenness. But we are not on our own. What we find to be inexplicable and impossible for us is possible with God. This does not come about through waving a magic wand. Even now, God is working to reshape our identity. Even now, God is at work in our yearning, striving, and caring with one another.

In the short term, I don't know how this will all work. We've made it this far-- and I am not just talking about the pandemic. We've made it this far in our journey with God. For this, I am grateful. Yet I look forward to much, much more. From me, from you, from God.

Let there be peace on earth. It's already begun with God. Let it begin with me, with you, with our neighbors. Amen.

Pastor Rob

NUTRITION is Health Topic for January

The World Cancer Research Fund advocates healthy eating as one of the top ways to prevent cancer. They recommend limiting the intake of fast foods, salty foods, and red meats; avoiding sugary drinks and processed meats; and eating plenty of non-starchy fruits, veggies, and legumes. It is clear that a healthy diet is key for the prevention of chronic diseases. And of course, to reduce potential chemical residue, choose organic whenever possible.

Try to build on your healthy habits each week, adopting the new weekly tip while still engaging in the healthy habits of the previous weeks. And of course, keep it up all year long!

Go for a week without buying your lunch. Instead, brown bag it by taking leftovers from home. Expand your horizons: push yourself out of your comfort zone by trying a new healthy food. Hempseeds, dried seaweed, sardines—you might surprise yourself and end up loving it.

Go meatless once a week. A meat-free diet can be not only a healthy choice but also environmentally friendly: the Food and Agriculture Organization estimates that livestock production is responsible for 18 percent of greenhouse gas emissions. Choose more whole foods by shopping the perimeter of the store. That way, you'll avoid the middle aisles, where most of the processed foods reside. Now is also the time to start looking into your local community supported agriculture options, farmers' markets, and community garden plots. Join a food Co-op where locally grown produce is sold.

Week 1: January 1 to 5 – Start right

Eat a balanced breakfast each day. Ideally, a well-balanced breakfast should include protein (ex. Greek yogurt, eggs); carbohydrates (ex. fruits, oats); and healthy fats (ex. nuts, almond butter).

Week 2: January 6 to 12 – Cut out the bad

Avoid soft drinks and trans fats. When our bodies need only so many calories in a day, why waste them on foods with little nutrition that may have serious health consequences? Two no-nos we can easily replace in our diets are sugar-laden soft drinks and hydrogenated oils (better known as the notorious trans fats).

Week 3: January 13 to 19 – Add the good

Include greens, fibre, and omega-3s in your diet. For good health, you want to fill your daily diet with as many nutrient-dense foods as possible. You'll also start feeling like a million bucks. Hailed as superfoods, dark leafy greens such as spinach, chard, and kale contain vitamins A, C, and K and minerals such as calcium and iron. Add them to your smoothies; sauté them with olive oil and garlic or throw some into your soups, stews, and pastas. Make sure you get both insoluble fibre (found in veggies, wheat bran, and whole grains) and soluble fibre (found in oat bran, nuts and seeds, and legumes) in your diet to reap maximum rewards. Omega-3 fatty acids are so important because our bodies can't make them—we need to get them through our diets. They can be found in fatty fish and some nuts and seeds such as flax and walnuts.

Week 4: January 20 to 26 – Get some help

In the form of supplements, that is. Two supplements that are particularly beneficial are vitamin D and omega-3 fatty acids. The long chain omega-3 fats present in certain fish have been shown to help fend off a range of maladies. Can find in Fish Oils and in ocean fatty fish like salmon, sardines, krill.

Week 5: January 27 to February 2 – Plan ahead

Practice meal planning. Spend a lazy Sunday afternoon making big batches of healthy items such as bean salads. We can use these when we're more time pressured. Another important step in meal planning is deciding what to cook for the week ahead.

I hope that your New Year Resolution includes a better diet and the healthy immune system in can create.

God Bless You in 2021

Judy Lightowler, NSD Parish Nurse

The Coalition of Greater Minnesota Cities has awarded Bemidji Mayor Rita Albrecht with their Jack Murray Award, for her excellence in service to Greater Minnesota. Per a release, the Jack Murray Award “is given to city officials who demonstrate knowledge, leadership, and active participation in CGMC program areas over their public service career. The award is named for Jack Murray, former mayor of International Falls, who was instrumental in the CGMC’s formation.” Congratulations Rita from your family at Bemidji United Methodist Church!

~ taken from News Break App/Lakeland Public TV Chanel 9



Join your church family, friends and neighbors around the globe as we enjoy (and share) nativities/creches of all kinds, eras and traditions. Share your own, and tell the story.

Link to event and Facebook site below:

<https://fb.me/e/4XjPceTyX>

<https://www.facebook.com/Bemidji-United-Methodist-Church-164248104496>

The gallery is available on several posts throughout the Facebook feed site, available until January 4th.

The United Methodist Church has a long history of concern for social justice. Wesley and the early Methodists expressed their opposition to societal ills such as slavery, inhumane working conditions, abuse, and child labor.

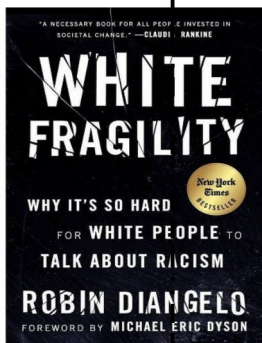
We have always believed that salvation necessitates renewal of, both individuals, and the world. As a denomination, our response to God's grace has both a personal and social dimension as we grow by engaging in acts of compassion and justice and

“works of mercy,” such as feeding the hungry and continuing to advocate for the poor and marginalized — we live out our love for God through service to our neighbor.

“Our love of God is always linked with love of our neighbor, a passion for justice and renewal in the life of the world.” (from the Book of Discipline 2012, p 51) That, and what has happened during the increased race polarization in this country the past few years, is why I am looking forward to reading the book chosen for this book study. It is “White Fragility” by Robin Diangelo.

We hope you’re able to join us. **We will let you know the cost of the book and meeting times soon.**

-Deborah



PLEASE NOTE THAT DEBORAH DAVIS HAS A NEW EMAIL ADDRESS. YOU CAN REACH HER AT: bumccordinator@gmail.com

BEMIDJI UNITED METHODIST CHURCH

CHURCH OFFICE HOURS

10:00 AM – 2:00PM (M – F)

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January Birthdays

01- Richard Burghart
02- Maggie Dahlberg
02- Verda Murray
02- Ginger Tibbetts
04- Spencer Jessen
05- Alice Larkin
05- Sandy Sterr
06- Olivia Geiger
11- Madalynn Frenzel
11- Michelle Seibel
11- Linda Smith
16- Dana Danielson
17- Dave Danielson
17- Courtney Frenzel
17- Nick Thompson
19- Virginia Youngdahl
21- Zaverree Conner
23- Jan Grimm
24- Betty Freborg
25- Barbara Johnston
25- Cal Mattfield
27- Janice Moberg
27- William Strycker
31- Leisa Bragg



JUST A REMINDER....

Articles for the February Newsletter are due in to Karen no later than

9:00am on Monday, January 18, 2020

You may text, email or call her at
(218) 766-9700

THINK YOU'VE HAD COVID, OR YOUR TEST WASN'T ACCURATE?

COVID-19 antibody testing is available for \$65 and getting tested doesn't require prior approval from a doctor or an appointment. The antibody test is what's known as a direct access test, which means insurance is not billed and those who are tested are required to pay when they're testing. This **IS NOT** to determine if you currently have COVID-19. Antibody testing, which requires a blood draw analysis, will look for antibodies created by the immune system to fight the corona virus that causes COVID-19. At Sanford Health, you do not need an appointment or doctor referral. Just go in to the main lab and ask for the antibody test. You will be required to pay \$65 at the time of the blood draw.

SANFORD
HEALTH



...at Neilson Place: Jean Slinkman

...at Trillium: Judy Comstock

...at Windsong: Wag Collins, Bert Clark, Dotty Naramore and Evan Hazard

...at home with her daughter, Kathleen Magsam

...at Havenwood Care Center: Patty Boyer, Mary Conner, and Betty Howard

...at Goldpine: Laura Hays, Ruby Hausauer, Helen LeClaire

...at BirchHaven Village: Betty Brooks

... Noli and family

... For Justina Farris and her 3 children, as the community mourns the loss of Jesse on Christmas Day

... For those members recovering from COVID and those waiting to receive the vaccine.



... For the Keith and Sissie Pennel family of Laporte, who lost their entire home to a fire before Christmas

Offerings and Misc. Received for November 2020

General Offering...December 08, 2020 \$7,948.00
December 22, 2020 \$3,860.00

On-line Giving for December \$2,249.40



Name: _____

Date: _____

The Year 2020 In Review

F E U O L Y M P I C S C A N C E L L E D I E J U
S Y C P G D N Z P Q N Y M Z I W T L S B Y X I Y
K C I L K Y Q O A N Z W G D R R Z C C I O U G Q
C P M X L D W E P H N L R B U U I E J V W N V B
E C E E Z L W V W O F I U M U C N F F R I S Q X
H I D C M N A I V E L H B E R S K C W K H I G G
C V N I E O F U L J T V S R U R U N R R V X H D
S Q A T M V L U Z D O L N S F H Z E G E S F K K
U W P S G F I I N L F S I Y P G G K C P U E N E
L H Y U L S V Z L Q G I G H C I F W I A L E U B
U N J J R P P P V F P B R G T X B E P P Y T S E
M R B L P O L I T I C S E E F G Y N J T G G N R
I V M A J Q D O S Q K T D G S A Z K C E F E S T
T J B I H T W N I C Y R A W N O L C M L N J C X
S U M C G U V W U M Q C B E H R U E Z I K A O E
R P Q A D J W V I M V U H L G W M R P O Q L M L
X J R R N A H U W X Z Q T L P S G E U T T U F A
P E T I K T O K X A W B U Y L I M A F L A Y O R
K X Y L Q K W J X B M Y R V B B M P V I A W R B
E N I T N A R A U G E O R G E F L O Y D L T U
G F V G R G M R T D E R A H G L H F Q A N Y A X
F V S X K Q I F O X A M O V H K F K S A M K D P
I W N T N A Y R B E B O K O H H P A M R A P T W
H N Y E C U D P H J W W K W H Y R Z D H V J H S

Quarantine

TikTok

Ruth Bader Ginsburg

Tiger King

Six Feet

Alex Trebek

Stimulus Checks

USNS Comfort

OlympicsCancelled

Kobe Bryant

Toilet Paper

Royal Family

Wuhan

Politics

George Floyd

Wildfires

Racial Justice

Pandemic

Mask

Census

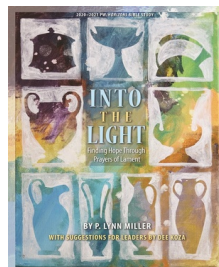
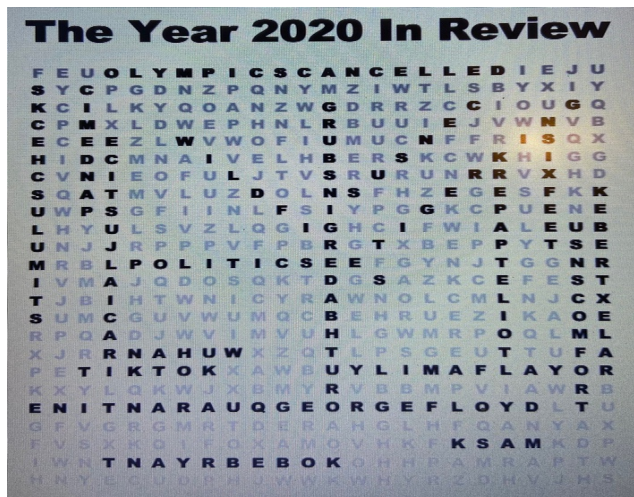


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Welcome to a New Year!

Answers to Word Search 2020



Carolyn Ballard would like to start a Bible Study, with this book as a guide. Those interested, please contact Carolyn or Deborah. Times will be decided upon at a later date.

If you missed this information in the last Voyager, they are still taking applicants for this food program.

Table for 7 is starting a food program for individuals over 60 years old.

We hope that anyone can enroll in this program no matter their financial situation. The purpose of this program is to help ease food access issues for our elders during the winter months of the Covid-19 pandemic. This program is expected to go to May 1 and then we will reassess. If this program goes well, we may extend it to be something we do, either during the winter months each year or even all year round.

We are reaching out to you, hoping that you can help spread the word. We are still looking for both clients and sponsor

Please feel free to call 218-444-2586 (restaurant) or 218-760-3212 (Amber Lynne's cell) with your questions.

table for 7

open hearts
open minds
open doors



The People of the United Methodist Church

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Leisa Bragg
Accompanist

Chancel Choir Director