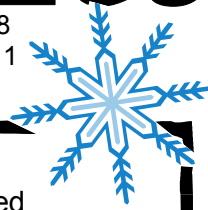


The Media

The MEDIA is published monthly by:
First United Methodist Church

Volume 87 Issue 78
January Edition 2011



From the Pastor's Desk...

What does the New Year hold for us at First United Methodist Church? Responses to the report of church consultant Dr. Paul Nixon are going forward on many fronts...from becoming more young family accessible by doing things like revising our Sunday morning schedule and building a new nursery and updating our worship sound and projection equipment, to rethinking how we invite and integrate new members. We will be restructuring our boards and committees to become more engaging, more nimble and more responsive. Significant re-staffing is being coordinated for the next couple of years to go along with the reorganization of our whole volunteer ministries area. And more changes in the way we do ministry are in store, but all of this will work only if we enter the New Year with a positive, forward-looking attitude.

In Winnie-the-Pooh, Pooh and Piglet take an evening walk. For a long time they walk in companionable silence. Finally, Piglet breaks the silence and asks, "When you wake up in the morning, Pooh, what's the first thing you say to yourself?"

"What's for breakfast?" Pooh answers. "And what do you say, Piglet?"

"I say, I wonder what exciting thing is going to happen today."

Are we asking the question, "*What exciting things does God have in store for First Church today and tomorrow?*" The early church could identify with that kind of anticipation. For you see, the New Testament is a book of forward looking and hopeful expectation. The people of Israel were awaiting the coming of the Messiah. The events of Jesus' life are in anticipation of his death and resurrection. When he left his disciples to go to the Father, Jesus promised them he would return. And they waited in great anticipation.

We need to remember that when St. Paul listed the three things that are eternal, one of those was hope. Christian faith is hope. It is joy. It is anticipation. It is expectancy.

When the great architect Frank Lloyd Wright was 90 years old, he was asked to single out his finest work. He answered. "My next one."

That's good. What is our next work as the people of God set down at First Church in Sioux Falls?

Abundant life in Christ is forward looking. And it sees a world pregnant with promise and possibility...a world in which a Creator God works all things to the good of those who love him. Do you see a future for First Church where families and individuals grow in their faith and serve their Lord? I do.



Expectantly,
Pastor Bill

First Church Committee Training & Orientation

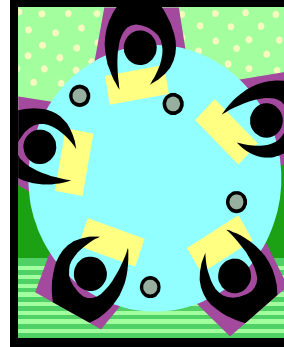
What does the Worship Committee do? What are the Trustees responsible for?

How about the Mission/Outreach Committee or the Children's Education Committee or the Administrative Board?

On Monday, January 24, 2011 (*note that we are avoiding the Martin Luther King Birthday holiday this year*), we will try to answer some of those questions and a few more in an orientation session at 7:00 PM in the Fellowship Hall for ALL committee members...returning and newly elected.

Besides getting acquainted with the other folks on your committee, we will talk about the responsibilities of the various committees—how they function, setting agendas, implementing plans, sharing and coordinating your programs with other committees and work areas, etc. A number of committees will be electing chairpersons.

Additionally, we will hand out "Guidelines for Leading Your Congregation" from the United Methodist Church, which will be a valuable resource as you begin to function as a committee. There will be some refreshments and a time of worship. And each committee will have some time to meet and organize...concluding at 8:30 PM followed by a brief Administrative Board meeting for Ad Brd members and anyone else who wishes to stay.



Vacation Bible School Galactic Blast



Circle the dates of June 12-16, 2011 on your calendar for Galactic Blast Vacation Bible School. We will begin the afternoon of June 12th and conclude on June 16th. We are doing something different this year, Monday – Thursday we will meet in the morning only, with a possible music camp for the grade school children in the afternoon. The program on Thursday will be preceded by a picnic supper for children and families around 5:00pm. As you begin to make your summer plans, please put these dates on your calendar.

We are having a VBS strategizing session on January 12th at 7:30 pm, so if anyone is interested in joining us for the planning that night, please come. There are going to be lots of short-term opportunities for volunteers this year. Stay tuned for more information in the near future.

“REEL” FAITH

Want to see a movie and talk about it's values and theme from a Christian perspective?



On Sunday evening, January 9th, you are invited to a time of viewing a movie and talking about “reel” faith.

The 2009 Clint Eastwood film, *Invictus*, could be called a sports film in that it is about the South African national rugby team, the Springboks, and their quest to win the rugby World Cup. The story takes place not long after Nelson Mandela (Morgan Freeman) became President of South Africa. Mandela knows that the country is extremely divided along racial lines. Whites fear the new government in the hands of the Black majority. Blacks want revenge for the suffering and pain forced upon them by Apartheid. Mandela understood that for the country to thrive, there must be a coming together. Mandela sought to use the World Cup as a way to bring all South Africans together in support of the Springboks. He recruits Springbok captain Francois Pienaar (Matt Damon) for support among the players, all but one of who is white.

A good sports movie is not just action filled—it must also reflect the values that sports can add to society and model the way life should be lived. *Invictus* joins the ranks of worthy sports films because it gives a whole new understanding of what it means to be a team—not just a few players on the field, but perhaps an entire nation.


Join us for "Invictus"

Sunday, January 9th at 6:30 pm ~ Fireplace Room ~ Pot Luck Snacks



FINANCIAL PEACE UNIVERSITY

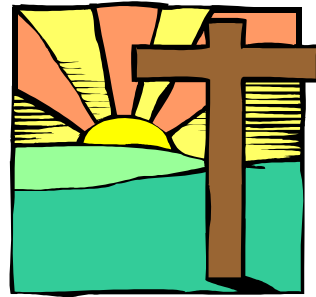
Is one of your New Year resolutions is to get a better control of your finances? Do you wish you knew more about insurances, retirement, and investments? Does the word budget scare you to death? Come take the mystery out of your money management with Dave Ramsey's Financial Peace University.



The class is just \$99 for materials. Some of our previous class attendants have said, "I am so glad we took the class together, it literally saved our marriage because it eliminated the money fights." "I really feel like I can breathe now that I have a better understanding of where my money is going." "Taking Financial Peace University should be required for all couples looking to get married." New class to begin in January—class time and date to be determined on interest. Child care can be available with a minimum of two children among all the attendees. Please call the church office at 336-3652 to reserve your space or a space for a family member or friend.



MESSAGE FROM WORSHIP AND RENEWAL COMMITTEES . . .



Three years ago, Natural Church Development discussed ways to increase our minimal factor of needs oriented evangelism. One of those ministries formed was Renewal Worship service on Sunday evenings. A group of talented youth took on the task of leading that worship service with their music and various lay people from FUMC and other area churches helped lead worship through the message, scripture and prayer.

Since that time many lives have been touched and changed through this ministry and the power of the Holy Spirit. This includes not just FUMC members, but the surrounding neighborhood as well.

During these 3 years, the Renewal band members have grown in their faith and lived out their membership vows by giving their time, talents, gifts, service and witness. Recently a large core of this group has graduated and moved out of the Sioux Falls area to start college. Unfortunately, two of the remaining band members have needed to step back from their commitment to the Renewal Worship service as well.

As a result, the pastoral staff, Worship and Renewal committees have discussed the future of this ministry and have decided to suspend the worship service as of December 19, 2010 with the intention of meeting as an outdoor ministry from May through August only.

This does not mean outreach to our neighborhood will discontinue. The Outreach committee will continue to discuss and seek ways to effectively reach out to our community of which we are a vital part. If you would like to be a part of this summer outreach please contact the worship and outreach committees. We will need people with a variety of gifts. Please consider being a part of the team!

We are very grateful for anyone who has been involved in some way with Renewal Worship. Thank you for your faithful service to this ministry and continued prayers for the future.

Laurie Kidd

Worship, Music & Fine Arts Pastor

Mark Johnsen

Director of Youth Ministry



A Word About
GATHERING

INGATHERING BAKE SALE

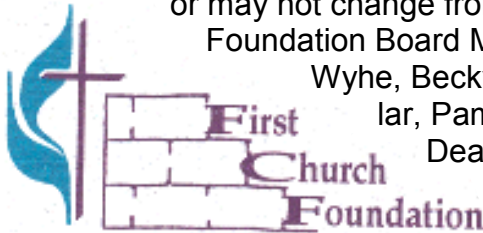
REPORT: Thank you for the variety of baked goods given to support our bake sale for the Ingathering mission project. Proceeds of \$800 will be added to our Ingathering fund and will be used for purchasing kit items and World Hunger. Thank you for becoming a part of this mission by purchasing the baked goods.



Foundation News

Upon the recommendation of the Strategizing Committee the Foundation is reviewing its present investment policy and management of Foundation Funds. The Foundation has formed a sub-committee to meet with several area Foundations to evaluate how we are doing and if there are other options available. When decisions are made we will update parishioners on the future plans of the Foundation which may or may not change from the present operation. Your

Foundation Board Members for 2011 are Tom VanWyhe, Becky Stritecky, Elton Byre, Ann Scoular, Pam Zoellner, Garry Scott, Ryan Dean, Brad Grossenberg, Dale Harris, Rick Gourley, and Don Jensen.



Wedded Band will meet January 19 at 2:30 pm
in the Fireplace Rm.

Come for God, games, goodies, and glee!

(This takes the place of meeting the 3rd Friday evening of January)



Finance Update

We have ended the financial year as we had hoped...all bills paid; apportionment paid in full.

The "extra" gifts during the year and the generous Christmas offering helped bring us to this point.

Our church family took on the financial challenge of 2010 and, along with increases in giving, cuts in staff salaries, and spending limitations, we have emerged successful in ending the year in the black while maintaining an excellent staff and programming in 2010. We thank God for the commitment of our church family who has honored our Faithful Past and is looking forward to our Faith-Filled Future. As we begin 2011 may we remind you to commit to our financial future by completing a pledge card so we can finalize the 2011 budget? We also ask you to continue to support our ministries through your prayers, presence, gifts, service and witness. With God, all things are possible!

MISSION OF THE MONTH

Community Outreach Center

The Mission of the Month for January is The *Community Outreach Center*, a small ecumenical non-profit that has existed in Sioux Falls for 30 years. It serves 4000 people per year with three main services:



financial assistance for rent and utilities, information and referral to other social service agencies, and it serves as a clearinghouse for social service agencies. The ministry also connects the faith community to those in need by offering opportunities for mentor families.



Administrative Board Highlights

November 2010:

- Finance reported if things continue as they are, we'll be able to meet obligations, pay apportionments in full, and start the year with a surplus.
- Advent class will be taught by Don & Nancy Veglahn.
- Trunk & Treat served about 180 children.
- Turkey Dinner had a \$12,500 net and silent auction made \$2000 more than last year.
- Service of Remembrance is Dec. 5th in the sanctuary.
- Marketing is working at using Facebook and Twitter more to communicate with members.
- Nursery is being relocated to the main floor, new projectors and sound equipment has been ordered for the Sanctuary.
- KidStop received formal licensure certificate.

THIU RANCHO, BOLIVIA VOLUNTEER IN MISSION TRIP 2011

Applications Due January 15th

Applications are being accepted until January 15th. If you are interested in being part of an exciting and rewarding experience as a volunteer in mission, call Jo Harris for application and informational forms (582-2093 or 759-1844). The team will depart Sioux Falls on July 30 and return on August 13, 2011. Team members need to:

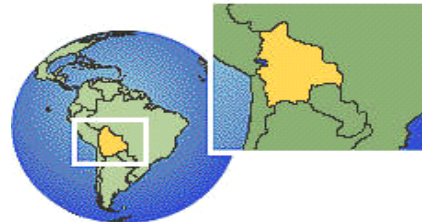


- **Have a servant heart**
- **Be healthy and physically able to manage high altitude, rough terrain, moderate labor, long flights and unusual schedules**
- **Be at least 21 years of age or be accompanied by a parent/legal guardian**
- **Have an active passport valid through March 2012. Passport needs to be available by April 2011 in order to process visas**
- **Be flexible, adaptable and able to accept direction from our Bolivian brothers and sisters**

Bolivia is a beautiful country and Bolivians are a generous, hospitable people. The weather will be much like a lovely fall in South Dakota. In addition to sharing the gospel, this trip includes historical, political and cultural education. It is a faith shaping, life changing experience.

We are in need of someone on the team with enough medical background to “keep the team healthy”. Estimated per person cost will be approximately \$3,000. However, as a team we will work to find financial resources to assist in lowering the cost to the volunteer.

**Contact Pastor Bill or
Jo Harris (582-2093) if you have
questions**



2011 BUS MINISTRY TRIP UPDATES

► **Sunday, February 13: Pipestone, MN.** The Calumet Players present “Glorious,” a hilarious comedy in 1940’s New York about the worst singer in the world. Based on a true story, Florence Foster Jenkins was an enthusiastic soprano whose pitch was far from perfect. She was known as the ‘first lady of the sliding scale’ as she screeched and warbled her way from charity recitals to extravagant balls and her triumphal appearance at Carnegie Hall. Based upon 30 people, the cost of \$ 39 per person includes a comfortable bus, dining at the Calumet Hotel after the show, and the show itself. The deadline date for paying is February 1, 2011. Bus will leave the church at 12:30 PM.

As always, these trips are open to all ages.

Details about the trips and the sign-up forms are all in the church office.



SPOTLIGHT ON CHILDREN'S NEWS

The Sunday School Christmas Program was a huge success again this year; I want to thank Lynne Jones for directing the program. A huge thank you also goes out to Pastor Boyd and to all of the children who practiced their reading and singing parts and parents who made sure the children were at church for the rehearsals and program. It was a wonderful start to our Live Nativity and Streets of Bethlehem celebration!

In January, the 2-year-olds will discover that Jesus grew just as they are growing. The Main Idea is: "God's children grow like Jesus grew" and the Bible Verse is: "The child Jesus grew." Luke 2:40.

The B.I.G. idea for LIVE B.I.G. classes (3 year olds & PreK) is "We believe that God hears and answers our prayers." The Bible Verse for January is "Don't worry about anything, but pray about everything." Philippians 4:6.

Calling the Disciples will be the Power Xpress Unit for the Kindergarten – 3rd grade classes in January. The Bible Story Reference is Mark 1:16-20. The Bible Verse is: "And Jesus said to them, Follow me and I will make you fish for people.



And immediately they left their nets and followed him." Mark 1:17-18. The Main idea is: "Long ago Jesus called people to be his disciples, to learn from him and to teach others. Jesus calls us today to witness to the good news that he brought and to share Jesus' story with others."



Covenant Club (4th & 5th grades) will explore the Rock Solid lessons focusing on Jesus' Ministry Begins with stories of Jesus' baptism, Jesus calling his Disciples and the Beatitudes. The hands on activities and worksheets help to emphasize this unit.

Here we are again knocking at the door of another new year. I know a lot of people take this time to make New Year's resolutions and it is my prayer that time with family, church and study are included in our resolutions this year. I hope everyone has a very Happy New Year and we will see you back in Sunday School and Church activities in January.

Peace be with you,
Mary Jane Richardson
Minister of Children's Christian Education



Live Nativity and Streets of Bethlehem

Thank you so much to all of the people who attended and volunteered at the Live Nativity and Streets of Bethlehem! Although the weather was chilly, we still had between 350 – 400 people attend the event, many from outside our First Church congregation.

We are blessed to be able to serve God by sharing the Good News of Jesus Christ's birth with our community. Thank you to all of those who helped make this important outreach event a success.

1st UMC Youth Ministries Engage!

YOUTH GROUP MEETS WEDNESDAYS—ENGAGE!



1ST UMC YOUTH CALENDAR

JANUARY

- Jan 5: MS open gym 6:00-6:30 pm MS Youth 6:30-7:30 pm. HS small groups meet in homes 8:00-9:00 pm (*East side HS group: Suzie Richards—724 E. Woodlawn Dr. (South/West side HS group: Jordyn Schott—4701 S. Deerfield Circle)*)
- Jan 12: Service night at Food Bank. **No open gym!!** MS will serve 6:30-7:30 pm. HS will serve 7:30-8:30 pm. (PLEASE DROP OFF AND PICK UP STUDENTS DIRECTLY AT FOOD BANK—351 N. 1st Ave.)
- Jan 19: MS open gym 6:00-6:30 pm. MS meet 6:30-7:30 pm. HS open gym 7:30-8:00 pm. HS meet 8:00-9:00 pm.
- Jan 26: Speaker night. Les Melhoff will tell the story of his miracle healing. MS and HS 7:00-8:00 pm (don't miss!)

Stay Connected!

For all the latest news & updates join our facebook group
Search & join FUMC YOUTH SIOUX FALLS
Contact Mark and Lisa for more information
johnsens@sfumc.org



Registration Extended! Kansas City 2011

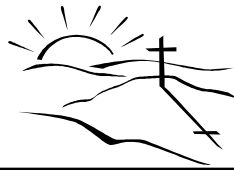
Work is now underway planning the second of our two youth caravan mission trips. This one to Kansas City will take place from July 5th – July 10th. As always, we will be organizing and scheduling work that is both physical and relational. The main criteria are that the assignments are rewarding to those participating, and to the organizations and individuals we are going to serve. There will be opportunities to work with children, elderly and low income individuals and families of the inner city. After a day of work there needs to be some fun as well, so we are also scheduling several different activities including teambuilding exercises, a Royals game, and a day at Worlds of Fun. KC is the land of BBQ so we'll have to do that as well! We'd like a solid commitment (and \$50 check) from students/adults planning to attend by Jan. 30th. The overall cost will be \$200, which will be due by June 1. We are very much looking forward to another great domestic trip through which we not only fellowship, but live out our faith in a real and tangible way!



The Book of Romans

We invite all high school students to join us for our new Faith Alive series from 10-11am on Sunday mornings in the chapel. We have just begun an in-depth 7 week study of the book of Romans that integrates compelling video dialogue with scripture reading and discussion questions. Whether you know this book well or have never read it, we'll explore it together in ways that will challenge and deepen your faith. If you've never made time for this hour on Sunday morning, please make it a priority and check it out!





Faith, Health & Caring Ministries



NU VAL: GOOD NUTRITION MADE EASY

The NuVal Nutritional Scoring System is a food scoring system that helps you see at a glance the nutritional value of the foods you buy. It is located in the Hy-Vee grocery stores. The NuVal System rates all foods and beverages on a scale of 1 to 100, 100 being the best. The higher the NuVal Score, the better the overall nutrition. Scores are displayed directly on shelf tags, scale labels, and other signage throughout the store so you can make quick and easy nutritional comparison between foods. The score considers more than 30 nutrients and nutrition factors, like carbohydrates, proteins and fat, as well as the quality of the nutrients. The not so good stuff like trans fat, saturated fat, cholesterol, sugar and sodium are included in that score.

What I really like about NuVal is that it allows you to “trade up” food for more nutritious products. A person can look at all the products of one item like bread, and look at the scores and purchase the bread with a higher score knowing there is higher nutrition, not necessarily at a higher price. I was looking at white rice that has a score of 57, brown rice 82, and prepackage mix of Mexican Rice score of 4. How could there be that much difference? After looking at the package, it was obvious, one serving of the Mexican rice contained 600mg of sodium! That’s 25% of sodium/day we should consume, remember 2400mg(1 tsp. of salt) is our total daily limit or 1200mg if you have high blood pressure or heart disease.

Don’t automatically assume the “low fat” or “lite” version of a particular product will have a higher NuVal Score. In some instances, these so-called “better” products have less fiber or more sugar and are actually less nutritious overall. Also, if you are diabetic, you still need to take in consideration the total carbohydrates of each product. A balanced diet consists of foods from all categories.

It was entertaining to look at the junk food Poptarts which have a score of 4 to 6. But, if you buy the FiberOne poptart version, you can bump that score up to a 24. Yes they are still not the greatest for you, but if you have to buy one, at least you can increase the nutrition. The score for fruit roll ups, also known as fruit snacks, all have a score of 1. We think it is healthy for children but you would be better off feeding them candy, like peanut M&M’s. Ramen noodles, a staple of college students, have a score of 2 to 5, while plain pasta scores 57.

I think you will be surprised once you start becoming more aware of these labels found next to the shelf price of items. Is there any food rated 100? Yes, broccoli and blueberries are 100 and most all fruit and vegetables will be in the 90’s. If you would like to learn more about this, you can look at the web site found at: www.nuval.com or ask about it in your local Hy-Vee store.



BLOOD PRESSURES: January 9 in the Fellowship Hall:
8:45 am to 10:45 am.



Our Church Family



Our Sympathy to the families of:

Andy Brenden, Ron Duehr, John Ervin, Esther Frier, Robert Sandvig, Mary Ellen Sterud

Birth:

Charlotte Jane Hyde, daughter of David and Stephanie Hyde.

Mina Corine Salmen, daughter of Brandon and Latanda Salmen.

Kathleen Marie Schuldt, daughter of Brian and Michele Schuldt.

Carly Ann Schunneman, daughter of Jay and Jill Schunneman.

Baptism:

Jonah Allen Grann, son of Jon and Andrea Grann.

Joelle Carol and Julia Kinsley Tvedt, daughters of Levi and Joanne Tvedt.

Hidden Saints:

- + Thank you to Myron Fuerst for polishing the fireplace hood downstairs.
- + Thank you to Dennis DeGroot for building shelving for storage areas and helping repair pews.
- + Thank you to Brian Jans, Phil Vos, Dayne Schott, Sally Dossett, Renae Seigenthaler, David and Sandy Stverak for helping with building projects.
- + Thank you to Matthew Richardson and Dwight Seigenthaler for clearing steps of snow.
- + Thank you to Tom Van Wyhe for his donation of equipment.
- + Thank you to Jerry Moser for repairing electronic equipment.
- + Thank you to Jim and Barb Weixel for their donation of sidewalk de-icer and spraying de-ice on parking lots.
- + Thank you to Curt Floyd for his donation of equipment.
- + Thank you to Doug Erickson for painting the new nursery.

Hospitalized

Sanford-USD Medical Center

Shirley Anderson
Rev. Harold Brady
Gary Colwill
Jacqueline Ebright
Lisa Esparza
Esther Frier
Jon Grann

Dennis Howell
Eugene Lebahn
Inez Meyer
Chloe Powell
Milton Sorenson

Avera McKennan

Phyllis Ambroz
Donald Bradley
Verlo Brown
Dean Ellston
Louise Fonder
Stephanie Hyde & baby
Charlotte Jane
Larae Jensen
Neal Jensen
Marjorie Seiler
Teresa Smith

January 20th Circle Meetings

Anna	Dianne Wagner	9:30 am
Rachel	Beryl Olson	9:30 am
Sarah	Friendship Rm	9:30 am
Deborah	Friendship Rm	1:00 pm
Nan(cy)	Friendship Rm	7:00 pm
Rebecca	Fireplace Rm	7:00 pm



January Greeters

Listed below are the greeters for January. If you are not able to greet on your assigned date and time please contact the church office to let us know.

January 2

7:50 am	Office Door Sanctuary Door	George Niimi LaRue and Spiros Travlos
9:05 am	Office Door Sanctuary Door	Kira Kimball Jay and Marion Manning
11:00 am	Office Door Sanctuary Door	Jim and Michelle Olivier Jill Callison

January 9

7:50 am	Office Door Sanctuary Door	LaRue and Spiros Travlos Bev Getzin
9:05 am	Office Door Sanctuary Door	Dave and Jan Eiesland Jay and Marion Manning
11:00 am	Office Door Sanctuary Door	Jen Larsen and Charlene Cleveringa David and Valerie Schoenrogge

January 16

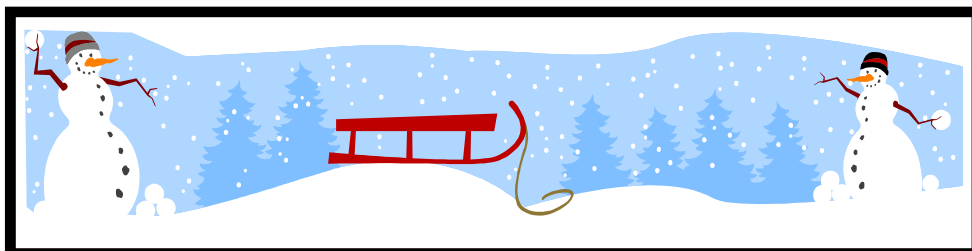
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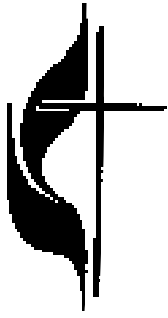
January 23

7:50 am	Office Door Sanctuary Door	Ron and Sally Tilstra Bev Getzin
9:05 am	Office Door Sanctuary Door	Gary and Connie Colwill Jay and Connie Manning
11:00 am	Office Door Sanctuary Door	Doug and Amy Cleveringa David and Valerie Schoenrogge

January 30

7:50 am	Office Door Sanctuary Door	Ron and Sally Tilstra Bev Getzin
9:05 am	Office Door Sanctuary Door	Gary and Connie Colwill Nancy Beck and Jodi Stewart
11:00 am	Office Door Sanctuary Door	Doug and Amy Cleveringa Marilyn Moorlach





FIRST UNITED METHODIST CHURCH

Worship Services

7:50 and 11:00 a.m.—Sanctuary
9:05 a.m.—Hosanna Contemporary Service
5:30 p.m.—Renewal Praise Service-Fellowship Hall
KELO 1320 AM Radio Broadcast 9:05-9:55

The **S.A.G.E.S.** will meet on Wednesday, January 12, from 11:30-1:00 in the Round Table Dining Room. The program features Deb Sorenson giving us advice on down-sizing our clutter. Lonnie Hanson will lead us in devotions. **Please note:** The \$5.00 meal reservation deadline is Monday, January 10, at 4:00 p.m. Please call the church office at 336-3652. *Aspire to inspire before you expire.*



CHURCH OFFICE CLOSED

Monday, January 3rd

Monday, January 17th in observance of Martin Luther King's birthday

**The February Media will be mailed January 26th.
The deadline to have something included is January 20th.**