



Monthly Newsletter The Circuit Rider

UNITED METHODIST CHURCH OF MOUNT VERNON

304 1st Street SW, Mount Vernon, IA 52314

Our mission is to make disciples of Jesus Christ for the transformation of the world.

Telephone: 319.895.6286

www.umcmv.com

email: alisondix@umcmv.com

February 2023



By this everyone will know that you are my disciples, if you love one another.

— — John 13:35

Pastor's Letter

Dear Friends,

I am writing this the morning after our grand collective birthday party. And I must say, it was a joyous celebration.

First, we had the great privilege of celebrating together with Fred Lehman, who turned 100 last week. I was at his table, and enjoyed watching him hold court at the table, and as many who were present made a point to go greet him.

It was heart warming to see so many people come to be part of the festivities last night; to hear the hub bub as folks were gathering; to witness the hugs and laughter of friends as they greeted one another; to see joy as the gathered church family really delighted in being together for an evening of food, fun, and fellowship. Because folks were seated by their birthday month, there was a mix of generations, and an opportunity to be with folks that one might not have had contact with before. It truly felt like a family reunion.

I'd say that love was evidenced in all that took place, and drew us all together. I think we were all hungry for the opportunity to be in community, and to join together to build relationship with one another.

In the passage above, Jesus links discipleship with loving one another. And we practice loving in a myriad of ways through worship, service, and solidarity with the least, the last, and the lost. Last night reminded me that even in a fun gathering to celebrate birthdays, we are discipling as we love one another. And that is indeed good!

On the Journey,

Pastor Terra





**For all who worship with us...
we are so blessed to have you with us
on Sunday mornings**

**In person at 8:30 am
or 11 am**

Online at 8:30 am

www.umcmv.com/online-worship



**WOMEN'S
MINISTRY** *Connection and
Conversation*
3:30-5PM
SUNDAYS
UMCMV-COMMON GROUND

Women's Ministry Connection and Conversation

We will kick things off on Sunday, February 5th, with the plan to meet Sundays from 3:30-5:00 PM. Anyone is invited, meaning we aren't geared only towards young women, older women, singles, or marrieds - we are inviting and welcoming all women. This is going to be very a very informal group - bring your own drink/snack if you wish kind of informal - to make this easy for everyone.

Come check it out and let's build faith & connection together women of UMCMV!

Mount Vernon Community Preschool Update

February 2023

February is friendship month! The preschool children are forming wonderful relationships with one another. It is so much fun watching them interact with each other throughout the morning. We continue to talk about what makes a good friend - calling them by name, using please, thank you and other kind words, sharing and taking turns. Take a look at what our friends have been up to at preschool.

Early Registration: Registration for the 2023-2024 preschool year has begun, with our class list filling up quickly. Contact Ellen Mueller, mvcommunitypreschool@gmail.com, for information about the preschool programs!

Monday/Wednesday/Friday for three and four year olds, 8:30-11:00 (almost full!)

Tuesday/Thursday for three year olds, 8:30-11:00

All children must be three by September 15



Online Giving and ACH (Automatic Bank Withdrawals) are available to make your giving easy and worry free.

- **Check out our online giving or contact Jackie Morrical about setting up automatic payments for your convenience.**
- **Our website can be used for special gifts or if you want to try out giving electronically.**



Check it out [here!](https://bit.ly/3t7r0PE) <https://bit.ly/3t7r0PE>

All Church Birthday Party



So much fun was had by ALL!



Pictures courtesy of
Ann Currie



It was so fun
to have Fred
Lehman at
the party
who is
celebrating
his 100th
birthday this
week!

Missions Committee February Update

Happy February on behalf of our Missions Committee. Cold temperatures and white landscapes bring to mind the comment from Cornell student Ashley who shared “It’s so beautiful – it’s just like Narnia”! (Ashley is from Arizona)!

Thanks to your generous giving, we delivered over \$2900 of food to the SE Linn Food Pantry in early January through our partnership with Gary’s Foods. The pantry director continues to see a huge demand and expanding need in our community. Our donations are the basis for their supply.

This month also brings our turn to deliver Meals on Wheels in Mount Vernon/Lisbon. This service is coordinated by Arlene and Vern Sand and provides hot meals and daily check in to those who request it in our community. Should you be able to offer to help with this project, call Alison in the office.

You may have noticed a large red box in our upper entry area near the coat nook. This is the collection box for our February/March Soles4Souls project. As you clean closets, please collect unneeded footwear to place in the box. We will then box it and send it to project headquarters for distribution to areas in the US and abroad where it is given to families for their personal use and for small family businesses. This keeps the footwear out of landfills and provides needed minimal family incomes. Let’s fill the red box to overflowing!

SAVE THE DATE of Sunday, April 30 for our 2023 Servant Sunday. We are planning a fun morning of fellowship and service to our community. More information will follow soon!

UMCMV Mission Committee

Mary Jane McWilliams, Renee Nydegger, Jen Hoffman, Barb Shepley, Vern and Arlene Sand, Karen Stewart, Alison Dix



Sunday school

We have been learning about what it means to believe, or to know in your heart what is true about God and faith. In February we will be starting a new unit - Kingdom. The Faith Word will be "Kingdom", which refers to God's dream for the world where all people are loved and included. The Unit Verse will be Mark 10:14b, "God's kingdom belongs to people like these children". We will be learning about some of Jesus' early parables.



CONGREGATION FELLOWSHIP MOMENT: MOVING FORWARD

Sunday February 26, 2023 5:30 PM Potluck & Summary of CAT Survey Results

The CAT survey behind us and the data before us, many opportunities lies ahead. January's awesome birthday fellowship celebration renewed the power of getting together. In February, we begin to love, learn and lead. On Sunday, February 26th come be part of the next fellowship moment in the church. Receive a summary of the impactful data gathered from the survey and participate in the beginning of our next steps. Beginning at 5:30 pm, this event will invite you a good ole fashioned Methodist potluck and round table discussions in Fellowship Hall as we lean into preparing the soil and identifying the seeds you want to nurture and grow here in this community of faith. Kim Guardado will summarize the survey and Council Chair, Jim Baty, will lead us through discussion and listening activities for a brief time following our food and fellowship.

Youth group

Youth group has been meeting every Wednesday evening from 6:30pm to 8pm. Our special event to start off the new year at AirFX was rescheduled due to bad weather, but we were able to enjoy the trampoline park a couple of weeks later. Boy did our kids have fun! Our first meeting back ended up being a yoga night with Reverend Catherine Quehl-Engel, who lead us in some very gentle yoga, breathwork, and yogic sleep or yoga nidra, which is a kind of guided meditation, and then we had the pleasure of hearing her play sound bowls. We finished January off with watching the movie "Wonder" and tying blankets to be donated to Willis Dady.

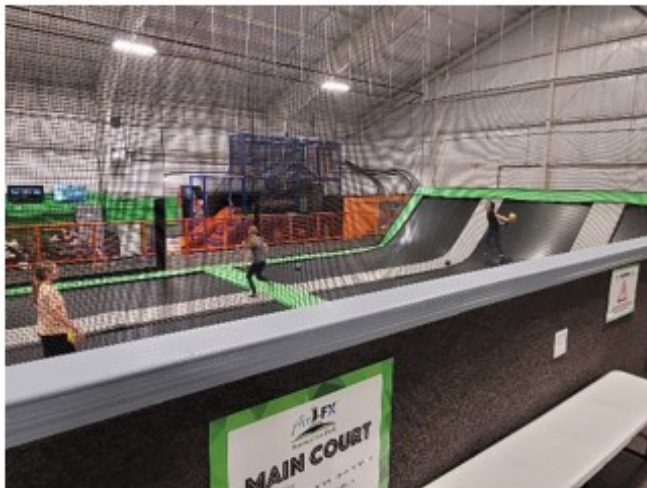
Our plans for the next few weeks :

Date	Activity (subject to change)
25-Jan	Movie "Wonder" and tie blankets to donate
1-Feb	Discuss movie and journey boards with Jaimie Hanson
8-Feb	Mental health tools with Catherine Norwood
15-Feb	Praise team outreach
22-Feb	Ash Wednesday - NO YOUTH GROUP
1-Mar	Exploring the Bible 1
8-Mar	Exploring the Bible 2
15-Mar	Exploring the Bible 3
22-Mar	Exploring the Bible 4
5-Apr	Who are we? Discussion denominations

Also, did you know we are on social media? You can follow our pages at <https://www.facebook.com/UMCMVRooted/> for Facebook and <https://www.instagram.com/rootedumcmv/> for Instagram! These pages will include updates and pictures.

Please let Veronica (veronicafisher@umcmv.com) if you have any questions, concerns, or comments.

Enjoy these pictures from our night at AirFX!



As we prepare for the season of Lent, let us think about what we could do to spend a little more time with the Lord?

What Is Lent, and Why Does It Last Forty Days?

- from *Ask the UMC*: a ministry of United Methodist Communications

Lent is a season of forty days, not counting Sundays, which begins on Ash Wednesday and ends on Holy Saturday. Lent comes from the Anglo Saxon word *lencten*, meaning “lengthen” and refers to the lengthening days of spring. The forty days represents the time Jesus spent in the wilderness, enduring the temptation of Satan and preparing to begin his ministry.

Lent is a time of repentance, fasting and preparation for the coming of Easter. It is a time of self-examination and reflection. In the early church, Lent began as a period of fasting and preparation for baptism by new converts and then became a time of penance by all Christians. Today, Christians focus on relationship with God, growing as disciples and extending ourselves, often choosing to give up something or to volunteer and give of ourselves for others.

Sundays in Lent are not counted in the forty days because each Sunday represents a “mini-Easter.” This is why you will see the designation “Sunday in Lent” rather than “Sunday of Lent” in the naming of these Sundays. On each Lord’s Day in Lent, while Lenten fasts continue, the reverent spirit of Lent is tempered with joyful anticipation of the Resurrection.



Lent Begins

Wednesday February 22

You are invited to our Ash Wednesday

Worship at 6:30 PM

In the Sanctuary

Join us for Worship during Lent

Sundays

1st Sunday of Lent— Sunday February 26

2nd Sunday of Lent—Sunday March 5

3rd Sunday of Lent— Sunday March 12

4th Sunday of Lent— Sunday March 19

5th Sunday of Lent—Sunday March 26

Palm Sunday—Sunday April 2

Easter Sunday—Sunday April 9



United Methodist Church of Mount Vernon Calendar

February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 6:00pm Praise Team Practice, Sanctuary 6:30pm Youth Group, Fellowship Hall 7:30pm Chancel Choir Practice, Sanctuary	2 8:00am Boys Basketball Team / Using Fellowship Hall Kitchen for Mission of Hope Lunch prep	3	4
5 8:30am Praise Worship, Sanctuary 9:45am Confirmation Class, Balcony Classroom 9:45am Fellowship Time, Common Ground Meeting Room 9:45am Sunday School Classes 11:00am Traditional Worship, Sanctuary 3:30pm Women's Ministry Connection & Conversation, Common Ground Meeting Room	6 6:00pm Entre New Book Club, Common Ground Meeting Room 6:30pm Boy Scouts, Fellowship Hall	7 11:30am Birthday Staff lunch @ Babs house	8 6:00pm Praise Team Practice, Sanctuary 6:30pm Youth Group, Fellowship Hall 7:30pm Chancel Choir Practice, Sanctuary	9	10	11
12 8:30am Praise Worship, Sanctuary 9:45am Confirmation Class, Balcony Classroom 9:45am Fellowship Time, Common Ground Meeting Room 9:45am Sunday School Classes 11:00am Traditional Worship, Sanctuary 3:30pm Women's Ministry Connection & Conversation, Common Ground Meeting Room	13 7:45am Girl Scout Cookie Delivery - Fellowship Hall 6:30pm Boy Scouts, Fellowship Hall	14 9:30am Staff Meeting Common Ground Meeting room	15 4:00pm Memorials Meeting, Chapel Room 6:00pm Praise Team Practice, Sanctuary 6:30pm Youth Group, Fellowship Hall 7:30pm Chancel Choir Practice, Sanctuary	16	17	18
19 8:30am Praise Worship, Sanctuary 9:45am Confirmation Class, Balcony Classroom 9:45am Fellowship Time, Common Ground Meeting Room 9:45am Sunday School Classes 11:00am Traditional Worship, Sanctuary 3:30pm Women's Ministry Connection & Conversation, Common Ground Meeting Room	20 6:30pm Boy Scouts, Fellowship Hall	21 9:30am Staff Meeting Common Ground Meeting room	22 6:00pm Praise Team Practice, Sanctuary 6:30pm Ash Wednesday Worship, Sanctuary 7:30pm Chancel Choir Practice, Sanctuary	23 7:00pm Council Meeting, Fellowship Hall	24	25
26 First Sunday of Lent—Communion 8:30am Praise Worship, Sanctuary 9:45am Confirmation Class, Balcony Classroom 9:45am Fellowship Time, Common Ground Meeting Room 9:45am Sunday School Classes 11:00am Traditional Worship, Sanctuary 3:30pm Women's Ministry Connection & Conversation, Common Ground Meeting Room 5:30 pm Potluck & summary of CAT Survey results, Fellowship Hall	27 6:30pm Boy Scouts, Fellowship Hall	28 9:30am Staff Meeting Common Ground Meeting room	1 6:00pm Praise Team Practice, Sanctuary 6:30pm Youth Group, TBD 7:30pm Chancel Choir Practice, Sanctuary	2	3	4

Lift Up these Prayer Requests

Prayers for Healing:

- Continued prayers for Truman Jordan, who was able to have the pacemaker procedure and will remain in the hospital to regain strength and mobility. Your prayers have been greatly appreciated
- For Sandy Sill as she recuperates from hip surgery this week. Prayers for her comfort and patience as she takes time to heal and recover
- For Vern Sand who had bypass surgery on Jan 26th. Prayers for him, for patience during his recovery time, and that his recovery goes smoothly and as planned
- For Pat Sorgenfrey who is currently in the hospital receiving care after a fall. Prayers for her recovery and that she can return to Lisbon Rehabilitation Center
- For Karen Stoll, that her wrist heals quickly following a fall on the ice
- For Dennis Murphy who had surgery on his foot this week. The surgery was less involved than originally thought and that has been a blessing. Continued prayers for Dennis as his foot heals are appreciated
- For Luke Rushford, who suffered a broken leg playing basketball. Prayers for his complete and quick (as possible) recovery. And prayers for patience as he adjusts to less mobility for a while (Luke is one of our confirmands this year)
- For Betty Poula, who suffered a broken neck during a fall on December 26th. Betty has been discharged from the hospital and is now at Hallmark Care Center. Continued prayers for Betty's recovery are appreciated
- For Summer Brand, who is again fighting Lymphoma. Summer's treatment plan is long and hard, prayers for her strength, courage and healing are requested
- For Barb Neal (mother of Abby Bock) as she fights breast cancer. Prayers for her mental and physical strength as she battles through treatment
- For all our friends and family members who are fighting the battle against cancer

Prayers for Comfort and Strength:

- For families in the generational squeeze of aging parents, child care and grandchildren care
- For the family and friends of Don Stine. Don died on January 8th, exactly two years after his wife, Judy. While our church and community miss the Stines dearly, we celebrate that Don is at peace again, both physically and emotionally
- For those feeling weary or struggling with winter weather and cloudy days
- For those concerned with health issues
- For all who are struggling: emotionally, physically or spiritually
- For those suffering silently with anxiety and depression
- For this church, this building, these people, and ways to love on and stay connected with one another
- For all not mentioned by name who are mourning the loss of a family member or friend

Prayers for Transition:

- For Betty Poula, as she adjusts to her new living arrangement at Hallmark Care Center. Cards of care and support during this time of transition can be sent to the following address: Hallmark Care Center, 215 US-30, Room #25, Mount Vernon, Iowa 52314
- For Pat Sorgenfrey who is now residing at Lisbon Rehabilitation Center, Room #110. Pat thoroughly enjoys visitors
- For all college students returning for their J-terms or Spring semesters, and for Henry Steine in military training
- We pray for the new pastor that will be assigned to our church to begin in July 2023. Prayers that God will prepare and call just the right pastor to come to UMCMV to join us in ministry. Prayers for the Bishop and Cabinet as they begin to think about appointments, may God lead them in this task
- Prayers for all students, teachers, school staff and administrators
- For the leaders of UMCMV as they continue to work on behalf of our church
- For the UMC: including the global church, the Iowa Conference and our congregation

PRAYER LIST continued

- Prayers for the Bishop that as been assigned to the Iowa Conference, Bishop Keneetha Bingham Tsai has been assigned to our conference and we welcome her into our midst and offer prayers for her

Prayers for our Nation and our World:

- For safe travels for all during winter driving conditions
- Prayers for anyone struggling to stay warm and safe with winter weather
- Prayers for all who have recently had their lives traumatically affected by gun violence
- Pray for peace in our world. Specifically for the people caught in the tragedies of war in Ukraine and Russia. Lord in your mercy, hear our prayers
- Pray for peace and love for all humanity

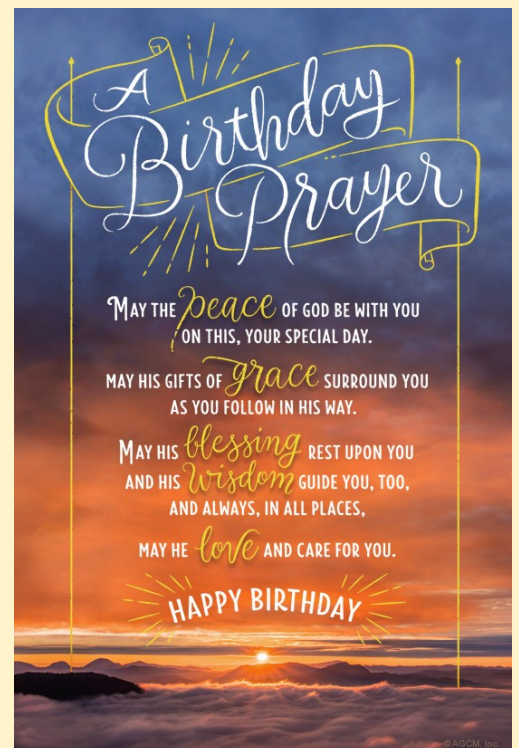
Prayers of Thanksgiving and Joy:

- We celebrate exciting news for Henry Steine, who will be starting Ranger training following his graduation from combat medic training on Feb 23rd. Congratulations to Henry (and his proud mother, too)!
- It's not very often a congregation gets to celebrate a member turning 100 years old. With joy and thanksgiving we wish Fred Lehman a wonderful birthday and a grand time of celebrating throughout the month and quite possibly all year. What a blessing he is to us all! Happy 100th Birthday Fred!!!!
- Fun was had by all who attended the all church birthday party. Special thanks to Barb Shepley and those who assisted her in the kitchen, as well as to all who attended. With thanksgiving we celebrate the gift of life and this time of fellowship
- With joy we welcome the Bray family (Mike, Stephanie, Hannah and Desmond) into our congregation and are thankful they have felt welcomed into our church family
- With thanksgiving we share that Gail (Pastor Terra's daughter-in-law's mother) is recovering well from her second surgery
- We celebrate that Josie Bothell's ankle injury has shown some improvement
- With thankful hearts we praise God for the blessings in our lives
- We are thankful for our confirmation class
- What joy that youth group is going strong this year, and also that it is an ecumenical effort including UMCMV, Seeds of Faith and First Presbyterian Church

Ethan Stanerson	02/02
David Van Cleve	02/06
Julie Baty	02/09
Mike Kragenbrink	02/11
Carol Clark	02/12
Jennifer Hoffman	02/13
Kit Currie	02/14
Harrison Kraus	02/19
Tim Legore	02/19
Beckett Schaller	02/19
Jake Stanerson	02/19
Maxine Havill	02/20
Mel Steen	02/21
Karen Stoll	02/21
Natalie Ott	02/22
Jared Booth	02/24
Asher Eichhorn	02/25
Veronica Fisher	02/26
Jeanne Snodgress	02/26

**February
Birthdays

Happy
Birthday!**





United Methodist Church of Mount Vernon
304 First Street SW
Mount Vernon, IA 52314
RETURN SERVICE REQUESTED



***United Methodist
Church
of Mount Vernon
Staff***

Senior Pastor Pastor Terra Amundson
Praise Team Director—.... Clint Stanerson
Christian Education Director
& Director of Youth Ministries...Veronica Fisher
Congregational Care Coordinator Julie Baty
Office Manager/Newsletter Alison Dix
Nursery Care.Melissa Oxley
Director, Adult Handbell Choir . . .Kristi Keast
Organist Karen Stoll
Chancel Choir Director Joleen Woods
Choir Accompanist Denae McGrath
Custodian Night Shift
Maintenance & Repair Director Trustees
Wedding Coordinator..... Barb Shepley
Financial Secretaries Richard Jacob,
Tim Legore & Jackie Morrical
Treasurers Mike Kragenbrink
Alison Dix



Lent Begins

Wednesday February 22

***You are invited to our
Ash Wednesday worship***

6:30 PM in the Sanctuary