Mission Statement

First United Methodist Church of Yankton:

*“To grow disciples of Jesus Christ and equip them for ministry in the world.”*

# From the Pastor’s Desk

*"What you are now, we once were; what we are now, you shall be.”* - Santa Maria della Concezione dei Cappuccini

 When I was in seminary I had the great fortune of spending two weeks in Rome, Italy. The trip was filled with incredible sights of things I had only ever read about in history books. The Colosseum, Vatican City, the Pantheon and more took my breath away with both their age and their beauty. That is not to mention the many beautiful churches that pepper the city. But one of the most memorable places we went to in all of Rome was a little museum connected to a small series of chapels. It was called the Santa Maria della Concezione dei Cappuccini. It had been home to generations of monks of the Cappucin order. As you transitioned from the museum half of the building you were greeted with the above quote. “What you are now, we once were; what we are now, you shall be.”

 The monks who resided at this location had been doing so for centuries and they encountered a problem as time went on - a problem of space. You see, behind the building is where they would bury their brothers who had passed away and the space was limited. They had run out of space. In a moment of creative, yet macabre genius, the monks had an idea. They would use the bones of their brothers to decorate a series of small chapels. The idea was that as someone traveled through these chapels, they would be faced with the reality of their own mortality and the gift offered in Christ.

 “What you are now [living], we once were; what we are now [dead], you shall be.” The experience is deeply unsettling and yet somehow grounding. When we are faced with our own mortality, it naturally raises questions about what we are doing with the gift of life we possess. As we look to Ash Wednesday this month, as we receive the ashes we will be reminded of our mortality. From dust we were made and to dust we will return - what are we doing to do with the time in between? What are we going to leave behind? What mark will we make?

 Blessings as you enter this reflective Lenten season, Pastor Katie

# Ash Wednesday Service: Wednesday February 22nd at 6:15pm

 Join us for Ash Wednesday worship service where we will be kicking off a new sermon series called *Savior: What the Bible Says About the Cross*. We will be looking at how we make sense of what Jesus accomplished through his death on the cross and what that means for us. That night we will also have the imposition of ashes during the service. This is where we place the ashes of palm branches on your forehead as a reminder of your mortality and the precious gift of life.

# Fifth Sunday Bucket, January 29th

 Bucket Sundays are held whenever we have 5 Sundays in one month. This month’s offering will go to Pathways Homeless Shelter. Drop your loose change (bills accepted also) in the bucket.

# Church Town Hall Meeting

 Join the Leadership Team and Pastor Katie for an open discussion on matters relating to the church on Monday night, January 30th, at 6:30pm. Topics will include the 2023 budget, the denominational struggle over homosexuality, and more. We will also be doing a straw poll that night to get a sense of how people align and what decisions we should make in the future. It is very important that you attend this discussion. Please mark your calendars! Your voice matters.

# FUMC will serve Loads of Love

 On Tuesday, Tuesday, **January 31st**. Volunteers are needed for both dates.  Sign-up sheets are on the table in the downstairs lobby.

# Ushers & Greeters

 There is a signup sheet outside the sanctuary to help usher or greet on Wednesday or Sunday. Please consider helping.

# United Methodist Women

 UMW will meet Monday, February 6th at 1:30pm. We will meet in the Church Lounge by the sanctuary, 2nd floor Come and hear about our Loads of Love mission.  Look forward to seeing you there!

# Parish Care & Outreach

“One of the principal rules of religion is to lose no occasion of serving God. And, since he is invisible to our eyes, we are to serve him in our neighbor; which he receives as if done to himself in person, standing visibly before us.” -  John Wesley

* Our Christmas Eve offering totaled $627.49. Donations were split between Lewis and Clark Behavioral Health and Feeding South Dakota.
* FUMC served The Banquet on 12/29.  THANK YOU to everyone who donated food and/or worked to serve the meal.  The total number served was 87. It was a snowy night! Bless those of you that braved the weather!
* Loads of Love - We will continue to sponsor and serve Loads of Love on the 3rd Tuesday every other month and on the 5th Tuesday of the month in 2023.  We are working to send out an electronic sign-up sheet for volunteers, or there are sign-up sheets on the table in the downstairs lobby. Please consider volunteering on one of our Tuesday nights.
* Parish Care & Outreach will take a special offering for Bucket Sunday (the 5th Sunday of the month) on Wednesday, January 25th and Sunday, January 29th. Proceeds from January’s Bucket Sunday offering will be designated to Pathways Homeless Shelter.
* Sweetheart Tree - During the month of February, the Parish Care & Outreach Team will do The Sweetheart Tree to collect donations for Rivercity Domestic Violence Center. The Sweetheart Tree will be set up in the lobby. Items from RCDVC’s wish list will be written on hearts. Please take as many hearts as you’d like from the tree and return the donated items by February 28th.

# Church Directory

We will be working to update our church directory with accurate information and new family pictures! Please fill out the form with updated information at the link provided: https://forms.gle/KAvPnBw4E97N1vuVA

Or scan the QR code with your camera's phone to complete the form. You may email a family picture to Tiffany @ 1stumckidsyankton@gmail.com or upload it through the form or line up a time for her to take a picture at church.

# FirstKids (PreSchool-5th grade)

605: runs Wednesday evenings from 5:30-6:10

- Supper is served ahead of time. Join us for service at 6:15pm

- To receive updates, text **@1stumckid** to **81010**

# Youth Group (6th-12th grade)

Youth Group: runs Wednesday evenings from 7:00-8:30

- Join us ahead of time for our service at 6:15pm

- To receive updates, text **@1fumcyouth** to **81010**

# Computer and Sound Volunteers

 We are always looking for additional volunteers to join our sound and visual team to help stream our worship services. Please contact Tiffany if you are looking for a place to volunteer your time and talents. She will train and mentor you through the process.

# American Heart Month

*By Susan Thorson, Faith Community Nurse*

 The focus of American Heart Month is to remind us to take care of our heart, promote education about heart health, and raise awareness of heart disease. There are over 600,000 Americans who die from heart disease every year. Heart disease remains the number one cause of death. Heart disease affects all ages, genders, and ethnicities. Risk factors are high blood pressure, high cholesterol, smoking, diabetes, and excessive alcohol use. One in five heart attacks occur without the person even knowing it. Young women under age 50 are twice as likely to die of a heart attack as men in the same age group. Heart disease is a slow-moving epidemic that affects almost everyone.

 Here are a few health tips for heart health you can do for yourself:

* Get exercise such as a brisk 30-minute walk or 10 minutes three times a day.
* Eat healthy by cooking meals low in sodium and unhealthy fats.
* Take your medications as prescribed by your doctor.
* Get a good night’s rest of 7-8 hours.
* Manage stress, by having quiet time, reading a book, meditation or watching a good movie.
* Keep a healthy weight by moving more and eating less.
* Add more fruits and vegetables to your diet. Swap sweets for fresh fruit.
* Keep your doctor appointments as directed and talk to your doctor about heart health.
* Know your family’s health history.
* Learn more about risk factors related to heart disease.
* If you smoke, vape, or chew tobacco, quit today using quit apps on your phone.
* Have your blood pressure monitored by your doctor, and at-home blood pressure monitors.
* Ask a friend or relative to help you stay on track with your heart healthy tips.
* Keep snacks heart healthy for everyone in the family.
* Limit sugars, sweets and diet soda.
* Skip fast food restaurants or make healthier choices on the menu.
* If you are able, take the steps instead of the elevator to get more steps.
* Plan a heart healthy activity for the whole family to enjoy.
* If you have diabetes, work with your doctor to keep it under control.
* Love one another and care for each other.

# Thank You

 My sincerest thanks to all of you who came to assist me Sunday, January 22nd. Your prompt, attentive response is truly appreciated.

 I have learned good hydration is to be taken seriously.

 We are all truly blessed to be part of a very caring church family. Thank you again.

*Dee Carson*

# In Our Thoughts & Prayers

Marilyn Elwood’s sister Jan

Brittany Engstrom

Carolyn Cappel

Mike Miller

Barb Hirsch

Carolyn Teichrow for healing

Caitlin Jensen

# February Birthdays

1 - Garrett Brandt, Amelia Herrmann

2 - Jacob Cunningham

3 - Cheryl Doby

4 - Megan Enfield

5 - Merle Larson, Marge Maxon

8 - Brody Burgeson, Sherry Daugherty,

 Sophia Tramp, Olivia Flannery

9 - Sandy Ronfeldt

10 - Ross Den Herder

14 - Alex Wieseler, Nancy Fargo

16 - Marsha Bertsch, Susan Schavee,

 Jill Larson

17 - Diane Kisch

18 - Phil Jaquith, Erin Olson, Myles Tieszen,

 Tiffany Beste, Will Enfield

20 - Lisa Daugherty, Carolyn DeRoos

22 - Gabriel Olson

23 - David DeRoos

24 - Jean Johnson, Kim Slemp

25 - Tracy Dutrow, Jay Gravholt

28 - Dick Fox, Jacksen Lawrence

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| FUMC Financials by Diane Kisch (Financial Assistant)  |
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| 2022 Income | Cash Flow |  |
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| Month | Income | Expenses | Amount |  |
| January | $64,058.98  | $35,827.92  | $28,231.06  |  |
| February | $50,015.62  | $33,689.58  | $16,326.04  |  |
| March | $25,607.04  | $40,707.57  | ($15,100.53) |  |
| April | $29,877.51  | $32,121.62  | ($2,244.11) |  |
| May | $34,489.40  | $33,435.48  | $1,053.92  |  |
| June | $29,069.85  | $39,389.98  | ($10,320.13) |  |
| July | $32,022.83 | $34,451.60 | ($2,428.77) |  |
| August | $26,504.62  | $43,813.91  | ($17,309.29) |  |
| September | $21,471.40  | $33,486.72  | ($12,015.32) |  |
| October | $26,316.40  | $31,525.27  | ($5,208.87) |  |
| November | $29,598.77  | $33,148.69  | ($3,549.92) |  |
| December | $43,615.28  | $36,006.42  | $7,608.86  |  |
| Totals | $412,647.70  | $427,604.76  | ($14,957.06) |  |
|  Projected 2022 Expenses are $477,337.00.00\* Income for January is generally higher than other months as we have some members that give their annual pledge in one month.  |  |
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