.

Mission Statement

First United Methodist Church of Yankton:

*“Our mission is to inspire all people to seek God, grow in their faith, discover their purpose, and serve others to make a difference.”*

# From the Pastor’s Desk

*For everything there is a season, and a time for every matter under heaven… Ecclesiastes 3:1*

There are seasons that I like and seasons that I don’t. I like the summer season, but I don’t like the mosquito season in the midst of it. I like T-ball season and watching my boys learn how to play together on a team, but I don’t like the humidity season that causes me to sit in my own sweat while at the baseball diamond. I like the fall season with its beautiful foliage and cooler temperatures, but I don’t like how busy my schedule can become once everything starts again. There is a season for everything - even road construction, a time for every matter under heaven. As we face yet another transition in our lives - this time out of the summer schedules and heat and back into the fall and routine - it is also time for us to consider how we prioritize our faith.

I ran into another local pastor recently while I was out running errands and the conversation turned to how often pastors are the recipients of so many excuses as to why people cannot make it to church or Sunday School or small groups or mission activities and so on and so forth. They are just too busy, they have travel plans, they have company coming, they’re too tired, etc. But true disciples of Jesus know that the season and the time for discipleship is now. There is a time for rest and a time for celebration and a time for travel and a time for every activity under the sun, but have you made time for your faith?

This fall, First UMC is going to offer a myriad of options to help you on your discipleship journey. We will be offering in depth Bible Studies, shorter studies lasting only a few weeks at a time, a monthly book club and possibly a weekend retreat away. We understand that life can get busy and demanding, but developing your faith is of eternal importance.

So, take some time while it is still summer to make a plan as to how you are going to commit to your discipleship this year. And if you truly cannot make any of the options work, let me know (Pastor Katie) because I will work with you to develop something that does.

Let this be the time when discipleship takes priority in your life.

Blessings!

Pastor Katie

**Pastor Katie Out of Office Dates:**

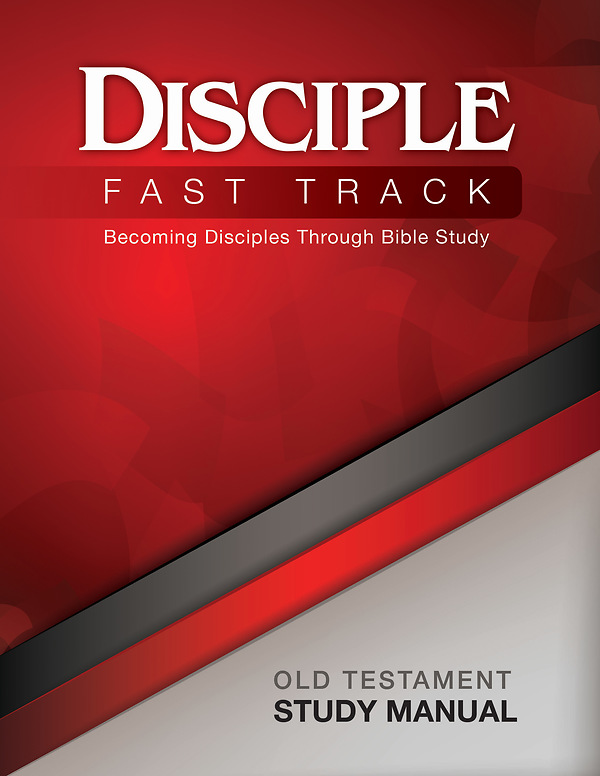
Pastor Katie will be out of the office August 18-27th. Rev. Karl Watkins will be leading the services on both of the Sundays. Please call the office if you have any pastoral emergencies.

**Disciples Developing Disciples**

First UMC has a discipleship program called *Disciples Developing Disciples.* We launched this a year ago and will be starting a new session this fall. The program is meant to help each individual in the church identify their own spiritual health and spiritual growth goals for the upcoming year. You get personalized support and recommendations on resources and connect with other people who have similar goals as you. If you took a *Soul Scan* last year, you will be contacted by our DDD coordinator, Marilyn Elwood, to take a follow-up scan. If you have not taken a *Soul Scan* before, they will be available in print or online starting in September. Let this be the year we all take our discipleship seriously!

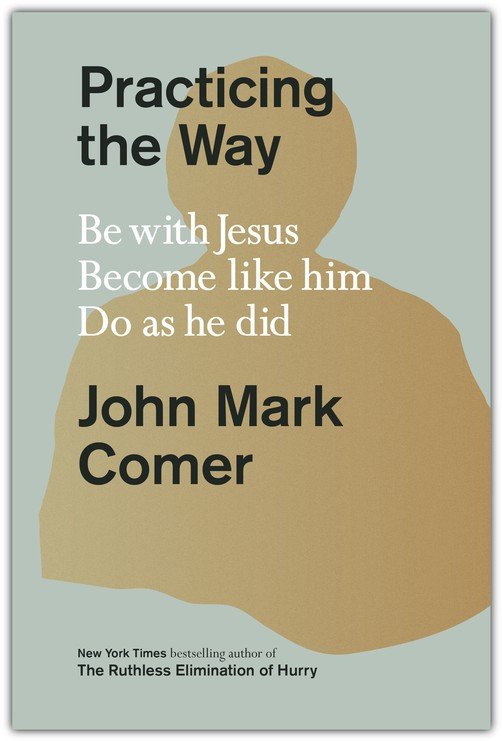
**Upcoming Small Group Discipleship Opportunities:**

**Disciple Fast Track: Sundays at 8am beginning on September 8th.**

****Join Pastor Katie Sunday mornings for breakfast and discipleship as we work our way through the Old and New Testaments in this in-depth Bible study. If you haven’t been in a Bible Study before, looking for a refresher on the Bible or are just looking to connect with other people - this is for you!

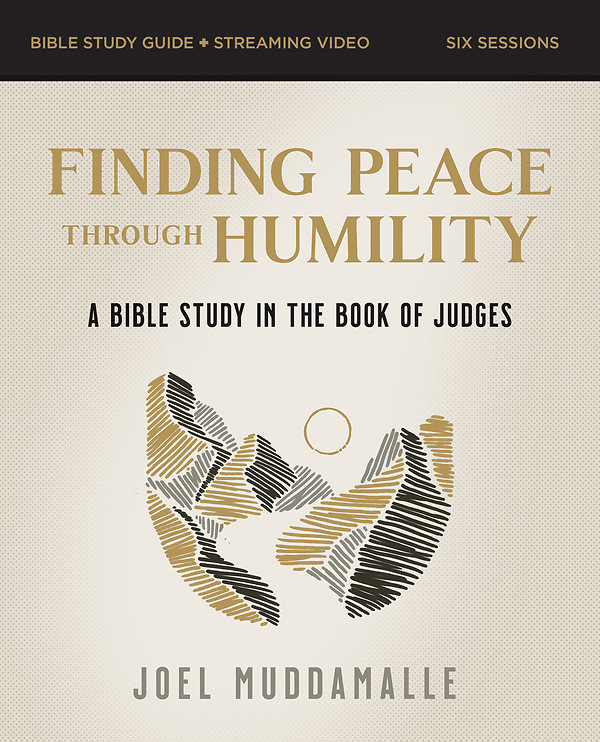
The book is $15, payable to the church office. Sign up by August 25th to reserve your spot in the class and get your materials on time!

**Pastor Book Club: September 30th, 2024**



Join Pastor Katie for a once-a-month book club. Prior to the beginning of each month, Pastor Katie will announce the book for the next month. Meetings will be held the final Monday night of the month at 7pm.

September’s book is *Practicing the Way: Be with Jesus, Become like him, Do as He Did* by John Mark Comer. “In *Practicing the Way,* John Mark Comer offers us a portrait of following Jesus that is as profound and compelling as it is simple. Be prepared to take an honest look at your own life habits and prayerfully ask, ‘What kind of person am I becoming?’ And ‘Is it more like Jesus or less?’ Here you will find a beautiful picture of the kind of life Jesus envisioned for his followers and a practical pathway to experience it for yourself.” - Tim Mackie, co-founder of the BibleProject

**Tuesday Lunch Study: Finding Peace Through Humility**

Join Pastor Katie at noon on Tuesdays starting September 3rd for a 6-session study on the Old Testament book of Judges. Pastor and teacher Joel Muddamalle reveals that the solution to the Israelites' problem, which is the same problem we have today, is to return to practicing humility. It is the secret that enables us to face our fears and see the unlikely and unexpected places in which God is working in our lives. Humility is what we need to retrieve in order to live out the good life that God desires for his people--and as Joel reveals in this study, the story of Judges can serve as our guide.

# United Women of Faith (UMW)

Please come join us for the United Women of Faith meeting Monday, August 5th at 1:30pm. Our group meets in the lounge (behind the sanctuary). We have a short business meeting and some fellowship.  All women are invited to come see what our group does!

*Lydia Giziewski*

# First Kids News Flash!!

**August Happenings!!!**

A blue and green rectangular sign with a qr code

Description automatically generated

**Please contact Tiffany if you can help shepherd Thursday, Friday or Saturday.**

**We also are in charge of the meal on Friday night, so let Tiffany know if you can help serve that.**

**VBS Food Donations**

We will be collecting donations for hot dogs, hot dog buns, individual chip bags, ice cream cups, small paper cups, plastic spoons, and paper plates. Please have to church by August 1st!

# Church Potluck Picnic Sunday, August 11th

VBS Service at Riverside Park at 10am, potluck following service at 11am. Bring a main dish, salad, side or dessert to share. (in case of rain church will be at United Church of Christ Church)

**Back To School Backpack Blessing**

Sunday, August 11th.

And-Drum roll in your head please---605 Open house will be Augus 21st at 5:30! Come and meet your new teachers and old friends! August 28th will be the official first day of 605!

Last, but not least, my name is Sara Klawonn. I have been doing kids music and I will be the new Children’s Ministry Leader at FUMC. My favorite color is yellow, my favorite coffee is Komodo dragon from Starbucks and I do not like okra.

# Youth Group (7th-12th grade)

**Parent and youth meeting/kickoff:**

We'd love for ALL of our youth and parents to attend an informational meeting on Wednesday, August 21st at 7:00pm.

Important dates will be provided, plus additional information for the upcoming year.

Treats will be provided as well. Please mark your calendars and join us!

To sign up for Youth information and updates:

Text **@1fumcyouth** to the number **81010**

Email tiffany at: [1stumckidsyankton@gmail.com](mailto:1stumckidsyankton@gmail.com)

# Mission Moments

Thank you to Mike and Arlys Cauwel and Craig Sherman for helping out with Loads of Love this month. We had a lot of prayers for the prayer box this time.

What a blessing to be able to not only provide the means to have clean laundry but also to provide much needed prayers! We have more opportunities to serve coming up. Please check out the sign up at the Missions table.

The Garden is most definitely green! Thank you to Elwood’s, Jacobsen’s, Schaefers, Suzanne Tessier, Sherry Daugherty (and Darwin). They have managed to help water and weed for a beautiful garden. The summer is moving by so fast. But there are still opportunities to help! Please let either of the Elwood’s or myself know if you are interested in helping, especially as we get into the home stretch of harvesting. Also note that if you don’t feel that you can actively participate, that you can contribute.  The cost of seeds, equipment, signage, etc.

We are in the process of checking out some options for a mission project.  Stay tuned.

We are working with the Banquet to get back on the schedule for next year.

Come and join in the blessings of serving others!

Missions Coordinator, Carla Hummel

# Care Casserole

# The freezer is full AGAIN! The newest offering is Turkey and Dressing plus a vegetable. We have prepared nearly 600 casseroles since May 10, 2023. The congregation's response has been such a blessing. We are currently preparing for the next offering which may include breakfast items, soups, and repeats of the popular casseroles plus new recipes that the team finds. Remember, casserole containers can be washed and returned for use for future offerings. Thanks to all of you for giving them to neighbors, friends, and families who need them.

# 

# The Best of Summer

# *by Susan Thorson, Faith Community Nurse*

It was a warm, humid day in South Dakota and much of the United States. I promised myself I wouldn’t complain about the heat after the previous bitter, cold winter. So, despite the heat, I took my lunch outside to enjoy the sunny, summer day. The sweat started to drip down my face and I began to wonder! Suddenly, I heard a soft buzzing sound. To my surprise, two hummingbirds were flying around me. Then, I look up and see the cardinal pair, followed by a towhee, then an orchard oriole, chickadees, a wren and two different kinds of woodpeckers at the suet feeder. I am thinking if I had stayed inside in our air-conditioned house, I would have missed the sun and God’s creations.

Science says summer makes us happier. The sunshine and the warmer weather changes our entire body and brain. Did you know that the sunshine vitamin, vitamin D actually stimulates serotonin synthesis which promotes wellbeing and a positive attitude? Vitamin D is in all of our tissues and body. We actually utilize vitamin D for cognition, memory and decision making. Other necessary vitamin D roles in our body include calcium regulation, sleep, immune system functioning, glucose metabolism and good skin health just to name a few benefits.

I wake up at dawn most days and feel better If it’s a sunny day. We have improved circadian rhythms during the warmer times of the year which influences hormone release, so melatonin is affected as well as mood with increased serotonin levels. It seems like I can accomplish more even with just a half hour dose of sunshine in the summer especially.

Summertime gets us to be more active outside which helps our overall wellbeing. Cold weather gives us more negative feelings and warm weather gives us more positive feelings. We can enjoy the freedom of the outdoors and be more relaxed in the summer. It also enables us to be more social with our neighbors and do fun activities with our friends and family to satisfy our need for connection to others. Being with friends makes us feel happier and that equals better health. Living near the water or visiting the beaches of the rivers, oceans, and lakes is good for our minds, helping us to relax and be in nature.

From Ecclesiastes 11:7-8: Sunshine is sweet, it is good to see the light of the day. The sunrise signifies a new day, a new beginning. We feel the hope of God as we start a new day. Enjoy the sun on the last days of summer which may just be your best days! Blessing to all of you

# Thank You

Sincerest thanks to Pastor Katie, Susan Thorson, the Prayer Group, the Care Casserole Cooks, and everyone who helped support me during my recovery from hip replacement surgery. All your kindness was greatly appreciated.

*Dee Carson*

# In Our Thoughts & Prayers

Diane Kisch’s niece Kate.

Dan Swihart had hip replacement surgery

Laurie Baily who was diagnosed with breast cancer.

Connie Pruitt (Shirley Root's sister)

Prayers for Doug Baily, Caitlin Jensen, Dawn Kabella

Church family serving in the military: all men & women serving in the military and their families.

# August Birthdays

2 - Mikael Pietila

- Ben Ricke

3 - Jill Sage

5 - Miya Noecker

6 - Huck Flannery

7 - Ruth Gravholt

- Mary Alice Halverson

9 - Dan Swihart

- Collins Den Herder

10 - Mary Johnson

- Burklynn Novak

11 - Chris Hathaway

- Dan Johnson

12 - Tyler Irwin

- Kim Berndt

14 - Peggy Doering

- Gary Johnson

16 - Liza Larson

18 - Hannah Irwin

- Ron Kraft

20 - Kalyn Peterka

- Laura Slowey

21 - Derek Moderegger

22 - Jody Brady

23 - Susan Thorson

24 - Rose Nedved

24 - Cole Sawatzke

26 - Dan Slowey

27 - Sue Frick

28 - Brett Sime

- Rob Taylor

29 - Rhonda Arens

- Micah James