



The Activator

October 2021

A monthly newsletter from the United Methodist Church of Hudson

Mission Statement of the Church:

As followers of Jesus Christ we want to lead our community to a growing faith.

301 Washington Street
PO Box 146
Hudson, IA 50643

Office: (319) 988-6040
e-mail: hudumc@gmail.com
web page: hudumc.org

Mary Rekers, Editor
Volume 6, Issue 10

STRESS—DO YOU KNOW WHAT THAT IS? By Carolyn Clear – originally published October 2012

In the past few weeks, I have been learning more about dealing with stress. I have been having a few anxious moments myself as well as having several persons sharing prayer requests or sharing about how they are experiencing more stress. My experience started when I was sick for a few days with what I think was a virus of some kind. When I began to feel better, I awakened one morning with the thought—"O my, the fall schedule has picked up and I've just lost 3 days and I have a lot to do. How will I get it done?" Well, I hopped out of bed and thought I'd better get started. I got my coffee and sat down to have my time with the Lord. In that time, He seemed to say to me—"OK now, take a deep breath and make a list of those pressing issues, then just ask me to help you prioritize and direct you." I began to do that very thing, and it did help, but I find that I need to do that each and every day. Then, just like God—he brought to my attention an illustration from an article in *Leadership Journal* which was written by John Ortberg, noted contemporary pastor and author. He creates the following scenario:

Imagine you're handed a script of your newborn child's entire life. Better yet, you're given an eraser and five minutes to edit out whatever you want. You read that she will have a learning disability in grade school. In high school, she will make a great circle of friends, then one of them will die of cancer. After high school, she will get into her preferred college, but while there, she will lose a leg in a car accident. Following that, she will go through a difficult depression. A few years later she'll get a great job, then lose that job in an economic downturn. She'll get married, but then go through the grief of separation.

With this script of your child's life and five minutes to edit it, what would you erase? Psychologist Jonathon Haidt poses this question in this hypothetical exercise: Wouldn't you want to take out all the stuff that would cause them pain?

If you could erase every failure, disappointment, and period of suffering, would that be a good idea? Would that cause them to grow into the best version of themselves? Is it possible that we actually need adversity and setbacks—maybe even crises and trauma—to reach the fullest potential of development and growth?

Ortberg contends that God doesn't always erase all our stress and pain before it starts. Instead, God can use the failures, disappointments, and periods of suffering to help us grow. He says, "God isn't at work producing the circumstances I want. God is at work in bad circumstances to produce the me he wants."

After reading this excerpt, I have thought about the stress that I have felt and really in the scheme of things, it is just really very small. I am confident that if I continually ask God to help me order my days and trust Him for guidance, protection and strength, He will do it! He is faithful! And besides that, He wants to do a work in me! He desires that we all experience His peace—even in the midst of what may seem like a storm at the time—and grow into more and more the person He has created us to be.

May Christ-awareness become the hallmark of our individual lives and our congregation!



October



NORTHEAST IOWA
FOOD BANK

BIRTHDAYS

- 2 – Diane Roberts
- 5 – Greyson Sadler
- 8 – Hillary Rickert
- 9 – Wilbur Mumm
- 12 – Isabella Robbins
- 15 – Jacob Patterson
- 15 – Jordan Patterson
- 22 – Todd Patterson
- 27 – Edward Smith



REMEMBER
TO PRAY FOR...

Sam Strayer
Marlys Smith
Doug Coonrad
Ethan Charley
Austin Charley
Scot Morris

Our shut-ins

Mel Bartels
Margaret Mumm
Dee Vandenberg
Lila Epling

Don't forget to check out the Church Library.



Are you getting weekly worship e-mails? Would you like to get the Activator in your inbox? Be sure we have your current e-mail address by sending it to Mary at hudumc@gmail.com.

MEDIA OPERATORS



- October 3 – Diane Schulz
- October 10 – Dave Tolander
- October 17 – Nancy Patterson
- October 24 – Nancy Patterson
- October 31 – Diane Schulz

Food Bank Sunday
October 3, 2021

"If you offer your food to the hungry and satisfy the needs of the afflicted, then your light shall rise in the darkness. -- Isaiah 58:10 (NRSV)

We continue to request your support of the Northeast Iowa Food Bank by donating non-perishable food and non-food items and money through the church. The first Sunday of the month, September 5th, will be designated "Food Bank Sunday".

As The Northeast Iowa Food Bank marks their 40th year as an organization, they look forward to the next 40 years by revitalizing their brand to reflect the work done in 16 counties. The new logo is a bold design with meaningful intentions. Each different colored dot represent the uniqueness and diversity of each individual served. The mission is to provide nutritious food and grocery products to nonprofit organizations and individuals in northeast Iowa.

There is a container in the entryway for your donations of food and non-food items. If you prefer to give a monetary donation, make your check payable to the church with a notation that it is for the Food Bank. Your donation will show on your statement of giving to the church.

For every \$10.00 the food bank receives, they can provide approximately 40 meals. Your donations do make a difference. Can you help this month?



Daylight Savings Time ends at 2:00 a.m. on Sunday, November 3rd.



September 2021

Offering:

September	5	765.00
	12	1,385.00
	19	121.00
	26	870.00
		\$ 3,141.00

Also received:

Apportionments	\$	200.00
Food Bank		25.00
Ingathering		100.00
Rent		1,055.00
TOTAL	\$	1,380.00



Moody Colorado, District Superintendent, has shared that it will be at least into the new year before we can expect a new pastor to be assigned. The Circuit Riders will continue to provide our weekly service through the end of the year.

If you find yourself needing Pastoral support, please contact Diane Schulz (319) 231-7790 or Mary Rekers (319) 269-5538.



It's new...it's exciting...livestream has come to HUMC! If you are unable to join us in person, you can now watch the service live (or later) on our YouTube channel. The Sunday morning reminder e-mail will include this link beginning October 3rd.



Hudson, IA UMC

<https://www.youtube.com/channel/UC2p2pXTpIN K1NMa8-RMLGxw>

TREASURER'S REPORT



October 3	Karen Sage
October 10	Pat Benda
October 17	Jan Burnett
October 24	Shawna Brimm
October 31	Jan Burnett



The 42nd Annual Mission Ingathering will be held on Saturday, November 6th. The purpose is to show the love of Christ to the world's people by ministering to their needs. Times have changed. The methods and means have changed. The work of being in mission continues. In 2020, \$10.8 million worth of supplies (up from \$3.5 million in 2019) were distributed through the partnership with Midwest Mission Distribution Center.



The 2021 Charge Conference will be held on Sunday, November 14th, at 5:30 p.m. at Cedar Falls 1st United Methodist



COVID-19 has prevented us from visiting our families, friends, and even neighbors. In this addition, we will be catching up with Bill and Faye Munchoff.

Thank you, Faye, for writing this month's article.

Bill and I were raised in Lansing, Iowa, on the Mississippi River. We lived there all our young lives. Bill has a younger brother and I have an older brother.

We went to grade school in an old Stone School House (that I believe now is registered as a historical site) located in town. We attended kindergarten through 6th grade there. The high school was located next door. Bill took a little detour and attended 7th and 8th grades in a one room country school in rural Lansing. We both graduated from Lansing Public High School; Bill graduating in 1959 and I in 1962.

Bill went to work for Western Electric - installation of telephone equipment in telephone offices- all around Iowa and into Minnesota and Nebraska. He worked there for 44 years eventually taking a supervision position and then retiring in 2000. I did child care until December of 1962. Bill was temporarily transferred to California. "Absence makes the Heart Grow Fonder" so we decided that I would go to California where we were married in a Presbyterian church in Oceanside, California, December 14, 1962, and here we are 59 years later. We did take a short trip to San Francisco - a honeymoon with some sight-seeing. Also, we went to the Rose Parade that January. Pretty amazing considering that neither Bill nor I had ever been out of town any further than Des Moines to state basketball and that was probably once!

We lived in Oceanside until Bill's transfer was up in April of 1963 when we came back to Iowa. We lived a traveling life until our kids started school. We have three kids, six grand kids, and one great grand.

We bought our first home in Mason City, Iowa, where our kids started school and Jason, our youngest, was born. When our kids were young,

we camped - pick up camper, fold down, camper, and tent camping - we did it all. Our main destination was usually Colorado where our youngest son and his family now live. Bill was always a believer in vacations, not extravagant vacations, but going to see something that we hadn't seen before. Not me however. Bill always says that if I were leading the Pilgrims they'd still be at Plymouth Rock! I'm glad he pushed ahead because I am sure we all benefited from our experiences.

Once again, Bill was given another transfer; this time to Waterloo, Iowa. That is how we ended up in Hudson. We had a home built with Bill and I doing some of the work and where we still live today. 1972 - 2021.

I was a "stay-at-home" mom until our youngest was in first grade. I did daycare in our home during that time and then got a job at Port-a-Vet Industries where I worked for 21 years until Bill and I retired in 2000.

Bill's hobbies or interests are in tractors- mostly John Deere- and drinking coffee with a group of guys he has made friends with at HyVee over the past 20 years. In his younger years, he enjoyed hunting and things that he could do outdoors.

Bill and I still have connections with Lansing where we have a farm that Bill was raised on. We have remodeled it and spend a lot of the summer there.

We also love spending time with our grand kids from the oldest to the youngest and feel fortunate that all but two live near to us and having the two that don't live close come and spend part of the summer with us.

We have been members of Hudson United Methodist Church for close to forty years. We are so grateful for our church family and all the good friends we have there.

