United Messenger

November 2026



Message from Pastor Inwha Shon

Menomonie
UNITED METHODIST CHURCH

Dear Brothers and Sisters in Christ Jesus at Menomonie,

I hope you have enjoyed the fall season despite the busyness of the start of the school year. Due to climate change, unfortunately, we recently witnessed severe natural disasters around the world, especially floods in Nepal and China, with great pain. That is actually a catastrophe that caused countless victims, and I assume that it may take several years for full restoration. We can't anticipate what the weather will look like, or even our lives as well.

Lately, I got vaccinations for the flu, pneumonia, and shingles as the season changed, and I am eligible to get some shots for my immunization. Actually, I had two surgeries and have been taking a couple of medications to prevent blood from clotting in blood vessels since I was hospitalized two years ago.

When I was in the hospital, I was tested by several medical professionals using equipment to figure out what caused my physical issue. The procedure was complicated, but it was essential to diagnose one's health and prevent us from any possible diseases and illnesses in order to live healthy.

In that moment, something came to my mind. What do I need for our spiritual health check-up? How is my relationship with God? Am I thirsty for God? Do I read God's word every day as spiritual food? Do I pray every day for my soul? Do I serve others? Do I attend church worship service every week? Do I contribute as God asks me to do? Am I concerned for the spiritual and temporal needs of others? What spiritual habits do I have to keep for my spiritual health? And so on.

It is significant for us to keep our lives. As Jesus says in Mark 8:36-37, "What good is it for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul?" If we lose our life, everything is useless. Life is everything.

Then, what is the purpose of your life? Pleasure? Success? Money? What do you think gives us eternal happiness? What can give you a meaningful life? Jesus says in John 10:10, "I have come that they may have life, and have it to the full." Let us ask ourselves, "Do I live abundantly as Jesus promised?" "Do I experience the eternal life as Jesus said, "I am the life?"

I hope you may live a meaningful and abundant life. "I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well" (3 John 1:3).



May God bless you.

In Jesus' love,

Pastor, Rev. Inwha Shon

November 2026 Stewardship Newsletter



The Worst Part about Gratitude? It Works.

I recently came across a humorous Instagram video in which a comedian talks about his therapist encouraging him to practice gratitude. He clearly does not want to do it. With frustration and sarcasm, he talks about being told to name a few things he is grateful for each day. And then he delivers the punchline: the worst part about gratitude is that **it works**.That line stuck with me.

This time of year naturally turns our attention toward gratitude. Thanksgiving invites us to pause, reflect, and give thanks. But if we are honest, gratitude can feel harder to practice when finances are tight, uncertainty is high, or the future feels unclear. Churches feel that pressure. Families feel that pressure. Individuals do too.

In those moments, gratitude can sound too simple – almost naïve. But gratitude is not pretending everything is easy. It is not denial. It is not ignoring hardship. Gratitude is choosing to notice that, even in the middle of challenge, God is still present, still faithful, and still at work.

In that sense, gratitude changes what we see.

When I used to ride a motorcycle, I learned a simple but important lesson: where you look matters. If there is something in the road you want to avoid, you do not stare directly at it. If you fixate on it, there is a good chance you will ride right into it. Instead, you look toward where you want to go.

Life is often like that too.

If we focus only on scarcity, fear, and what might go wrong, those things begin to dominate our vision. They shape our mood, our decision-making, and our sense of possibility. But if we intentionally look for signs of God's provision, evidence of changed lives, and the gifts already in our midst, that focus begins to shape us too. It does not eliminate difficulty, but it changes how we travel through it.

That is especially true in stewardship.

Gratitude helps move us from anxiety to trust, from fear to faith, and from clenched hands to open ones. It reminds us that stewardship does not begin with obligation. It begins with recognizing what God has already given. We give because we have first received.

This November, even in difficult financial times, perhaps one of the most faithful things we can do is practice gratitude. Name what is good.

Give thanks for what God has done. Notice the blessings that are already present. As that comedian discovered, much to his irritation, the worst part about gratitude may just be that it works

Help for the Stewardship Team

A Free Resource for Your Church: Giving Beyond the Offering Plate

As we move toward the end of the year, and begin looking ahead to a new one, this is an excellent time for churches to host the Wisconsin United Methodist Foundation's new seminar: **Giving Beyond the Offering Plate**.

This seminar is designed to help people think more broadly and faithfully about generosity. It introduces practical ways to give that many people have never been taught, including gifts from appreciated assets, donor-advised funds, IRA charitable giving, and other forms of giving that can support ministry in meaningful ways. It also opens the door to conversations about legacy giving and how our faith can shape the way we share our resources both now and in the future.

The timing is especially good at the end of the year, when many people are already thinking about charitable giving, tax-wise decisions, and year-end planning. It is also a strong fit at the beginning of the year, when people are reflecting on their values, making plans, and considering what faithful generosity might look like in the months ahead.

Best of all, this seminar is offered by Foundation staff as a free service to our churches.

If your church would like to host Giving Beyond the Offering Plate, we would be glad to help. We can work with you to schedule a time that fits your congregation and provide a practical, encouraging experience that helps people grow in generosity and better understand the many ways they can support the ministries they care about.

If you would like to explore hosting this seminar, please reach out. We would be happy to talk with you.

If you have questions or want to learn more, contact: **Rev. Jason Mahnke**, Director of Programming & Campaigns, Wisconsin United Methodist Foundation at 608-837-9582 or jason@wumf.org.

Parish Nurse News



Parish Nurse News

I have been attending the Academy for Spiritual Formation since November 2025. We are meeting about 4 times/year at retreat locations in Arizona and Nebraska. It has been a place to find the time and space to listen to God's call, to make and keep holy covenants and to embody faithful commitments. We watch for the Holy Spirit guiding us in spiritual formation.

Spiritual formation is the process of being formed in the image of Christ for the sake of others, for the sake of the world.
The schedule we have is a daily rhythm of study and prayer, silence and liturgy, solitude and community and rest and activities. We also have times of silence and solitude.

Solitude - the state of being physically alone without digital or social interaction. When I am in solitude, it gives my mind a chance to rest, reset, and process my experiences.
If you take brief periods of solitude, it can help lower your emotions, like anger, anxiety, and stress while boosting calm and relaxation. When you move away from social activities, your brain can start processing thoughts, solve problems, and spark creative ideas.
Each day there are 4 opportunities for community worship - morning, afternoon, a Eucharist service and an evening service. We are offered opportunities to share the liturgy. I also was able to serve in a healing service.
This has been a fulfilling time for my faith journey.
I hope you can find time of silence and solitude in your life, to get away, rest and be with God.

Fall blessings
Sarah Zarbock, Parish Nurse

ALB – Accountable Leadership Board

- Recognize Clergy Appreciation Day/Month
- Consider the draft budget for 2027
- Review church conference paperwork
- Seek Nominations for new members





November

Sun	Mon	Tue	Wed	Thur	Fri	Sat
1 All Saint Sunday	2 Dartball, 8 pm Tainter	3	4 Youth Prayer Meeing, 5:30 pm	5	6	7
8 Messy Church @ 10:30-12 pm	9 Dartball @ church 8pm	10 Joyful Noise Choir	11 Youth Prayer Meeting, 5:30 pm	12 ALB	13	14
15 25th Sunday of Pentecost	16 Dartball 8pm	17 Joyful Noise Choir	18 Youth Prayer Meeting, 5:30 pm	19	20	21
22 Youth Bake Sale	23 Dartball 8pm, church	24 Joyful Noise Choir	25 Youth Prayer Meeting, 5:30 pm	26 Thanksgiving Day	27	28
29 1st Sunday of Advent Church Conference, 10:30 am	30 Dartball 8pm	1 Joyful Noise Choir	2 Youth Prayer Meeting, 5:30 pm	3	4	5 Grief Share

What happened on This Day in the history of Christianity?

Council of Chalcedon

November 1

The old church of St. Euphemia, sitting atop a hill in Chalcedon across the Bosphorus from Constantinople, hosted the fourth great council of the church in the fall of 451. The emperor called the bishops together to combat a series of heresies about the person of Christ and to formulate a creed that would unite Christianity.

The nature of Christ was the chief theological question of the first 400 years of church history. Christendom as a whole remained unified in an orthodox faith, but periodic assaults by heretics forced the church in its councils to state its definition of Christ. The Council of Nicaea in 325 had affirmed Christ as fully God. But how, then, could he also be truly human?

The Council of Chalcedon tackled that problem, and it wasn't pretty. Bishops and delegates shouted at each other in rough-and-tumble debates, interrupting each other, losing their tempers, shouting down speakers, and wreaking havoc. In the end, however, it managed to affirm that Jesus: (1) is fully God; (2) is fully human; (3) is one person; and (4) possesses two distinct natures. The Chalcedon document, one of the most important in church history, says in part:

Following the holy fathers, we confess with one voice that the one and only Son, our Lord Jesus Christ, is perfect in Godhead and perfect in manhood, truly God and truly man, that he is of one substance with the Father as God, he is also of one substance with us as man. He is like us in all things without sin. This one and the same Christ, Son, Lord, Only-begotten is made known in two natures (which exist) without confusion, without change, without division, without separation. The distinction of the natures is in no way taken away by their union, but rather the distinctive properties of each nature are preserved.

The Council of Chalcedon thus affirmed that Jesus Christ is one person having both a divine and a human nature. He is one Lord. He is both God and man. And with that, the council dissolved **on November 1, 451.** Here is the great mystery of our religion: Christ came as a human. The Spirit proved that he pleased God, and he was seen by angels. Christ was preached to the nations. People in this world put their faith in him, and he was taken up to glory. 1 Timothy 3:16

Morgan, Robert J., On This Day





Youth Group

BAKE SALE



Fundraiser

HELP US RAISE MONEY TO GO TO THE 2027 NATIONAL YOUTH GROUP CONFERENCE IN DALLAS, TEXAS

WHEN:

Sunday, 22 November

WHERE:

Nar t hex

TIME:

After Church Service

Homemade baked goods available for you to take home with your family and feel good about your purchase.

MUMCY's

Pancake Brunch

Join us fora

Pancake Day Brunch!

Everyone is welcome!

Sunday, December 12th, 11:30 AM - 1:30 PM

2703 Bongey Dr, Menomonie, WI 54751

$5 Per person

~ A Silent auction will be available during the brunch, along with a raffle drawing for anyone who purchased presale tickets. ~



MOVIE

POLAR EXPRESSWear your comfiest pajamas and join the

your groupfor amovie night!

DECEMBER 20TH

candy can be purchased

2703 Bongey Dr, Menomonie, WI 54751



Youth Group

NOVEMBER YOUTH CALENDER

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22 Bake Sale Fundraiser	23	24	25	26 Thanksgiving	27	28
29	29	30				

REGULAR MEETING

6:30pm - Dinner and Fellowship

7:00pm - Activities and Lesson

8:00 - Dismissal

WEDNESDAYS TABLE

4:30pm - Meet @ Christ Lutheran Purple Door Church

6:30 Dismissal



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Office Hours
Monday, Wednesday and Thursday 9:00 AM to 2:00 PM

Service Schedule 9:00 a.m.
Sunday Worship Service followed by a fellowship hour

Menomonie
Open Hearts
Open Minds
Open Doors
UNITED METHODIST CHURCH

November 2026

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Menomonie, WI 54751

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