



Ponderings from the Pastor's Pen

I dearly love the season of spring and I especially love the month of May which often seems to be the height of spring's beauty. All the mud of March and the showers of April finally come to full fruition in the glorious colors and fragrances of May, when the heat of June hasn't yet begun. Somehow, though, just when I most want to slow down and savor the sights and sounds of spring, it seems almost as if some cosmic fast-forward button kicks in and suddenly this lovely ephemeral season is over in a blink!

Because I love spring so much, I feel incredibly fortunate that in the past few years I have had the unexpected blessing of *two* springs each year. In 2023 while I was on my renewal leave, my oldest son and I took a road trip over his spring break. We visited a dear friend of mine in Nashville, traveled through the Great Smoky Mountains, stopped by the John Wesley statue in Savannah, Georgia, and ended in Florida where I visited a colleague doing some really innovative ministries. Even though there were still a few feet of snow drifted in our yard at home that year, it was spring in the southeastern United States so I got to experience spring there and then a few weeks after we returned from our road trip, spring came here to Wisconsin too. Likewise, in early April 2024 my family traveled to a little cabin in the Ozarks to view the total solar eclipse. Spring was in full force there in southern Missouri and we still got to experience spring again weeks later when it arrived in Wisconsin. This year when I went to England on the Wesley Study Tour, I was delighted to discover that spring arrives in England much earlier than in Wisconsin too! Everywhere we went there were daffodils blossoming along the roadways! The cherry trees lining the street where

Charles Wesley had lived in London were absolutely at peak blossom! And the elegant, manicured English gardens held bursts of bright color in nearly every nook and cranny! *Then sings my soul, my Savior God to thee; how great thou art, how great thou art!*

Even if you only experience spring once this year, I pray that you get to fully experience and savor the season. These days my older boys have a saying they often use to gently remind each other to be mindful to avoid missing out on life by spending too much time online. I hear one or the other say, "Dude, you need to *touch grass!*" As I understand it, that expression is commonly used among their generation to encourage each other to spend time outside, experiencing nature rather than spending too much time in the digital world.

Even when the news comes at us like a firehose these days, I pray we'll take the advice of these wise

May you

- Be Happy
- Be Safe
- Be Well
- Have Comfort
- Have Strength
- Have Courage
- Have Peace
- Have Joy

May you be **Blessed**

Today & Everyday



teenagers and young adults who have learned to navigate this digital age. Take time to walk barefoot in the soft grass and maybe even lie back and watch the clouds drift by for a little while. Go for a walk with a friend on a sunny day or invite a neighbor over to sit around the fire pit and make s'mores under the stars with you some evening. May the beauty of spring inspire us to stay grounded in the goodness of God and to build meaningful connections with the community around us, because this is where we can find *strength for today and bright hope for tomorrow* as the hymn says.

I look forward to seeing you soon in worship and in ministry throughout our community!

Joyfully,
Pastor Wendy

North West District Learning Day to be held at Menomonie UMC!

Mark your calendars for Saturday, May 17 because our church has the joy of hosting the annual District Learning Day this year. We need volunteers to help with registration, with meal prep, with sound/tech support, and with clean up, plus we'd love to have as many people as possible hear the guest speaker Cathy Townley's message about "Engaging Worship". She has innovative ideas about worship planning as a *team*, so if you're a lay leader, lay speaker, musician, scripture reader, children's/youth ministry leader, or just a faithful follower of Jesus with a gift for creativity we'd love to have you participate in the training! See registration details below or talk to Pastor Wendy if you'd like to learn more.

Wanted: Lay Representatives to Annual Conference

Are you a member of the Menomonie UMC? Are you interested in learning about the great things that United Methodists are doing throughout our state and throughout the world? Would you like to help shape the future of our church as a voting member of our Annual Conference (the once-a-year meeting of United Methodists throughout Wisconsin)? If so, please reach out to Pastor Wendy as soon as possible because registration is already underway and we still need **two volunteers** to represent Menomonie UMC along with Pastor Wendy this year from June 6-8 at the Marriott West in Middleton (just outside of Madison), WI.

Part of Annual Conference is spent in "plenary" or legislative sessions at which we get to vote on the budget and the church's priorities for the coming year. There are also magnificent worship services throughout the three days, including a celebration of ordination for the new pastors in Wisconsin. There are displays and informational tables where you can learn about camp and retreat ministries, campus ministries, and various other missions throughout our state and throughout our world. It's a great time of learning and connection with other United Methodists! Let Pastor Wendy know if you're interested in serving as a lay representative to Annual Conference on behalf of the Menomonie UMC.

NW District Learning Day
for both Laity & Clergy
with **Cathy Townley**



Engaging Worship:
the most effective place for
Discipleship & Outreach



Sat, May 17, 2025 | 9:30am -2:30pm
Menomonie UMC, 2703 Bongey Drive.

\$15 per person. Lunch & Snack Provided.

Register online:

<https://Wisconsin-reg.brapp.com/NWDistrictLearningDay>



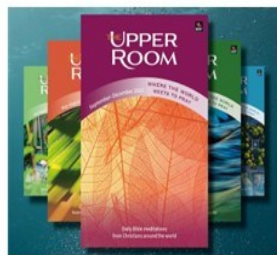
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|--|--|
| | | | | 1 | 2 | 3 |
| 4 Visitation Ministry 10:30 Blood Pressure Checks | 5 Monday Meal 5-6 pm | 6 Lunch, Lectionary & Learn 12 pm | 7 Bells 6 pm Youth 6-7:30 Choir 7 pm | 8 | 9 | 10 |
| 11 Mother's Day | 12 Monday Meal 5-6 pm Moms Group 6-7 | 13 | 14 Bells 6 pm Youth 6-7:30 Choir 7 pm | 15 Prayer Shawl 4:00 pm | 16 | 17 District Learning Day! 9:30-2:30 |
| 18 Mental Health Presentation 10 am | 19 Monday Mal 5-6 pm | 20 Lunch, Lectionary & Learn 12 pm | 21 Bells 6 pm Choir 7 pm | 22 | 23 | 24 |
| 25 | 26 Monday Meal 5-6 pm Memorial Day Office closed  | 27 Lunch, Lectionary & Learn 12 pm | 28 Bells 6 pm Choir 7 pm Youth Wed. Table 4:45-6:30 | 29 P.E.O Garage Sale in our garage 8-5 | 30 P.E.O Garage Sale in our garage 8-12 | 31 |

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Lunch, Lectionary & Learn

Tuesday, April 29th
12:00 pm
Fireside Room

Every Tuesday except 3rd Tuesday. We will have bag lunch together and then use The Upper Room Disciplines to talk about weekly scriptures, devotions and any prayer concerns.



Free to everyone! No registration required!

Contact Sarah Zarbock for information at:
zarbocks@gmail.com



2703 Bongey Dr.,
Menomonie, WI
715-235-0654



May 7th - Regular Youth Meeting
6:00 pm - 7:30 pm

May 14th - Regular Youth Meeting
6:00 pm - 7:30 pm

May 21st - NO YOUTH GROUP
(I have a training for my summer job and will not be in town and since I have extended youth season to June 4th I decided it was ok to take the week off)

May 28th - Wednesdays Meal
4:45 pm - 6:30 pm

June 4th - Final Youth Meeting
(party of some sort)

WANTED

Volunteers to assist with Joyful Journeys

Increasing self help and community skills for adults with challenges.

Very flexible schedule for volunteers

**Classes begin on June 12th and go until September 4th
6:00-8:00 pm**

Menomonie United Methodist Church
2703 Bongey Dr., Menomonie, WI

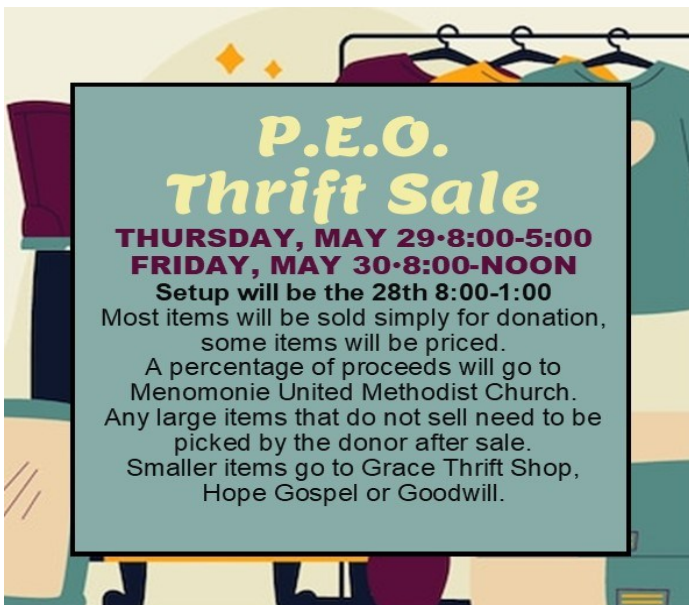
For more information
contact Linda Bark at 715-308-6883



American Heart Association
Healthy for Good™

Free Blood Pressure Screening

First Sunday of the month after Worship Service



P.E.O. Thrift Sale

THURSDAY, MAY 29: 8:00-5:00
FRIDAY, MAY 30: 8:00-NOON
Setup will be the 28th 8:00-1:00

Most items will be sold simply for donation, some items will be priced.
A percentage of proceeds will go to Menomonie United Methodist Church.
Any large items that do not sell need to be picked by the donor after sale.
Smaller items go to Grace Thrift Shop, Hope Gospel or Goodwill.



★ ★ ★

MEMORIAL DAY

HONORING ALL WHO SERVED

Our office will be closed Monday, May 26
Please pay homage to the fallen heroes who secured our freedoms.
Ensure their sacrifices are never forgotten

2nd Annual

REGISTRATION NOW OPEN!

Presented in partnership by your partners in care:

Adoray
HOME HEALTH & HOSPICE

WESTERN WISCONSIN HEALTH

Featuring: Sheri Fairman a renowned specialist, and Certified Teepa Snow Trainer

DEMENTIA CARE SOLUTIONS

Free Community Event

DEMENTIA Caregivers CONFERENCE

WEDNESDAY
June 4th
NOON - 4P.M.

Marie B. Blakeman Community Center
1320 Wisconsin St., Hudson, WI
Registration Required - Lunch Provided



TO REGISTER: Call: 715-629-1888 or Email: a.bettinger@adoray.org

faith

Prayer Shawl Ministry

KNIT. CROCHET. PRAY.

**Third Thursday of the month
4:00-6:00 pm**



Greetings from your Parish Nurse
May is Mental Health Month!

Mental health is vital to our overall well-being—impacting how we think, feel, and act. It enhances our quality of life, helps us manage stress, and supports a healthy balance between work and play. Ways to boost mental health awareness include practicing self-care, mindfulness, education, prioritizing relationships, creating safe spaces, engaging in yoga or Christian contemplation, and showing compassion and empathy.

Most importantly, strengthening your spiritual life can deeply support mental health through

- Prayer
- Listening to God and meditating on Scripture
- Singing hymns and worship songs
- Practicing gratitude
- Being still and knowing God
- Enjoying nature and recognizing God's creation

Blessings as your care for yourself, others and your mental health.

Sarah Zarbock





Visitation

MINISTRY

**Compassionate Connections:
 Enhancing Visitation Ministry.**
 Connecting with
 Homebound and Individuals
 in Caregiving Facilities

Sunday, May 4
10:30 - 11:30 a.m.
Fireside Room
 Presenter:
 Jane Mahoney
Everyone is invited!

"I was sick and you visited me..."
 —Matthew 25:36 NKJV

Mental Health Presentation

Sunday, May 18 • 10:00 am
 Fireside Room

Lynn Buske JONAH organizer, will speak about mental health awareness affecting all ages, especially the adult population.

Please let Sarah Zarbock know in advance if you are attending or just show up. Contact zarbocks@gmail.com



Everyone welcome! • Free to attend!

Menomonie
 UNITED METHODIST CHURCH

2703 Bongey Dr.,
 Menomonie, WI
 715-235-0654



TO GIVE AWAY
5 drawer file cabinet that was used at the church.
Contact Lynn Klatt

United Messenger

May 2025

Pastor: Wendy Slaback
Phone: 715-235-0654
Email: pastor@menomonieumc.org
www.menomonieumc.org



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

10:30 a.m. Sunday Study

