



## *Ponderings from the*

“Revive us again, O God! I know you will! Give us a fresh start! Then all your people will taste your joy and gladness.”

—Psalm 85:6, The Passion Translation

Early each morning I walk across my yard to the chicken coop to let our little flock down from their roost and gather the warm brown eggs they’ve just laid. No matter how busy the rest of the day may be, those early morning moments help ground me in the beauty of each day. I appreciate the sunrise coming a bit earlier every morning as our daylight hours expand. I listen to the robins chirping and the noisy geese and swans down on the lake calling to one another as they vie for the best spots of open water. I notice how much smaller the snow piles are getting as they slowly melt away to moisten the ground for the coming season of growth. I rejoice in each of these signs of spring and eagerly anticipate more signs of life and growth to come!

I have been feeling the same sense of rejoicing and anticipation each Sunday at church. Many of our “snowbirds” have migrated back to Menomonie too, and each week there are a few more faces in the sanctuary as some people return for their first time since the pandemic began two years ago and others who first met us online begin to join us in person too. The church is filled with beautiful sound, not only during worship as we sing together but even after worship as cheerful voices resound through the building in a whole cacophony of conversations. The long winter and the pandemic are receding away, making room for a whole new season of revival and growth!

I give thanks for the season of spring, the growth of Lent, the coming joy of Easter, and all the joy we can experience together as a community of faith! I pray that you are finding new signs of hope and renewed joy in your life these days too, and I look forward to seeing you soon in worship.

Joyfully,  
Pastor Wendy



### **Easter Prayer Walk**

The whole church and community is invited to come to the church on Wednesday, April 13 for an Easter Prayer Walk led by our youth. Stop by anytime between 6:00-8:00 pm. Interactive prayer stations will be available for you to walk through at your own prayerful pace.

### **Mask Update**



Masks are welcome for those who feel most comfortable and safe wearing them, but not required for all.

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Well, not a “food fight” exactly. We’ve been invited to a Food Drive Challenge for Stepping Stones! Stepping Stones has experienced some shortages in their food pantry recently. Grocery store food rescues which bring in a majority of frozen meats and quick meal options, as well as a substantial amount of shelf stable goods, have been very low for more than a month. Our church has been invited to join other local churches in some friendly competition to see which church can bring in the most pounds of food. Our competition week is officially April 11-18, although donations will be gratefully received at any time.

Donations can be accepted at the Stepping Stones food pantry, 1602 Stout Rd, Monday through Friday from 9 a.m. to 4 p.m. or on Saturdays from 10 a.m. to noon. **Be sure to tell them you are from the Menomonie UMC!** If you’d prefer, you could also bring your donations to the church on Sunday morning and we’ll deliver your items to Stepping Stones for you.

Items that will be most helpful include: Frozen meats, frozen easy-prep meals, dairy (with distant expiration dates), canned meats (chicken, ham, spam, etc.), peanut butter, rice and pasta based easy meals, pasta, spaghetti sauce, soups, canned stew, canned chili, stuffing, scalloped potatoes, or instant mashed potatoes. Monetary donations are also appreciated, as Stepping Stones can make \$1 spend like \$10.

### **Coffee and Conversation with Pastor Wendy Wednesday afternoons Marion’s Legacy 2-4 pm**

She’ll be happy to see you and to chat about anything that is on your mind, but she’d especially love to hear about: What are some of the most life-giving, inspiring things you’ve experienced recently? What are some of the things you still long for or need most in this season of life? Stop in to let her know, or if you’d prefer not to meet face to face just yet, send her an email at [pastor@menomonieumc.org](mailto:pastor@menomonieumc.org) or call the church and leave a message with the best time to call you back.

### **Our New Mobile App is Here!**

We’re excited to announce Menomonie United Methodist Church has upgraded our mobile app! Vanco, our e-Giving provider, has launched an updated mobile app called Vanco Mobile.

You can download the Vanco Mobile app for free from the App Store or Google Play. From there, you can make a one-time donation or set up recurring giving right through the app. Just select your fund and amount, enter a payment method and complete the donation.

### **EGiving Also Available on our Website!**

You can also give to the church by visiting our website at [menomonieumc.org](http://menomonieumc.org) and click on the menu item “Give” this will walk you through the online giving procedure.

### **Wanted: New Leaders on the Accountable Leadership Board**

For the past couple of years we’ve been using a more streamlined form of church governance that combined several of our former administrative committees (Staff-Parish Relations Committee, Trustees, Finance Committee, and Administrative Council) into one Accountable Leadership Board. This model helps to bring greater focus on our mission—to make disciples of Jesus Christ for the transformation of the world—even as we help care for the daily details of hiring and supporting church staff members, caring for the maintenance of the building, stewarding the financial resources of the church, and attending to the overall health of the church.

There are a few vacancies on our Board and those who applied and were elected to the first Accountable Leadership Board have begun rotating off of the committee so additional vacancies will be created as each of them complete their term. If you are interested in serving a three-year term on the Accountable Leadership Board, please see Pastor Wendy for more information. Applications are available in the church office, along with a copy of the Leadership Board Covenant for you to review as you consider whether this is an area in which God may be calling you to serve.





**Sunday Study | 2021-2022**  
**Join us most Sunday Mornings @ 10:00am**

I don't know about you, but it feels like the school year is flying by for my family! It seems impossible we are about to dive into the month of April! This month we are going to be taking a closer look at the life of Jesus and how Jesus sets the ultimate example for us to live by.

We will celebrate Easter as a Sunday Study group on Palm Sunday during our normal Sunday Study time. It will be a morning full of Worship and fun as we dive into the Easter story. We will not meet Easter Sunday, so that families may celebrate together.

Below is a glimpse of the month of April:

- 4.3 Jesus shows us how to live... and lead others. (John 13:1-20)
- 4.10 Palm Sunday... Easter Celebration during Sunday Study
- 4.17 No Sunday Study – Happy Easter!
- 4.24 Jesus shows us how to live... and talk to God. (Matthew 6:5-18)

Please pray over our children and families as we trust Jesus to show us how to live! I pray your Easter season is full of the wonder of our loving God and the ultimate sacrifice of his one and only Son, Jesus! I saw a shirt recently that read “*Silly rabbit, Easter is for Jesus*” that made me smile. May your Easter be full of Jesus!

Blessings,

Amanda Tireman  
Email: [cyfministry@menomonieumc.org](mailto:cyfministry@menomonieumc.org)  
Cell: 402-658-4344



**Youth Group News**

We continue to meet in person every Wednesday evening. All youth in 6-12 grades welcome!

**April 6**– Meet for Lenten supper at 6:00 pm with youth activities to follow until 7:30 pm

**April 13**-Youth meet at 5:00 pm to set up for Easter prayer walk. Pizza will be served for youth and helpers. Prayer walk starts at 6:00 pm and concludes at 8:00 pm

**April 20**-6:00-7:30 regular youth meeting with meal

**April 27**-6:00-7:30 regular youth meeting with meal,

**Let's Celebrate!**

If you would like us to post in our newsletter birthdays, anniversaries or a note, please let Lori know at the church office in advance. Your church family would like to celebrate your day!

**Have a church event?**  
**Please use our Event Form**

In efforts to better publicize your events and to provide correct information, an event form is available in the narthex.



**TO ALL WHO PARTICIPATED IN ANY WAY TO MAKE OUR FEBRUARY 28th BLOOD DRIVE A SUCCESS! WE EXCEEDED OUR GOAL OF 30 BY 2 UNITS!**

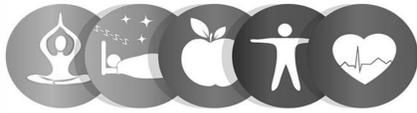
Every bit helps - working to take down Fellowship Hall or setting it back up, working during the drive, and donating to the drive!

Your help is much appreciated!

**Our next drive will be Monday, October 10th, 2022. Hope to see you there!**

**“Leading the Church Through the Pandemic World” Workshop Offered April 30**

Last summer our Accountable Leadership Board read a book by a church coach named Kay Kotan called Being the Church in a Post-Pandemic World and now she will be coming to Wisconsin to present a similar workshop called "Leading the Church through the Pandemic World". She will be speaking live in-person at Bethany UMC in Madison on April 30 from 10 a.m.-3 p.m. and the Menomonie UMC has been chosen as a live stream host site for northern Wisconsin churches who may not want to travel down to Madison but still want the benefit of group discussion with other churches during the webinar. If you'd like to participate, please let Pastor Wendy know as we can get a group discount with four or more registrants from our church. For more information, you can visit: <https://www.wisconsinumc.org/event-detail/leading-the-church-through-the-pandemic-world-15870883>



# Wellness Fair

**April 6, 2022 10 AM—2 PM**  
**Sports & Fitness Center**

220 13th Avenue East, Menomonie, WI 54751

789 Attendees in 2019    Food Drive  
Chair Massages  
Food/Product Samples  
Win a Bike!    Free Admission  
Community Welcome

## Monday's Meal Every Monday 5-6

Free meal for our whole community.

Most meals will be served via curbside delivery until the weather is warm enough for outdoor dining or COVID levels are low enough for indoor dining. Spread the word to anyone you know who may appreciate a comforting, nourishing meal and a sense of connection and care!

If you or someone you know might be willing to help cook, serve, greet, or wash dishes let Pastor Wendy know.

Financial contributions are also welcome.



**Kari Lueck April 3rd**  
**Glenn Gehring April 4th**  
**Bob Hendrickson April 15th**



### Thank You

Menomonie United Methodist Church supports those programs that provide resources of clothing, food, shelter and care for those less fortunate.

Your donations have helped the following:

Ludhiana Christian Medical College.....\$1,000.00

*Thank you for your continued support!*

### Meet for Prayer

**Tuesdays at 10:00 am**  
**April 12 & 26**



2nd and 4th Tuesday of each month.  
We will do a Lenten journey with hymns.

We will look at some hymns and talk about their significance for us during Lent.

## Monday's Meal Menu

(May be subject to change)

**April 4:**

**Better Than Pizza Pasta,  
Roasted Veggies, Berry Shortcake**

**April 11:**

**Scalloped Potatoes and Ham,  
Fresh Veggies, Pumpkin Bars**

**April 18:**

**Stuffed Meatloaf, Mashed Potatoes,  
Glazed Carrots, Cookies**

**April 25:**

**Taco Casserole, Corn,  
Oranges, Brownie**

## Prayer Shawl Meeting



Thursday, April 14  
4:00 PM at Sarah  
Zarbock's home,  
1411 Elm Ave. W

## Choir is back on!



If you love to sing please join us  
**Wednesdays at 7:30 pm**

Choir will be meeting in the sanctuary to distance adequately. It is recommended that you be vaccinated and/or wear a mask.

If you have any questions or concerns or would like to be added to the contact list please contact  
**Craig Sampo at [samphonics@gmail.com](mailto:samphonics@gmail.com)**  
or call or text (920)-609-4082



# Thank you!

Hello, United Methodist Church members. I have met many of you but some may have only read about me. I am Nichole Manson, the volunteer that Pastor Wendy encouraged to take on the Monday's Meal mission. Since our first meal was served, October 25th, we have been providing wholesome and delicious meals to nearly 100 people each week. I will list out the statistics later in this message, but most importantly, I wanted to thank all of the people that have dedicated their time and talents to helping to make this happen each week. Every Sunday after worship there is a crowd in the kitchen preparing vegetables or making the desert. Monday afternoons, beginning around 2pm, we have a cook or two join me in the kitchen while we prepare the rest of the meal to be served fresh and hot starting at 5pm.

I wanted to specifically thank a few people that made this happen. I especially want to thank Lynn Klatt and Shirley Prochnow for sharing their food prep talents and tricks so that we could manage large batch recipes. Thank you also to Jan Gehring and her husband Glenn for helping us improve the processes including a measuring stick for cutting the large pans of dessert. Thank you to Phil Diser for publicizing and taking pictures!

We have had a regular group of people join us for serving and other responsibilities each week, including Anita Wiese, Lanna Laird, Gene and Cynthia Larson, Jess & Colin Manor, Mike & Jane Mahoney, Connie Ludy, Ethan & Tyler Nelson and their parents John and Amy, Howard & Julie Hintzman, Laurie Hickcox, Karen Boers, Pastor Meg Erickson, Leslie Schmidt, Kendra & Kaleb, Jim Lake, Kara, Abby & Peter, Josh Tireman, Amanda, Hannah & Claire, Danielle Mensing, Margaret Hastings, the Stout's Men's Basketball Team, Bill & Jane Butsic, Sarah & Kurt Zarbock, Jan Friest, Helen Redlich, Jessica Schutts, Pat Cederholm, Kevin & Blade Klatt, Cindy & Jerry Hoeflein, as well as the Slabacks: Ryan, Wendy, Lucas, Noah & Alex. I pulled these names from the sign-up sheets, so if I missed anyone I am very sorry. Please let me know!

We are hoping to organize a bit better in the upcoming weeks and months. We are looking for a rotation of people willing to cook so that we can share the time in the kitchen. If you are even mildly interested please let Pastor Wendy or myself know. I can be reached by email ([manson.nichole@gmail.com](mailto:manson.nichole@gmail.com)) or phone 715-497-4516. As Wendy and I have found, this is can be a fun exercise in creative expression to find the best uses for some of the free produce and bread from Feed My People or whatever other grocery deals are available at our local stores each month. We do provide recipes and the necessary ingredients for each week's menu though, so even if you are most comfortable following a detailed plan we've got you covered. Now the numbers:

October 25th was our first meal, and we served 121 chicken salad sandwiches that night.

November had 5 Mondays and we served 706 meals for the month.

December had 4 Mondays and we served 391 meals that month.

January had 5 Mondays and we served 662 meals for the month.

February had 4 Mondays and we served 483 meals for the month.

At the end of each night we allow the volunteers to take meals home if they want, then we freeze any leftovers to give out in emergencies.

There is a chart in the kitchen that we keep track of what meal and how many were served or frozen each week. I welcome all questions and suggestions.

I am forever amazed at how well these weeks have gone considering I had never taken on a task of this magnitude. It could not have been managed without the help from all of you!

Nichole Manson, Monday's Meal Coordinator

# Care for the Caregiver

**FREE**  
 Friday May 13, 2022  
 9:00 am to 2:00 pm

Registration and Vendor Booths begin at 9:00 am. Program will begin at 9:30

To be a good caregiver requires taking breaks to care for yourself. This day is designed for you. Take a break and learn tools, techniques and resources to help you care for yourself. This will help you build resilience for your caregiving journey.

Resource materials and light lunch will be provided

**To register call 715-232-4006  
 By Monday, May 9, 2022**

Hosted by: The Care Solutions & Dementia Coalition of Dunn County



## CARE FOR THE CAREGIVER:

A DAY FOR YOU!

May 13, 2022

### Agenda:

- 9:00 - 9:30 Registration and light breakfast
- 9:30 – 10:30 Caregiver Stress – Shar Bellefeuille  
 Respite Care - Karen Herbison  
 Aveanna Healthcare - Angela Kjellberg  
 Adult Day Services – Shari Homstad
- 10:30 – 10:45 Break and Vendor Booths
- 10:45 – 11:30 Mindfulness – Amy Segerstrom
- 11:30 – 12:00 Lunch
- 12:00 – 1:00 Yoga and Stretching – Tina Tharp
- 1:00 – 1:45 The Unexpected Caregiver – Moira Kneer
- 1:45 – 2:00 Door Prizes and Closing

# Menomonie Memory Café

## 2022 Dates

- January 19
- February 16
- March 16
- April 13
- May 18
- June 15
- July 20
- August 17
- September 21
- October 19
- November 16
- December 21

Memory Cafés are designed for people living with dementia and their care partners. This is an opportunity to gather and enjoy coffee and camaraderie

3rd Wednesday of the Month  
**10 am—11:30 am**  
 United Methodist Church  
 2703 Bongey Drive



## Virtual Dementia Education Programs

Serving Northwest Wisconsin - April 2022

**Programs:**

**Caregiver Book Club**  
*"My Two Elaines"*  
 Mondays, April 4th - June 13th, 3:00 - 4:00 pm  
 Carla Berscheid, [cberscheid@co.chippewa.wi.us](mailto:cberscheid@co.chippewa.wi.us)  
 715-944-8091

*"Loving Someone Who Has Dementia"*  
 Tuesdays, April 5th - April 26th, Noon - 1:00 pm  
 Becky Woodke, [Rebecca.woodke@co.trempealeau.wi.us](mailto:Rebecca.woodke@co.trempealeau.wi.us)  
 715-538-1930

**The DICE Approach 3-Week Class**  
 Wednesdays, April 4th - April 18th, 9:00 - 11:00 am  
 Lisa Wells, [www.adrcvents.org](http://www.adrcvents.org)  
 715-839-4735

**Powerful Tools for Caregiving Class**  
 Tuesdays, April 26th - May 31st, 5:30 - 7:00 pm  
 Kimberly Bauer, [Kimberly.beauer@sccwi.gov](mailto:Kimberly.beauer@sccwi.gov)  
 715-381-4411

**Wits Workout**  
 Wednesday, April 27th, 11:00 - Noon  
 Trisha Witham, [www.adrcconnections.org](http://www.adrcconnections.org)  
 715-537-6225

Coordinated by the  
 Dementia Care Specialists Serving:  
 Ashland, Barron, Bayfield, Burnett, Chippewa,  
 Douglas, Dunn, Eau Claire, Iron, Pepin, Polk, Price,  
 St. Croix, Sawyer, Trempealeau, and Washburn counties

To locate your local Dementia Care Specialist, visit  
<https://bit.ly/dementiacarespecialist>  
 Local Tribal Dementia Care Specialist, visit  
<https://dpi.wi.gov/amind/tribalnationswi>

### Program Descriptions:

**Caregiver Book Club**  
 One hour discussion of recommended book, conversation, and sharing.

**The DICE Approach**  
 Provides caregivers support in assessing and managing behavioral symptoms associated with dementia without the use of pharmaceuticals. As dementia progresses, the person living with dementia becomes less able to express themselves and this difficulty can result in exhibiting challenging behaviors as their means of communicating.

**Powerful Tools for Caregivers**  
 A 6-week (once a week) educational workshop for people who are taking care of a family member or friend designed to support the family caregiver and improve his or her well-being. It does not teach hands-on care or focus on disease or other conditions, but rather helps the caregiver cope with the physical, emotional, and financial challenges of being a caregiver.

**Wits Workout**  
 An engaging, interactive, and educational brain health program. Based on the research that intellectual challenge and social connectedness are two of several factors that contribute to brain health throughout life, Wits Workout has two main goals – to provide purposeful opportunities for older adults to engage intellectually, and to increase their socialization through ongoing group participation.



Every year at Annual Conference, delegates are invited to bring mission donations for our churches to be distributed as needed throughout the world. Pastor Wendy will be going to Annual Conference in Green Bay, WI from June 10-13 and will be happy to take any mission donations along with her.



### Home Care Kit (\$20 Value)



- 2 Liquid Household Cleaners - 16-40 oz  
No spray bottles
  - 2 Dish Soaps - 16-34 oz
  - 2 Liquid Laundry Detergents - 32-64 oz
  - 1 Scrub Brush - with or without handle
  - 1 - 5 gal Round Bucket with resealable lid
- All items must be NEW & placed in the bucket.

### Personal Dignity Kit (\$15 Value)



- 1 Bath Hand Towel - No kitchen towels
  - 1 Bath Washcloth - No dishcloths
  - 1 Adult Toothbrush - No multi-packs
  - 1 Bar Soap - 3-4 oz
  - 1 Shampoo - 15-18 oz
  - 1 Deodorant - 2-3 oz - stick, roll on, or pump
  - 1 1-gal Resealable Plastic Bag
- \$2 donation for razor and toothpaste  
All items must be NEW & placed in a 1-gal resealable plastic bag

Bring a monetary donation to Annual Conference or send to:  
Wisconsin Annual Conference  
750 Windsor Street, Suite 104  
Sun Prairie, WI 53950

Please write check to: WAC, add Ingathering and name of the kit to memo line



## Christmas Stickers Wanted

One of our members, Betty Hazen, fills her days as a resident at American Lutheran Home by designing hundreds of Christmas cards to give away each December and she is currently in need of more Christmas-themed stickers for this project. If you have any stickers you'd be willing to share with her, you can deliver them to her at American Lutheran Home or bring them to the church for Pastor Wendy or the visitation team to deliver the next time they visit.

## FREE Foot and Nail Care Clinic

University of Wisconsin-Eau Claire, Continuing Education will offer free foot and nail care clinics for community members April 26-29, 2022. During the clinic, nurses will assess your foot and nail health and determine areas that need attention. Appointments range from 20 to 60 minutes depending on the level of care required. Registered nurses will perform foot and nail care services as part of a certification program. The clinic will be supervised by nurse instructors certified in foot and nail care.

### Next sessions:

Tuesday, April 26, 2022  
Wednesday, April 27, 2022  
Thursday, April 28, 2022  
Friday, April 29, 2022 (7:30 a.m.-1:30 p.m.)

**Time:** 7:30 a.m. to 5:30 p.m.

**Location:** Grace Lutheran Church  
202 West Grand Avenue (near the Courthouse) Eau Claire, WI 54703

### Who should attend?

Individuals with diabetes or those with difficult foot and nail care issues are encouraged to attend.

### What to expect:

You'll be greeted by Continuing Education staff at the sign-in table. Take a seat. We do our best to get you in as close to your appointment as possible, but please be prepared to wait. A nurse will escort you to a table, assess your feet, and get started.

Your appointment will take approximately 20 minutes to an hour.

Remember to take a reminder card on your way out.

Tell your friends!

### How to schedule an appointment:

The services are free. Appointments are required and will be accepted beginning: **Monday, April 11, 2022, at 8:30 a.m.**

To schedule an appointment or request accommodations for disabilities, call UW-Eau Claire Continuing Education at 715-836-3636.