



## United Messenger

February 2026

### Ponderings from the Pastor's Pen

For the past six years, I served as a board member for Stepping Stones of Dunn County, an incredible local non-profit that provides food, shelter, and supportive services for those in need in our community. Although I have reached my term limit as a board member, this organization is still near and dear to my heart and I'm so grateful to have them as a partner I can confidently refer folks to when someone calls the church office seeking the kind of assistance that Stepping Stones provides.

I do have one last role at Stepping Stones even now that my term on the board is completed though: I get to help plan the "Coldest Night of the Year" fundraiser, an international movement throughout the United States and Canada to raise awareness and support for homeless shelters. In hundreds of communities throughout North America, volunteers are signing up to walk or run either a 2K (just over a mile) route or a 5K (3.1 miles) route at 4 pm on Saturday, February 28. Each participant can raise funds by asking their friends, family, neighbors, coworkers, etc. to sponsor them by making a donation to Stepping Stones through the Coldest Night of the Year website.

In addition to being on the planning team, I am also registered to walk the 2K and I'm organizing a team to walk with me. I need at least five more people to join me although there is no limit to how many people can be on my team and I would *love* it if we ended up with the biggest team of all! You can walk or run and you can choose the 2K or the 5K route. Both routes will start from the Memorial Student Center at

UW-Stout. The 2K route just winds around downtown city sidewalks in Menomonie and the 5K route extends out to the Stepping Stones building on Stout Rd and back. Both routes will be marked with signs and volunteers to direct you along the way. We're planning to have warming stations with water and hot cocoa too, and all participants will get to enjoy a soup buffet when we complete the route and return to the Memorial Student Center. It should be a fun way to get a little exercise and fresh air when we're all getting a little stir-crazy with cabin fever this winter, and we get to raise support for Stepping Stones while we're at it!

Would you consider joining my team? Or perhaps making a donation to Stepping Stones to support me or others on my team? For either one, you can go to my team page on the Coldest Night of the Year website:

<https://secure.e2rm.com/registant/TeamFundraisingPage.aspx?teamID=1041302> and click either on the "Donate to Team" or "Join the

*Continued on page 2*





Team” blue buttons on the right side of the page. You may be directed to create a username and password in order to sign-up. If you have any difficulty navigating the website, let me know and I’ll try to help.

It’s cold out there, but together we can make a difference for our neighbors experiencing hurt, hunger, and homelessness this winter!

With gratitude,  
Pastor Wendy

## **Ash Wednesday Worship Service on February 18**

The season of Lent begins on Wednesday, February 18 this year. You are invited to join us for a simple supper at 6:00 pm, followed by a worship service beginning at 6:45 pm. This year we’ll be using Rev. Adam Hamilton’s study “Why Did Jesus Have to Die?” for our Wednesday night services throughout the season of Lent.

# REJOICE

*in the lord*



### **February**

February 22nd Tubing 12 - 3 pm  
@ Woodwind Park with our circuit

### **March**

March 9<sup>th</sup> meeting 6:30 pm - 7:30 pm  
@Menomonie United Methodist Church

March 29<sup>th</sup> Respite - Easter Theme  
activities 12:00 pm - 3:00 pm  
@Menomonie United Methodist Church

### **April**

April 19<sup>th</sup> Bowling afternoon 1:00 pm - 3:00 pm

### **May**

May 11<sup>th</sup> Meeting 6:30 pm - 7:30 pm  
@Menomonie United Methodist Church

### **July**

July 19<sup>th</sup> Picnic, water fun, games and outside yard games  
@Menomonie United Methodist Church 1pm- 3pm

**Contact Amanda Viana at**  
**[family\\_outreach@menomonieumc.org](mailto:family_outreach@menomonieumc.org)**  
**Support Group for Neurodivergent**  
**Caregivers and Individuals.**

Including devotionals, support, respite, activities and guest speakers, sharing ideas and support for one another.  
Snack and childcare provided.

## **Circuit Mission Celebration a Success!**



Even on a bitterly cold January day, dozens of United Methodists from Circuits 7 and 8 gathered at Menomonie UMC to celebrate. We began by gathering around all the sleeping mats our churches wove out of plastic shopping bags last summer and prayed for those who will now receive them as Rev. Joel Certa-Werner led us in a prayer of dedication. Then, we enjoyed a

meal together—including Indian Naan Bread and Chicken Tikka Masala—while Rev. Jean Waldron, a retired United Methodist pastor in Eau Claire, shared videos and stories from her mission trips to India. Everyone in attendance got to take home a bracelet or a painted bookmark made by Sunday School children in India.

# FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> Book Study 10am  Blood Pressure Checks	<b>2</b> Monday Meal 5-6 pm	<b>3</b>	<b>4</b>  Youth Group & Confirmation 6:30-8	<b>5</b>	<b>6</b>  Sarah Z. 9:30-11 at church	<b>7</b> ALB workshop 10-Noon  GriefShare 1-3 pm Fireside
<b>8</b> Book Study 10am  Messy Church 10:30-Noon	<b>9</b> Monday Meal 5-6 pm	<b>10</b>	<b>11</b> Youth Group 6:30-8  Foot & Nail Clinic 9-3 pm	<b>12</b>	<b>13</b>	<b>14</b> ♥ Valentines Day  GriefShare 1-3 pm Fireside
<b>15</b> Book Study 10 am ALB Potluck 10 am	<b>16</b> Monday Meal 5-6 pm	<b>17</b>	<b>18</b> Ash Wednesday 6:00 Supper 6:45 Worship 7:30-8 Confirmation	<b>19</b>  Prayer Shawl 4-6 pm	<b>20</b>  Sarah Z. 9:30-11 at church	<b>21</b>  GriefShare 1-3 pm Fireside
<b>22</b> Book Study 10am Mom's Group  Circuit Tubing Event (TBD) 12-3 pm	<b>23</b> Monday Meal 5-6 pm  Blood Drive 12-6 pm	<b>24</b>  Grief Group 6-7:30	<b>25</b>  Youth serving Wed. Table	<b>26</b>	<b>27</b>  Sarah Z. 9:30-11 at church	<b>28</b>  GriefShare 1-3 pm Fireside

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## Circuit Tubing Event at Woodwind Park!

United Methodists throughout our area! Join us for our 2nd Annual Circuit Tubing Day! Snow tubing at the beautiful Woodwind Park near Wheeler, WI! Lovely trails for snowshoeing and space indoors for board games. Bring a favorite game to share if you wish! Everyone Welcome!

**Sunday, February 22**  
**12:00-3:00 pm**

Woodwind Park  
 E7115 1058th Ave, Wheeler, WI

Let your pastor know if you plan to attend.  
 For more information contact Pastor Wendy at  
 pastor@menomonieumc.org or call 715-235-0654

Registration deadline is February 15



\$10 per person for those who wish to tube  
 Free to attend!



**Free Blood Pressure Screening**

**First Sunday of the month after Worship Service**





## ***Bishop's Convocation of Laity 2026***

**You're invited to join us at  
Bishop's Convocation of Laity!**

***"Practicing Hope"***

**Saturday, March 7, 2026**

**9:00 am - 2:00 pm**

**Portage UMC**

**1804 New Pinery Road**

**Portage, WI 53901**

**Register at: <https://wisconsin-reg.brtapp.com/LaityConvo2026>**

If you are a member of **The United Methodist Church** and a disciple of **Jesus Christ**, this gathering is for you. Join laity from across the conference as we connect with **conference leadership** and come together in worship, learning, and fellowship around the theme **"Practicing Hope."**

Together we will explore:

- What does it mean to practice hope?
- What did Jesus teach us about practicing hope?
- How is our Bishop calling us to live out hope today?

Registration is **\$10 per person** and includes a spirit-lifting day at **Portage United Methodist Church**, 1804 New Pinery Road, Portage, WI, with fellowship and lunch provided. **The registration deadline is February 21, 2026, at 4:00 pm.**

**Watch-party locations** are also available at no cost, offering the opportunity to participate online alongside others in your community.

**Sponsored by the Conference Board of Laity. For questions about the event, contact Ben Brancel at [brancelangus@gmail.com](mailto:brancelangus@gmail.com).**

## Wanted Choir Director

**GENERAL DESCRIPTION:** The choir shall be a blend of traditional and contemporary music. The Choir Director is responsible for coordinating the music program for the Chancel choir. The Choir Director is supervised by the Pastor who reports to the Staff-Parish representatives on the Accountable Leadership Board. The Choir Director works with the Pastor in planning music for worship services. The selected candidate must pass a confidential background check. The Menomonie UMC is a relaxed and welcoming community with three gifted pianists and a dedicated, experienced choir. We have vibrant faith formation programs for preschoolers through adults, including opportunities for intergenerational ministry.

### DUTIES:

- Must have good musical skills, knowledge of different styles of singing and be able to work with a variety of voices.
- Selecting appropriate music for the choir to perform, considering the abilities of the choir members and the occasion
- Leads weekly choir rehearsals (September through May), helping members improve their vocal technique and musical skills
- Directs the Chancel Choir for Sunday (September thru May) one to two Sundays per month, and other services, as requested
- Plans and directs one Cantata each year if possible (Christmas and/or Easter)
- Conducts the choir during performances to guide tempo, dynamics, and overall interpretation of the music
- Order music and other materials, keeping within the budget assigned
- Maintenance of the musical library (filing)
- Assists in preparing the music ministry budget when requested.
- Communicating effectively with choir members, accompanists, Pastor and other relevant parties
- Ensuring the choir adheres to any relevant rules or codes of conduct
- Collaborating with other musical directors or musicians for special performances and Summer Services when available
- Communicate with the Administrative Assistant on music to be used before the bulletin is printed.
- Notifies choir members and the Pastor two weeks in advance for any planned absences.
- Communicates with the custodian on music schedule and needs for practice and services.
- Ensures the building is secured after rehearsals.

### SALARY AND BENEFITS:

Salary: \$3150 to be reviewed and set annually on a calendar year basis. (Anticipated hours: approximately

190/year, or 4-5 hours per week, September through May).

Social Security: As per FICA regulations.

Mileage reimbursement at the IRS standard business mileage rate

**TERMINATION:** Termination of services by the Coordinator or church shall require 30 days notice.

## Grief Share

"A Journey from Mourning to Joy"  
Time to process your grief  
in a group with faith setting.

**Saturdays,  
January 3 thru March 28  
1:00-3:00 pm • Fireside Room**

Freewill donation.

Please register through the Grief Share website at [griefshare.org](http://griefshare.org) by January 2, 2026  
or contact Sarah Zarbock  
at 715-308-1698 or zarbocks@gmail.com

**Open to Everyone**

## ALB Potluck Brunch

**3rd Sunday of the Month  
starting January 18, 2026  
10:00 am**

*Brought by whoever can!  
All are welcome!*

*For information contact  
Janet Mangette at 715-505-6748  
or jmangette@hotmail.com*

**Sarah Zarbock,  
our Parish Nurse  
to be in office most  
Fridays from  
9:30 -11:30 am  
In the conference room**

**Feel free to  
stop by to  
meet or visit  
with any  
health or  
faith  
concerns**





## Parish Nurse News

Welcome to February, a heart healthy month. What can you do to encourage your heart?

*Psalm 51:10 "Create a pure heart in me, O God"*

Heart disease is the leading cause of death in women and for men affecting 1 in every 4 male deaths; more than ½ of adult men in the US have some form of cardiovascular disease.

Here are some ideas from Heart Health Institute and Good Housekeeping

- Quit or cut down smoking
- Move around and go up and down stairs if possible; every hour or so to avoid prolonged periods of sitting which can lead to raised blood sugar and blood pressure
- Pray, read scripture or meditate to reduce mental stress (stress can bring about inflammation in the arteries and the fight or flight response - which raises blood pressure and body fat )
- Cut back on processed foods, reduce the amount of salt you eat, cut back on simple carbohydrates - white rice, bread, pasta and sugar
- Eat more fruits and vegetables - at least 5 servings / day - which increases fiber
- Eat less saturated fat ( like in fatty meats and high-fat dairy products)
- Exercise is a great heart booster - it can help keep your blood pressure in check, cut back on stress hormones and help muscles pull oxygen out of the blood
- Cut down on sugar
- See your medical provider with any concerns.

*Proverbs 4:23 ( NIV) "Above all else, guard your heart, for everything you do flows from it."*

Peace and Love,  
Sarah Zarbock,  
Parish Nurse



## Lay Servant Training: Called to Preach Elk Mound: Trinity UMC

*April 10, 9 am - 4 pm  
& April 11, 9 am - noon*

Called to Preach is a course designed for those who have not completed formal preaching training, for pastors seeking a basic refresher course, and for others who are called upon to preach in a pastor's absence. Called to Preach is the required preaching course in the lay speaker track of study. Please purchase From Pew to Pulpit, by Clifton F. Guthrie, available at Cokesbury.com.

The cost of the training is \$25.00. Pay upon arrival. (Both sessions must be completed for class credit). [Register here](#)

**Course Coordinator:**

Rev. Joel Certa-Werner,  
[joelumcrev@gmail.com](mailto:joelumcrev@gmail.com)

**Registration Deadline:**

March 31, 2026



**American Red Cross**

*Together, we can save a life*

## Blood Drive

**Monday, February 23**

**12:00-6:00 pm**

**Menomonie United Methodist Church**

**2703 Bongey Drive**

**To donate go to [redcrossblood.org](http://redcrossblood.org),  
enter 54751 or call 1-800-733-2767**

**Rapid Pass is available.**

**Less wait time 2:00 - 3:30**





## Foot & Nail Clinic

Toenail trimming and thinning (if needed), callous care.  
**Provided by RN, Foot Care Specialist Jackie Bruchert**  
**2nd Wednesday of the month**  
**February 11**  
**9:00 am-3:00 pm**  
 \$40 for 45 min. appt.  
 \$50 for 60 min. (if needed)  
 Please contact Jackie 2 days before to schedule appointment call or text  
 715-529-5637

*Everyone Welcome!*

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

 **Menomonie**  
 UNITED METHODIST CHURCH



## FAT TUESDAY PANCAKE SUPPER

(Youth Fundraiser)

Join United Methodists throughout our area for an evening of hot, fresh pancakes and fun jazz music!

### Trinity UMC in Elk Mound

**105 S. Holly Ave., Elk Mound, WI**  
**Tuesday, February 17**  
**4:00-6:00 pm**

This event will help raise funds for the youth from our churches who will be going to the national United Methodist gathering in Dallas, TX next year.


*Walk-ins Welcome! Just show up hungry!*  
**Free Will Offering**



# MENOMONIE

## United Methodist Church


FEBRUARY'S THEME



**Love**  
 THY NEIGHBOR


**FEBRUARY 8TH**  
**10:30 - NOON**

**ALL AGES WELCOME!**



**Messy Church**

**ACTIVITIES**  
**BIBLE STORY**  
**CRAFTS**  
**LUNCH**



**MESSY CHURCH IS A FREE EVENT & OPEN TO THE GENERAL PUBLIC!**  
**MEAL IS INCLUDED!**

**Messy Church is church...but not as you know it!**

On the **SECOND SUNDAY** of each month we will come together for games, crafts, songs, and a story from the bible. We will end with a yummy meal!

Every month is a new theme so join the months that work for you!

2703 Bongey Dr.  
 Menomonie, WI

### Financial Footnotes

What a winter we have had so far! I remember hearing a couple of months ago from folks that they thought we were in for a cold and snowy winter, I realize now that they were not too far off the mark! The side effects of a cold and snowy winter for the church are more frequent snow removals and sanding of the parking lot and keeping a comfortable temperature in the church. The bills for these items have hit us hard. The heating in the church is regulated by three different heating zones so I encourage those using the church if at all possible to let Kevin, the custodian, know where your meetings will be held. If you are having difficulty getting to church during the winter months

and would still like to make a financial contribution consider using Vanco, the church gift giving program. By using Vanco you can have funds automatically withdrawn from your account or you may use a credit card. If you have questions about this service check in with Lynn Klatt. We have many different activities happening at church and we thank you for the gifts you share to make them possible. Please give a shout if you have any questions.

Lynn Klatt  
 Treasurer  
 finance @menomonieumc.org



# United Messenger

February 2026

**Pastor:** Wendy Slaback  
**Phone:** 715-235-0654  
**Email:** [pastor@menomonieumc.org](mailto: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

