

United Messenger

October 2026



Message from Pastor Inuwa Shon

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.



Menomonie
UNITED METHODIST CHURCH

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. Inuwa Shon*



October 2026

Stewardship Newsletter

What are we Growing?

This spring, I planted seeds in a raised garden bed in our backyard. That may not sound particularly noteworthy, but for me it was a bit of an adventure. I grew up in the Milwaukee suburbs and am pretty "citt-fied." Gardening has never really been part of my life, and I certainly wouldn't describe myself as someone who knows what he's doing. Still, I decided to start somewhere. I planted tomatoes, squash, zucchini, and a few other things. I watered. I pulled weeds. I tried to pay attention to what seemed to be working and what wasn't. And then I waited. That last part may have been the hardest. You don't plant a seed one afternoon come back the next morning to find a tomato waiting for you. Growth takes time. For a while, there isn't much to see at all. Then a small plant appears. It gets a little bigger. Eventually there are flowers, then tiny vegetables, and finally something ready to harvest. In late summer, I was bringing tomatoes, squash, and zucchini into the house. And what surprised me most was the abundance. There was more than enough for my family and me. There was enough to share with others. All of that came from deciding to plant a few seeds even though I wasn't entirely sure what I was doing. There is something in that experience that reminds me of stewardship and the ministry of the church. Much of what God accomplishes through us begins with someone simply being willing to start. Someone gives for the first time. Someone volunteers even though they have never done that ministry before. Someone invites a neighbor. Someone agrees to teach a class, serve a meal, visit someone who is lonely, sing in the choir, help with children or youth, or make a financial commitment to the church. Often, we don't immediately see what grows from those seeds. Ministry requires patience. The impact of a gift, an invitation, or an act of service may not be visible tomorrow – or even next month. But over time, something begins to grow. A child discovers that church is a place where they are loved. Someone going through a difficult season finds a community willing to walk alongside them. A person begins to understand God's grace in a new way. A family finds a place to belong.

Someone who was helped years ago becomes the person helping someone else. And very often, what grows becomes larger than we imagined. Paul writes, "I planted, Apollus watered, but God gave the growth" (1 Corinthians 3:6). That is a pretty good description of stewardship. We plant. We tend. We share what God has entrusted to us. And we trust God with what grows from it. You don't have to be an expert to plant a seed. You simply have to start. And when we faithfully plant and tend what God has placed in our hands, we may discover that there is not merely enough for us, but an abundance— blessing that can be shared with others in ways we never anticipated. So perhaps this stewardship season is a good time to ask: **What are we planting today? What is God growing among us? And who might be blessed by the harvest?**

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



Financial Footnotes

We are thankful for the generosity of our church. General giving has remained steady, and we appreciate everyone who faithfully supports our church and ministries.

One area where we are currently falling behind is our apportionment giving. Apportionments help support important ministries and missions throughout the United Methodist connection.

As we look toward the rest of the year, we ask everyone to prayerfully consider how we can continue giving and work together to meet our appointment commitment.

Thank you for your continued generosity and faithfulness. Please drop me an email (finance@menomonicum.org) if you have any questions

Lynn Klatt

finance@menomonicum.org

Parish Nurse News

This summer I updated our AED so it is ready to use in case of an emergency at our church. It is located in the hallway near the coat rack, by the men's bathroom-in a special cabinet.

The following are directions on how to use an AED and it's purpose.

- **An AED stands for an Automated External Defibrillator.** It is a portable, easy-to-use electronic device that automatically diagnoses life-threatening heart rhythms and can deliver an electrical shock to reset the heart back to a normal rhythm during sudden cardiac arrest. An AED is used for sudden Cardiac Arrest: AEDs are used when someone suddenly collapses, becomes unconscious, and stops breathing normally. Heart Rhythm Reset: The device checks the heart's electrical activity. It only delivers a shock if it detects a dangerous, shockable rhythm (like ventricular fibrillation). You cannot accidentally shock someone. No Training Needed: **Anyone can use an AED.** The machine gives loud, clear, step-by-step voice and visual prompts to guide you through the entire process.
- **How to Use an AED**
- If you find someone in an emergency, act fast: Call 911: Call emergency services right away and find or send someone to grab the nearest AED. Start CPR while you wait for the device. Turn on the AED: Open the case and press the power button (some turn on automatically when you open the lid). Expose the Chest: Remove or cut away clothing so the person's chest is bare. Wipe the skin dry if needed. Attach the Pads: Peel the sticky pads and place them firmly on the bare skin: Adults: Place one pad on the upper right chest (below the collarbone) and the other on the lower left side (below the armpit/nipple). Children/Infants: Follow the pad placement diagrams on the package (often one in the center of the chest and one on the back). Analyze the Rhythm: Plug in the connector if not already attached. Make sure no one is touching the person while the AED analyzes the heart. Deliver the Shock (If Advised): If the machine says a shock is needed, tell everyone to stand clear ("I'm clear, you're clear, everybody's clear!") and press the flashing shock button. (Note: Some fully automated models deliver the shock without a button press).



- Continue CPR: Immediately follow the voice prompts to resume CPR compressions or deliver further care until paramedics arrive.
- There are several people at church who are trained in CPR who can help until emergency personnel.
- Thanks be to God we have technology to help in a life emergency, and of course prayers are always advised.

Blessings to you,
Sarah Zarbock, Parish Nurse

Parish Nurse October hours:

- 2- Friday 9:30am-11:30am
- 6 -Tuesday 9:30am-11:30am
- 9- Friday by appointment
- 13- Tuesday not in office
- 16 - Friday 9:30am-11:30am
- 20 - Tuesday 9:30am-11:30am
- 23 - Friday by appointment
- 27 -Tuesday 9:30am-11:30am
- 30- Friday by appointment

A close-up image of a blood pressure cuff and gauge.

American Heart Association
Healthy for Good™

Free Blood Pressure Screening

First Sunday of the month after Worship Service

October

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Watoto Concert 6:30pm	2	3
4 It Takes a Village Pumkin outing 1-4	5 Blood Drive noon-6 Monday Meal 5-6	6 Joyful Noise 6-7	7 Gather w/ Youth Potato Bar & Bon Fire 6:30pm	8	9	10
11	12 Monday Meal 5-6	13 Joyful Noise 6-7	14 Nail Clinic 9-3 ALB Meeting 5 Youth Group 6:30-8	15 Prayer Shawl 4-6pm	16	17
18	19 Monday Meal 5-6	20 Joyful Noise 6-7	21 Youth Group 6:30-8	22	23	24 K-Food Lunch 11-3
25 It Takes a Village Board Games 10:30-noon	26 Monday Meal 5-6	27 Joyful Noise Concert 6-7:30 Grief Group 6-7	28 Youth Group 6:30-8	29	30	31 Reformation Day

Pastor Inwha out of office Oct. 5-12
October is Clergy Appreciation month.

Prayer Shawl

3rd Thursday
of the month
4:00 pm
Fireside Room

Join Us!

Prayer Shawl Ministry

Began September 2005 and gathers in Fireside Room on 3rd Thursday of month.

Our purpose is to lend prayer support to others in a tangible way. Loving hearts and hands make up the Prayer Shawl Ministry. The knitter or crocheter prays for the recipient as his/her needles create a soft shawl that brings physical warmth and spiritual comfort. The prayer shawl is given to someone who is in crisis or who suffers in body, mind or spirit. It's an embrace of prayer that serves as a tangible reminder of God's constant love and presence that can bring healing to the heart. Donations to purchase yarn are welcomed.

Children & Family Ministry

Growing faith. Building relationships. Helping kids discover how God is part of their everyday lives.

Our goal is simple: to help children know they are loved by God, feel at home in their church family, and discover how faith connects to their everyday lives.

Children are an important part of worship at Menomonie UMC. Children begin the service in the sanctuary with the congregation and are invited forward each Sunday for a Children's Message. After the Children's Message, children in kindergarten through 5th grade are invited to head to Sunday School, where we continue exploring the day's big idea in a kid-friendly way.

In Sunday School, we learn through Bible stories, conversation, games, creative activities, and hands-on experiences. Activities are designed to meet kids at different ages and stages, giving younger children ways to learn through play, art, and conversation while older children have opportunities to think, discuss, create, and dig a little deeper.

On Sundays, kids can expect:

- A welcoming place to ask questions, create, talk, and learn together
- Bible lessons connected to friendships, choices, kindness, courage, and everyday life
- Activities designed for different ages and learning styles
- Opportunities to build relationships with other children and caring adults
- A focus on not only learning about God, but discovering what it looks like to live our faith

Throughout the year, families can also watch for special Children & Family Ministry events, seasonal activities, and other opportunities to learn and grow together.

Follow Menomonie UMC on Facebook for Children & Family Ministry updates and upcoming events.

Submitted by Amy Webb

ALB – Accountable Leadership Board

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



Hospitality Host

Please sign up as a hospitality host.

Here's what you can expect, the church will provide donuts and/or a shelf-stable snack. So, all you need to do is prepare a couple of pitchers of ice water and lemonade, set out the donuts and/or shelf-stable snack on serving trays. Set out the paper plates, cups and napkins.

We recommend arriving between 8:30-8:45am so you have time before worship to set up. After everyone has finished eating, simply wash and put away the serving dishes, return any unused paper product to the cupboard, and wipe the tables and counters.

Sign-up sheet by exit door, or call office

Worship Service DVD and CD's

If you or someone you know would like a copy of the recent church service, contact the office within 7 days after service. Copies are free and can be copied on a regular basis if preferred. Contact the church office for more information 715-235-0654.



Faith and history came together in a memorable way at Salem Iron Creek United Methodist during a celebration of the congregation's rich heritage along the Yellowstone Trail. As stories were shared about the church's Evangelical United Brethren roots and the congregations planted in Elk Mound, Tainter and Menomonie, Pastor Paul Orman of "Drawn to the Word" brought those stories to life on canvas.

Created as the story unfolded, the painting weaves together Scripture, Christian faith and everyday life. A church stands at the heart of the scene, surrounded by a flowing community of people and familiar Christian symbols. Its bright colors and movement lead the eye through a journey of faith and toward the Christian hope of returning home to be with our Lord and Savior, Jesus Christ.

An 8 x 10 replica/print has been gifted to our church and is on display by the entrance door. This is a lasting reminder that the story of the church is more than dates, buildings, and names. It is a story of people responding to God's call, carrying faith into new communities and planting seeds for generations they may never meet.

"The artwork symbolizes our shared faith and hope."

Based on the Salem Iron Creek UMC heritage celebration story submitted by Paul Messmer



Well-known African children's choir performed in Menomonie on October 1 the popular Watoto Children's Choir from Uganda, East Africa, presented its "Love Never Fails" concert. The Watoto Children's Choir consists of about 14 children who have lost their parents through disease or violence. During the concert the children sang songs from the group's newest album, "Love Never Fails." As they sang and danced and shared their personal stories of hope, we saw firsthand the power of God's unfailing love. For more than 30 years Watoto Children's Choirs have presented their musical message all over the world, including performing for royalty, presidents, and parliaments. In 2010, the United Methodist Churches in Menomonie and Colfax presented the choir in separate performances.



It Takes a Village

October 25th

Board Game Activities

@ Church

10:30 am - 12:00 pm

All Are Welcome







Contact Amanda Viana at: family_outreach@menonomieumc.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.



Anna Mahoney, as part of being a Peace Core Volunteer in Guatemala, is promoting the handiwork of these 6 ladies. The goal is to get them a fair price for their work and grow their business. This will enable them to continue to share their culture through their crafts. They will have a display at the UCC Christmas Walk and The Mabel Tainter Arts Faire.

Gather with Youth
FOOD ♥ FRIENDS ♥ FAITH ♥ FUN

BAKED POTATO Meal
& BONFIRE to follow!

WEDNESDAY, OCTOBER 7
6:30 PM

Menomonie Open Hearts Open Minds Open Doors
UNITED METHODIST CHURCH

COME ♥ EAT ♥ CONNECT ♥ BELONG

K-FOOD LUNCH:
EAT, LEARN & GIVE BACK

Craving authentic Korean street food?
Join us for a delicious event for a great cause!

EVENT DETAILS

- Sat, Oct 24 2026**
11 am - 3 pm
- Location:** Menomonie UMC
2703 Bongey Dr, Menomonie
- Host:** Grace Bridge
Korean United Methodist Church
- Rev. Jinsan Kim** 909-532-1051
goodmbs@gmail.com
www.mgbumc.com

MENU & ACTIVITY

- Tteokbokki •
- Spicy Rice Cakes
- Odeng • Fish Cake Soup
- Bulgogi • Marinated Beef
- Dammuji • Pickled Radish

SPECIAL ACTIVITY:
Hands-on Gimbal Cooking Class!

\$10 FEE
(includes food & cooking class)

TARGET: \$2,500

FOR INTERNATIONAL STUDENTS
All proceeds and donations will go toward preparing Care Gift Boxes for international students staying on campus during school breaks. Help us reach our goal of \$2,500 to show love and support to our student community!

LEARN! ROLL! ENJOY!

Come hungry, learn a new recipe, and make a difference!

Menomonie Open Hearts Open Minds Open Doors
UNITED METHODIST CHURCH

TRUNK OR TREAT
A Safe, Family-Friendly Event

October 18
2-4 PM
Church Parking Lot

Jesus Loves You!
ALL ARE WELCOME!

Come for the fellowship... Stay for the community!

Pastor Appreciation Month



No matter how humble or unassuming they may be, most people get a warm glow inside when someone says “thank you” for what they’ve done or expresses appreciation simply for who they are. Clergy and others who fill pastoral roles are no exception.

October is Pastor (or Clergy) Appreciation Month. It is a time to say “thank you” to the people who may be most visible as preachers and teachers, but who, in reality, are on-call 24/7 standing with congregants and others to offer spiritual and other support in times of confusion and transition, times of heart-wrenching sorrow and times of overwhelming joy.

They laugh, cry and pray with those whom they shepherd and serve.

Established as a worldwide recognition time in 1992, the call to honor the contributions of pastoral leaders can be traced back to Paul, who advised congregations to give “double honor” to the elders who managed the affairs of the church well, “especially those whose work is preaching and teaching” (1 Timothy 5:17, NIV).

Here are some ways to extend appreciation to pastors or other clergy. These suggestions are also good for birthdays, celebrating a reappointment and other times when the congregation or individuals want to say “thank you.”

1. Send a **hand-written note or greeting card** with a message of gratitude.
2. Have children **draw pictures or create other artwork** for a clergy member or Sunday school leader.
3. **Pray for your pastor** – and let them know you do so (ask them what you might specifically pray for).
4. Lend your pastor a hand by **volunteering** with an organization where he or she ministers, such as a hospital or nursing home.
5. Give a **“thank you basket”** filled with his or her favorite brand of coffee, favorite snack or hard-to-find allergy-friendly food items.
6. **Provide a meal** via a gift card to the pastor’s favorite restaurant or a home-cooked or takeout meal. Make a gift card large enough to include the spouse or other friend and consider offering free babysitting if needed. Deliver meals at a time convenient to the recipient.
7. **Consider giving gift cards** that encourage self-care (massage, movie theater, a favorite local restaurant or upscale espresso spot).
8. Provide **tickets** to a sporting or cultural event or concert they will enjoy. Again, make it easy for them to take a spouse or other companion and be sure the dates will work.
9. Give a **service** that your pastors are unlikely to get for themselves but would appreciate (house cleaning, landscaping, tailoring, consulting or financial advising).
10. Give a **group gift**, from a group or to a group, such as an espresso machine.
11. **Have the pastor schedule an extra Sunday off** (not charged against vacation or other leave time and a substitute preacher is provided).
12. **Provide a weekend getaway** for the pastor and spouse and/or family.
13. **Give Bible study software** you know the pastor would enjoy but cannot afford.
14. Request contributions from the congregation to **update the clergy member’s office** with ergonomic chairs and keyboards, new software, new artwork, or other furnishings.
15. Take a group photo with fellow churchgoers and present the **framed photo** as a gift.
16. Create a **photo calendar** with inspiring Bible passages or photos of church events creating happy memories for the pastor.

**Attention:
Our church
is no longer
a polling
location.**

UPCOMING

CONCERT

OCTOBER 27

6:00 PM - 7:30 PM

JOYFUL NOISE CONCERT

ALL ARE WELCOME TO THIS FREE EVENT.

Grief Share *Surviving the Holidays*

Two-hour seminar that will provide encouragement, support & valuable tools to navigate the holiday season.

**Saturday, Dec. 5th
1:00 – 3:00 PM
Fireside Room**

\$7.00 or Freewill donation

Open to Everyone

Contact Sarah Zarbock at
zarbocks@gmail.com
or GriefShare.org



*Help and encouragement
after the death of a loved one.*

You don't have to go through it alone.



Grief Group is a friendly, caring group of people who will walk alongside you through one of life's most difficult experiences. You'll find understanding, encouragement, and practical help through weekly video teachings, small group discussions, and a workbook.

HEALING ♥ HOPE ♥ ENCOURAGEMENT

GRIEF GROUP GATHERING

OCTOBER 27, 2026
6:00 PM

MUMC FIRESIDE ROOM
SARAH ZARBOCK
ZARBOCKSGMAIL.COM



All are welcome!

JOURNEY • SUPPORT • COMMUNITY • HOPE



October 2026

Pastor: Inwha Shon
 Phone: 715-235-0654
 Email: pastor@menomonieumc.org
www.menomonieumc.org
 2703 Bongey Dr., Menomonie, WI 54751



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



October 2026



2703 Bongey Drive,
 Menomonie, WI 54751

